

A BUM WRAP

CHOCOLATE SAVES THE DAY

Imagine waking up on a school day only to discover you are twenty minutes late, none of your clothes are clean, and your hair has a mind of its own.

By the time you arrive at school, it is already half-way through second hour. Then to top all that off, Mr. Spencer doesn't believe what happened and gives you an after school detention. What a bummer!

For high school students one of the biggest bummer is Mondays. Nothing seems to go right on Mondays, because many students have stayed out late having a good time the weekend before and haven't fully recovered yet. Senior Scott Barber said, "The worst thing

about Mondays is you know you have five days of school left and teachers to tolerate!"

Another big bummer for seniors is thinking about their future. "The one thing that bums me out the most is just thinking about graduating and leaving my friends," said senior Tim Moon.

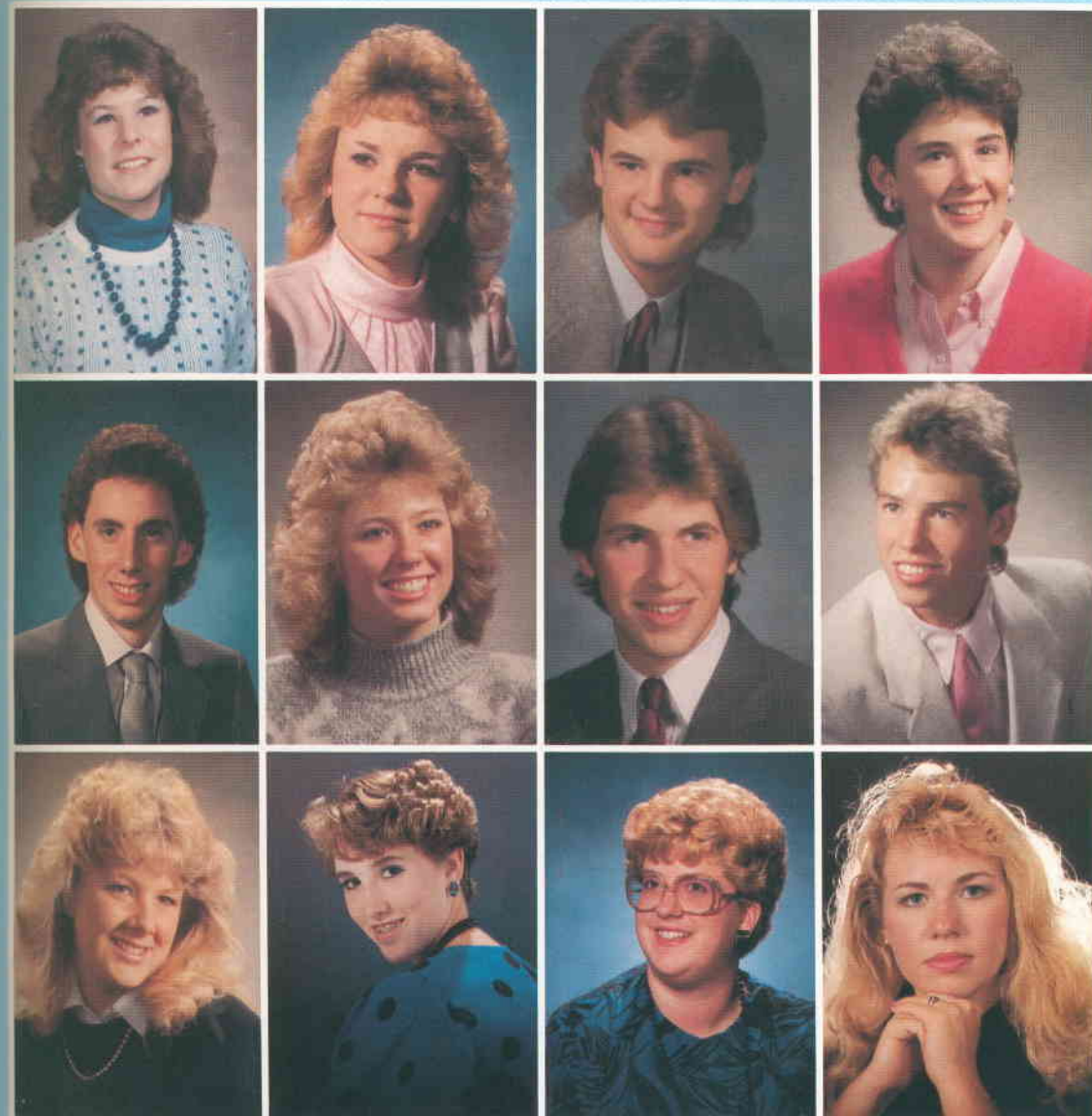
Uncertainty is often a major reason for becoming bummed out. One extremely upsetting occurrence is test days. "The most annoying bummer I have in school is when teachers all give tests on the same day!" said senior Annette Lyon.

These reasons cause students to become bummed out, but some-

thing good can come out of being depressed; getting into a good mood again! The most common remedy for being depressed is simply spending time with friends. Another remedy, mainly among female students, it eating chocolate! Senior Tracey Hunter said, "When I'm depressed the easiest way for me to cheer myself up is just to laugh at myself!"

So the next time Monday comes around and nothing seems to go right, some alternatives might be to think of friends, laugh it off, and eat plenty of chocolate!

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