

Poor Man's Drug Gaining Popularity

Cocaine use in the United States has dramatically increased in the last few years. The drug is no longer an exclusive commodity of the rich and famous. Due to a drop in price and widespread availability, the "glitter drug" is no longer limited to restricted social classes. From teens to housewives, many people are looking for "a piece of the action" and cocaine is definitely here to stay . . .

Crack is cocaine mixed with ether and baking soda boiled down (it makes a crackling sound when heated) into crystalline "rock" pellets. The user receives a euphoric high ten seconds after smoking crack. The 10 to 20 minute high is followed by an extreme low. This depression makes the user crave more crack.

The cyclic pattern of high's and low's reinforces the craving for cocaine. Experts suggest that a powerful psychological dependency forms within a period of two weeks. The

potential for this fairly immediate dependency may be directly related to the brain's chemistry. Recent research has indicated that cocaine molecules react with certain neurons in the brain to produce pleasure sensations. Although this research is by no means conclusive, many people feel that because of this reaction there is no such thing as "recreational" crack use.

Crack can be manufactured in a moderately equipped kitchen, and crack houses (apartments secured under false identity for the express purpose of producing the drug) are springing up throughout most large urban areas. Crack is produced by mixing cocaine with a substance such as baking soda to create a paste which is approximately 75% cocaine. The paste is allowed to harden and it is cut up into chips resembling soap. A "quarter rock" (a small piece) is usually smoked in a water pipe and the cost of a single dose ranges in price from

\$10 to \$20.

Very few overdoses occur from "snorting" cocaine through the nasal passages, but crack possesses a very high overdose potential. The highest danger of overdose occurs when cocaine (in any form) is injected or smoked because the percentage of the drug which enters the bloodstream is considerably higher. The possibility of overdose resulting from a lethal amount of cocaine in the bloodstream is a very real danger when using crack. Immediate death may occur as a result of cardiac arrest.

The number of cocaine-related deaths has tripled since 1981. One in every six high school students will have tried some form of cocaine by the time they graduate and the numbers are growing. Is America powerless to stop this \$110 billion a year drug habit? There are at least 4-5 million active drug users. America is fighting the law of supply and demand. So few users get caught and the risk of prosecution is so remote.

Crack is cheap, easy to produce, and intensely addictive making it the "hottest" and most dangerous drug on the streets today!

(Story compiled with information submitted by Rhonda Peterman and from the University Health Promotor.)

"STOP SMOKING" CLINIC

More participants are needed in order for Health Services to sponsor an on-campus smoking cessation program, "Smoke Stoppers," during the early part of this semester. Those interested should contact Jean Kresge immediately.

"Smoke Stoppers" is a four-week program utilizing principles of behavior modification, including training in stress management/relaxation and weight management. The program claims a 98% success rate at the end of the sessions and a 63% success rate at the end of the first year. The program is being offered to the college community at a cost of \$100; standard cost of the program is \$140. Taught by ex-smokers who are respiratory therapists, the program is comprised of five one-hour sessions during the first week and three one-hour sessions over the remainder of the program. Participants may enroll in the program at no cost should they fail to quite smoking.

That Horrible Choking Feeling

By Mike Camilli

Nothing feels worse than choking under pressure. It gives you a bad taste in your mouth and a sinking feeling in your stomach whether you choke in a game, choke on a test, or watch your team choke. I know that I (a Michigan native) didn't enjoy watching the Rose Bowl much. On the other hand, nothing feels better than going in the underdog and coming out a winner when all the chips are on the line. I am sure that any member of the Penn State Football team can vouch for that.

Penn State's 14-10 victory in the Fiesta Bowl was an exciting and fitting conclusion to its 100th football season. But, it was almost the upset that wasn't.

Penn State went into the game against a basically more talented team. Bookies had Miami favored by over a touchdown. Even the area's most devoted fans had their doubts about the Nittany Lions' chances against Mr. Testaverde and

company. And as expected, Miami dominated every tangible aspect of the game. The Hurricanes made 22 first downs and controlled the ball for nearly 34 minutes. PSU got 8 first downs and held the ball for only 26 minutes. Also, Miami racked up 445 yards. The Lions made a mere 162.

In games like the Fiesta Bowl, however, statistics don't mean much. The outcome is determined by the intangibles. My high school track coach used to say that in a race that goes down to the wire, it's not the better runner that wins. It's the guy with the most guts. That's why Penn State won. They had the guts, drive, and determination that Miami didn't. They had the heart and soul they needed to be national champions. Sort of like Rocky. They went four quarters with the best and came out winners.

It's times like these that make you proud to say you go to this school (and make you wish you owned a Penn State souvenir shop).

The Market That Has It All

By Kathleen Riley-King

Where would you go to get a sweat suit, a dog license, a couch, and a pound of fresh lunch meat--all under one roof? If you cannot think of such a place, Saturday's Market is your solution.

Taking Exit 230-341 off Route 283, you will find Saturday's Market on Route 230 east between Middletown and Elizabethtown. This farmers'/flea market is open, year-round, on Saturdays from 8 A.M. to 6 P.M. and on Sundays from 10 A.M. to 4 P.M. It boasts about 150 stands inside a building that is 1000 feet long and 140 feet wide.

As you enter the spacious building, you may wonder where to begin. If you are hungry, the food stands are a good start. You may be tempted by the french-fried mushrooms, cauliflower, zucchini, and onion rings that people are already munching. Batter-dipped potato wedges, subs, pizza, and sausage sandwiches are other choices.

On the other hand, if you want to eat later, five meat stands provide you with a variety of fresh-cut lunch meats, steaks, chicken, and pork. Kathy's Seafood Shoppe offers you crabmeat salad, haddock, and jumbo shrimp by the pound. You will find fruits and vegetables at Sassaman's Produce. Large bags of discounted potato chips and pretzels are available at Nibble Nook. Grocery and Soda World sells cases of soda, as well as single 2-liter bottles. If you do not like to bake, Butterflake Bakery can satisfy your sweet

tooth with unique cookies, donuts, and pies.

In the event that your culinary appetite has been filled, you may want to buy some clothing. Discount Fashions displays a variety of shirts, and

Ben's Corner has, among other things, sweat suits, jeans, and men's shirts.

You can outfit your home with wicker items--baskets, lamps, and chairs. Or, you may choose a recliner or couch in one of several hundred colors. If you favor oak furniture, one area of the market sports beautiful oak dining tables, china closets, roll-top desks, and gun cabinets. Used stoves and GE washers are also available at Used Appliances.

Other items that may interest you include paperback books, porcelain dolls, unpainted ceramics, tools, rare coins, and dried flower arrangements. In addition, you will find pet supplies and dog licenses at People N Pets.

Have something to sell instead of buy? Saturday's Market president, Rod Rose, will rent you a stand. Inside stands cost \$39 per month with a \$20 deposit. For a few weeks only, Mr. Rose is offering a special on inside stands--\$100 for 13 weeks. During the warmer months, renting an outside stand is a bargain at \$5 per day.

Whether you are buying or selling, Saturday's Market has much to offer. What one thing will you *not* find there? The proverbial fat pig!

Tarnhelm Announces Deadline

Dr. Theodora Graham, *Tarnhelm's* faculty advisor, and Denise VanBriggle, editor, have announced the deadline of Friday, February 27 for student submissions to the college literary and arts magazine. *Tarnhelm* is published annually through a generous grant from the SGA. Each year cash awards are available for first and second prizes in the fiction and poetry categories.

Tarnhelm accepts poetry, short stories, brief creative essays, black and white graphics, and black and white photography. The magazine provides an opportunity for undergraduate and graduate students of all majors to express themselves in the print medium of their choice. In addition, having your work published can add a significant note to your resume. Please share your creative entry for consideration by following these instructions for submission:

Enclose submissions in a self-addressed envelope.

Include proper postage for notification of acceptance and/or return of material.

Do NOT put your name on individual works. All work is to be judged anonymously.

Enclose a separate sheet stating your name, address, phone number, major and option, and current term status.

SUBMISSIONS ARE TO BE DROPPED OFF IN THE TARNHELM MAIL SLOT IN ROOM 216 OR IN W-360.

GUIDELINES: Typed on 8 1/2" X 11" unlined paper.

POETRY: One poem per page.

FICTION AND NONFICTION: Short stories, creative essays, double-spaced.

GRAPHICS AND PHOTOGRAPHY: BLACK & WHITE ONLY!

The *Tarnhelm* staff is meeting on Wednesday, January 21, in Room W-138, from 3-5 P.M. If you are interested in volunteering your time and talents, or if you have questions about submissions, inquire at the *Tarnhelm* office, 216, or in the Student Activities office, 212.