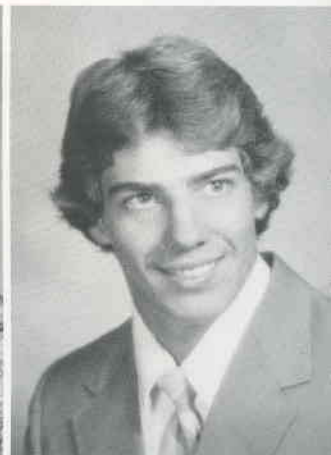
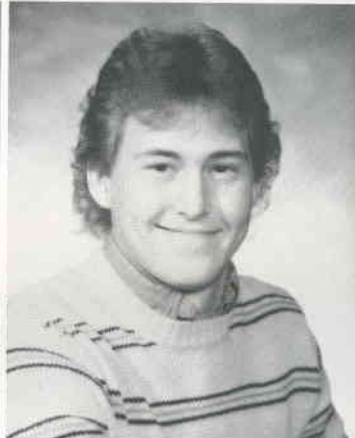


Catherine Goodrich
Patrick Gorman
Mathew Gove



Tammie Grams
Scott Greer
Kristen Grubaugh



"No" Is Possible Nichols And Thelen Help Students

Peer pressure is one of the most stressful things for a teenager to handle. Not knowing how to say "no" to the crowd is very difficult. 4-H has set up a program for seventh through ninth graders to help them deal with this problem.

Seniors Sherri Nichols and Sandy Thelen are involved in this program. They go to different schools with their partners from Bath and talk to the students about how to deal with pressure situations.

The program consists of four sessions. In the first session, they talk about how the media tries to sell sex. They also talk about what a real man and woman are. During the second session, they discuss peer pressure, and that they have a right to say no without any guilty feelings. In the third and fourth sessions, they do role playing and learn how to handle pressure. Sandy Thelen says, "The ninth graders are easier to work with because they are more willing to open up and discuss their feel-

ings. The more they talk, the more they get out of it, and the better the session goes."

The hopes for this program is to give the students a better understanding of how to handle pressure situations. Sherri Nichols said, "From this program the students get more confidence so they are able to say no. They learn how to say no and don't have to feel guilty about it. They also learn how to handle pressure better and have a lot of fun doing it."

Nichols and Thelen have both enjoyed this experience and hope that this program will continue. This is only one thing these two do in 4-H. Nichols plays softball and excels in cake decorating, while Thelen excels in clothing. 4-H gives students a chance to learn and try new things. Nichols said, "I hope this program can continue, it gives the students a chance to see that not everybody is 'doing it' and they have the right to say no." ■ AM

Schmidt



As Senior Tea, Sandy Thelen models an outfit from Lett's. Thelen is a four year drama member and is involved in the 4-H "Say No" program. Photo by B. Wilkie