

Echo

Aquinas Institute Should previous drug use disqualify individuals from political service?

HUGH FITZPATRICK, junior

If we would bar anyone who ever used marijuana from public office, we would be eliminating thousands of men and women who grew up in the '60s. The country can't afford to lose this much talent. Let the politicians come clean about their early drug use — as Governor Babbitt and Senator Gore have done — and then let the voters decide whether or not something done in their youth is a very serious matter now. That's what democracy is all about.



MICHELLE BARRETT, junior

Those who hold political offices are people we choose to represent us. Usually, we want those who represent us as a people to be perfect because we look up to them. I personally believe that the previous use of drugs should not prevent a person from holding office because not everyone is perfect, and Judge Douglas Ginsburg should be commended for telling the truth in the first place. I think people should realize also that the (political) system and the people who run it aren't perfect either.



JULIE WHITE, freshman

I think that this depends on the age of the person when they tried the drugs and the political office they are holding. Due to circumstances surrounding Judge Ginsburg's use of pot, I think that he should be prevented from holding the office of a justice. As a judge of the Supreme Court of the United States, he would be an important fig-



As Teens See It

ure in American society.

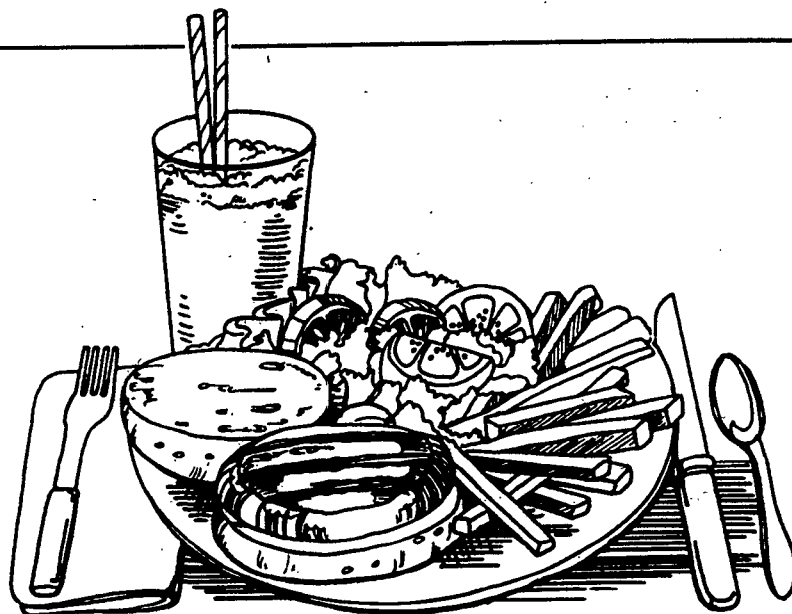
JIM BRENNAN, senior

No, previous use of drugs should not prevent a person from holding a political office. That use would not have affected Judge Ginsburg's ability to serve as a Supreme Court Justice. Nobody is perfect, and the nit-picking that is done in politics isn't right. Someone who is involved in politics opens his entire life to the public. Ginsburg was a good candidate, but because he had one flaw, he was forced to withdraw. If he was addicted to a drug, I would understand, but it was a one-time thing that he (said he) wouldn't do again.



TONY EWING, freshman

No, I don't believe that this should hold someone back from taking a political office. I feel this way because all people make mistakes in their lives, and people who hold political offices are only normal people susceptible to making such mistakes. If one is to hold a political office, he or she must have some respect from people. To earn this respect, the politician must show his or her responsibility. So if someone has such responsibility, I do not think he or she would be foolish enough to make a mistake like this again.



Junk-food diet holds health risks

By Megan White
Cardinal Mooney High School

Judging by the popularity of Burger King, McDonald's and Wendy's these days, American teenagers might seem to be living in a proverbial junk-food junkyard. Hamburgers, pizza and french fries have become a staple diet for many teens. Their eating habits are nutritionally not as good as they should be.

While eating in the fast-food lane may be more fun than eating square and nutritious meals, fast food has been proven to be unhealthy by top doctors.

"The diet of the American people has become increasingly rich — rich in meat, other sources of saturated fat and cholesterol, and in sugar," one nutrition expert has said. "The risks associated with eating this diet are demonstratively large. Heart disease, cancer, diabetes and hypertension are the diseases that kill us. They are epidemic in our population."

Along with these health hazards, poor nutrition during the teenage years usually leads to poor nutrition during adult life. Studies show that eating habits get harder and harder to break as years pass.

How do teenagers develop these bad eating habits? Poor nutrition often stems from bombardment by advertising that promotes junk

food. A singing moon take-off of Bobby Darin urges us to "head for golden lights" to enjoy a Big Mac. The commercial neglects to mention that this American favorite has a whopping 570 calories, and is loaded with sodium, grease and fat.

When Dunkin' Donuts tells us: "It's time to make the doughnuts," they never tell us the ingredients with which the doughnuts are made.

With these ads coming at us from all directions — and the convenience of fast food — it's easy to see why junk food is so popular among teenagers.

However, eating poorly usually comes down to a matter of choice. Although Cardinal Mooney's cafeteria offers such nutritious lunches as soups, sandwiches and salads, these are not among the most frequently-purchased foods. The biggest sellers here are french fries and "Little Debbie Nuttie Bars."

Teenagers should start breaking bad eating habits now. Sometimes going against the crowd and having an apple instead of french fries is difficult. In the long run, however, it pays to eat right.

So, teenagers, bring out the buckets of yogurt and the V-8 juice. It's time to come out of the junk-food junkyard.

Speaking Out

By Amy Carr

Our Lady of Mercy High School

The world today is filled with endless opportunities for high school students. In this generation, students continuously are reminded of the colleges and professions that are available to them — advantages that were unreachable 40 years ago.

Because of the many opportunities in this age, students are faced with many pressures to achieve good grades, choose future occupations and enter the right colleges.

In my opinion, however, the greatest pressure placed on students today is society's emphasis on the Standard Aptitude Tests — better known as SATs — which are used by most colleges to select students.

College-bound students almost always experience anxiety when they think about these tests. Yet I feel students can displace this anxiety by putting the SAT in perspective and using the tests as a guide.

SAT tests are often thought of as "intelligence tests" or tests that rank intellectual capacity by one's ability to correctly answer math and verbal questions within a certain time period. This understanding of the SAT has opened the door to many of theories today's teenagers have.

"If I can get a score of 1,600, then I will be successful and be considered a genius" is one such theory. "If I can only get a 1,250, then my 'reach' school will take me" is another thought contemplated by many students. Thus, some students study for months in preparation for the SATs, enroll in SAT preparation classes and take the tests two or three times in or-

der to achieve that "perfect" score. Yet what is the SAT's function — to challenge students to achieve high scores or to provide a guide pointing students toward colleges that will be good for them?

All people are different. In the growing years of high school, students learn by participating in activities, academically succeeding in their own way and by experiencing personal friendships and relationships. Personalities and ideas also are formed. The definition of the words motivation, determination and interest in terms of each student are completed during these four years. The person each student develops into between the ages of 13-18 can never be calculated by any SAT exam.

In my opinion, students should approach the SAT as a useful guide. All students should try their best on the exam. If a college rejects a student solely because of SAT results, the college may consider all applicants to be "numbers," and will accept only those who achieved

certain scores on the exam.

If another college, however, places more emphasis on school records rather than SAT scores, more faith can be placed on that college. It is more likely to accept students on the basis of character rather than one day's test results. A student can also feel more secure that he will fit in academically and socially at the school — a perspective that the SATs seldom cover.

The teenage years were meant for growing and learning as much academically as outside of school. The world that occurs beyond the pages of *The Barron's Guide For Taking the SATs* teaches all students the most important aspects of life that they will have for the rest of their lives. The SAT should not serve as a gauge for success in the future. The Standard Aptitude Test should instead be used as a guide for college selection as teenagers choose colleges that will nurture everything that we have learned.

HOUSE OF GUITARS
 Most New Album And Tape Releases Just \$5.98
 CD's From \$8.98 - \$11.98 Each

We received 16 correct entries identifying Herman's Hermits as the group who recorded the #1 song in 1965: "I'm Henry VIII, I Am."

The winner was Jessica Norton of Fairport

MUSIC TRIVIA

This week's question:
 From what 1963 Beach Boys song do the following lyrics come from: "She's got a competition clutch with a 4 on the floor?"

A: _____

Rules:
 Each week, the Courier-Journal, in conjunction with the House of Guitars will feature a Music Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon, and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn. If yours is the winning entry, you will be mailed a coupon for a free album or tape of your choice redeemable at the House of Guitars, 645 Titus Ave. All entries must be received within seven days of this paper's issue date. Winning names and answers will be printed the week following each drawing.

The Courier-Journal Music Trivia
 1150 Buffalo Rd.
 Rochester, N.Y. 14624

ATHLETES OUTLET
 Professional Team & Tee-Shirt Headquarters NFL, NBA, NHL

We received 8 correct entries identifying Football as the sport who sees striped-shirted men working on the chain gang.

The winner was Todd Marino of Cardinal Mooney

SPORTS TRIVIA

This week's question:
 In Boxing, who won the Fight of the Century on March 8, 1971?

A: _____

Rules:
 Each week, the Courier-Journal, in conjunction with the Athletes Outlet will feature a Sports Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn. If yours is the winning entry, you will be mailed a certificate redeemable for \$5.00 OFF towards any purchase at either of the two Athletes Outlet locations: Long Ridge Mall, next to Sears, or Perinton Square Mall. All entries must be received within seven days of this paper's issue date. Winning names and answers will be printed the week following each drawing.

The Courier-Journal Sports Trivia
 1150 Buffalo Rd.
 Rochester, NY 14624