

January 17, 1986

THE Raider Record

Kimmons Junior High School

Vol. 22 No.4



The Kimmons' band had three students elected to perform in the All Regional Band Concert, Jan. 24-25, at Ramsey Junior High. They are Doug Bradt, Steven Nastally, and Tammy Swilley. Both Steven and Tammy play the clarinet. Doug plays the trombone.

The three were elected by a panel of judges for their great ability to play. They will play for guest directors from other states.

The band is also composed of 20 other high schools in and the Fort Smith area.

According to Mr. Ratcliff this is the highest individual honor a student can receive and he is very proud of the three.

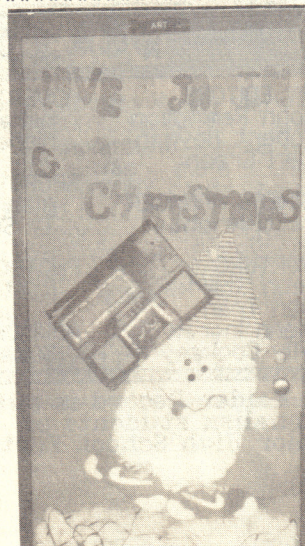
Citizens of the Month

7th grade
Clay Funderburg Nikki Farris

8th grade
Billy Brown Leslie James

9th grade
Jay Richardson Kim Presson

MRS. GEAN'S
HOMEROOM WON
THE DECEMBER
DOOR CONTEST



DIABETES

Do you ever wonder what the people on T.V. are talking about when they say "Diabetes"? Well, here's your chance to finally know what diabetes is.

Diabetes is really two different diseases that have similar symptoms.

In diabetes mellitus, the body cannot use sugar normally. In the other disease, diabetes insipidus, the pituitary gland or the hypothalamus, a part of the brain, does not function normally.

Diabetes ranks among the leading causes of death in the U.S. Approximately 11 million Americans have diabetes, but about half of them do not know they are diabetic.

Some symptoms of diabetes include excessive urination, great thirst, hunger, and loss of weight and strength.

The cause of diabetes is unknown, but researchers are still trying to find a cure.

Although at present diabetes cannot be cured, proper treatment can improve a patient's condition. There are many things you do to keep yourself well when you have diabetes.

1. Take insulin
2. Exercise
3. Eat right
4. Test urine
5. Test blood
6. Oral drugs

If you would like to know more about diabetes, contact your doctor or your American Diabetes Association.

-Patti Wright

Congratulations

Raiders and Raiderettes
on the Coke Classic
Victory... GO REDS !!!!

Reporting for the Newspaper

By Robert Heyman

Reporting for the newspaper, to me, is a very interesting and competitive course. You are always trying to meet a deadline, which is the length of time you have to turn in your stories before they go to the printer, or your teacher kills you (whichever comes first).

All the students on the "Raider" staff investigate, write, and edit their stories before they are layed out on the computer. The "Newsroom" (program used to make the newspaper) provides all the fun of making a newspaper, because I myself enjoy working with computers and find it very interesting.

Being a copy-editor also adds to the fun. You spend most of your time on the computer, also battling to edit the stories and lay them out, and then saving them on disks.

After all has been done, you then send your finished paper to the printer where it will be printed.

Being a reporter and copy-editor can be frustrating and hard, but if you really have the spirit and determination you will be a winner to yourself and others.

SLOW ME DOWN, LORD

By David Tyson

Slow me down Lord.

Ease the pounding of my heart
By the quieting of my mind.

Steady my hurried pace with a
Vision of the eternal reach of
Time.

Give me, amid the confusion of
The day, the calmness of the
Everlasting hills.

Break the tension of my nerves
And muscles with the soothing
Music of the singing streams
That live in my memories.
Help me to know the magical,
Restoring power of sleep.

Teach me the art of taking
Minute vacations - of slowing
Down to look at a flower, to chat
With a friend, to pat a dog, to
Read a few lines from a good
Book.

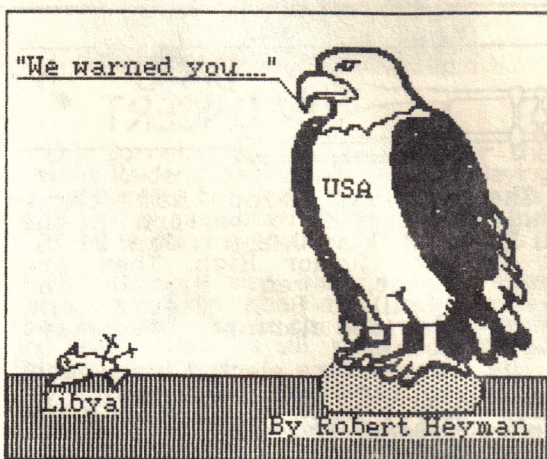
Slow me down Lord, and inspire
Me to send my roots deep into the
Sail of life's enduring values that
I may grow toward the stars of
My greater destiny.

Drugs

by Kien Tran

"No!" Can this two letter word save your life and your family's? I leave this for you to decide. Let me first start by telling you what narcotics can do to you. They can destroy your life and can take away everything you have. They can take away your love, your family, your pride, and your dignity. These are just a few of the ways they can hurt you.

A person you may think is your friend may be an enemy if they are trying to get you to use drugs. Think about it twice... it is better to lose a "friend" than your life.



HOW TO GET THERE

by Annette Rotta

I go through Sunday's tunnel,
hushed and deep;
Up Monday's mountain, craggy and
steep;
Along Tuesday's trail winding and
slow;
Into Wednesday's woods, still halfway
to go;
Over Thursday's bridge shaky and
tall,
Through the hidden gate in Friday's
wall to get to
SATURDAY
I wish there were a shorter way...

STAFF

COPY EDITORS
John Remington
Robert Heyman
Earl Green

BUSINESS MANAGER
Patti Wright

REPORTERS
Deon Starks
Kien Tran
Glenn Ingram
Billy Cooksey

ADVERTISING
Kera Phillips
Michelle Mondier

SPORTS EDITORS
Alan Maxey
Ty Smith

PHOTOGRAPHER
Patti Wright

ADVISOR
Susan Haines

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RAIDERS AT THE COKE CLASSIC

You Know It's Going To Be A BAD Day When...

by John Remington

1. You wake up face down on the pavement.
2. You call suicide prevention and they put you on hold.
3. You turn on the news and they're displaying emergency routes out of the city.
4. Your twin sister forgets your birthday.
5. You wake up to discover that your waterbed has broken, and THEN you remember that you don't have a waterbed.
6. It's the second day of school and you've lost your schedule.
7. Your horn goes off and remains stuck as you follow a group of "Hell's Angels" on the freeway.
8. The bird outside your window is a buzzard.
9. You put both contact lenses in the same eye.
10. The co-pilot of your flight turns out to be a homesick Libyan.

DO YOU KNOW THESE PEOPLE?

This is a story about four people named ANYBODY, EVERYBODY, SOMEBODY, and NOBODY. There was an important job to be done, and EVERYBODY was sure that SOMEBODY would do it. ANYBODY could have done it, but NOBODY did it.

SOMEBODY got angry about that, because it was EVERYBODY's job. EVERYBODY wouldn't do it. It ended up that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have.

THINK ABOUT IT!

" HAA..HAA... CHOOOO !! "

The makers of cold remedies may lose some business in the future. The multibillion-dollar businesses provide "remedies" for the common cold.

An experimental nasal spray that may prevent, not cure, the common cold is due to be on the market soon.

Schering-Plough Corp. is one of the companies working on a nasal spray that contains the hormone interferon. Though it will only be available by prescription at first, there is "hope in sight" for millions of cold sufferers.

THE ALCOHOLISM TEST

BY MICHELLE MONDIER

How can you tell if a friend has a serious drinking problem? They won't come right out and tell you. One of the problem drinker's biggest problems is that he denies the problem. So how can you know? Start by asking yourself the following questions:



- Y_ N_ Does your friend lose time from school due to drinking?
- Y_ N_ Does he drink because he is shy around other people?
- Y_ N_ Does your friend drink to build self-confidence?
- Y_ N_ Does your friend drink alone?
- Y_ N_ Is drinking affecting your friend's reputation?
- Y_ N_ Does your friend drink to escape from school or home worries?
- Y_ N_ Does your friend feel guilty or "bummed out" after drinking?
- Y_ N_ Does it bother your friend if someone says that maybe he drinks too much?
- Y_ N_ Does your friend have to take a drink when out on a date?
- Y_ N_ Does your friend feel a party isn't much fun if he can't drink?
- Y_ N_ Does your friend get into financial troubles over buying liquor?
- Y_ N_ Does your friend feel a sense of power when he drinks?
- Y_ N_ Has your friend started hanging out with a crowd where booze is easy to get?
- Y_ N_ Has your friend lost friends since he started drinking?
- Y_ N_ Do your friend's friends drink LESS than he does?
- Y_ N_ Does your friend drink till the bottle is empty?
- Y_ N_ Has your friend ever had a complete loss of memory from drinking?
- Y_ N_ Has your friend ever been to a hospital or been busted due to drunk driving?
- Y_ N_ Does your friend "turn off" any studies or lectures about drinking?
- Y_ N_ Does your friend THINK he has a problem with alcohol?

One YES indicates danger, two means a high probability, and three - a clear problem.

