

The Review

J.W. Riley High School
405 E. Ewing Avenue
South Bend, Indiana
HOME OF THE WILDCATS!

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North Central gives Riley a thumbs up

by Nicole Szymanski
Editor-In-Chief

While the North Central Association (NCA) evaluating team was quite impressed with Riley during their recent visitation in November, some of their findings gave pause to principal, George McCullough.

"They were here to evaluate the programs and facilities. There are certain standards we have to meet. There are approximately 25 areas the NCA evaluates," said McCullough.

"I was very pleased with our strengths, but I was concerned about our weaknesses. I think they were petty and the NCA team had to really dig to find them. I agree with and already know we need to upgrade the facilities, but the others were just petty deals. We will address them as best as we can," added McCullough.

The strengths outweighed the weaknesses.

"This certainly means Riley will continue its accreditation. If there were any glaring deficiencies we would have gotten a warning. Riley came through with flying colors and will continue to be an accredited school, according to Ralph Komaskinski," assistant superintendent of the South Bend Community School Corporation.

Nevertheless, the administration will be working to change the five "petty" weaknesses.

One comment by the NCA was that teachers should recommend students for appropriate class levels (hon-



ors, AP, regular, etc...).

"We do allow teacher input and accept recommendations," said McCullough.

"Students should be allowed to enroll and have the opportunity to try any course they want to take without recommendations," said Komaskinski.

Another weakness was that the

attendance reporting and recording procedures are too time consuming and involve too many people.

The administration is currently in the process of updating the attendance reporting. They are looking into purchasing a scantron to scan attendance cards, according to McCullough.

The NCA also commented that the

newly formed philosophy and goals was written without the input of students or parents.

"I feel it's our (the administration's) responsibility to provide direction and that's why we didn't involve students and parents. I have no problem with involving them in evaluation. North Central: continued on page 2

Valedictorian status harder to achieve: Now that freshmen will be graded on a plus and minus scale

by Heather Ross
Staff Artist

| 12 POINT SCALE GRADE EQUIVALENT/FINAL GRADE | | |
|---|--------|----|
| 11.00- | 12.00- | A+ |
| 10.00- | 11.99- | A |
| 9.00- | 10.99- | A- |
| 8.00- | 9.99- | B+ |
| 7.00- | 8.99- | B |
| 6.00- | 7.99- | B- |
| 5.00- | 6.99- | C+ |
| 4.00- | 5.99- | C |
| 3.00- | 4.99- | C- |
| 2.00- | 3.99- | D+ |
| 1.00- | 2.99- | D |
| .99- | 1.99- | D- |
| .99- | below- | F |

It's going to be tougher for striving valedictorians in the class of 1992 to keep their 4.0's intact now that Riley has adopted a 12 point grading scale.

A committee of 25 faculty members from all of the departments in the South Bend Community School Corporation gathered last spring to decide the start of a new 12 point grading system instead of the 4 point system being used for the upper classes. This new system of grading is being initiated in all South Bend schools starting with this year's freshman class.

George McCullough, principal, said that this will hopefully lead to greater grading consistency.

The new method will be based

on twelve points, with grades ranging from A+ (12 points) to D- (1 point). This is a change from the old 4 point system where an A was 4 points and a D was 1 point.

Mike Harding, assistant superintendent of secondary education, headed the committee to decide on the new scale. He said that there were two or three different reasons why the scale was changed.

"We had to establish a standard range (for the grades). In some schools, 90 to 100 percent is an A, 80 to 89 percent, a B, and so on. But not all schools do this, so if a student were to change schools, their grades would have to be adjusted. This is a problem for the student," he said.

"We have to clearly define where a student is on the scale. If a student gets an A, is it a high A or a low A? So the

pluses and minuses came first. Then we had to have a number system to go along with the grades," he said.

Michael Rozewicz, art teacher, said that he thinks the 12-point system should be for everyone, not just the freshmen. He would rather use the new system because it gives the students more of an idea of where they stand. "If one student gets a B+, it's considered 'almost' an A. If they get a B-, it's considered 'almost' a C. With the grading scale we have now, any B is considered a solid B," he said.

Charlotte Totten, math teacher, agrees with this system. She said, "I've always used a plus-and-minus system in my grade book, then had to convert it for the report cards. This will save time."

It will only save time in the freshman classes this year, though. They
Grading scale: continued on page 2

In Review



Food drive

The food drive results totaled 2445 cans and \$786.50. The places were as follows:

- 1st: Leona Johnston's 5th hour with 456 cans and \$136
- 2nd: Naomi Kent's 1st hour
- 3rd: Patricia Moriarty's 3rd hour

Free courses

Ivy Tech is offering free courses for seniors. The program is called "Take a Course on Us". Courses in business, human relations, accounting, health science, plastics and supervision will be offered for free in the spring semester.

If you are interested, see your counselor.

Ball State

Ball State University will be sponsoring an "open house" at Century Center on January 10. The invitation is extended to all high school students and parents. This presentation will allow them to learn more about the various academic schools at Ball State.

Financial aid

Financial aid night will be January 10, 1991 at 7 p.m. in the Riley cafeteria.

Grading scale:

Continued from page 1

will have the new system through all four years of high school. The sophomores, juniors, and seniors will take the old grading scale with them through graduation, making the class of 1992 the last to have the 4 point grades.

Freshman, Kim Hughes doesn't think this is fair. She said, "If one class has it, all the classes should."

Harding explained, however, that it would be more unfair to the upper classes if they had to switch all of their grades in the middle of high school.

The new policy still uses the same method to figure out a semester grade, though. Each nine weeks' grade counts for two-fifths of your grade, and the final exam grade counts for one-fifth. For example, if you received a B+ in English for the first grading period and a C+ for the second nine weeks, then got an B on your final, you would add it up like this:

- B+ 9 points
- B+ 9 points
- C+ 6 points
- C+ 6 points

B+ 8 points
38 points

To find your average, you would take 38 (your total) and divide by five. So for your semester grade, you would have 7.6, which would be a B-

Totten said she likes the idea of the pluses. "It gives the kids a good feeling."

Lisa Swedarsky, freshman, said, "When it comes down to the pluses and minuses, the minuses hurt your grade but the pluses help it."

McCullough said that the scale shouldn't have grades below D-. "The students need to meet minimum standards. If they don't meet these standards, they should repeat the class until they do meet the requirements."

Harding isn't sure what to think of the new scale. "I realize that there's going to be a small problem with adjusting (to the new scale), but if it serves the purpose then, it's acceptable."

The colleges are accrediting the new 12.0 scale.

North Central:

Continued from page 1

ating the goals," said McCullough.

An additional weakness was that teachers of the same subject seldom coordinate their curricular objectives and activities.

"Teachers do coordinate the curriculum and do coordinate activities. Not all students learn at the same pace so not all teachers teach at the same pace. There are curriculum guides in every department," added McCullough.

The last weakness cited was that the *Course Description Guide* lists courses which have not been taught at Riley in several years.

"The students decide what courses will be offered. There are classes listed that would be taught if students enrolled. Just because there isn't a class one year, doesn't mean students won't be interested in it the next," stated McCullough.

There is no particular time frame in which these improvements will be implemented.

"As for the facility study, we were informed by central office that Riley should see the results by late 1993. The others we will work on constantly," McCullough stated.

of the NCA evaluation.

"They were, overall, about average. I don't think they got their facts straight. They didn't go above and beyond the call of duty to backup and support their facts. It sounds like they talked to a few people and formed an opinion," said McCullough.

"I think they did a very thorough job from what contact I had. They talked to teachers and walked throughout the building. They had to do a lot of reading. They had to get a feel for Riley. They conducted it in a very professional manner," Komasinski said.

The NCA is an accrediting association.

"When you join, you agree to maintain certain standards in a variety of areas, from the courses to the books in the library; the whole game of running a school. If you say you're a North Central school, people know you've met certain standards," said Jerry Sector, the chairman of the NCA committee that visited Riley.

The standards they look at are: the philosophy and goals of the school, the administration and organization, curriculum and instruction, the school staff,

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was very pleased with our strengths, but I was concerned about our weaknesses. I think they were petty...

George McCullough

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The only item the central office will be directly involved with is improving the physical plant. They are waiting on information from the board of trustees to do so, according to Komasinski.

Opinions differ on the adequacy

pupil personnel services (adequate materials, facilities, and health services), student activities program, financial support, school facilities, and school and community relationships, according to the NCA handbook.

NCA says Riley High shines in these areas

1.) The members of the administration, teaching, clerical, custodial, and other support staffs are competent, experienced, cooperative, and enthusiastic in their approach to and execution of their responsibilities. They are promoting a caring, understanding, and cooperative school climate.

2.) The student body is cooperative, friendly, well-behaved, courteous, and respectful of the teaching and administrative staffs. They appear to be serious about learning.

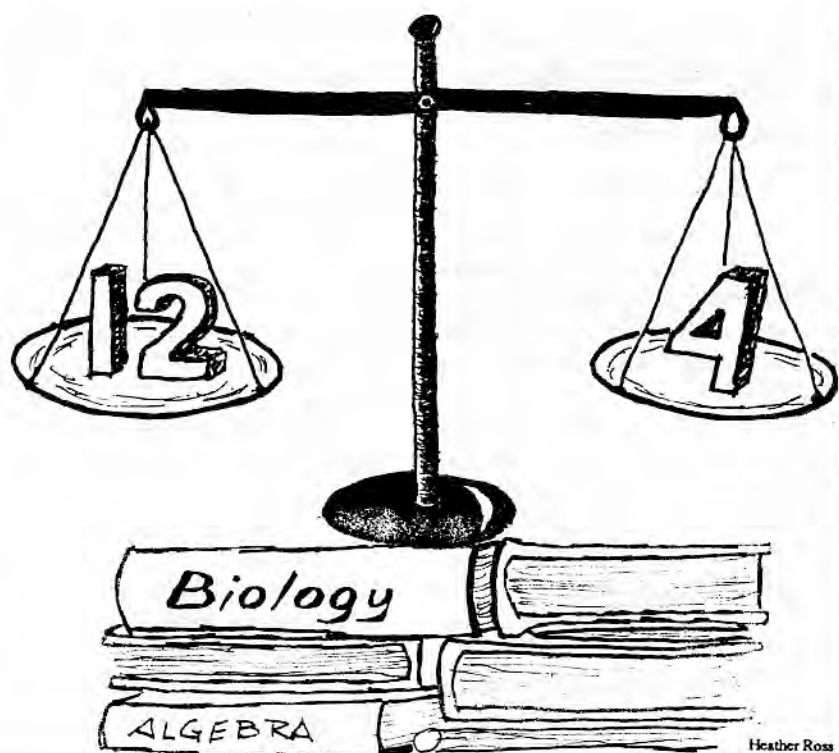
3.) The school's newly-written philosophy and goals are thorough, well-written, and student centered. The goals are clear, concise, and sufficiently detailed to serve as guides to working with staff in program development, have ex-

pressed a long-term commitment to the school corporation, and are working diligently to open channels of communication among all levels of the school's and the school corporation's staff.

6.) There are genuine, positive attitudes shared by administrators, teachers, and students toward each other.

7.) Teachers and administrators have established high standards of expectations for students, both in terms of behavior and academic achievement.

8.) The students and staff demonstrate a pride in James Whitcomb Riley High School in a variety of positive ways. The school is well maintained and clean.



Prayer group: How far can they go?

by Krista VanFleit
Viewpoints Editor

While few would begrudge a youth led prayer group access to school facilities in which to conduct their meetings, some Riley students have questioned the methods with which the newly formed prayer group has used to recruit new members at the school.

The rights of such a group to assemble and meet within the building has been firmly established by law. According to Marva Leonard-Dent, attorney for the South Bend Community School Corporation, "As long as a prayer group is student led, and is not directed by an adult, the group is perfectly legal." This right was established by the August 11, 1984 Equal Access Act.

The law states: "It shall be unlawful for any public secondary school which receives federal assistance and which has a limited open forum to deny equal access or a fair opportunity to, or discriminate against, any students who wish to conduct a meeting within that limited open forum on the basis of the religious, political, philosophical content of their speech."

Leonard-Dent went so far as to assert, "If any group, even something like a gay rights or satanic group, wanted to hold meetings in the building, they would be allowed to. They would have to wreak havoc in the school and disrupt the educational process to be denied access."

The prayer group can publicize its meetings as much as any other group. They can put announcements on the public address system and signs in the halls, according to Leonard-Dent.

However, some students feel the group members have gone too far in their efforts to recruit. Prayer group members had passed a survey around the school questioning students on their religious beliefs. Another student, Robert Sever, was accosted by several of the prayer group members in class.

"I made a comment in class that offended the religious views of two prayer group members who were also in the class," said Sever. The class was discussing the topic of abortion, and according to Sever, "They (the group members) were outraged by my viewpoints on religion and abortion. They

vented this outrage by explaining the misery I will have in my afterlife, and the emptiness I must feel without God in my life."

Kelsey Krynock, sophomore, said, "We didn't tell him how empty his life would be without God. We did tell him that non-Christians would go to hell."

Amy Harris, also a sophomore, added, "I was just trying to help him because he doesn't have anything to believe in. I guess I got carried away, because it's such an important topic to me."

Krynock also added that she just felt

Leonard-Dent could not comment directly on the situation at Riley because she did not witness the incident.

According to George McCullough, Riley principal, the incident concerning Sever was only general conversation, and therefore not disruptive to the educational process. However, he said, if the students led a prayer during school hours, they would be going too far.

The idea for the group originated with Krynock's pastor, Rod Finster. According to Harris, they (the students) started the group to give people a place

the desire to come and attend lunch with students to further the group's cause, Leonard-Dent said that he cannot be allowed to do so because, "Adults may not participate in the group, lead meetings, or recruit members."

McCullough said, "I wouldn't mind if he came as long as we didn't have church in school."

Senior Larry Clippenger, member of the group, said, "I joined the group because it was interesting to me that other kids were interested in the same thing that I was." He added, "It has given me



Esther Johnson, senior, Sonja Retzlaff, sophomore, Todd Wieczorek, sophomore, Brooke Heinrich, junior, and Bobby Stevens, sophomore pray in peaceful harmony (Photo by S. Flores).

she was doing her duty as a Christian. She added, "I admit we may have been a little rude, but saying we verbally assaulted him is going far."

According to Leonard-Dent there is a very fine line between what the group can and can't say during school hours.

According to Leonard-Dent, students may get involved in discussion during the school day, however, these discussions may not, in any way, interfere with the ongoing activities in a class.

She also said students may not actively lead prayer sessions during school hours.

where they can get guidance and can feel free to talk about their problems.

The group which meets once a week, begins each meeting with a discussion of the need for fellowship among the members. After that, each member writes down prayer requests. Then, one person collects the requests and nominates one of the prayers. The group then prays together, but does not force those in attendance to join in.

Group members stress that anyone, whether they are Christian or not, may attend the meetings.

While Finster had originally expressed

new ambitions, and this has really improved my life."

Clippenger also said that the group has made him respect others more.

Some non-members, however, feel that the group may present a problem for non-religious students. Sophomore Jenna Hill, said she feels that non-religious students may feel pressure from the religious ones to join the group or change their beliefs.

And senior, Andy Thoma, said, "If church and school are to be kept separate, the group should not use the Riley name."

Gospel choir:

Continued from page 4

Riley."

Member, Emma Smallwood, junior, said, "Some of us feel that we might have to endure some criticism from others, but whatever is said, we feel we can take it constructively."

The members feel that they will be criticized because the group is religiously organized. Although, they haven't endured any criticism yet, they would just like to keep an open mind about it.

Terry said, "The purpose for forming the group is to unite all different denominations and religious beliefs as one, to become a helping hand to us all. We would also like to expose the different beliefs of some, to see that they are all really alike."

"The choir as a whole has one mutual vision which is to put God back into the schools," said, freshman, Roshanda Brown.

Berry said, "It is not up to the director to make the singers convey a certain message. They convey the message of God through song."

Admirer, Gwen Taylor, attendance office secretary, said, "I have been exposed to gospel music all my life and it is necessary for me to say that those students rank among the best that I've heard."

Member, sophomore, Monica Columbus, said, "We've only just begun and our goal is to be the best choir that Riley's ever had."

Terry goes on and explains a typical rehearsal, "It's pretty hectic. First, we

start off with prayer to calm ourselves down. Then, we warm up on a couple of old songs. Finally, we get down to business and do whatever is at hand if it's learning new songs, or touching up old ones, then that is what we do."

"We hand pick the songs by ear from other church choirs or from tapes or albums by other gospel choirs. These songs include: 'The Lord's Prayer' from the Bible; 'Get up (If You're On The Lord's Side)' by Reverend James Cleveland; and 'Having You There' by Mississippi Mass.

"For being a young non experienced group we have learned to follow one another at certain times. I feel we have a long way to go, but as long as God is on our side we will be able to make that journey short," says member senior,

Sheiliquita Columbus.

Junior, Tiffany Newhouse, said, "We all have the relationship of family. We act like brothers and sisters as we are one in the Lord. We relate to one another just fine."

The gospel choir will be performing January 13 at 4 p.m. at Emanuel.

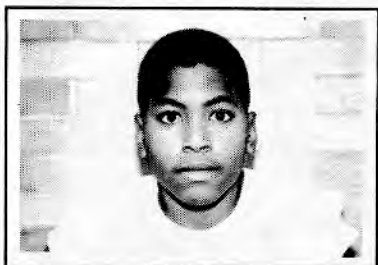
The members of the choir include: senior: Sheiliquita Columbus, juniors: Willie Berry, Christa Reams, Andre'a Lewis, La Teesha Taylor, Yakini Foster, La Teika Wright, Angelica Terry, Tiffany Newhouse, Patricia Atterberry, sophomores: Nichole Williams, Erica Williams, Corey McKinney, Monica Columbus, Stephanie Harper, freshmen: Rachel Scruggs, Tessa Williams, Roshanda Brown, Howeeda Graham, Phonda Forrest, and Tykeesha Spann.



What's the worst present you've ever gotten?



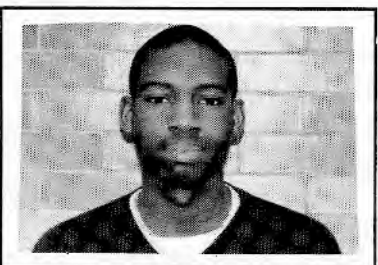
"Once I got rocks for Christmas," Kelly Szulczyk, freshman.



"For Christmas my cousin gave me a clown with a string that laughed when you pulled it," David Hairston, freshman.



"My aunt gave me the same dictionary two years in a row," Carrie Wert, sophomore.



"Once I got a box of bricks, but before I opened it, I thought it was a stereo," Corey McKinney, sophomore.



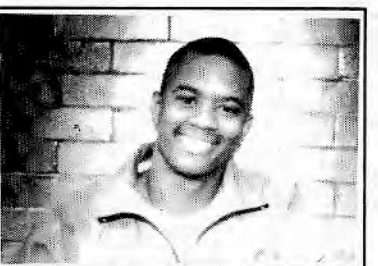
"I got a year subscription to Deer Hunting magazine," Lili Shilkovich, junior.



"My sister gave me an E.T. hat that lights up. I don't even like E.T.," Shawn Johnson, junior.



"In the second grade my aunt got me these huge pink bellbottoms for Christmas," Lisa Blye, senior.



"I got a dog bone," Julius Smith, senior.

Editorial

Religion is respected, the pressures are not

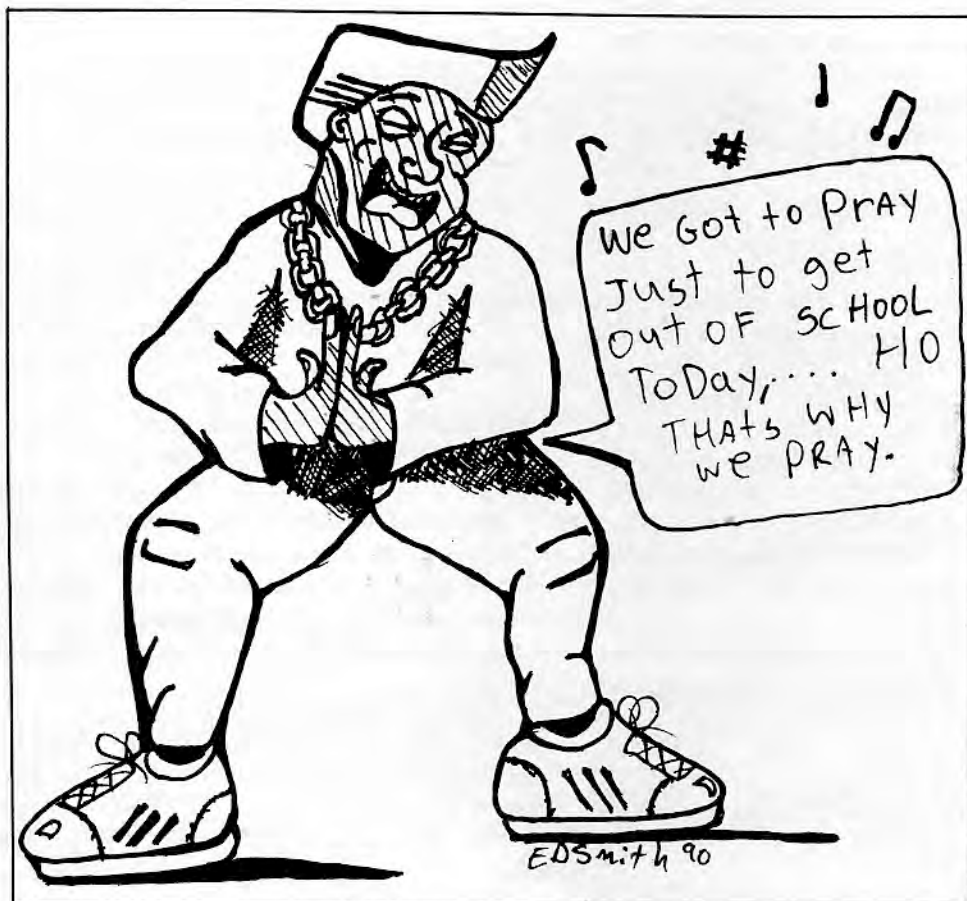
The prayer group is a new organization at Riley High School which meets once a week. During their meetings, they talk and pray. These students who wish to be involved in this or any type of organization have the right to share and publicize their ideals with others who feel the same. Unfortunately, some of the members have been pressuring those who are not involved.

What these members don't seem to realize is that others may not want to participate in this group. A couple of the group's leaders have been using high pressure tactics in an attempt to make others conform. They have been known to condemn those whose beliefs conflict with theirs. Some members of the group were passing out surveys questioning students on their religious beliefs during class time. We stress caution in these attempts by the group. Although the intention may not be malicious, we feel that such surveys and the use of this information is an "invasion of privacy".

Riley is a public high school which accepts and tolerates the beliefs and religions of all students. Public high schools are government institutions and therefore, cannot promote any religious beliefs whatsoever. This is firmly established in our Constitution and is the foundation for our concept of democracy.

According to the Equal Access Act of 1984, any group, whether it is religious, political, or philosophical, is allowed to conduct meetings after hours and publicize their group, just as all extra-curricular activities. If a person wanted to join the group he/she would. The group makes announcements and the student body is aware of its existence. If a person finds the organization appealing, then he/she will join of their own free will.

We support and respect all groups who wish to organize because it helps Riley become more involved in the community. The prayer group is a good idea for those who want to be involved. It is a peaceful activity which allows students to share a common ground. However, we do encourage that all students, no matter what their beliefs are, to respect the rights of those who hold differing views.



Letters to Editor

Counsel us

Dear Editor,

I think some of our counselors should get more involved with the students. Most of the counselors just give students their classes. Some of the classes are not appropriate for their ability levels. They don't tell students about the business classes or give them an idea of what will be best for them. The only thing they tell most students is what is required to graduate.

I think counselors should get more involved in students' lives. If they see a student getting A's or B's in a basic skills class they should recommend that the student take a class that requires more skill.

The counselors shouldn't tell a student he or she is not college material. They should give all the students a fair

chance.

Emily Washington

We want support

Dear Editor,

We would like to write our opinion to "Faces in the Crowd," November 21, 1990. We are strong believers that girls' sports don't receive enough recognition, but it's not just girls' sports. Boys' tennis, golf, wrestling, or basically anything that's not football or boys' basketball, are in the same situation.

Over the course of the swim season, very few students came to cheer us on, and even fewer came on a regular basis. This didn't only happen in swimming, it happened in sports such as soccer, too.

We're not asking to change the school, we're asking for more support from the

student body. All of us athletes work hard and deserve it!

Kris Peterson
Kimberly Wilson

Too many subjects

Dear Editor,

I think having to pass five classes to participate in sports is unfair. I think it's unfair because I'm having trouble getting on the wrestling team since I'm not passing five classes.

Why do we have to pass five subjects? Why isn't the rule four subjects instead of five? If I had my way we'd only have to pass four. Even some really smart people have trouble in school, and can only pass four subjects.

I think the rule should be changed to give people who are struggling a fair

chance.

Kevin Taylor

Lengthen lunch hour

Dear Editor,

I have a complaint about our lunch hour. I don't know about some people, but by the time I get outside and in the car, it seems like ten minutes have gone by. After I arrive at the place where I'm going to eat, I only have about ten minutes to eat and get back. Since the lunch hour is so short, I have to rush around to get to class, this makes me feel sick.

I have some friends at Clay, and they told me that they get 15 minutes longer than us for lunch. They have homeroom, too.

Name Withheld



CAT CHAT

O.K., so we had a little bit of snow, the temperature dropped twenty degrees, and nobody's car would start.

Well cheer up 'cause Christmas is right around the corner, yes, Christmas! Don't we all have turkey left over?

Let me elaborate on what Christmas is. It's a time when you and your family get together with all of your relatives from H—, who are always full of great comments like, "You've grown so much," and "You look so much like your mom!"

Christmas is also a time to spend all your hard earned money on a present for your second cousin on your stepmother's side!

Don't you hate buying presents for people you barely know? I always get something really stupid for them, like stationery.

You can't forget those family gatherings where everyone exchanges presents and you get the notorious fruitcake, which nobody will touch, the great Rubik's Cube you've always wanted (maybe eight years ago), and the ever famous homemade bellbottoms from your grandma. She still swears they'll come back in style!

But let's not forget the real meaning of Christmas, the time for giving. We should all be thankful for what we have. There are many people in the world who don't have much. Remember, it's better to give than to receive.

For those of you who don't celebrate Christmas, have a happy Channukah, or whatever the case may be! You still get two weeks off school! I know you're as happy about it as I am!

Have a fun Christmas and a great New Year's. But remember, be good because Santa's watching!



Candid Cat



lockwise, Curtis Bittle, Melissa Quade, Wendy Mathia, and Hillary Tetzlaff show off their acting talent at the last play.

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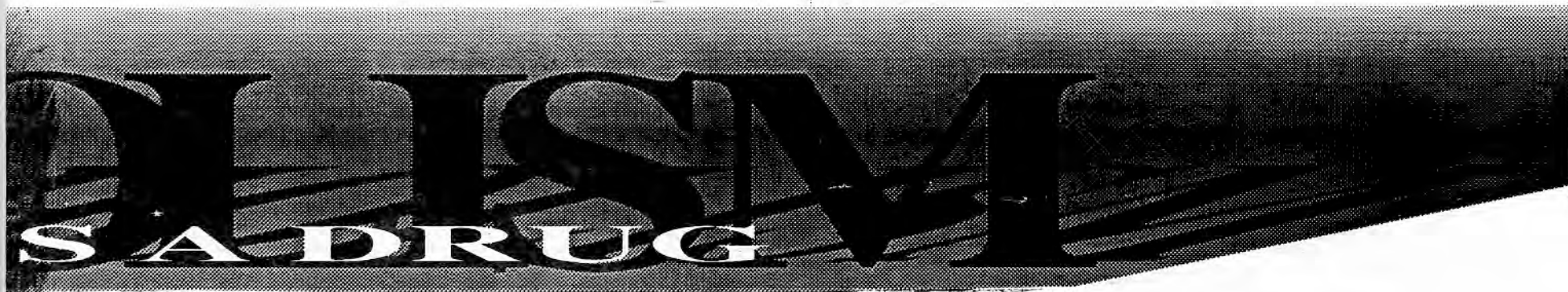
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...dually gains precedence
...t, but also over all other
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With adolescents, this breakthrough is often initiated by such crises as trouble with school, family, and/or the law.
"They've totally destroyed an important relationship, or a situation shocked them so much by what they did or said," said Reed, that they seek help. She described these crises as a series of "repeated negative consequences" that push the addict to seek help.
More and more young people are "hitting bottom" and coming into recovery now than ever before, Muchling commented.
"Hitting bottom is a process of realizing one has to turn a page in one's life... seeing the negative consequences and realizing that's been identified by experts as a disease with a predetermined outcome. It is possible to intervene and raise the 'bottom' and catch the disease in earlier stages," said Muchling.
Denial is the most difficult obstacle addicts face. Reed mentioned that in helping her clients, she finds they first have a hard time accepting the fact that the drug really is the problem.
"It's a disease of denial," said Calvano. "First, denial is a coping strategy. If you don't know something's there, you don't have to deal with it or change it."
The only problem with this, according to Calvano, is that with time, the problems build and get worse.
Once a chemically dependent person has admitted they have a problem, for whatever reason, he or she often enters a rehabilitation center, which was first step of Lance's recovery from alcoholism.
Often an employer, spouse or the court system forces an alcoholic into treatment. However, if it is against his or her will, the treatment may not be successful, according to Reed. If they are doing it for someone else, the alcoholic will relapse (drink or use again). "A big part of it is learning to stay
Alcoholism: Continued

Four years one day at a time

by Jane M. Guest Reporter

I'm 19 years old. I come from a loving, middle class family. I'm an intelligent, talented person. I also happen to be a recovering alcoholic and drug addict.
I would like to begin by saying that I don't believe that I 'became' an alcoholic/addict. I believe that I was born with an addictive personality. I say this because my behavior was compulsive long before I started drinking and doing drugs.
As a child in grade school I felt that

afraid of them. I believe that most alcoholics (if not all) never really learn to cope with feelings like "normal people".
I wasn't living in reality. I like to use the expression, "I was living in my head." My addiction had taken over.
My behavior in middle school set the pattern for my behavior in high school, but as I got older, my addiction got worse. The using became much more frequent. The walls were higher. Emotionally, I was numb. I accepted advice from no one and for the most part, I cared very little about what happened to me.
By my sophomore year I was coming home drunk and/or high a lot. I had tried to commit suicide once and my

In middle school I got to a point where I was tired of trying to be perfect. So I went to the opposite extreme. I just gave up. Jane M.

Facing sobriety

by Andrew O. Guest Reporter

The first time I used drugs and alcohol I was kicked out of high school and forced to transfer to another school. It was the late 1970's. Prior to that incident I had been a good student and varsity letterman. I gave all of that up and changed all of my friends so that I could do what I wanted to do, drink and do drugs.
I come from a very loving and supportive family. They were as baffled as all of my friends by my behavior. I didn't care. I had drugs and alcohol. It was fun and exciting to get

high. I systematically gave up the people and things that really mattered in my life. I'm not sure how I made it through my senior year, but somehow I graduated. For the next 19 years I was in and out of four different colleges, the Navy, and numerous jobs.
My drinking and drugging became progressively worse. Somewhere along the line it stopped being fun. I began to realize that I was using drugs and alcohol to escape reality.
I didn't like myself or my life unless I was high. When I was high I could fantasize and dream of how I wanted things to be.
I was blaming employers, teach
Addict: Continued on page 10

I had to excel in everything I did. I was an honors student. I was very athletic, musically inclined, artistic and popular.
Yet no matter how well I did, I was never satisfied with myself.
In middle school I got to a point where I was tired of trying to be perfect. So I went to the opposite extreme. I just gave up. I didn't care too much about school or sports or music, etc. This was when I started drinking and doing drugs. I thought that the escape I found in alcohol and drugs was the 'answer to my prayers'.
It was at that time that I made an unconscious decision to do anything to get that escape when I wanted it. Many times that meant lying to my parents about where I was going and who I was with. It also meant sneaking out of the house at night and skipping school.
Another thing that started happening was that I started to mentally retreat from my peers and society. I built a wall against my emotions, too. I was very

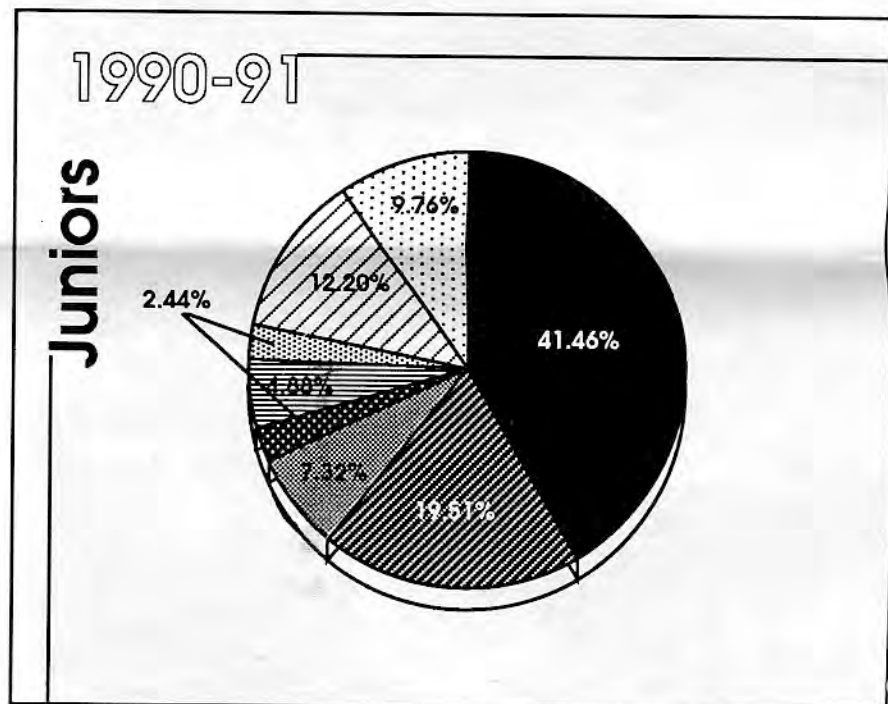
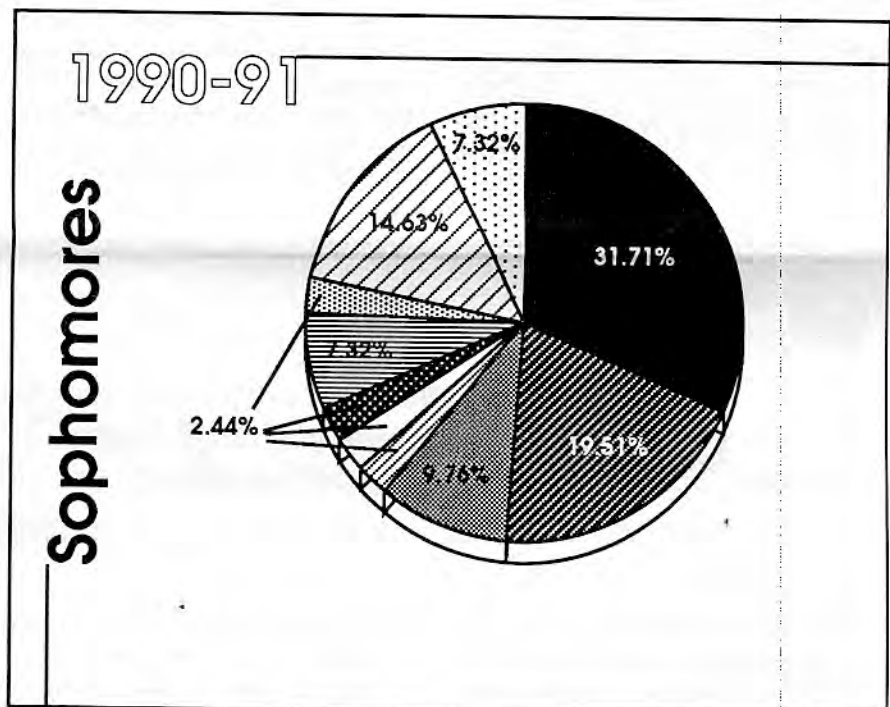
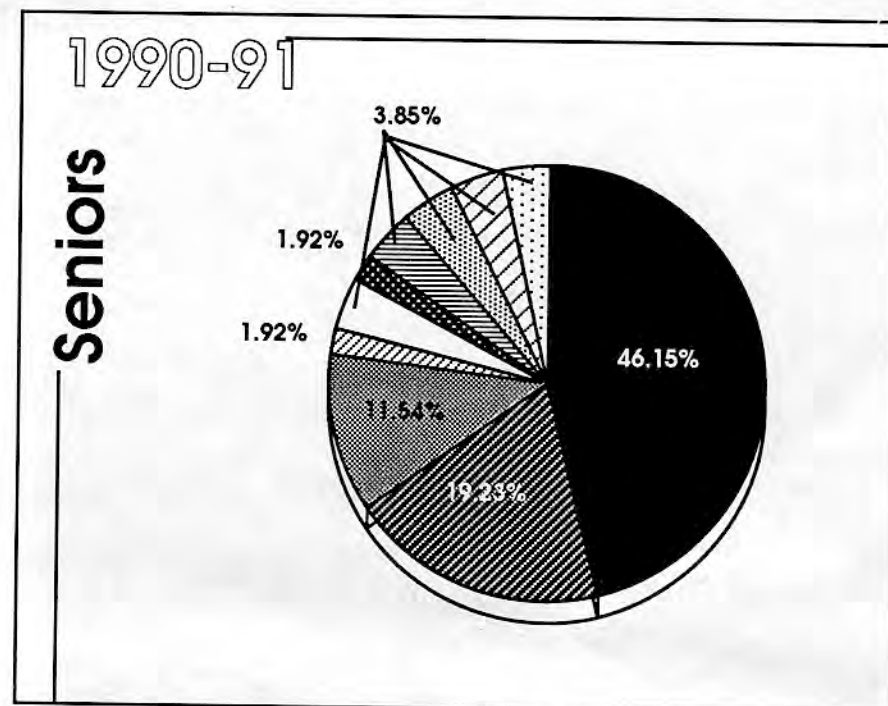
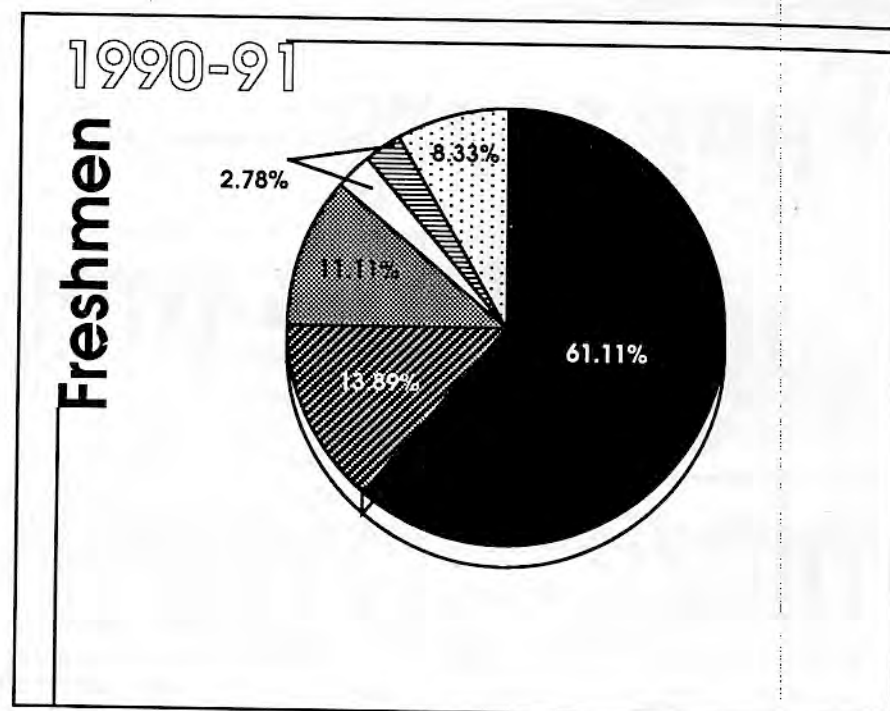
parents had had enough. They consulted a counselor and it was recommended that I be put into a drug/alcohol rehabilitation group, so they sent me to a treatment center in Illinois.
After about two weeks in treatment, I finally accepted the fact that I had a fatal disease called chemical dependency. It was so miserable and lonely.
It took several months and a lot of support from other recovering people to put some of the pieces of myself back together.
I've found an inner strength that I ignored for many years. As of today, I've been recovering for four years. My life today doesn't even resemble the life I was living in active alcoholism/addiction.
I still need lots of support from other recovering people. I probably always will. One doesn't just get cured of an addictive personality. It's a life-long process. But it's worth the effort if I take it just one day at a time.

For Help: Call the Experts

| | |
|--|----------------|
| Alcoholism Council, Inc. | 234-6024 |
| Kingwood Hospital | 288-4711 |
| Koala Hospitals (formerly Koala Centers) | 1-800-622-4711 |
| Koala Outreach Center (outpatient) (24-hour answering service) | 282-8592 |
| Pathways Center (24-hour hotline) | 284-3000 |
| Quiet Care | 282-3030 |



The following graphs are the result of a survey taken last September of twenty-five freshmen, sophomores, juniors, and seniors pertaining to which of the listed drugs they have tried. One sophomore wrote on a survey: "I know people at Riley who've tried all of these." Not all surveys were returned in the sophomore, junior, and senior classes. Therefore only the available information was utilized.



Alcoholism:

Continued from page 9

sober for yourself," said Reed.

Muehling related the busy schedule of the in-patient adolescent treatment program at *Pathways*.

However, Calvano warns those considering treatment that there are no guarantees.

This appears to be a hard pill to swallow for some addicts, their family members, and "significant others" "because they'd like a cure. They'd like to be told that 'those things' will never happen again," she explained.

"Treatment is discovery" said

Lance, "It brings you physically to health. They feed you, take care of you, and make sure you get lots of rest, and they introduce you to this program (referring to the 12-step fellowship through which he is recovering from his addiction) which encourages recovery."

"Recovery is drunks and drug addicts helping each other. It's us helping us.. It's not professional," said Lance.

"I thought my life would be terribly boring," said Lance, "I could compare it (sobriety) to the loss of my best friend." An alcoholic must

make no exceptions when it comes to maintaining abstinence.

"Problems are still problems," assures Muehling. It doesn't get easier, but it does get better. In a sense, recovery is a better option than the long term consequences of addiction: jail, insanity, or death.

"I look at it (sobriety) as being a gift," said Lance. He mentioned that there are people who will disagree. His life now consists of complete abstinence from all mood altering chemicals, including alcohol.

According to Muehling, 75 percent of those who leave treatment are able to stay sober for the first six months. He also said that 50 per cent of all alcoholics who seek treatment make it long-term, and that's an improvement from a few years ago.

"I like who I am today as opposed to before. The sanity that I've regained through this program makes it worthwhile. Just being rid of those feelings, just being OK to not have to take a drink to deal with life makes it worthwhile," said Lance.

Addict:

Continued from page 9

ers, and my druggie friends for all of my problems. I was too screwed up to know that I was the problem. I was alone. I had used all my real friends. I was ashamed of myself. I was tired.

In the fall of 1988 I hit bottom. I was so depressed and disgusted with

myself that I didn't want to go on living. Drugs and alcohol had kicked my a—.

I was flat broke and unemployed again.

My parents generously allowed me to live with them if I would get some help for my drug and alcohol problem. I

didn't want to admit that I had a problem, but I didn't want to go on living the way I was living anymore either. They said I could stay at the house after I went to the drug rehabilitation center. That's how I found a twelve step fellowship.

With the help of the rehab cen-

ter, the twelve step fellowship, and many of my friends, my life is no longer a nightmare.

It hasn't been easy, but with the love, care, and support of the twelve step fellowship, I have the gift of sobriety today.

Moving: Inside the life of a military child

by Sherry Andres
Staff Reporter

What's it like to grow up in the same town? What's it like to go to school with the same friends for more than one year, or to simply have a high school sweetheart?

I can't begin to answer these questions, but I can tell you how it feels to move at least every two years and make new friends (and enemies) every time I turn around.

I could even show you how I can attend more schools in one year than most of you can in your whole lives. Who am I? Many call me Sherry, but deep down I'm simply known as a 'military brat'.

Ask just about anyone in today's society what "military" means to them and most likely they'll respond with comments like, "war," "guns," and "the men who use them to fight with." But unfortunately, there is more to it than that. There are the families and friends soldiers leave behind.

People in today's society can't begin to understand how hard it is to leave a newborn child, or say good-bye to a newly married wife. Even saying good-bye to friends can be tough when you know you'll be gone for seven to eight months.

I remember when my mother would wake my sister and me up to drive my father to his ship. It would always be hard to see him go. I never really understood, when I was young, why he left. I only knew that he was coming back.

But as I got older and understood more, it was harder to see him go. I remember telling myself not to cry because I knew that my mother needed my support emotionally as well as mentally. We all tried to understand that it was my father's career and that that was what he wanted to do with his life.

That never really helped us emotionally. Deep in our hearts we knew he would be back, but the time apart was lonely. He would usually be gone for seven to eight months on what the military calls a wes-pac, but I grew up calling it a sea mission.

Goodbye

My sister and I would take poster board and make giant calendars to keep count of how many days were left. Little gold stars represented the remaining days and a giant gold star was placed on the day he was coming home.

When money was tight, or phone calls were impossible to make, my father would send all of us a letter on tape. It was nice to close our eyes and imagine that he was right there talking to our faces. In return, we would send him care packages full of pictures, drawings my sister and I would make, popcorn, and some of his favorite treats that he could never find when he was gone. It was fun, plus it made the time go by a little faster.

When the day finally arrived for my father to come home, everyone was dressed up in pretty outfits purchased just for his arrival. Wives along with children and sometimes even friends would stand at the docks for at least two



Commentary

nours watching for the ship come in.

Everyone could be seen trying to get a glimpse of their loved ones. When the crew was finally released from the ship, tears could be seen falling down everyone's faces. We would always go out for dinner on the night he came back. It was fun, plus it was a chance for me to say, "Hey, look world, my daddy's home."

As you grow, you may begin to understand why your parents must leave, but for those families who must cope with the death of a loved one in the line of duty, they can never understand why,

girls' go.

I arrived in South Bend, Indiana, on January 1, 1988. It was an extremely cold day and for someone coming from Novato, California, it seemed to be colder than it actually was.

Thank goodness I managed to find a few friends and had a pretty good year. I was in the eighth grade at Jackson Middle School.

Those friends remained close as we moved on to our freshman year at Riley. Until now, most have remained my friends.

That's what makes it so hard to move. In the past, I never really stayed in one place long enough to make true friends. Before I moved here my definition of 'friends' was just simply 'a per-

and now I have to start over. Just knowing that my real friends will soon be thousands of miles away, makes me weep in sadness every time. Yes, I want to get out of South Bend, like most of you probably do, but couldn't I graduate with all of you first?

I'll have no problem making new friends in Hawaii because God knows that I have had the practice, but it'll be different again. Being in a military family so long has taught me two things: how to really handle life's little ups and downs, and to never, no matter what, take life for granted. 'Enjoy what you have and take what you can get', is always how I've seen it.

My life has always revolved around adventure. I have moved around all my life and if I plan to ever get married, a military man will definitely be a first choice. I am so used to moving around and having that feel of adventure, that my life without it would be as empty as a tree without its leaves. Yes, sometimes I wish I could have had a childhood like other kids', but when I think of all the experience I have when it comes to little things like making new friends, or learning about new cultures, I'm grateful.

Some of my friends would have difficulty handling my lifestyle and everything that I have been through. The new cultures that I have experienced first-hand I'll always remember. The pictures and memories I will never forget. The only thing that will remain in my heart from my short sojourn in South Bend is the memory of having all of you as my friends.

Sherry Andres, a 17-year-old junior at Riley, relocated to a United States naval base in Honolulu, Hawaii with her family on November 26, 1990.

“ **M**y mom got to see a lot of my sister and me growing up, unlike my father, who missed out on these times. I really think that is one reason why he is reluctant to let his little girls go. Sherry Andres ”

a parent never comes back.

Birthdays were hard on my parents because they both couldn't watch me and my sister grow. My mother tried to make these holidays the best times possible, but even as a young child you miss that other parent. My mom got to see a lot of my sister and me growing up, unlike my father, who missed out on those times. I really think that is one reason why he is reluctant to let 'his little

son I knew.' That's what makes it so hard to go.

In the past, I would not have minded as much, but that was before I made true friends: people I could trust, people who knew me for me, and not just as another kid they went to school with. I never had that before and it feels good. I never really knew how hard it was to say good-bye to people you love until now.

All of my friends are a part of me,

Doug Blackburn: From athletics to academics, this achiever does his best A+

by Dawn Horvath
Staff Reporter

Doug Blackburn, senior, is a role model to many people. That is excluding his brother, Andy Blackburn, junior.

Andy looks up to him for being an intelligent and mature young man, but won't admit to any other similarities. According to Andy, the only likeness they share is that they both have big eyebrows.

Doug has a 3.975 grade point average. He reserves most of his time to his studies.

"I spend an hour to an hour and a half on each subject every night," said Blackburn.

Some may wonder how he reacted to ONLY having a 3.975 grade point average.

"I was happy with everything else. I just accepted it, picked myself back up, and stepped forward once again," said Doug, admitting some disappointment at not having a 4.0 G.P.A.

"I take Advanced Placement classes and enjoy them all. My main interests lie in math, science, and problem solving," said Doug.

Doug participates in football, soccer, and hockey.

"His athletic ability is above average. He's not an olympian, but he's got a great attitude," said Phil Teegarden, football coach.

"I feel the biggest accomplishment in my sports career has been my improvement," said Blackburn.

Teegarden describes Blackburn as a very disciplined and obedient person.

"He does what he's supposed to do, when he's supposed to do it, and he does it to the best of his ability all the time," said Teegarden. "He couldn't be any better. He's polite and pleasant, a

model student. The world would be a better place if everyone were like Doug Blackburn."

Doug was injured in one of the first practices for football. This stopped him from playing as a starting offensive lineman. Although he was injured, he was loyal in attending practices and games.

"Doug was a contributing member of the team until the season's end. He kept statistics for us on his computer. He's definitely a team oriented individual," said Teegarden.

Among Doug's accomplishments are: National Merit Scholar Semi-Finalist, Most Improved JV Hockey, Xerox Scholarship, VFW Speech Award, and Riley Honor Award. The list goes on. He's has been a member of the Latin Club, National Honor Society, Choir, Choraliers, Friends Inc., and Student Council.

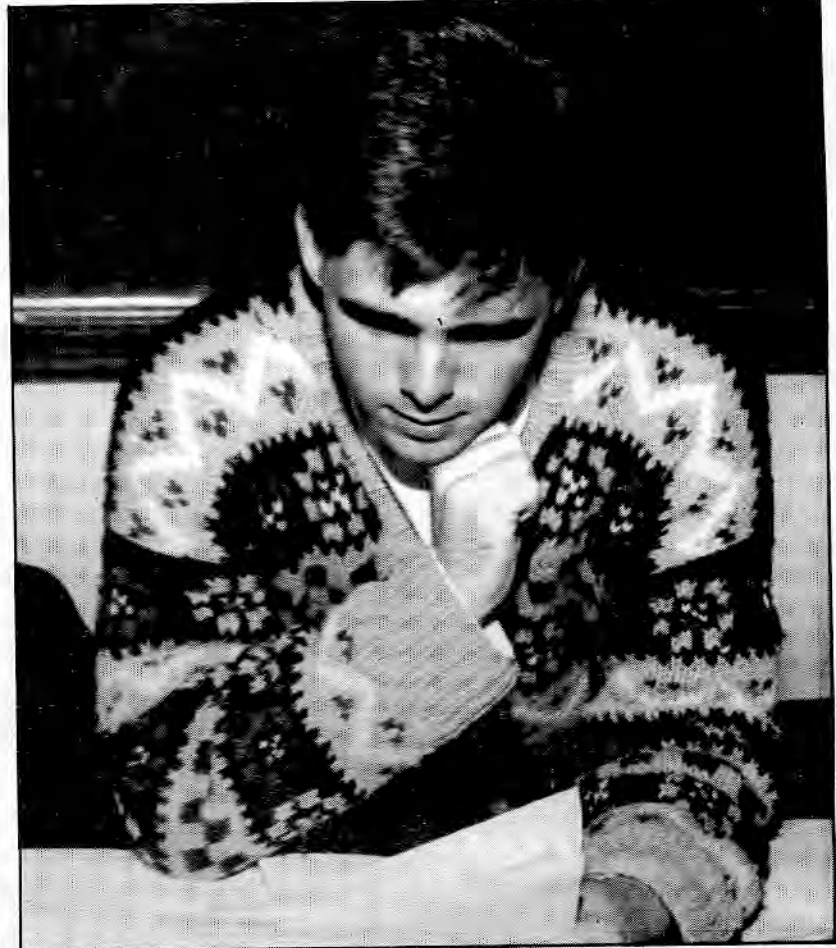
Blackburn volunteered his time to help the International Special Olympics, in 1987, which he found was a touching experience. He also helps his brother with his homework.

Doug does not consider himself a perfectionist, despite all of his achievements. To him a perfectionist is someone who is never happy with what they do. "I am proud of being a well rounded person; that is: doing well in school and being active in other activities and athletics," said Blackburn.

Doug gives the credit to his parents for being such an inspiration. He achieves success to please his parents, but mostly he does it for himself.

"My parents have always been there for me and have shown me how 'perfect' parents should be," said Blackburn.

Doug's future plans are to attend a four year college, graduate school, and get a good job to support his family,



Doug Blackburn, senior, ponders over a difficult assignment (Photo by Thad Schmidt).

most likely in the field of engineering. He has applied at Rice, US Naval Academy, US Military Academy, Rochester, and Purdue.

"I want to hold a high-level job with responsibility in a high tech field. I'd like to be the center of positive influence," said Blackburn.

Doug hopes to be remembered at Riley in a positive way, and hopes not by his handwriting which he compares to hieroglyphics.

While Doug isn't afraid to assert

himself, he is afraid of spiders and other insects. Yet, Andy seems to think that Doug is afraid of him since, he always flinches when Andy throws a 'pretend punch.'

Doug is turned off by people who smoke and drink a lot. It also bugs him when people say the word 'anyways'. Anyways, he admires people who push themselves to their limits.

Doug seems to have prepared for his future well, but says that he will soon find out.

Recycling:

A small part of today invested in the future

by Krista VanFleet
Viewpoints Editor

Since the twentieth anniversary of Earth Day, recycling has become an increasingly important issue.

A survey taken here at Riley revealed that 38 out of 65 people recycle. Some people don't think that's enough.

Thirty-six people said recycling's important to them, and seven said it's somewhat important.

Kristin Graf, freshman, is worried about our world filling up with garbage.

The number of people who recycle might go up if there was a curbside pick-up program. According to the poll, 46 of the students said they would recycle if there was a pick-up program.

Superior Waste, a recycling corporation, picks up at 3,000 homes in Mishawaka and, according to Linda Spear, a recycling coordinator for the company, the project is going well.

Hope Rescue Mission has a pick-up program with the Northwest Neighborhood and the Eastway Historical Area.

Joan Evans, who works at Hope

Rescue Mission, said the program is growing, and she hopes to expand it.

Spear said that the average person makes about 5.5 pounds of garbage in one day.

According to Chris Clingman, from Bendix Woods, ten percent of what we throw away is being recycled.

He said, "When we recycle, we're saving that resource."

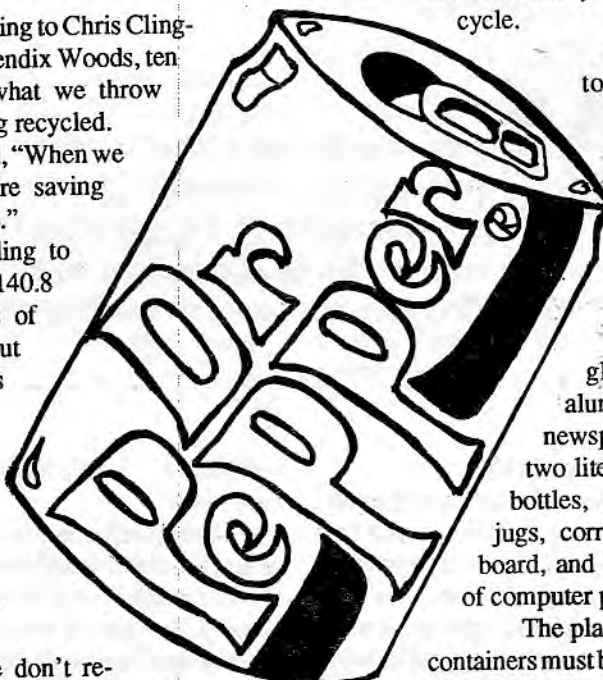
According to Clingman, 140.8 million tons of trash are put into landfills or incinerated in one year, while only 16.9 tons are recycled.

"If we don't recycle we ruin the natural habitats of wildlife. A natural area is destroyed every time trees are cut down or ore is taken out of the ground," he

said.

"Making things from recycled material is easier than making things from the raw material," said Clingman.

There are many things to recycle.



According to Morris Eggleston, from South Bend Waste Paper Company, they take glass bottles, aluminum cans, newspaper, one or two liter plastic pop bottles, plastic milk jugs, corrugated cardboard, and certain kinds of computer paper.

The plastic and glass containers must be cleaned out and the lids must be removed. There are bins around town if it's too difficult to go to a center. According to Eggleston, there are

two bins that are sponsored by the city of South Bend and are manned by Goodwill. The products are processed by South Bend Waste. One bin is in the Goodwill parking lot on Western Avenue and there is a new one in Erskine Plaza.

There are recycling programs in a few schools, but not throughout the entire corporation.

John Kirkpatrick, a representative of the South Bend Community School Corporation, said that there is an environmental education curriculum, and there are people planning to start different projects in the schools.

Evans said, "We need to reeducate ourselves, recycling is a necessity."

If you have products to take to a center, a few places to go are:

South Bend Waste Paper Company
1519 South Franklin

South Bend Scrap and Processing Division
1305 Prairie Avenue

Superior Waste Systems
20645 Ireland Road

North Central process never easy: Lengthy evaluation takes 2 years to complete

by Nicole Szymanski
Editor-In-Chief

The role of the North Central Association (NCA) is changing. Right now it's in transition.

"It was originally set up as an accrediting agency. It established guidelines by which to measure the school, staff, and curriculum. If a school met or exceeded these standards, it was a North Central school," said Larry Hand, a NCA evaluator for 17 years.

Now, the PBA (Performance Based Assessment Program), the state accrediting program, is involved with school certification. The NCA's role is to evaluate whether a school is doing what it says it's doing and to provide constructive feedback. At present, these two organizations are not directly related, and have separate evaluative procedures and standards, according to Hand.

"The NCA takes a look at the total school environment. There is nothing left out," said McCullough.

"We talk to everyone from the cafeteria

bility or unwillingness to sustain the accreditation standards. A school is never discredited as a punitive action, but to notify its community that the school has failed to meet those conditions considered necessary for effective education," according to the handbook.

Hand. Riley prepared in many ways for this evaluation.

"We took a year to do the self study. We evaluated discipline, the community, the staff and administration. We make recommendations on areas where we're not up to par. Also, we shared information with the staff and

in the future.

"We get feedback that will help improve our programs, financial relations, all areas. This helps us develop quality programs to offer students. All of this is for the students' sake. The purpose is to offer quality service to students. That's our job," said McCullough.

The actual accreditation affects the students' future also.

When a school is accredited, it means a student's credits are acceptable at any college affiliated with North Central. If the school is not accredited, the college will question whether the grades were worth anything or not. This way colleges can be assured of the quality of education prospective students have received, according to James Krider, government teacher. He was also chairman of the self study.

Sector said a school in his area, the Heritage Hall Christian Academy, has no accreditation so most of the graduates attend the Bob Jones or Oral Roberts Christian colleges because these schools don't require that students come from accredited high schools. A few are accepted to Ball State with extensive interviews, he said.



Bob Chandler, a member of the NCA, is being interviewed by senior, Nicole Szymanski (Photo by Jason Pattee).

The process

workers to the custodians to the administration. The report deals with every aspect of the school, the food in the cafeteria, the building conditions, and what goes on in class. Anything you can think of we look at," said Sector.

Some Riley students thought this evaluation would decide if Riley would lose its accreditation. It was also rumored that if Riley were to lose its accreditation, students who graduated and went on to college would have to take the GED exam. These beliefs are false.

"This team will not decide if Riley stays a member. This is decided by yearly reports. We're here to give recommendations. We are an outside body of 15 people who may offer fresh ideas that will benefit Riley. We verify problems such as if there is a lack of space or the art room is bad. It's just another voice with a vested interest," said Sector.

The actual accreditation is effective for one year at a time. Each North Central school must send in an annual report to testify they are meeting the NCA standards. However, every seven years the visitation team comes to verify the school's reports. The report is studied by several different groups of educators. It is on this basis that the school's membership is renewed or withdrawn, stated the NCA handbook.

Schools can be dropped from the NCA.

"Every year the NCA Commission on Schools reluctantly drops some member schools as a result of their ina-

Such factors as unlicensed staff and outmoded curriculum could cause a school to lose its NCA accreditation, according to the handbook.

Riley's visitation was the culmination of a two year study.

"This is a four stage process. The first is the self study. Members of the faculty and staff study themselves and their strengths and weaknesses. It's a self evaluation that takes a year to do," said Hand.

told students to be prepared and to show

their true pride and spirit. The PCN (Parent Communications Network) joined a reception dinner (with the visiting committee members) and we worked with the central office," said McCullough.

The committee was optimistic towards Riley.

"I was pretty impressed. In each department, the staff was well experi-

This team will not decide if Riley stays a member (of the NCA). This is decided on by yearly reports. We're here to give recommendations.

Jerry Sector

The second stage involves the team visit where people from other school districts come in.

"We take a look at what the self study says and then make our own observations. Then we make our own list of strengths and weaknesses and offer recommendations," he said.

The third step is the reporting.

"We prepare a report that will tie together the results. Then it is sent to the NCA itself. That will occur within the next couple of months. It takes four to six weeks to put together," he said.

The fourth step is the reaction. Once the school has the report (it is sent back to them), the school reacts to what has been said (and recommended), said

enced. As for the classes I've gone into, I was impressed. The student body is receptive and seems to be there for a purpose. In the hallways it looks like the student body is taking care of the school and that demonstrates pride," said Bob Chandler, a member of the visiting committee.

Sector thought the people were friendly and the school was well kept, except for some physical problems. He realized it's nobody's fault and there are certain physical limitations because Riley is such an old facility.

"There's a strong sense of history, tradition, and commitment that I didn't see here seven years ago," said Hand.

This visitation will assist students

Future

Is one week enough time to reach a valid opinion?

James Whitmer, health teacher, stated he thinks it's difficult. "It's not correct to say it can't be done. It depends on the team."

"It's pretty accurate. We are not preparing for just one week. We keep the school clean year round and teach proper behavior all year round. We're not putting on a show. What you see is what you see year round. This is Riley. It's a quality school. We don't have to put on airs for anyone," McCullough added.

Every South Bend high school goes through the NCA evaluation.

Adams is going to have the visitation next year. They will be doing an experimental evaluation. The PBA and NCA will be there at the same time. They will mix, match, and share notes. The PBA's self study is very similar to the NCA's. Half of the committee will be from the PBA and half will be from the NCA, according to Hand.

McCullough said Riley has always passed the accreditation.

Join the team!

Take journalism and learn first hand about the excitement of this profession. Visit room 301 today!

Trisha Vaughn: Riley student hosts television program

by Yakini Foster
Senior Staff Reporter

Junior, Trisha Vaughn was recently selected to co/host channel 16's *Kids Talk* with host Deborah Domine.

Vaughn viewed the experience as being "wonderfully exciting." She also said, "It was a lot of work too! I had to write an outline for what I had to do, I had to pick people for the interview, and write questions to ask them. So it wasn't only wonderfully exciting, but frustrating also."

Vaughn was invited to co/host a segment on diseases, after Domine spotted a story Trisha wrote on sexually transmitted diseases (STD's) in the *South Bend Tribune's* "Next Generation Page."

Sophomore, Stephanie Tezich said, "I obtained a lot of information on STD's by being involved with the show."

Vaughn said, "We were all pretty nervous about being on television and meeting an HIV positive person, it was not at all like we expected, though. The victim was quite normal and we all overcame our nerves."

Junior, Tim Firestone, who was a guest interviewed, said, "Trisha was great, a regular Barbara Walters."

Host, Domine said, "We get all our ideas from articles, books, and other television shows. We like to deal with subjects that catch teen interest."

Domine went on to say, "We do stories that need exposure such as: 'Teens make a difference', 'Blended families: The effect on teens', and 'Teens and their environment'. All these are future stories."

Tezich said, "I felt the program was very informative. If 40 percent of teens

today are having sex then that entire 40 percent should know of the consequences which can be a result from sex."

Domine said, "We produce the show for the benefit of teens. We try to address the facts and eliminate any myths about certain teen issues." Financing for the program comes from WNDU.

"Well, naturally we planned for the show to be over AIDS (the nation's most deadly STD). While reading Trisha's



Trisha Vaughn, junior, interviews Yakini Foster, junior, when hosting a television show on sexually transmitted diseases (Photo by S. Flores).

“We were all pretty nervous about being on television and meeting an HIV positive person. It was not at all like we expected, though. The victim was quite normal and we overcame our nerves. Trisha Vaughn

article we decided to incorporate her story on STD's into the show," said Domine.

Vaughn said, "I did most of the interviewing on the two segment show. The only thing I didn't do was the introductory and concluding segments."

Domine said, "This is the first time we've tried having a student co/host the show, and it proved to be somewhat successful. We feel we shall continue to do so."

"It was easier than I expected once everyone got involved in the conversation on the topic. However, I worked from a prepared set of questions that I distributed to each member of the audience prior to taping," said Vaughn.

Senior, Lisa Wynn said, "It was a pleasure being involved with a program that tells teens what to be aware of and how to take care of themselves."

What preparation did Vaughn make for the broadcast?

Domine said, "We discussed what

Trisha needed to do and set a date for when she would most likely be done. I didn't train Trisha for anything, she just asked me a couple of questions and began to work and get everything organized and ready to go."

Vaughn said, "I mainly relied upon some advice given to me in journalism class. You can never have too much information. So taking this advice, I over prepared."

"Yes, I did anchor the show with Trish on both segments," said Domine.

Vaughn said, "There is a lot more to producing a show than just interviewing people. There had to be researching, taping, and editing done. Luckily, I didn't have to worry about that, that was Deborah's job."

First, there was an introduction from anchor Domine. Then, there was the audio discussion with Trisha on the topic of STD's. Third, there was the follow up discussion with the AIDS victim. Finally, Domine concluded the show with a wrap-up.

Trisha said, "I learned that telecommunications is definitely an interest for me. I would like to become an international journalist."

Gospel choir sets the Lord's message to rhythmic song and dance tunes

by Yakini Foster
Senior Staff Reporter



Berry, Columbus, Foster, Spann, Scruggs, and Atterberry, harmonize at a gospel choir practice (Photo by Keith Flatt).

A newly formed group at Riley really sings out its message.

The gospel choir, which joins together each Monday, includes students from all faiths who share the message of God through song, according to Angelica Terry, junior, and founder of the chorus.

Junior class English teacher, and admirer of the choir, Pat Moriarty, said, "The difference between a swing choir and a gospel choir is that a gospel choir is religiously oriented giving the music a unique sound."

Being a newly established group we yet have the popularity and support to gain from our student body and staff, said, junior, director and member Willie Berry.

Member, Christa Reams, junior,

said, "Relating to one another is an important key in togetherness is something definitely needed in a choir."

Terry went on to say, "If you would like to get involved in the gospel choir we would be more than happy to accept anyone with open arms. We would like to encourage all ethnic groups to come join us, we don't have many restrictions we just ask that you be very dedicated and responsible."

The choir practices on Mondays from 3 until 4:30 p.m.

Vice Principal Anthony Byrd, said, "I applaud the effort of these students, it's nice to see today's youth get involved in something so productive."

Terry said, "I had been a part of different social clubs before, but none were purposeful for me. Being involved in my own church choir, I initiated the idea of a school church choir here at

Gospel choir: continued on page 5

From The Pressbox

Coaches should be in the building

by Tim Firestone

How important is it to have your athletic coach in the building?

I believe that a coach has to be in the building. This way he/she can keep track of how his/her player is doing in his studies. The out of school coach also has no way of telling his athletes if a practice is canceled or rescheduled.

"It's not just a problem around here, it's all over the state," said athletic director, John Berta.

"I think that there is a great advantage of teaching in the building where you coach. The kids get to see you and you get to see them. It's very important for the freshmen to see you in case of any problems," said head coach John Nadolny, who is Riley's CORE sponsor.

I think we need to hire good teachers who can coach. There are plenty of newly graduated teachers out there who can coach, as well.

"I think there are two major disadvantages of not having a coach in the building. Number one, they have to have contact with their coach. Number two, high school is a developmental stage. Students need to interact with their coaches," said Berta.

"When a teacher retires his or her position is often not filled by an athletic coach, and that is the biggest problem. Too often teaching positions are filled by non coaches," said Berta.

At Riley there are 38 staffed coaches. Of those 38, 11 of them are non faculty teachers and nine are in the building at Riley. Of the 19 varsity sports (including cheerleading) only seven of them are in the building. In 1980, there were 14 of 18 (not including girls' soccer) coaches in the building.

In order to get better coaches we have to build our reputation as having an excellent athletic department. Then more coaches will apply for the jobs. We also have to pay them more money to get the most qualified coaches in our athletic department.

"One of the problems of having coaches out of the building is that they often don't know how to handle kids and aren't trained to do so," said Berta.

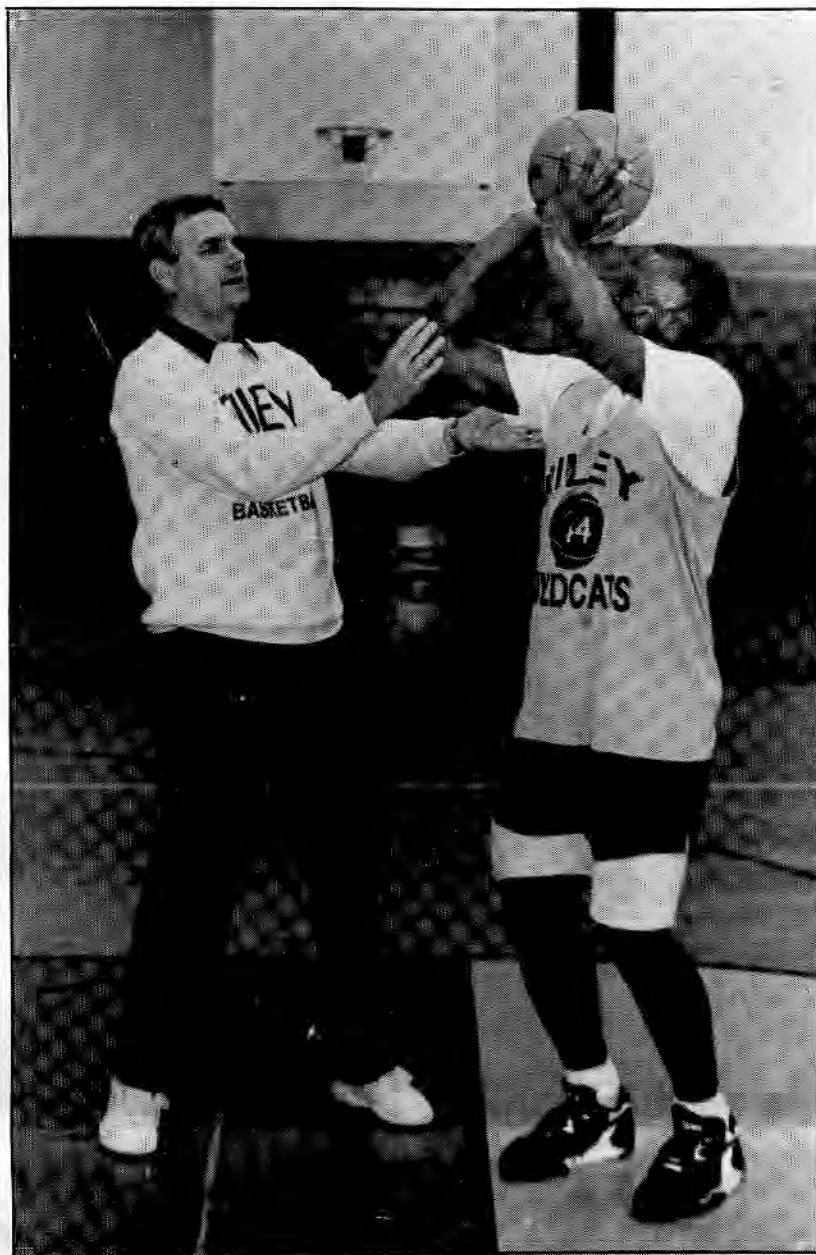
I think that if you see all of our coaches in the building then a lot of the problems with grades and discipline would be resolved. If a student knows that his or her coach is not in the building he/she tends to be a little more lax, and may act up.

"Sometimes it gets frustrating because you don't know where practices are or when they're going to be. I think there is a major disadvantage of not having your coach in the building," said senior, soccer player, Brian Graf, whose coach is not in the building.

If from now on in we looked for coaches with teaching degrees and hired them to take the place of teachers or resigning teachers, our athletic teams would be the better for it.

Bob Berger

The man behind the team



Coach Berger is instructing Shawn Taylor, senior, on his shooting skills. (Photo by S. Flores)

—by Georgianne Tafelski
Staff Reporter

Not many people accomplish their lifetime goals. Bob Berger has.

"My lifetime goal was to coach at a large high school and I have achieved it. Not many people are fortunate enough to be doing what they set out to do in life," said Berger, varsity basketball coach, who is beginning his 14th year at the helm.

When asked what Berger expects of the Wildcats this year, he replied that

caliber' coaches, and he's very lucky to have them helping. If asked to do something, they do it right away, he says.

Berger thinks that teachers who don't coach understand the time he puts in, and he feels that they support him.

Berger coached at LaSalle High School for eight years and at Navarre for two. He said that he really enjoys coaching at Riley.

"I got my start as a coach when I was student teaching at Washington High School. I assisted the coach there and then he got me a job at Navarre Middle School.

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ll of my players are pretty self motivated; they want to play basketball. Bob Berger

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he is optimistic.

"We have a good team, but we lost a couple of important people, not to mention the height we lost when all-star player, Jeermal Sylvester graduated," stated Berger. Berger's goal for this year's season is to repeat as sectional and conference champion.

Berger also said Jay Senff, freshman basketball coach, and Don Wilson, junior varsity coach and security guard at Riley, are very loyal. They are 'high

Berger says that the fans' enthusiasm for the game and the players themselves keep him going. He gives 100 percent to the team and school. His lifetime coaching goal is to win a state championship.

Berger himself was a star forward in his own high school career; he started at the forward position.

When the team is down, Berger gives them a challenge. He says that his players work very hard at practice, and

that they have good attitudes. He's also very proud of them.

"All of my players are pretty self-motivated; they want to play basketball," said Berger.

He inspires his players by putting things on the line. He gives them the facts and they respond to them.

Others agree he has a heart of gold.

"Bob's the nicest man you could ever work for," said Senff.

When asked what actions he takes against smart mouths, he said that his players don't have smart mouths.

Laughing, Berger said, "Maybe I scare them to death. Maybe someone should test me and see what happens!"

Berger graduated from Ball State and holds Bachelor's and Master's degrees from the university.

Berger's teaching style (and coaching style) is 'being a positive person'. He says that he brings his enthusiasm from coaching into the classroom. He teaches science when not on the court.

Berger said that the most difficult game he ever coached was a few years ago against Fort Wayne North.

"We lost 114-79. It was one of those games where you just wanted to run the clock out. Nothing went right," said Berger.

When asked about the most rewarding game he ever coached, Berger said that there were two.

"Last year's 112-100 victory over Valparaiso in the regional tournament was exceptional. I follow the history of Indiana's high school teams, and this one went down as the highest scoring regional game ever. The second was in 1987, when we beat Concord 99-84. It was very rewarding because Concord had Shawn Kemp, and he was the best."

The most rewarding aspects of coaching as a whole, according to Berger, are working with high school kids and seeing a team unify.

When Berger isn't coaching or teaching, he's either watching sports on T.V. or he can be found during baseball season at Stanley Coveleski stadium in section 105, Row G, seat six.

When part of the student body T'P'd (toilet papered) his house and sang the school song to him after he led our team to victory at regionals last year, Berger said that it was totally unexpected.

"My pet peeves about coaching would be having to defend myself outside of the game itself. It gets very frustrating," he said.

"When we are in difficult situations, he always knows what to do. I enjoy working with him because he likes to motivate and he can really do it," stated Owens.

Erin Berger, freshman and daughter of Berger, said that he isn't strict. If you do something wrong at home, it is talked out.

"Before games he's quiet and just kind of walks around. He doesn't really discuss anything with me. Once in a while he'll talk about games with my older brother Robb (a former Riley varsity player under his dad). He never takes anything out on us if he's had a bad day at practice," says Erin.

"When I start looking at my watch during practices, that will mean that maybe I've had too much. It hasn't happened yet."

Kim Wilson: Freshman makes waves at Riley by placing fifth in the state swim meet

by Lisa Levin
Staff Reporter

It's unusual when a freshman can swim circles around a veteran varsity teammate, but it's not unusual to expect such accomplishments from state champion freestyler, Kim Wilson.

Kim, who placed fifth in the state meet in the 500 yard freestyle, is not exactly a novice; she started to swim before she could walk, according to her parents, Eugene and Cheryl Wilson.

She started swimming competitively for the South Bend YMCA Dolphins (now just the Dolphins) at the age of three. After her first year with the Dolphins, she switched to the Michiana Marlins coached by Ralph Pieniazkiewicz Jr.

"There used to be more swimmers like her," states Pieniazkiewicz, "Today asking someone to work hard is asking too much. It'd be nice to have more (swimmers) like her."

Everyone agrees Kim is a very hard worker. She estimates she swims about ten months out of the year, two times a day. Her parents say she gets very little rest. In the last year and two months, they say, she has only had a one week break.

"I don't like swimming as much as people say I should," comments Kim, "I've been doing it so long it gets boring."

Her parents don't think Kim will ever completely lose her interest in swimming, but, "She needs more rest," they say.

Kim would never think of quitting. However, thinking of the end of the season and how fast she'll be swimming by then is what keeps her motivated.

Kim's sister, Kirstin Wilson, a



Kim Wilson, freshman, shows her swimming talent as she does the butterfly stroke (Photo by Santiago Flores).

held by the present Riley girls' swim coach, Jeanne Proteau). The first record Kim shattered had not been broken in ten years. That was Kandis Perry's record of the 500 yard (20 lengths) freestyle. Then she broke the Clay pool record, and after that the Plymouth pool record (both in the 500 freestyle).

Besides swimming, Kim also runs three miles a day, does sit-ups, push-ups, and crunches for the Marlins.

With all the time swimming takes up, how does it affect Kim's school work?

Her parents think swimming has taught Kim how to utilize her time more efficiently.

Buddy, Stephanie Szymanski, freshman, says, "Not only is Kim an excellent swimmer, but she is in honors and A.P. classes. Her swimming ability, sense of humor, and her intelligence make her a special person and I'm glad we're friends."

Swimming plays a big role in Kim's

All of Kim's friends have a high opinion of Kim.

"She's a God," exclaims Peterson, "She's a freshman and made fifth (500 free) in our state meet."

Szymanski can relay Kim's great sense of humor, "After the band did post-

that of any normal sisters except where swimming is concerned.

"In the pool we're not sisters, we're athletes together. Out of the pool we're sisters again," says Kirstin.

Besides her swimming, Kim is an everyday-normal teenager. She goes out

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ot only is Kim an excellent swimmer, but she is in honors and A.P. classes. Her swimming ability, sense of humor, and her intelligence make her a special person and I'm glad we're friends. Stephanie Szymanski

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think the chlorine does something to her brain. She's much more hyper in the pool.

Kris Peterson

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sophomore, is also a very serious swimmer who has been swimming for ten years. Kirstin has a shoulder problem which keeps her from swimming long distances, whereas Kim's specialty is distance. This helps prevent the two star swimmers from competing directly with each other.

During the high school girls' swim season, Kim succeeded in breaking three records (one of which was previously

social life. Most of her friends, Kim says, are also swimmers.

Kris Peterson, freshman, met Kim through swimming. Kris thinks it's interesting swimming with Kim.

"I think the chlorine does something to her brain. She's much more hyper in the pool," says Peterson, "I remember once she came up to me with her swim cap on her knee and said to me, 'Look at my knee cap!'"

game at a football game, we were marching off the field onto the gravel track. As we were marching Kim fell flat on her face and didn't even realize what happened. All she remembers is looking up and seeing the drummers march over her. She greeted them as they passed. All night she complained of having gravel in her mouth."

Both Peterson and Szymanski like Kim's modesty.

"I'll get her talking about her meets and times, but all of the sudden she'll stop and say she feels as if she's bragging," Szymanski says.

Kim says she doesn't like to be complimented a lot because all swimmers work equally hard and deserve an equal amount of praise.

After Kim broke Perry's ten year record, sister Kirstin was the first to congratulate her. "I was happy for her. I mean, I learned to be happy for her since I no longer was able to compete with her (because of my shoulder)."

Kim and Kirstin's relationship is

with her friends occasionally, fights with her sister now and then, and has an especially messy room.

"It took Kim two days to find the walls in her closet," Kirstin recalls.

Kim has a great sense of humor but, try as you will, you can never get her to understand a joke the first time you tell it.

"Every time a joke is told around Kim, five minutes later she'll burst out laughing," said Peterson.

Kim is one of those rare, annoying morning persons. Kirstin says she holds a non-stop conversation at 5:15 a.m. each morning on the way to swim practice. Even the driver is still sleepy at such an early hour, but not Kim. She's awake and, worse still, happy.

Kim hopes to make it to the Olympics. Proteau believes that if Kim keeps up at the pace she's going now, anything that Kim sets her mind to achieve is possible.

No doubt, she's set to make waves in her career at Riley.



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Boys' basketball

NIC position at stake against Eagles

by Greg Carroll
Senior Staff Reporter

NIC position is at stake when the Riley boys' basketball team plays at Adams tonight at 7:30 p.m. As of December 10, Riley was 3-1 overall and 1-0 in the NIC. Adams is 2-1 and 0-1 in the NIC.

"Adams is a very young but experienced ball club. They've developed and have improved very much. They will probably start two or three sophomores that we will hopefully be able to take advantage of," said coach Bob Berger.

"We need to pressure their guards until they can't be pressured anymore. They're young in the guard position and we hope that they don't respond to the pressure in a good way and burn us," said guard Andre Owens.

"When you play in any NIC game you like to come out of the game with good results. Conference wins are very important to the team and to the public. We are just going to handle ourselves like we always have," said guard Scott Hecht.

The team has been playing the way that they had expected to before the season started.

"We have been out rebounded by our opponents for the most part, but we have made up for it with good defensive pressure. From that, we have gotten some easy baskets. Rebounding is still an area of concern which we have to work on for future games," added Berger.

Wins so far this season have come over Laporte, which was Riley's home opener 87-86; Culver Military, 68-40, and NIC opponent, Elkhart Central, 81-53. The only loss was at the hands of

Merrillville, losing 62-59.

Senior guard, Eric Ford, leads the team with a scoring average of 24.7 points per game with Owens following closely with a 19.7 average. Senior forward, Shawn Taylor leads the team in rebounding with 26. Ford follows closely with 25.

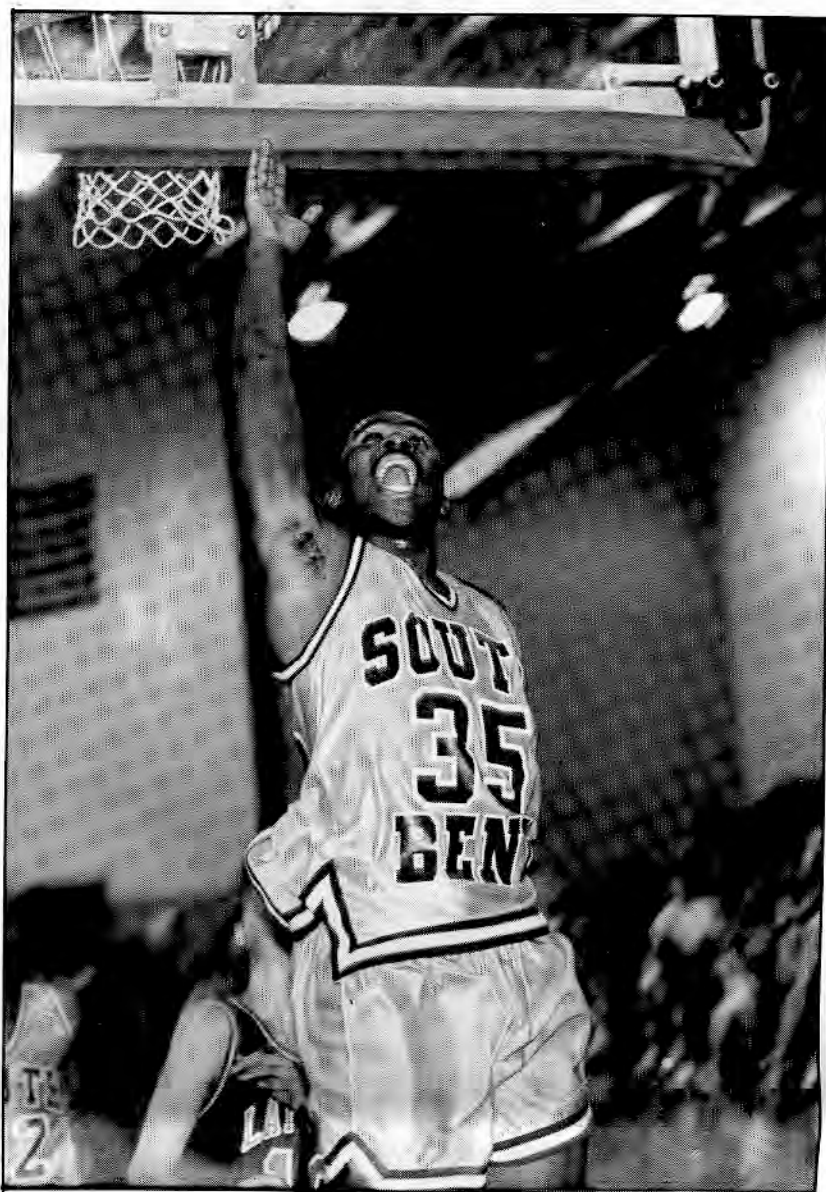
"My shooting stroke has been good enough to make me happy, but not satisfied. I know I can shoot better and, hopefully, my shot will come around the way I would like it to. I've concentrated on rebounding a lot and it seems to be helping," Ford said.

Berger added that the team's overall shooting has been good, but not as good as he wishes it would be. He also said that when you shoot well from the outside it makes the floor more wide open which helps the forwards and the center score easier.

Over Christmas break the Wildcats will be playing in the Holiday Tournament held at the JACC (Joyce Athletic and Convocation Center) against Plymouth on December 26. Last year the team lost in the final seconds of the final game to Warsaw.

"We look at us playing in the Holiday Tournament as an opportunity to play on the floor that they have there. The South Bend Sectional is always held there and this year the Fort Wayne Semistate is going to be there, too. That's where some big games are played. We would like to perform well," said Berger.

Don Wilson's B-Team has a record of 2-2 with wins over the Laporte and Culver Military B-teams. Their next contest is the South Bend Community School Corporation J.V. Tournament on December 29.



Andre Owens, senior, is showing off his speed as he flies through the air at the opening game vs. Laporte. (Photo by S. Flores)

Girls' basketball

Girls' basketball sets hopes on sectionals

by Tim Firestone
Staff Reporter

Riley lady hoopers take on a tough Adams team tonight at 6:30 p.m. at Adams' gym before the boys' varsity game.

Riley whose record is 4-4 as of De-

cember 10, has lost to some very good teams including Michigan City Elston ranked 11th in state.

"Adams is a very experienced team, they have almost all of their returning starters back. They have only lost two games to 13th ranked Gary West and 4th ranked Penn," said head coach Gordon Polsgrove.

This year the NIC (Northern Indiana Conference) is one the best conferences in the state. Leading the way is Penn and Elston. Clay and Memorial will also be tough to deal with because of their experience, according to Polsgrove.

The Wildcats are led in scoring by senior forward, J.J. Mielke, who is averaging 12 points a game. Senior center, Sonya Woods, is averaging eight rebounds a game to lead the cats.

According to coach Polsgrove the team's strength is free-throw shooting which has risen from last year to 61 percent. The team also has very balanced scoring.

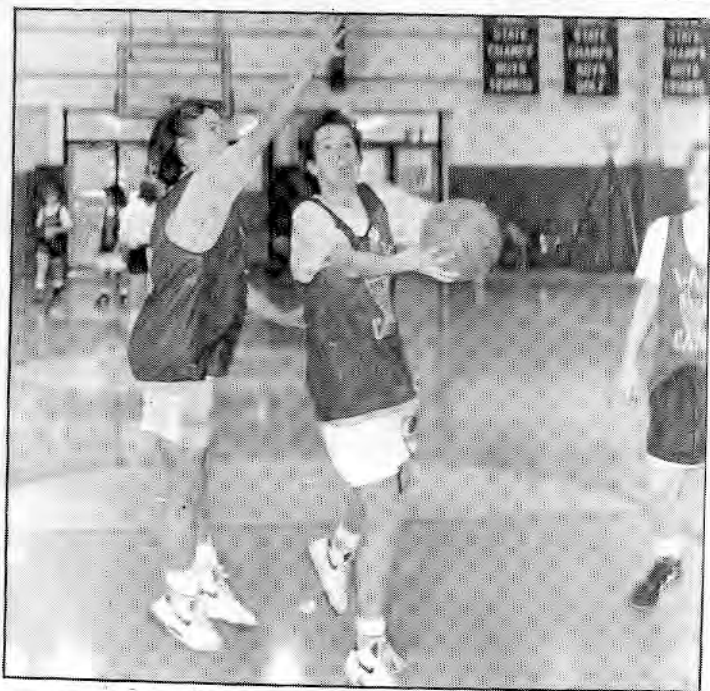
"If we keep improving, a sectional championship is definitely within our capabilities. There are some tough teams in our sectional. Clay is supposed to be the best team in the city, and Adams has a very good team," said Polsgrove.

"We are not shooting up to our potential, we could be shooting much better. We are playing pretty well, but our shots are just not falling," said Polsgrove. "I think we are just playing too tight. Our girls put in a lot of time in the summer and in the fall, when their shots start to fall, we will win some games," he added.

The J.V. team is 3-4 as of December 10. They are coached by Colleen Doyle.

J.J. Mielke scored 14 points and had six steals against Elkhart Central. Carrie Maurer scored eight points and Sonya Wood had 10 rebounds and four steals in the game.

The varsity roster includes seniors: J.J. Mielke and Sonya Woods, juniors: Stephanie Luber, Carrie Maurer, Beth Bone, Sally Lindenman, Monica Rodriguez, Leslie Sorocco, Suzie Polsgrove, and Terri Pierce.



Beth Bone attempts to block a J.J. Mielke shot. (Photo by Santiago Flores)

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ATHLETES of the month

Larry Clippenger
Cheerleading

"Larry maintains a positive attitude. He gives 120 percent all of the time."

Janet Robbins
Cheerleading

Mindi Horvath
Cheerleading




"Progress is always necessary even for a good athlete. Mindi has shown improvement in technique, team effort, and dedication"

Janet Robbins
Cheerleading

Chad Freid
Hockey

"Chad scored 15 goals in one week."

Michael Freid
Boys' Hockey

Athletes are nominated by coaches

Upcoming events

Because there will not be a January issue, here is a schedule of sports events.

Boys' basketball:

| | |
|--------------------------------|------|
| January 11 at Elkhart Memorial | 6:15 |
| January 12 Valparaiso | 6:00 |
| January 18 Penn | 6:30 |
| January 19 Marian | 6:15 |

Girls' basketball:

| | |
|------------------------|------|
| January 8 St. Joe | 6:00 |
| January 10 at Memorial | 6:15 |
| January 17 Penn | 6:00 |
| January 19 JV Tourney | 9:00 |

Wrestling:

| | |
|-----------------------------|------|
| January 8 at Adams | 6:00 |
| January 10 Elkhart Memorial | 5:45 |
| January 15 Lasalle | 5:45 |
| January 17 at Penn | TBA |

Boys' swimming:

| | |
|-----------------------------|-------|
| January 10 Elston | 6:30 |
| January 17 at Penn | TBA |
| January 19 at North Central | 11:00 |

Boys' swimming

Upcoming relays test swimming competition

by Greg Carroll
Staff Reporter

The boys' swimming team travels to the Highland Invitational to compete against the likes of Munster, Lake Central, and Valparaiso on December 27. The team's dual meet record was 4-0 overall, and 4-0 in the NIC as of December 10.

"The things that are advantageous about swimming in relays are that you get away from the monotony of regular dual meets. It forces you into the position of finding out things about your team. You not only like to think you can compete, but you also like to think you can compete well," stated coach Dave Dunlap.

"We hope to be shown how we have progressed through the season and to see what we need to concentrate on more. The teams in the Highland meet have more depth than we do. We hope to swim up to our potential," stated senior captain, Dave Hall.

Dunlap also said that another benefit of participating in invitationals is the chance to actually see other opponents and what they have to offer.

"You get to see how other teams are doing so that sometime down the road when we encounter these teams again, possibly even at state, our swimmers won't be in awe of any opposing players

because they will have already competed against them," he said.

Dual meet victories came over NIC opponents Adams, Clay, Washington, and Elkhart Memorial. Riley also placed fifth in the Walaitis Relays and fourth in the Munster Relays.

"Swimming is a commitment not a convenience. I respect these young men very much for what they do," said Dunlap.

"Coach gives encouragement and keeps us going when we are tired and fatigued. If there is something wrong, then he fixes it. We treat him with respect and he treats us with respect," said junior freestyler, Ken Wilson.

"We are expected to do what he tells us to do, but in the same step he gives us room to breathe. He trusts us with a lot of responsibility and treats us like mature people," added Hall.

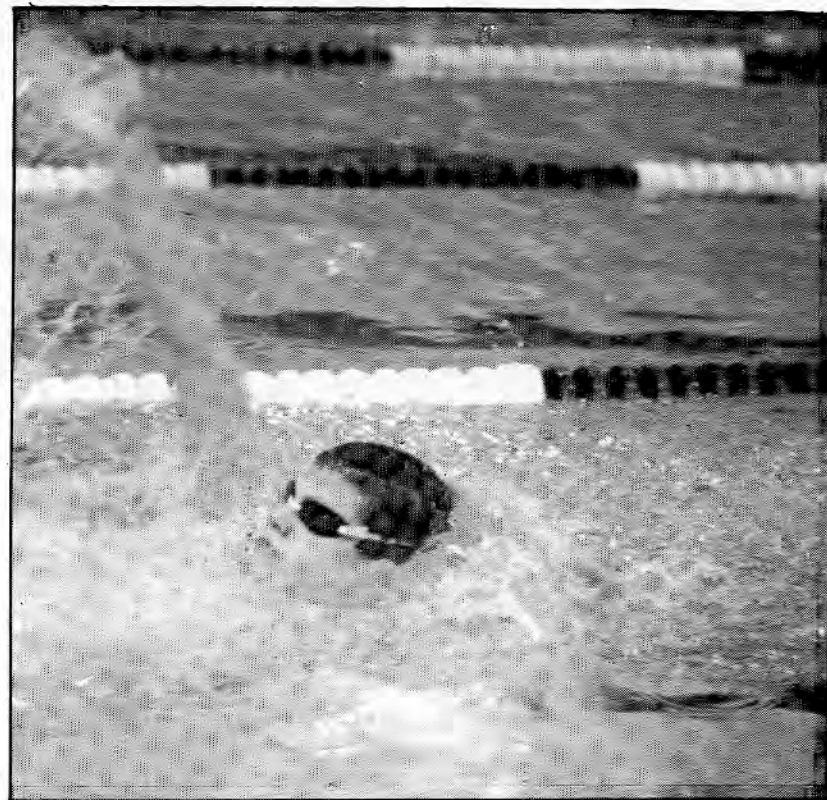
Leadership hasn't been a problem for this year's team so far, apparently it comes from both the senior and junior class, according to Dunlap. Dunlap went on to say that there is a latent talent in the freshmen and sophomore classes and that they are steadily learning from the upperclassmen by process of 'osmosis'. He said they witness what the older swimmers are doing and they just start doing it, too.

Wilson added, "It's a lot of hard work and even more commitment. It takes a team effort. I think we have come to-

gether as a team since the beginning of the season."

Diving coach, Teri Woodruff, feels that diving is still a strong event, consid-

ering the fact that the team graduated three state qualifying divers last year. Woodruff looks ahead to the Highland Invitational.



Jason Turner, freshman, is racing the clock to get the best time he can at the Washington meet. (Photo by Jason Pattee)

ALCOHOL A DRUG

The following young people have generously agreed to share their personal stories of struggles with their recovery from alcoholism and addiction. Ranging in age from 17 to 34, they share a common problem. All are currently involved in a 12-step self-help fellowship, and range in time from one and a half years of sobriety to over four. From local schools and families, their names have been changed in order to insure protection of their anonymity. All four were introduced to the 12-step fellowships through different drug and alcohol rehabilitation centers. The Review staff hopes that the student body of Riley High School will gain a deeper understanding of addiction to alcohol and other drugs. A list of telephone numbers of local drug and alcohol rehabilitation centers and 12-step fellowships is included at the bottom of the following page for your convenience.

Living life again

by Bob D.
Guest Reporter

My name is Bob D. and I am an alcoholic. At one time I would have considered this to be the ultimate insult. Before I got sober, I pictured alcoholics to be decrepit men with trenchcoats who beat their wives and drank either wine or

could such a person as me who was exhibiting success in these areas of my life have a problem with drinking? Besides, who even wanted to think of not drinking; I thought all nondrinkers to be nerds. Fully uncool people.

Although I had a fair amount of success in the areas academics and athletics, I had very little mental stability. On the outside, it appeared that I had my

“On the outside, it appeared that I had my life together, but on the inside, I was scared and extremely emotionally underdeveloped.”

Bob D.

whisky daily.

In high school, I was hardly a decrepit old man, had no trenchcoat to wear, nor any wife to beat, and drank beer only on weekends. Therefore, I thought, I might have a slight problem with alcohol, but I could never consider myself to be an alcoholic.

I experimented with drinking in my early teens: just before I got to high school. I can remember my first drink (but unfortunately not my last that night). I remember the deep, physical sensation of joy and good feeling that alcohol gave me at the time. At this point, alcohol seemed only to give me good things...

But as time went on, my drinking began to take more than it gave. Although I only drank during the weekends, I rarely drank moderately. Usually after drinking a few beers, I ended up drunk, oftentimes offensively drunk, to the point where people had to take care of me (usually by writing on my forehead and taking pictures of me passed out).

Deep down inside I knew something was wrong, but at the time it was very frightening to look at myself, and I really didn't feel the need to do so.

Besides, I was a member of the National Honor Society and an all-conference baseball and football player. How

life together, but on the inside, I was scared and extremely emotionally underdeveloped.

As time went on, I went to college and my drinking got increasingly worse. I became more isolated than ever, and only felt comfortable with people who drank and used drugs like I did. Finally, in great despair, I reached out for help during my last year in college.

I went to a treatment facility for 35 days. This decision turned out to be the best and most important decision of my life.

The last two years of my life I have lived completely sober and drug free. Before I got sober through a twelve step fellowship, I could not imagine a life of not drinking. I thought such a life would be incredibly boring and absolutely no fun at all. But my life in sobriety has turned out to be just the opposite.

I am busier now, and getting more things done than ever before. In sobriety I continue to seek an even greater happiness through living one day at a time, and through dealing with my feelings as they are, positive or negative, instead of drowning them out with alcohol. Thanks to a twelve step fellowship, my life today is one of continual discovery, recovery, and adventure.

by Corina Engrissei
Graphic Design Editor

There is a fine line between the heavy drinker and the alcoholic.

Marlene Fromme-Steinberg, head of an outpatient therapy center in New York City called *Creative Solutions*, described the alcoholic as someone who will, "Continue to drink in spite of severely negative consequences. These can include anything from losing the respect of people you love to financial catastrophe."

For alcoholic and drug addicted people, what usually brings them to the point where they give up and seek help, known as hitting bottom "Is a sense of utter defeat towards their disease of alcoholism or addiction," said Lance R., a recovering alcoholic in South Bend.

According to Lance, hitting bottom, "involves a feeling of spiritual and moral bankruptcy which only another alcoholic could understand."

While it is never easy, according to the experts, recovery is possible for alcoholics who have the conviction and the determination to seek help.

Lance sought help through a local 12 step fellowship. This fellowship has helped him to learn to solve his problems without reaching out to take a drink.

For some, the first stages of recovery involve painful withdrawal, said Conrad Muchling, program director and psychiatrist at *Pathways Center* in Mishawaka. Depending on the extent of the physical addiction, withdrawal can range from virtually no adverse effects to headaches and at worst, hallucinations. D.T.'s (delirium tremens or the shakes) to intense feelings of paranoia and fear, or death.

Over time, the chemically dependent person progressively substitutes vital nourishment and rest to rely on the drug of choice (including the drug al-

cohol).

The drug of choice goes not only over food and people, places, and things eventually, is what brings their problem, as friends, and employers confront the person and persuade him

"For most and alcohol-Pam Calvano, *Care Treatment* in South Bend, "what makes through is a faceted It's not one-per-or any one

Recovery: Courage and changes

by Kellie S.
Guest Reporter

There are many ways I have proceeded to change since I made the decision to quit drinking and using drugs, one day at a time. I study more and am a more capable student, as well as a 'higher' achiever academically.

I have also changed my general living habits. Previous to the time that I quit drinking I cared little about what or when I ate, when I slept or when I spent time with my family. I have since learned to be a loving person who cares about what I'm doing to myself. I also have learned to get along with my family members

and to be more conscientious of their feelings as well as gaining some patience.

I have learned that I don't need to drink myself into oblivion to feel better and to relieve myself of all my troubles. I have learned that I don't have to vomit, shake, or over-dose on drugs because I feel helpless. I can talk to people who understand me and can fill the suicidal void I felt previously with a 12 step program, and the people involved with it.

Most importantly I have learned that I can accept and care about myself for the human being I am, and that I don't have to drink or do drugs to impress others with something I'm not.



Cori