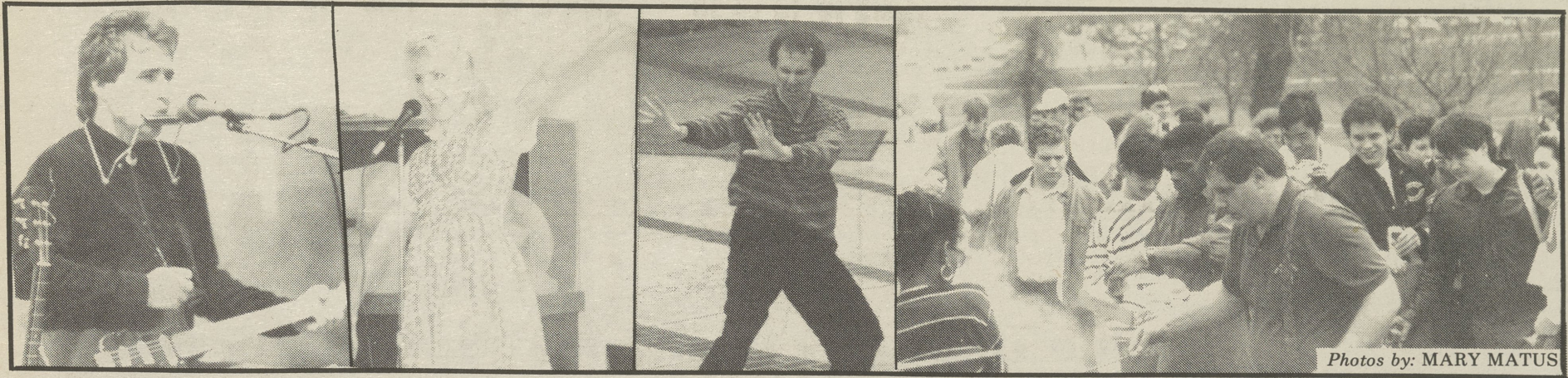


Sights and Sounds of Spring Week '90



Photos by: MARY MATUS

Retrospection

by Judith K. Belson

Now the school year is over;
A freshman I'll be no more.
Next year will be my last year here,
But I'll still only be a sophomore.

I started out as a stranger
Clinging to old ways,
Afraid of all the changes,
Missing my high school days.

Meeting lots of new people,
(Boy, textbooks cost a lot!)
I want to go to the mall,
But look at all the homework
I've got!

Well I've just been to the
Student Lounge
And ran into a bunch of friends.
This is where it's at, man!
Just hope it never ends.

Registration time again?
I've just gotten used to my classes!

When will it be summertime,
So I can wear my cool sunglasses?

Never thought I'd have my teacher
Via satellite!
Just studying and praying
That I got all of my test questions
right.

Night class is weird;
People are just starting to arrive.
It shouldn't be so bad,
Except that I've had classes
since 8:35!

Music test today?!
Are you sure the teacher said it?
I should really drop a class.
After all, I have nineteen credits!

Now the cafeteria is closing,
School's over for another year.
My friends are going to the Park,
But I'm going to stay right here.

Goodbye and Good Luck!!!

Alcohol Awareness Questionnaire

by Janeen Sanders

Many people have misconceptions about alcohol and alcoholism. Answer these questions and see how informed you are about this important subject.

- 1.) Alcoholism is a disease. T F
- 2.) People who are alcoholics can quit if they had the will-power. T F
- 3.) More than 200,000 deaths a year are estimated to be alcohol related. T F
- 4.) Alcohol is a stimulant. T F
- 5.) Alcohol can affect your brain up to 72 hours after staying away from it. T F
- 6.) You can sober up by drinking coffee, taking a long walk or taking a cold shower. T F
- 7.) Alcohol warms you. T F
- 8.) The chances that a pregnant woman can affect the growth of her unborn child by drinking are very slim. T F
- 9.) Alcoholism is curable. T F
- 10.) If you are under 21 and you are caught lying about your age to obtain alcohol, you can be arrested and convicted of a crime. T F

disease and an alcoholic can only begin to recover by admitting that he/she has a problem and by seeking professional help. 3.) True 4.) False — Alcohol is a sedative — it reduces brain activity. 5.) True 6.) False — Time is the only thing that can sober a person. Time is needed so that the liver can break down the alcohol. 7.) False — Alcohol only makes you feel warm, by making the skin vessels carry more blood. It causes you to lose heat and can kill someone already exposed to cold. 8.) False — Chances are very high. When a woman drinks, the alcohol goes directly from her stomach into her bloodstream, which easily crosses the placenta and enters the baby's bloodstream. * Effects on the growing fetus and the newborn baby are:

- decrease in number of developing brain cells
- small birth weight
- facial abnormalities
- central nervous system problems

9.) False. Once a person is diagnosed as an alcoholic, he/she will always have the disease. However, the disease can be treated.

10.) True. According to the Pa. State Law, if you are found guilty, you can be convicted of this misdemeanor of the third degree and may be fined not more than \$500. for subsequent violations.

To the exclusion of pregnant women, this is not a plea for everyone to suddenly stop drinking altogether. Merely a plea for people to drink more sensibly. Enjoy your summer!

ANSWERS:

- 1.) True 2.) False — Alcoholism is a

