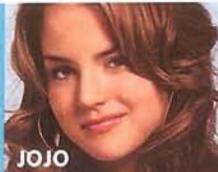


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Teen

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YOUNG, FAMOUS & STRESSED-OUT
 Mary-Kate & Ashley, Britney, Lindsay and Hilary talk about their struggles

ONE TREE HILL stars share their beauty tips

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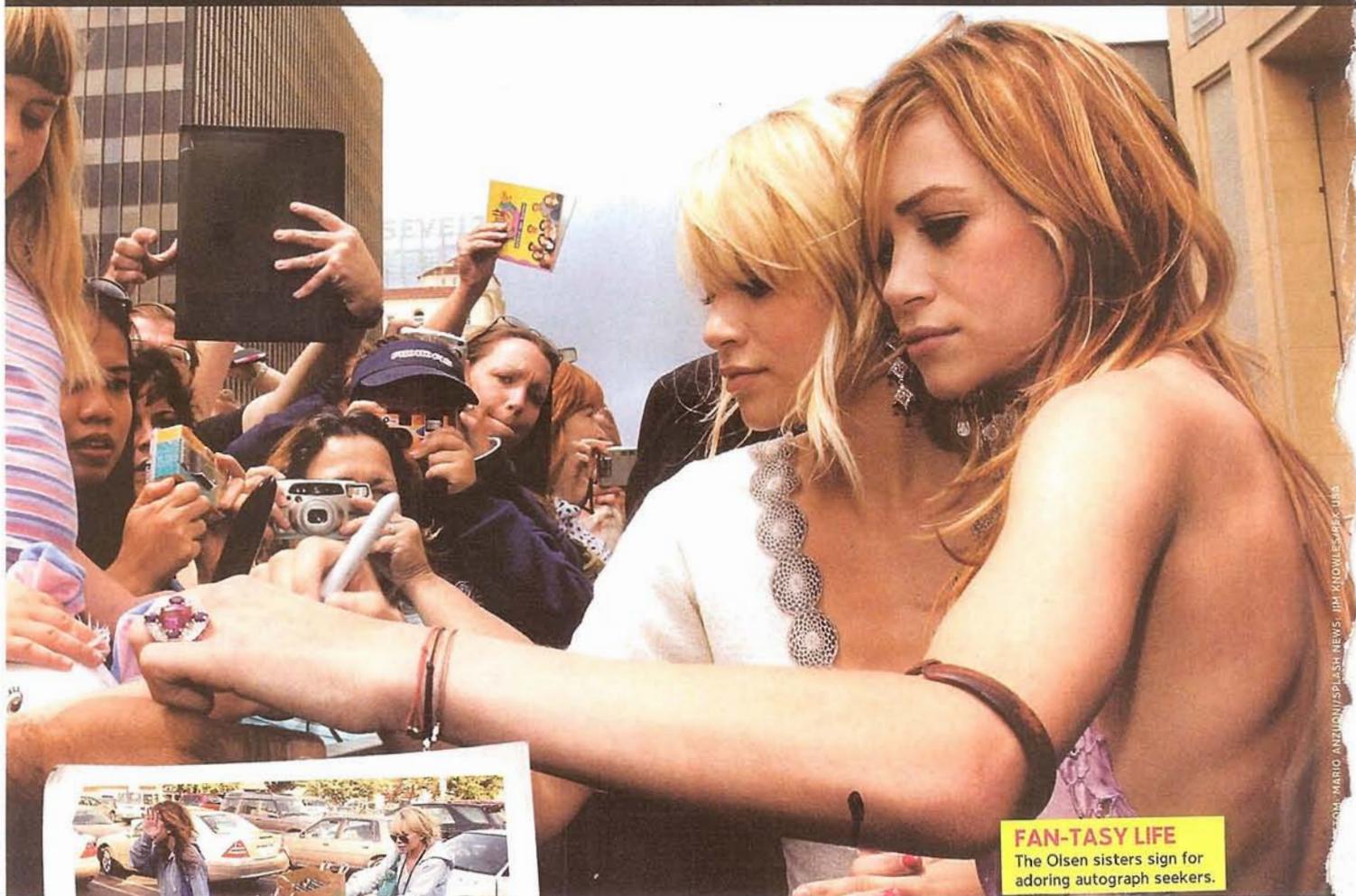
DOUBLE TROUBLE

TEENPEOPLE.COM // FEBRUARY 2005

IS HOLLYWOOD **BAD** FOR YOUNG STARS?

BY SONA CHARAIPOTRA

Celebs like Mary-Kate and Ashley, Hilary and Lindsay are stalked by photographers 24/7, and their most private moments play out in public. Is life in the spotlight really all that great?



FAN-TASY LIFE
The Olsen sisters sign for adoring autograph seekers.



SUPERMARKET SNAFU The twins can't even stock up on snacks without photographers following!

SHE MISSED A FEW CLASSES. THAT'S WHEN THE RUMORS STARTED UP again. Could the star, who was treated at Utah's Cirque Lodge for anorexia last summer, be suffering a relapse? If so, had it been triggered by too many late nights partying at NYC hot spots—Butter, Bungalow 8 and Marquee? Nah. Like many college freshmen, Mary-Kate Olsen simply took a few days off. Only in M-K's case, the midsemester minivacation was a business trip for Dualstar, the \$300 million company she runs with her



SNAP ATTACK!
Lindsay hides behind dark sunglasses.



FAMOUS FRIENDS
Being a star means you get to hang with hot guys like Usher!

twin sister, Ashley. But instead of reporting the truth, the tabloids ran with headlines screaming that the 18-year-old star had suffered a relapse.

Just another moment in the surreal life of Mary-Kate and Ashley—two 18-year-olds trying their darnedest to be normal teenagers. “I’m sure for someone who hasn’t grown up like this, it would be odd,” Ashley has said. “But they were making Michelle dolls when we were on *Full House*... We’re used to it.”

Which is not to say that the rumors—among them that Mary-Kate is dropping out of New York University—don’t still hurt. “There’s a point where it crosses the line, and when it’s untrue, that’s when it becomes invasive,” Ashley says.

And the Olsens aren’t alone in their agony. More and more, young stars are raising their voices about the painful price tag attached to fame. Here stars including Lindsay

Lohan and Hilary Duff speak out about the nasty rumors, the unrelenting pressure to be perfect and the stresses of living your life in the spotlight.

GOSSIP GIRLS

Yes, Mary-Kate and Ashley drive matching Range Rovers and enjoy dining out at trendy Manhattan eateries. And with her \$7.5 million-per-film paychecks, Lindsay can afford to drop \$80,000 on a diamond-encrusted Chopard watch. Considering the posh lifestyles they lead, some may wonder why they’re complaining.

The paparazzi, for one: the photographers who stalk their every move. Heck, Mischa Barton, 18, can’t go to a Taco Bell without having someone leap from the bushes to capture her chowing on a chalupa. “It’s become this nightmare,” Mischa says. “Tabloids love it if you seem angry or upset or if they can say you’re a prima donna. All they want is for me to flip out at them so they can say, ‘Wow, she’s such a bitch.’”

Gilda Carle, Ph.D., author of *Teen Talk With Dr. Gilda: A Girl’s Guide to Dating*, sympathizes: “Young stars’ pressures are exaggerated because everyone is watching them go through their growing pains,” she says. “Everyone has good days and bad days. But any time they burp, these teens are likely to be written about.”

And these celebs are especially easy targets. After all, many have clean-cut role-model images, so the slightest indiscre-

“I was overtired and working myself to death. It was...relaxing...because I couldn’t work. No one could bother me.” —LINDSAY LOHAN

tion can turn into a front-page scandal. Case in point? A recent story that depicted M-K surrounded by beer bottles. “It’s hurtful,” she says. “Especially when you’re holding a bottle of water and it’s said to be something else. That’s just not fair.”

WHAT’S NEXT FOR THE OLSENS

School comes first right now for Mary-Kate and Ashley, who are in their freshman year at New York University. But that doesn’t mean if the perfect movie or television roles were to come along, the girls wouldn’t consider them. In the meantime, however, it’s all about homework—and home furnishings. This April, M-K and A will launch Mary-Kate and Ashley Home, a cute new furniture line that includes rugs, mirrors

and more stuff for your bedroom. And they’re expanding their fragrance line with a new scent, Coast to Coast.



DATING DRAMA

But stardom isn’t all bad, right? Well, one thing’s for sure, Hollywood’s young guns do get to date the hottest of the hot. Look at the list: Jake and Kirsten, Chad and Sophia, Orlando and Kate. But while the drama of a typical teen’s romantic ups and downs may play out in the high school cafeteria, when these high-profile pairs have a lovers’ spat, it’s headline news. (Who can forget Britney and Justin’s infamous “he said, she said” battles in the aftermath of their very public breakup?)

Like Brit, Lindsay, 18, learned her love lessons the hard way. Consider the abrupt end to her first serious relationship, with *That ’70s Show*’s Wilmer Valderrama. And



GLAMOUR GIRL
Hilary Duff commands the cameras on the red carpet.

THE FAME GAME
Hilary makes her fans happy at the *Raise Your Voice* premiere.



she's no doubt learning that if breaking up is hard to do, then a low-profile first date is next to impossible. Just ask Hilary Duff, who began hanging out with Good Charlotte's Joel Madden, then suffered the morning-after tabloid analysis. "We're good friends," says 17-year-old Hilary, denying any romance with the rock star. "It's so weird. I could go out with anybody, and somebody would say something about it. It's really hard."

But some celebs—like Beyoncé and Jay-Z—manage to keep their relationships quiet. How? By not talking about it! "It's important to protect certain things," 23-year-old singer-actress Beyoncé has said. She's a pro at flipping a fast "no comment" to nosy reporters. "I don't want my relationship to be what people talk about."

WEIGHT WATCHERS

The pressure to be physically perfect can be intense for a star, even when you're trying to be happy with what you have. "Believe it or not, I am insecure," Lindsay confesses. "It's hard not to be because you're always expected to look a certain way. Wearing a bad outfit could ruin your career.... So you just have to get used to being yourself. And that's what I'm trying to be now."

It's not easy when the press dissects every development—literally. Take all the false reports that circulated saying Lindsay got breast implants. "My little sister reads that stuff," she has said. "She called me up one day and was like, 'I heard you got that Pamela Anderson thing.' It's just so...stupid."

Olsen rep Michael Pagnotta insists fame is not to blame for Mary-Kate's battle with anorexia. "The stress of college compounded by the pressure of a career certainly can contribute to problems anyone might have," he says. "It does a disservice to all the girls who might have an eating disorder to reduce these problems down to money and fame.... Ashley has the same job, same parents, same classes—and she doesn't have an eating disorder."

Plus, as Pagnotta is quick to point out, as many as 11 million Americans also suffer from an eating disorder. But not all experts would agree. "We look at it like there's a gun, a bullet and the trigger," explains Carolyn Costin,

NO PHOTOS!!!
Kirsten Dunst finds it impossible to keep a low profile.



CELEB COUPLE
Jake Gyllenhaal and Kirsten's breakup played out in public.



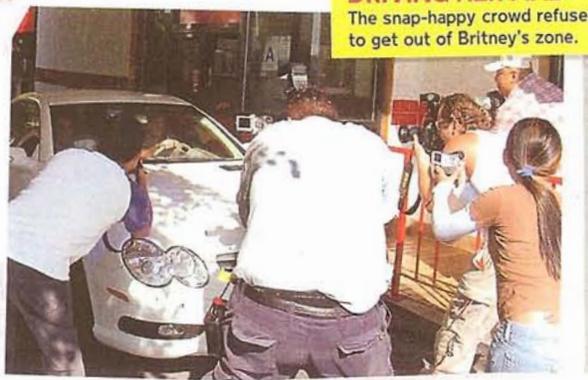
SO WHAT'S STRESSING YOU OUT? >>

68%
of teens say "a lot of school work" causes stress.

60%
of teenage girls say they're stressed (compared with 42% of teen boys).

51%
of teens say they feel stressed-out either all the time or sometimes.

46%
say they're stressed about not getting enough sleep.



DRIVING HER MAD
The snap-happy crowd refuses to get out of Britney's zone.

BRIT SNIT

The pop star (with her mom) wants photogs to back off.



director of the Eating Disorder Center of California and the Monte Nido Treatment Center in Malibu.

"The gun is the biological predisposition, the culture is the bullet, and something like the stress of being a celebrity is what pulls the trigger."

IS IT WORTH IT?

While life in the glaring eye of the spotlight may at times seem harsh, today's young stars don't seem to want to quit. Even when the pressure of juggling a schedule packed with movie shoots, album releases, tour dates and appearances makes you sick. Lindsay was hospitalized for five days last October, suffering from exhaustion. "I was overtired and working myself to death," she has said. "It was actually, as horrible as it sounds, relaxing being there...because I couldn't work. No one could bother me."

Britney, 23, has shared similar thoughts about an injury that sidelined her tour last summer: "I know now that my knee gave out on me this past summer so that I would have no choice but to stop," she wrote on her Web site. "My body was shutting down and needed rest. Right now...I want to enjoy all of the simple things that I missed over the past few years due to working way too much."

So don't look for these girls to retire from Hollywood any-

HOW TO DEAL WITH STRESS

OK, so many young stars are rich, famous and completely stressed-out. But what can they do about it? We decided to ask our fave know-it-all, Gilda Carle, Ph.D., author of *Teen Talk With Dr. Gilda: A Girl's Guide to Dating*, to give celebs like Mary-Kate and Ashley some tips on how to deal. (Psssst...this advice is good for you too!)

1. Ignore bad publicity. "You have to adopt an 'oh, well' attitude. If you put too much stock in everything that's being said about you, you'll never sleep!"
2. Remember, you're the boss. "You want to make sure you're in control of who you are; don't let too many people create your identity for you."
3. Have a solid inner circle. "Find friends who love you for you, not what you have. Beware of quickie friendships in which people tell you things to flatter your ego."
4. Live a full life. "Make fame one part of your life and make school, activities, family and spirituality other parts. Make sure you balance all these segments so that nothing rules you entirely."

time soon. "We love what we do," Mary-Kate says simply. Lindsay, too, is on top of the world. "I couldn't really be happier," she has said. "It's a lot of work and I do get tired, but I wouldn't trade it for anything." Hilary agreed recently: "I do love my job...despite all the stress. I don't want to become one of those child stars who fades into obscurity the moment they turn 20.... If anything, I want to become even more famous than I am now. And I am prepared to work for it." —Additional reporting by S. Tia Brown, Tom Cunneff, Mark Dagostino and Brenda Rodriguez

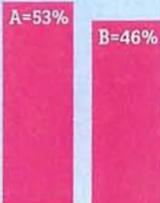


INDEPENDENT WOMAN?
Beyoncé travels with a bodyguard.

THE LIMO LIFE
Beyoncé, here with BF Jay-Z, keeps her romance quiet.

READER POLL

DO YOU SYMPATHIZE WITH STRESSED-OUT STARS?



A. Please. They're rich, famous and beautiful. They should quit whining! **53%**

B. Big time. I'd go crazy if photographers tried to take my picture every time I ate at McDonald's! **46%**

45%

of teens are frazzled about not having enough money.

41%

of teens say they don't have enough time in the day.

39%

of teens find relationships with their friends stressful.

34%

of teens say they're juggling too many responsibilities.

33%

of teens are concerned with their weight and body image.