

THE MUCKRAKER

THE INDEPENDENT JOHN F. KENNEDY SCHOOL STUDENTS' NEWS PAPER

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THE MUCKRAKER

Speaks

"What do you mean by *Sunday* edition on *Wednesday*? That's sooo stupid!" As the compliments continued to pour in to the Muckraker office, we felt that maybe the title of our last issue needs some clarification. A Sunday publication is one that appears on Sunday (duh) and is usually much longer than a regular issue. It also usually includes larger, Sunday comic strips. We experimented with a two-page format last issue (and included a Calvin & Hobbes Sunday comic), hence the title "Sunday Edition." Unfortunately, we cannot continue publishing double-sized issues, due to a lack of funds.

To answer one more frequently asked question, we do not make-up the questions featured in "Dear Darrell." All the questions are submitted by students. Please keep the questions coming in (put them in our mailbox or hand it to one of the staff members!)

As many alert readers also noticed, there was a week's delay in getting this issue out to you. During the BERMUN conference, our editors published a newspaper distributed only at the conference, entitled "the commuNiqué," which stole a week of "MUCKRAKER time." However, you can read this exclusive newspaper on THE MUCKRAKER'S new homepage on the Internet! On our site, you can read all of THE MUCKRAKER back-issues, read and submit messages on any topic that you want in our discussion forum and send suggestions directly to us, the editors. Muckraker Online is located at <http://ravage.net/muckraker>. Many thanks to Alex McWilliam for building the site!

This issue is largely devoted to discussing AIDS and prevention methods. We know that many of you feel that you've already been bombarded with that information but we hope that our articles will still be able to teach you a thing or two. Enjoy this issue and all of its contents (no pun intended... really...!)

-The Editors



AIDS

BY ADAM NAGORSKI



Most of us think we know enough about AIDS that we do not need to read yet another article about it. Yet, somehow, people our ages get AIDS every day. Most new HIV infections today occur among people 15-24 years old and there are 16,000 new HIV cases every day around the world.

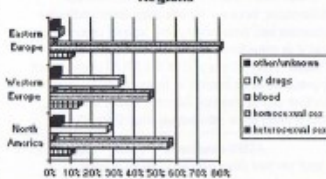
The Acquired Immune Deficiency Syndrome destroys a body's immune system, due to infection with the Human Immunodeficiency Virus (HIV). White blood cells in the body are largely responsible for its immune system (i.e., they are responsible for getting rid of bacteria and viruses). HIV kills CD4 T-cells, a major white blood cell, and thereby makes a person very vulnerable to other diseases. These other diseases, usually pneumonia, tuberculosis, fungal infections, herpes or cancer, are what eventually cause an AIDS patient's death.

In the first one to three weeks after being infected with HIV, people feel symptoms including headaches, fever, skin rash and other indications that are often mistaken for symptoms of the common flu. It is during this period that HIV spreads throughout the body, via blood, and replicates. CD-4 T-cells drop in count, but then stabilize in number. After these weeks, a person may feel healthy again, perhaps occasionally suffering common infections that do not take a significant toll on their health. The following phase of the disease, when AIDS develops, can take only a few months or many years (almost half of the people with HIV develop AIDS within 10 years). During this phase, one suffers weight loss, fatigue and "opportunistic infections" (that is, serious infections that are allowed to survive due to the lack of defense from the immune system) that qualify the infected person as having AIDS. At this point, the immune system is very incapable of stopping infections. The individual then eventually reaches the "advanced AIDS stage" in which there are less than 50 CD4 T-cells in every mm3 of blood and a dangerous opportunistic infection causes death within one to two years.

We all probably know that AIDS is transmitted by sex, intravenous (IV) drugs, and from mother to a baby (only about 30% of babies

born to mothers with HIV actually get the disease themselves). What we all do not know is how we cannot get AIDS. There has never been a documented case of HIV transmission by casual contact such as touching or closed-mouth kissing an infected person. "Fresch" kissing, however, could be a risk if one of the people has cuts or sores in their mouth. Saliva, tears and sweat will not

How AIDS is Contracted in Certain Regions



transmit HIV. There has been concern that insects such as mosquitoes might carry the virus, but scientists have dismissed those assumptions by repeatedly proven tests. You will not get HIV through everyday contact with an infected person, or from clothes, phones, toilet seats, forks, cups and other objects used by someone carrying HIV. You also cannot get it from eating food prepared by someone with the virus. The possibility of getting HIV by giving or getting blood at a blood bank or hospital is also a concern to many people. This risk has now been almost entirely eliminated because needles now used are used only once and then destroyed. It is safe to give and receive blood in most parts of the world - it is safe in Europe and North America. Nevertheless, always be sure to make sure that when you receive a shot, get something pierced or get a tattoo that the needle being used is new and sterile. So, probably your only risks of getting AIDS are through un-protected sex or through sharing a needle when doing drugs.

Of course, the way to protect yourself during sex is with a condom. Other methods of contraception, such as the pill, are very successful in preventing pregnancy but do nothing to stop HIV infections. You should only use these methods when you are sure ("sure" means that you have seen the results of your partner's AIDS test) that

continued - see AIDS on page 2

The Condom Commandments

BY MIKOLAJ BEKASIAK

Although there are various contraceptives on the market, the cheapest and most often used are condoms. Being the only contraceptive that prevents AIDS, other sexually transmitted diseases, and pregnancy, condoms are really the only way to deal with sex without joining a monastery. Most people use condoms, however the problem is that they often use "holey" condoms, or make mistakes which make the condoms useless. Prevent this by remembering these condom commandments:

Thou shalt not buy just any condom. Low budget production or inferior materials mean that some

VERY GOOD: Billy Boy farbige, London gefühltsch, Mondas Yantra
 GOOD: Beate Ulase gefühltsch + Feuchfilm Form-Fitting, Blausiegel Anti-Baby-Condome, Durex Top Safe, Frorms FF anatomisch, Liberty Creme Speciale, London Love, R3 Saper, RFSU Birds n' Bees, RFSU Okeldo, RFSU-Profit, Ritex Ideal, Ritex RRI, Ritex Young Hearts
 SATISFACTORY: Blausiegel III Spezial, Carufan de luxe plus, Frorms FF Spezial-gleitfilm, Hot Rubber, Logo Sensitiv, Mondas Easy feucht
 UNSATISFACTORY: Dno Condom Extra dünn, London Feeling, Mondas Akirko, Mondas Carino, Panotex Condom plus
 FAILING: Lord's Block is my Love Black Condom

Not all condoms are created equal. Tests have rated the quality of condoms available in Germany as so:

Tested note: these tests were not performed by our testing team of Dicksery, Madam and Breath. They were taken from test magazine.

flexible, and cracked which consequently leads to holes. To prevent this be sure to check the expiration date on any condom package and store it in normal temperatures, and away from direct sunlight. Think twice when buying a condom from a Kondomatmat that is hanging directly above a heater or outside in the freezing cold.

The wrapper is the key to thy condom's security. Obviously keep the condoms in the wrappers until you intend to use it. Generally the clear wrappers are worse as they expose the condoms to sunlight.

Before you take the condom out of the wrapper you should check to see that the wrapper is not punctured by squeezing all the air in the wrapper to one side, if the air stays in the wrapper it means that the wrapper has not yet lost its virginity and an unpunctured wrapper usually means an unpunctured condom. Be careful when you open the wrapper that you don't tear the condom.

Thou shalt train in the art of condom-wielding. Condoms are not that easy to get up without

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The Sports Section Presents:

RUMBLE ON THE COURT!

W.K. III - BY KILLIAN FRENSECH

The basketball game on Tuesday turned out to be a real thriller in which the JFK Rams W.K. III team turned out on top at their season opener. Since the players from the Otto Schule were quite a bit older than the players from JFK, the Rams had a little trouble opening up the game. JFK was downed in the first five minutes of the game but quickly regained their pride and burst to a 26 point lead! They finished the half with a score of 42-14 after an astonishing performance by Steven Mann, who scored 10 of the last 12 points of the quarter! The second half didn't start out smoothly for Otto, who kept losing the ball at half-court. JFK cruised to a 81-36 victory, with incredible plays by Manuel Shelby, David Benson, Simon Kepler and more. Three players from the Otto Schule fouled out during the game, leaving them with only five players to finish with. During halftime, a three-point shot was offered to one person, in which he/she would win 20 Marks if they made it. The shot was swished by Marvin Kufuor, a lead player

on the W.K. III B-Team. A lot of fans showed up to show their school pride and many parents supported the team, too. Thanks to all the fans for being a big part of the win! The lead scorer was Stefan Epprecht, with 22 points!

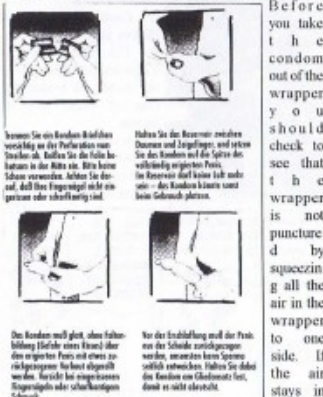
W.K. I - BY VANESSA VON HEYDEBRECK

No smiles on their face, the JFKS Wk I basketball team left the sporthall in a somber mood. Their game against Theodore Heuss Schule ended in a disappointing 46-58 loss. The team-members had no comment besides the expressions on their faces, which said it all: They could play better. Coach Green had comments about all their performances, however. "First of all, no team basketball" was played. There were too many turn-overs, too many bad passes, bad blockage and a "lack of patience", he said. The positive, Coach Green said, "We should learn from it." He also said that there were three more games to win to make it to the next round. So, to all the fans: No worries!!

A Closer Encounter With AIDS

BY ADAM NAGORSKI

Students from all grades packed into room B215 this Monday to hear a man with HIV and a woman with AIDS speak about their diseases. The main topic of the discussion was understanding. The 23-year-old man said that many people don't seem to care much about infected people because those people "don't think that AIDS affects them." He is upset that he wanted to be a teacher but could not get that job because of the stringent health criteria involved in getting it. He urged for everybody to be tolerant and should a situation arise, to "be there" for your loved ones. The lady added that being infected really showed her who her real friends are. They emphasized that sex is a mutual act and any results thereof are the responsibility of both parties involved. Trust and honesty are essential in a relationship that results in sex. They also cautioned about other sexually transmitted diseases and warned to always to use a condom. The man said that if a guy refuses to wear a condom then he doesn't care about you and that "there are 100 other people who would put on a condom to [have sex with] you." The students left with a strong message about treating HIV and AIDS victims kindly, but not to patronize them, and to be extremely careful and appreciative of their own life.



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BERMUN 1997

BY KAREN RADERMACHER

From November 21-23, 270 delegates from the United States, England, the Netherlands, the Czech Republic, Poland and from regions around Germany came to JFK. They came to take part in the seventh annual Berlin Model United Nations (BERMUN). For three days the delegates spent their days working to further the interests of their countries. The countries spoke on such topics as a global population, Nuclear Weapon Free Zone in the Middle East, help for AIDS and HIV victims, and the situation in Bosnia and Herzegovina. The first two days were spent in individual sessions such as the Human Rights Commission, the First Political Committee, the Special Conference on Population, or the Security Council. The delegates began by lobbying and merging their resolutions. The resolutions with the most support were then discussed and voted on in the individual committees. One resolution from each committee was sent to the General Assembly to be discussed by every country. The General Assembly, led by Aubrey Charette,

accomplished a lot. Among their accomplishments was the establishment of a Nuclear Weapon Free Zone in the Middle East, a solution to the population growth and the return of Yugoslavia's right to vote.

The Security Council was forced to deal with a surprise crisis of its own: Iraq supposedly shot down two US spy planes! After a five hour heated debate, the Security Council agreed upon a solution in which Iraq must apologize to the United States and any further attacks or threats on any nation would lead to military actions. The delegates did not just debate political issues, but also enjoyed the chance to get to know Berlin. The Hard Rock Café was a popular place to visit as were discos. BERMUN ended with a final dance on Saturday night. Here the delegates enjoyed their last chance to party, talk, and exchange addresses until the next big conference.

You can read all about the conference in the BERMUN delegates' newspaper, the *COMMUNIQUE*, available on the Muckraker Online!

The Housing Experience

BY ANJA COSTAS

Approximately 200 BERMUN participants were housed by the JFK community this year. As a result for many JFKers and their guests, international understanding was not only practiced while commissions and committees are in session, but from dusk till dawn. In the beginning, host families were a little nervous. Who does not want to make a positive impression? All sort of food was bought, dinner cooked, beds made, rooms vacuum-cleaned, and written confirmations collected by all family members, including dog and cat, promising they

would reveal their best behavior only. Every host family wants to make the stay for the guest as pleasant as possible. After the first shy moments were overcome, everybody realized how much we have in common. We spent evenings together not primarily as Poles, Americans, Germans, Hungarians and Czechs, but as young people exploring Berlin. We met with curiosity to learn about cultural differences, because we can learn from textbooks grammar and orthography, but simply cannot learn that it is considered impolite to eat on trains in Poland. Truly, it is a part of the MUN conferences' experience to be housed or house a person from another city or country. Many contacts are made, which often grow into long-lasting friendships.

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damaging them. Practice makes perfect. There are a few things to remember: Most condoms have a reservoir when putting it on get all the air out of it (this lessens the chances of tear while you are getting the deed done). Do not use condoms with an oil-based lubricant (water-based is OK) because that makes the condom porous.

Thou shalt choose the right condom for thyself. Condoms come in different shapes, sizes, colors, flavors and textures. No condom is guaranteed to withstand the stresses of anal sex, however one can get heavy duty condoms called HT Specials and Hot Rubbers. Two other condom related contraceptives are the female condom and the dental dam. The female condom is a relatively new invention and though it prevents pregnancy, it is not proven effective against AIDS or STDs. Dental Dam is also a novelty and is to be used during oral sex on the woman to hinder the transmission of STDs.

Thou shalt USE the condom. A condom should be put on before any sex (vaginal, anal or oral) starts. After ejaculation, the condom should be held firmly and the penis should be withdrawn immediately from the partner. Don't leave the condom behind!

Teacher Feature: Ms. Wyatt

BY ZEJINA WISMAJER



Ms. Wyatt is a new History teacher at JFK.

Q: Could you share a History joke with us?

A: The rumor is that Catherine the Great died in the middle of having sex. One of them was not human.

Q: Do you have any advice for your students?

A: Find a subject you love and pursue it!

Q: What historical figure would you want to come back to this period?

A: Thomas Jefferson because I would like to ask him what he thinks of America today.

Q: How, do you think, would he react to cars?

A: He'd be scared out of his mind, then he'd love them.

Q: How do you think he would react to the contraceptive methods, such as the pill and the condom?

A: He'd be shocked....and then he'd love them!



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Dear Darrell

Dear Darrell,
I have a big problem. I have this friend who I don't enjoy being around with. She annoys me and I don't know how to tell her I don't want to be her friend anymore!

—Anonymous

Dear Anonymous,
You should consider the possible consequences before you do anything. If you tell her to go away, will you lose a good friend? Even if she does have some

annoying traits, do other characteristics make up for it? If you cancel the friendship, what will that tell other people about you? Someone might get the idea that you're only interested in perfect friends, and then avoid you for fear of getting hurt. You might miss out on some really fantastic relationships. Ultimately, you need to tell her the truth. She will be hurt, because she thinks you're her friend. Usually friends learn to live with each other's personal quirks; if you can't bring yourself to do that you should at least be honest about it. Next time, don't be so quick to call someone your friend if you can't live up to your half of the bargain.

Institute Discovers Amazing Results!

BY JEREMY YODER

Whenever abitur students reminisce about their year in the United States, they always dreamily mention multiple choice tests. "Ach ja," they say, "diese Amis tests waren sooooo leicht." This usually leads to complaining about Klausurs' difficulty. Somehow penciling little bubbles for sixty minutes dramatically pales against four hours of character reading essay writing. However to simply denoting multiple choice as "too easy," not only discriminates against this teaching method, but also insults the hallowed principles of the American educational system. To draw correct conclusions on the tests' validity, a completely scientific investigation has compared multiple choice tests to Klausurs.

The research conducted by the Berlin Institute of Pointless Knowledge proves that multiple choice really is different from Klausurs. Perhaps a few examples would prove the point. For instance, a typical multiple choice question:

"In Kurt Vonnegut's Slaughterhouse Five, what was Billy Pilgrim's main problem?"

- He was arrested for shooting the breeze.
- He got Hungary and ate Turkey fried in Greece.
- He forgot his endoplasmic reticulum.
- He failed his AP European History Klausur."

The Institute discovered that majority reactions by lab rats tended to consist in variations of "Who's Billy Pilgrim?" The answer is irrelevant, because statistically someone's bound to get it right.

Hey ISA!

BY INGRID SCHÄFER

ISA sit neu in unserer Schule aufgetaucht. Ins Leben gerufen wurde die "Independent Student Actions Group" von Robin Hertz, Tina Scherer, und Simon Weber (11c) "aus besorgnis über das politische Engagement an unserer Schule." Sie wollen die Außenseiterrolle der JFK, was SchülerInnen und andere politische Aktivitäten in Berlin betrifft, nicht mehr akzeptieren. ISA wird sich in Zukunft mit anderen Berliner Schulen in Verbindung setzen, um eher geplante Unternehmen in der Berliner Schulpolitik im klaren zu sein. Wichtige

Now a typical Klausur question:

"In Slaughterhouse Five, Kurt Vonnegut describes the protagonist as 'shaped like a bottle of Coca-Cola' and looking 'like a filthy flamingo.' Please analyze, assess the validity, contrast, compare and explain the significance of Billy's appearance to that of the Trafalgar Admirals, who resembled 'plumber's friends.' Keep your answer in context from the period August 3, 1956 11:65 AM Central European Time to May 8, 1972 3:16 PM Eastern Daylight Savings Time."

The construction of this question should lead to deeper intellectual thinking than the multiple choice. However the lab rats' reactions superficially seemed similar: "Who's Billy Pilgrim?" But the thought didn't end there, that thought had a brother: "Who are the Trafalgar Admirals?" And these two thoughts got married (don't ask) and begot a child: "Why am I doing this?" Naturally, the actual answer also happens to be completely irrelevant. Research shows that the average time to formulate a thesis amounts to ten years. However, it remains inclusive if lab rats are able to even formulate theses. They usually die from cosmetic poisoning before completing their analysis.

As the overwhelming evidence proves, multiple choice is definitely different from Klausurs. Hopefully this ends every discussion on the topic. Incidentally, the Institute discovered the correct answer for every multiple choice question: "e) none/all of the above."

Neuigkeiten, Demonstrationstermine, etc. werden der JFK Schülerschaft publik gemacht. Im Gegensatz zu MUN setzt ISA ihren Schwerpunkt nicht auf das globale sondern eher auf lokale Themen; daß heißt Berlin, Deutschland und Europa stehen im Mittelpunkt der Diskussionsrunden. Sozialpolitische Probleme (z.B. aktuelle Bildungspolitik) sollen aufgedeckt, kritisiert, diskutiert und so weit wie möglich durch gezielte Aktionen eliminiert werden. Weiterhin werden sich einige Diskussionen um bestehende Staatstheorien und mögliche Staatsutopien drehen. Wie ihr seht, hat sich ISA viel vorgenommen. Interessierte Aufgepaßt! Treffpunkt sit jeweils donnerstags in der 6. Stunde (B305).

Hero-Teams of the Week

For the newer people at the JFK it was a myth. For those that have been here longer, it was a vague memory. So when the student council promised to get the job done properly this year, one could not help raising a sarcastic eyebrow and think of the similar premises that had been made in previous years and of the lack of results. So nobody thought much of it until December 1st when there it was, IN YOUR FACE. Yes, one of this weeks Hero-Teams are the creators of this year's Buzz Book: Kyanusch Kay, Benjamin Morris, and Connie Russ-Mohr. Their fundamental achievement: not getting the buzz book out, but also doing it before the second semester, so that it can actually be used this year!!! They even went a step further, by offering it in four different colours!!!! Whether the colours are that important can be argued, yet they show an attempt to spice the buzz book up. Fax numbers and e-mail addresses are another welcome addition. December 1st was a busy day for the Peer Helpers,

too, as it was International Aids Day which meant distribution of Aids information material and the organisation of a meeting between two HIV infected people and students. Their work in informing the students and inviting the guests (SEE A CLOSER ENCOUNTER WITH AIDS) has made the Peer-Helpers and Mr. Sterling the other Hero-Team of the Week! -The Editors

CLASSIFIED ADS

Sony Playstation for sale, with two joypads: 150.- DM! Games: Air Combat 200DM, Street Fighter 30DM, Ridge Racer Revolution 50DM! Call 817-7624

Piano lessons from former JFK student, now student of music at the TU, available; contact Vanessa Heine at 792-0387

You may submit a classified ad by dropping it in the MUCKRAKER mailbox by the snack machines!