

Slot machine bill was 'a big mistake'

By **KAYLA SHEFFIELD**
Meyersdale Area High School

On July 5, 2004 Gov. Ed Rendell, made a huge mistake by signing a bill allowing the state of Pennsylvania to have more slot machines.

This "opportunity" means that other than Nevada, Pennsylvania, not counting Indian casinos, will have more slots than any other state. The slots issue hits close to home for Somerset County residents since Seven Springs Mountain Resort, a popular destination to both older and younger people, has applied for gaming

license to offer slot machines for guests and visitors.

Not only am I against gambling for religious reasons, I am also upset because of all the negatives that will come from the action. As Americans we are trying to better ourselves and our world by making people aware of the dangers caused by certain actions.

We tell each other drugs and alcohol, cigarettes, violence in schools and guns are bad and then turn around and allow something that is as addicting, if not more addicting, than drugs and just as bad as other worldly habits.

We need to face the facts and realize that there are more negatives than positives that will come with slot casinos.

Of course the facts about gambling are well known. There is addiction, a great loss of money by those who choose to gamble, and that loss of money may eventually lead to poverty. But then there are the consequences people tend to overlook. Gambling leads to an increase in crime, it could break up families, and it has the potential of attracting organized crime. If that isn't enough to make you want to turn your back against gambling, think about this. What about my generation? As adults it is your responsibility to exemplify your values. Adding slots to the ski resort may bring in some

money and even allow for more jobs, but it will also have an influence on young people. We want to make the future better for the next generation. So why are some trying to make it worse by making it possible for people to screw up the lives of their children or grandchildren?

Kayla Sheffield is a junior at Meyersdale Area High School. She is a staff reporter for the Raider Review and is a member of SADD, Chorus, and the musical. Kayla is the daughter of Tracy Sheffield.

(Drop Kayla Sheffield a line at countyhighlights@dailyamerican.com)



New HPV vaccine worth a 'two minute sting'

By **LEAH VOUGH**
Rockwood Area High School

Described by Lisa Burkett, R.N., as "one of the most exciting things I've been able to do in my 23 years of nursing," Gardasil is helping to make the dream of cancer prevention a reality.

Just three doses of this amazing vaccine would dispel all worries of contracting certain types of cervical cancer, as well as other life-threatening diseases caused by Human Papillomavirus (HPV).

Distributed by Merck, Gardasil targets women ages 9 to 26. Injected three times over a period of six months, Gardasil might be more of a breakthrough than one would think.

As Burkett so clearly emphasized the significance of Gardasil, "Think about it ...

a vaccine to prevent a cancer." HPV affects at least 50 percent of sexually active people. Because HPV typically has no signs or symptoms, it is easy to unknowingly spread the virus.

According to the Centers for Disease Control and Prevention, an estimated 20 million people in the United States had this virus in 2005. The benefits of this incredible vaccine truly are immeasurable.

Having personally received my first two doses of Gardasil, I highly recommend the shot. The two-minute sting and burn of a needle is nothing

compared to the physical and emotional pain experienced by cervical cancer patients. I only hope that female readers take the initiative to get not only themselves, but also their friends and family members, vaccinated.

After all, as Anne Smith, M.D., so perfectly described Gardasil, "Anything good for women's health is good for the world, because women rock the world."

(Drop Leah Vough a line at countyhighlights@dailyamerican.com)



County Highlights photo by Kevin Vaughn

"Snack Time"

Snack Time is a program that is offered at Salisbury to help re-charge students. It is an extended period where students can get a quick bite. Seen here, a few students take advantage of the free fruit.

The death of common courtesy

By **ASHLEIGH HENRY**
Berlin Brothersvalley

I was coming onto a four-lane highway from the exit ramp when I came to a sudden realization: common courtesy is near-extinction.

Any driver understands my plight. My car, along with one lone car, were the only two cars as far as the eye can see. But did the other driver cruise into the left lane so that I could easily join the "flow" of traffic? Not this time.

Common courtesy used to be visible everywhere. Someone dropped his books and another person was bent down helping to reassemble them. If the same situation were to happen today, people look the other way and even step over the fallen books in order to maintain their own composure.

Numerous hours of schooling in the elementary school taught us to help and care for others. However, society's "every man for himself" view-

point has crept into our lives somewhere between middle school and high school. Therefore, it creeps throughout our community taking hostage of those who have not followed the incline of this selfish motto.

Take a closer look at our high school library. Magazines are put on display intended for everyone to read, but it turns out various people snatch up the latest copies of their favorite magazines for themselves. Again, these people look for personal gain over the greater good of the school.

My fellow students, I urge you to awaken common courtesy from its hibernation. It is a crucial part of a better society and if we turn our backs on it now, who knows what kind of future will lie before us.

Would you rather flop around like a dead fish when you fall or have someone there to help you up? The choice is yours.

(Drop Ashleigh Henry a line at countyhighlights@dailyamerican.com)



What is the most pressing issue facing teens?

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The pressure to look "good" can lead teens to do things they would not think of doing. Teens will turn to starving themselves or taking drugs to have the body that they see as adequate for everyone else. I see it all around me. Teens should just give up trying to please everyone around them and start concentrating on what makes them happy with their body.

By **JENI REMPEL**
Turkeyfoot High School

In my opinion, one of the biggest issues facing teens today is the fact that they are spoiled.

Many teens are given too much and when they get out on their own they have no idea what to do. They don't know how to go and get a job or manage their money, etc.

It's sad that our society today feels the need to give teens anything they want so they will be content. The problem is that, now our teens have this mindset that they can have whatever they want handed to them on a silver platter.

It's like a pretentious bubble that they have surrounding them and they think that the world revolves around them. A solution would be to

allow teens to handle more responsibilities and then get a feel for what it's like in the real world.

By **HANNAH SCHOTT**
Meyersdale Area High School

In our society, the rate of teen pregnancy has dramatically increased and has far exceeded statistics of past generations. I feel that such staggering numbers, in part, can be blamed upon the constant influence of the media, television, and film industries.

Teenagers today also face enormous pressure from peers to have sex in high school in order to "fit" into the crowd. I believe that the latter issues are the most prevalent to the lives of teens today, and I think with improved role models and self-confidence, such problems will be reduced.

By **ASHLEY ROSE**
North Star High School

There are many issues teens face today. Issues with drugs, alcohol, and peer pressure seem to be the most popular.

What about a problem that all teens must face? I feel the most pressing problem that all young adults deal with today is having to decide

what to do for the rest of their lives. The pressure of having to make life changing decisions on your own is a scary thought; and today, there are too many possible "roads" to travel.

Although it is something everyone thinks about throughout the years, when it comes down to your senior year in high school, you start to question your decisions about your future. You wonder if your choice is what you really want and if it's what is best for you. This is considered a difficult subject because teens receive pressure from their parents, teachers and themselves. It's a terrifying situation knowing that the choice you make could alter your entire life.

Drugs, alcohol abuse, and peer pressure are very important topics that a lot of teenagers struggle with. However, I feel that decisions you have to make that involve your future are some of the hardest issues we as teens have to face today.

By **MARIA ZANKEY**
Windber High School

The most pressing problem facing teens today is global warming. Like a water balloon begging to explode, the climate changes that Earth has been experiencing

over the past century have put our planet on the brink of a universal crisis. But what is the big deal and why should our generation worry?

In the future, global warming could have the power to alter many of Earth's habitats and ecosystems — so quickly, in fact, that plants and animals that survive in these environments may not react soon enough to survive the drastic change.

Rising temperatures could eventually result in rising sea levels, washing out coastlines, increasing salt water levels to where they would be harmful to vegetation, and eroding beaches making the areas more susceptible to destruction from storm waves.

If for no other reason, teens should be aware that the heat change could directly affect the health of humans themselves — disturbing food and water supplies while causing air pollution and heat-related health issues and diseases.

With so many detrimental effects, reasoning for climatic anxiety seems obvious. Our generation has the power to save the pressured water balloon which is global warming from bursting.

Putting the brakes on puberty is sometimes necessary

By **PAUL G. DONOHUE, M.D.**

DEAR DR. DONOHUE: My 7-year-old daughter has large breasts. In all other respects, she's quite normal. Should I have her checked? I have two other daughters, both older than she, and neither developed like this. Is it normal? — K.S.



DR. PAUL G. DONOHUE

barely visible. It happens around age 9, sometimes age 8. Only 7 percent of white girls and a slightly higher percentage of black girls show the onset of breast development at age 7. Your daughter's development is out of the bounds of what's considered normal.

Other signs of puberty include underarm hair and pubic hair. The first menstrual period most often happens a few months after the 12th birthday, but there's quite a variance in its onset.

For sure, have your daughter checked. Her development might be nothing more than puberty occurring at a very early age. However, it might signal significant problems too. An example is a brain tumor,

which can kick-start puberty at a very young age. The doctor will have the girl's sex hormones measured, and if they are way high, he or she will pursue the matter with other tests.

Puberty that comes at a very early age can have undesirable consequences. It can stop growth at a young age too, and that can stunt the girl's height. If the doctor feels it's in her best interest, he or she can put the brakes on her development so that it slows down and arrives at a later date.

DEAR DR. DONOHUE: I am a waitress. Naturally, I am on my feet all day long. When I get home and kick off my shoes, my feet have a terrible odor. I take a daily shower. If I bathe more often, my skin dries out.

Is there some way to control this smell? — C.M.

ANSWER: One way to decrease foot odor is to keep the feet as dry as possible.

When you go to work, take with you a change of stockings. If you can get two stocking changes in while you're at work, all the better. Wear shoes that have openings in them for ventilation.

Never wear the same shoes two days in a row. Give them a chance to thoroughly dry.

You don't have to take lots of showers every day, but you can wash your feet before going to work and immediately upon coming home. Dry them with a hair dryer. After they've dried, spray them, top and bottom, with an antiperspirant that has aluminum chloride in it.

At night, before going to bed, spray your feet with a solution of sodium bicarbonate. Put half a teaspoon of bicarbonate in a cup of water. This spray changes the acidity of the skin and gets rid of some of the odor-producing germs that cling to the feet.

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Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.