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Harrisburg High School 333 W. College Harrisburg, IL. 62946

Winter Work Group, 94-95

House At SIU.



Junior Justin Simmons pushes his leg muscles to the limit!!

(Photo by Danny Hutchinson)

Ben Wenzel Staffwriter

Winter work group, 1994-95...What else is there to say. All the town cares about is the bas ketball and wrestling teams. The people think that the other athletes are bums if they are not out for one of these two sports. Well, there are two work groups for those athletes who are preparing for track and baseball. The first is the elite polar bears. The second work group is the weight lifters/runners

The polar bears, or the few individuals who

prepare for the upcoming track season, run all five days of the week. They usually run four miles on Monday, Wednesday, and Friday. On Tuesday and Thursday, these guys run just two miles. All this running is to get them in great

shape for track season

The thing is, though, they run no matter what. If it is five below zero, they run that day. If it is raining cats and dogs, they still run. What are the qualifications to be in this elite work group? First, you must run track. Second, you must understand the (six P's). The six P's stand for: proper physical preparation prevents poor per-formance. If you understand these, you will fit in just fine.

Boone Cohlmeyer, one of the mighty polar

bears, had a few things to say about his group of men. When he was asked why he is in the polar bear work group, he said, "I do it for good preparation for track." Last year, the polar bear workgroup prepared Boone very well for the track season. He missed going to state by less than one tenth of a second in the open 400m dash. He ran a 52.5, his life long personal best, and all this from the superb training he received from his work group. Boone had one last comment to make about the polar bears. "There is always the chance of getting frostbite, and losing a limb! Doug Williams, a life long polar bear, also had a comment to make about the tough road ahead. He said, "It is going to be a lot of hard work. This means that he will just have to tough it out.

There is another way to go if you are preparing for baseball. The other work group lifts in the weightroom half the week, and runs the other half of the week. He will be closing in on the nearly unattainable 330lb Club, preparing for baseball. He will also be burning rubber, embarrassing the polar bears on the two days a week that he runs. He is a fine product of the Harrisburg Athletic Department and also under the special tutorship of Coach Goodley, his sophomore football coach.

Actually, there are two divisions of this work group. There is one that lifts three days and runs two, and one that runs three days and lifts two. So what ever their preference is, whether it be to lift more and run less, or the other way around, is which work group that they get in

If an athlete is not playing basketball or wrestling, do not automatically assume that he is a bum. There are several kids in the work groups that are working very hard so that you, the fans of Harrisburg, will have good sports programs to watch this spring.



A Modest Proposal

Recently the students of HHS were made aware of a program that offers students the chance to discuss their conflicts between each other and try to resolve them peacefully without any bloodshed. It is called the Peer Mediation Process and its goal is to put a damper on school conflicts. It is designed for students who would rather settle their dispute with words than punches. The process consists of having the disputants fill out a form requesting a session in which they will discuss their problems and hopefully come to a peaceful resolution. They will then sign a written agreement stating they have solved their problem and will not resort to violence.

This is a wonderful concept and a brilliant idea. It is a positive step toward the resolution of hostility and violence in our school but I didn't know that our school, really had a problem with violence. I do know that our school has a problem with money and the problem is, we don't have any. If you really want to solve problems we all know you need money and if you don't believe me just ask any politician. In the words of AC/DC money talks and without it you're nothing. But do not fear, Just as Johnathan Swift I have came up with what I like to call a modest proposal. A program that not only will offer a solution (well sort of) to school violence but also will make some money for our poverty-stricken school.

Once the students have informed the teacher that there is a dispute they (the students) will state the sides of the argument. The students will then agree to a sign a waver that says they will settle their argument over a boxing match which will be held in Davenport Gym. The faculty will then schedule the fight in Davenport Gym. Admission will be charged (two dollars for students and four dollars for adults) and reserved seating will be available. The concession will be open(another money-maker). The day of the fight the students will file slowly and languidly down to Davenport Gym were they will watch the bout between the disputants. Once the fight is over and the winner is determined the disputants will sign a waver stating that their conflict is over and has been settled. I have even come up with a simple three step plan that will serve as the guide for the boxing match.

STEP 1: Open the Session

1. Make introductions(and in this corner, He's 5'9 and weighs in at 155 lbs. Johnny Doe etc.)

2. State the ground rules(Let's keep it clean)

STEP 2: Gather Information

1. Ask each student (one at a time) for his or her side of the story

2.Listen, summarize, clarify

STEP 3: Step back and let the punches fly

The way I see it the school will make money, the disputants will settle their argument, and the students and faculty will be provided with an entertaining boxing match. All this in a controlled environment, you just can't beat that.

The Clarion

Pessimism Receives



Poor Reputation

Hugh DeNeal Columnist

The world is a bad, bad, place. If the choice was in my hands before birth I would have been aborted to the warehouse until such time as the ideas of happiness and well-being were prominent in society. That choice, however, was far out of my reach and like everyone else, I popped out just in time to burn my eyes on the perforated ozone layer, the acid rain, the exploding space shuttles, and the forest fires. One cannot watch the grown man's nightly news without seeing negativity surrounding them and their families. One cannot even read the school paper without being slapped in the face with the hatred and loathing that will replace the nightly news in twenty years. In the desperate cry after one has seen all the mirrors of a social wasteland around them, the simple universal question arises, "Will it ever stop?"

After many long thoughts I came to my own conclusion that if anyone can see six inches in front of their face then it is wrong to ignore the worldwide pessimism that is slowly smothering us all. In this crucial last gasp for breath, television anchors and journalists are exposing to the rest of the world what they are assigned to, every day. Society's response to this is to sit on the front porch and complain about how the news is nothing but unhappiness. Likewise there are people who simply take their papers out of the box and without a glance, they insulate their walls baring headlines such as, "Mother Drowns Her Two Children In Car", "Football Star Accused of Double Murder", "Bomb Explodes On Bus Killing All", etc., etc., etc.

It is the etcetra part which will break you down. It is this that shows that the three examples I have named are just three out of infinity. It is this that makes me upset when I am around people who claim they don't watch the news because it is all just the same old news. What many do not realize since they do not watch the news is that after all of the big stories are over, the anchorman transcends to, "other news" with such tidbits as, "Small plane falls out of the sky", "Drunken Father Shoots Son In Hunting Dispute", "Boy Kills Parents Fearing They Wouldn't Let Him Use the Car".

These are the stories which cannot be decorated and put into tabloids. It is these that show that news programs are not looking for ratings. It is these that aren't keeping modern muckrakers employed. These are the stories that prove the world is just a bad place.

THE END

May The Best Republican Win

Christopher Bevis Editor in Chief

For the past forty years, the Democratic party has controlled the House of Representatives; but not any more. The United States voters showedtheir discomfort with Bill Clinton at the reign by giving the GOP a majority in both the Senate and the House of Representatives.

This victory was based more on which party you belonged to rather than who was the better candidate. With Clinton's public approval sagging to 44% before the election according to a CNN poll, many Democratic candidates refused to be seen with Clinton around election time. In one of the exit polls taken from the election, a majority of people said they would rather see any Republican in the White House rather than Clinton. And

From the very beginning, the President said that a uniform government, meaning a Democratic Congress and President, would be able to get more done. So the voters gave him his uniform government. But the changes never took place. With Congress now being controlled by Republicans, it seems that President Clinton will not be able to complete his agenda. But future Speaker of the House Newt Gingrich and President Clinton have spoken and say that they believe things can get done if both sides put the interests of the country on top of the priority list. But what are the chances of that happen-

It appeared that we were headed in the right direction when the largest crime bill in history was passed and it appeared as though Congress and the President were getting along. But then it was election time and the Republicans had their day.

By controlling both the Senate and the House, the GOP will receive votes on or against bills that are proposed. Not only that but the majority leader in the Senate and the House nominates the Chairpersons for the committees. This is where the bills are actually written.

The biggest thing that came out of this election is that the American people sent a message. This message is change. Even though this message was different in throughout the nation.

Illinois, Dan Rostenkowski, who has been plagued by allegations of misusing state funds, was ousted for his seet. Yet in California, Governor Pete Wilson who had also been surrounded by controversy won his bid for re-election.

If this change does not take place, Bill Clinton will probably become the second straight President to lose his bid for re-elec**Running From** Responsibilty

> Wes Yeary Staffwriter



2 kids recently decided to drop a child out a window and watch the child land. Unfortunately, unlike a cat, the child did not land on its feet and it certainly did not get up afterwards. People have been throwing up their hands screaming Why? Why? Why? and searching for answers in all the wrong places: R-rated movies and TV shows riddled with violence.

There have been many great movies throughout the years that have had loads of violence in them. Goodfellas, Godfather 182, and The Untouchables to name three. Movies like these are a scapegoat for the ignorance of these two kids. Now it's my turn.

Maybe this goes along the same lines of intelligence as the poor little defendant in court who was beaten as a child so he kills someone. Oh, pity for the killer! It's not his fault after all, now is it? The poor guy doesn't know any better, does he? Bless his heart for having the courage to come out and face the cruel world now that everyone knows he was abused. But he thought murder was OK. Isn't that what Daddy taught him?

Maybe the same people that dreamed up using Daddy as a scapegoat dreamed up using movies as a scapegoat. Those poor children didn't know any better. They saw their little movie heroes killed on one movie and alive in another, so they didn't know that when you kill someone they don't come back, did they? They can't tell the difference between the movies and reality, can they?

The whole thing comes down to taking responsibility for your own actions and not trying to blame a movie or Daddy for

something you do.

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