

JANUARY 1977

# Listen

A JOURNAL OF BETTER LIVING



Harold Solomon—  
A Smart Counterpuncher  
How to Control Your Weight  
New Feature—Ask a Friend  
Plus a Page of Puzzles



WHEN YOU look at him, he's really not all that impressive. He stands just under 5 feet 6 inches and weighs barely 130 pounds. He looks as though he should take his place among the ball boys, not the touring pros.

Yet opponents have learned it's folly to judge 23-year-old Harold Solomon by his size. Two years ago the clay-court specialist ranked fifteenth in the world, and currently he is listed as the eighth best in WCT (World Champ-

---

# HAROLD SOLOMON— A Smart Counter- puncher

---

**Tim Garrison**

ionship Tennis) competition.

A two-time All-American at Rice University, Solomon since turning pro has beat such figurative and literal tennis giants as Ilie Nastase, Guillermo Vilas, Stan Smith, Ken Rosewall, and Arthur Ashe.

The smallest man on the men's professional tennis tour, Harold has to work for every point he gets. He says simply, "I'm not getting a lot of easy points like these guys who have the big serve and come in and put the volley away."

Lacking the size and strength to play serve-and-volley, Solomon relies instead on a cannonlike return of service and an almost flawless baseline game, which includes a strong two-handed backhand.

Solomon is what's called a counterpuncher. He's content to rally, hitting an occasional loop, moonball, or defensive lob, hoping his opponent will become tired or

impatient and make the first error, giving him the opening to attack. Nobody likes to play him, particularly on clay, because he can stay on the court forever. A referee once counted 112 hits during a single Solomon point. He once began a match at 11 am and did not finish it until four in the afternoon.

Solomon's triumphs have been more common than his defeats. His biggest moments include a victory over Vilas, the young Argentinian star, in the 1974 Washington Star tournament; last year he reached the WCT finals, where he upset defending champion Arthur Ashe in the first round before losing to eventual winner Bjorn Borg; he won the Volovo Classic, beating out Onny Parun. He also captured the WCT Houston title, beating Ken Rosewall, the Louisville Open, and was runner-up in the men's pro tennis tournament.

Harold Solomon's life is just about like his tennis game, consistent and hard-hitting. Because of his small size he has to be a bit more dedicated than most tennis pros. He tries to practice at least four hours a day and does a lot of exercises to strengthen muscles important to his game.

It was Harold's dad who first started his five-year-old son in tennis, and Harold has been playing ever since. He won his first tournament when he was eight and has been ranked one of the top ten tennis players in the United States since he was fourteen. Last year for the first time Solomon was ranked one of the top ten players in the world, and he collected nearly \$140,000 in winnings.

Solomon developed his strong tireless approach to tennis as a young high school student. "When I was young, I was small and I used to get picked on a fair amount at school. I used to say, Well, I'll get you back, and I would go out and work just hitting tennis balls, tennis balls, and that's always in the back of my mind." Tennis was and is Solomon's way of finding and building confidence in himself. It's a tough sport because, as Harold Solomon puts it, "It's a one-on-one competition—not a team sport. And because of that you need a lot of discipline and a lot of dedication."

Tagged the Bagel Kid by his fans, Solomon's strong sense of discipline in tennis is reflected in his life-style. In fact, when he talks about how he takes care of himself, it almost sounds like a Geritol commercial. "I don't do anything that's bad for me. I don't smoke, I don't drink, I get plenty of sleep, I take care of myself pretty good."

Why all the attention to his health? "I need every edge I can get because I'm smaller and not quite as strong as everybody else. I have to make up for it in other ways."

Harold Solomon is not a halfway person. He goes all out or not at all. Tennis pro Marty Riessen describes him as one of the most dreaded players because "he makes you play for as long as it takes you to give up." And even when Solomon is the one who must give up, he says, "All I ask of myself is to try as hard as I can all the time."

The young tennis pro can't imagine what it's like to grow up in a broken home. His own family has always been close. "I have a relationship with my father that's more like a best friend." From the time his father built a tennis court in their backyard, the Solomon kids have always been encouraged to play tennis. Harold's young 13-year-old sister was national 12-and-under tennis champion in 1975 and his older sister and brother are avid tennis fans. "My

parents have done everything they could—they've opened up all the doors for us. It was just a matter of going out there and doing it."

From his 23-year-old perspective Solomon sees the generation of kids behind him as growing up fast. "I think people are letting kids have too much responsibility at too young an age, and I don't think they're ready to handle it."

Participation in sports can help kids grow up with a better attitude toward life, says Solomon. "It's something you can lean on. If you don't have a person there, then you can lean on the sport. You can say, Look, I've done this, and just channel all your energies into that one thing."

Yet Harold has found that sports can't solve all the problems a young high school student might have. To him it basically comes back to the family. "When parents try to live their lives through their kids, then they're in trouble. But if they try to be close to their kids and try to have some kind of rapport, it will help things out a great deal in the future."

Even though Harold Solomon is one of the most durable tennis players on the WCT tour, he does sometimes get tired of playing tennis. "I think I get more physically and mentally tired—it's not like going to work every day. You go out there and hit tennis balls, and it gets tiring after a while. Your mind starts to go, and then your body starts to go, and you just have to give it a rest." For Solomon that means a few days without a tennis racquet in his hand.

What if his dad had never built a tennis court in the backyard and Harold Solomon had never discovered tennis? "I would have gotten involved in something competitive. I need it—it's like a challenge every day. That's why tennis is so great. At the end of the day you just feel good. I have a clear conscience. I feel I've done everything I could, and I'm prepared for the next day."

Having a clear conscience is important to Solomon. He wants to make sure that when he's out on the court he'll have 100 percent efficiency. Solomon likes to be certain about both his tennis game and his life. On the tennis court or in his own life he doesn't want to make any unnecessary moves, and he advises high school kids to do the same. "I would say the best thing to do is—if you don't know what you want to do, just kind of hang loose and see the world a little bit and experience a lot of different things before you decide what you want to settle into."

He feels that kids are put under a lot of pressure to know what they want to do before they get out of high school, and many confine themselves by getting married before they can really handle it. "People change more between the time they're 20 and 25 than any other time in their lives and especially the ones who get married at young ages. That's one reason there are so many divorces now."

Harold Solomon will keep coming on strong. He'll always maintain his image as a counterpuncher in tennis and in his own life. One tennis pro likened him to a sand crab scrambling from sideline to sideline, from baseline to service line and back, running down shots other players might let go by. He works hard not only to win, but also to know that if he loses he won't have to blame himself. ♦



*This new film answers questions being asked today about—*

# Drugs and Sex

"YOU DON'T know if a girl is carrying your child?"

"Well, no. How can I know for sure? I mean Joanne and I used to get stoned together."

This conversation is from the new film "Lifting the Shadows" produced by Narcotics Education, Incorporated.

Intended to help answer the question, "How may drugs affect human sexuality?" the film shows the possible results of several drugs on life functions.

Featured in the film are four internationally known experts in the drug field.

From a background of dealing with 2500 or more drug users, Dr. Hardin Jones of Berkeley, California, comments, "As in all the sensual drugs, as they are used, sexual capacity is reduced. And this is also true of marijuana."

Dr. Donald Cooper of Oklahoma State University served as physician for the United States team in the 1968 Olympics. He talks of the pleasure centers of the central nervous system, the areas that are stimulated by drugs used "recreationally."

The problem, he says, is that these drugs also produce secondary toxic ef-

fects, so that the users "are unable to feel pleasure" and are "blunted in their ability to go ahead and experience pleasure in a natural fashion."

Dr. Alton Ochsner of the Ochsner Clinic in New Orleans, famed for his research into smoking and health, sums up his observations: "We believe that nicotine decreases the sex hormones, both in the male and in the female."

Dr. David Smith of the University of Washington has studied the fetal alcohol syndrome. "Growth is normally a very harmonious process, and with the effects of alcohol, the harmony of growth is disturbed."

Dealing with very prevalent questions being raised these days about drugs and sex, this new film is both forthright and factual, but understanding and considerate at the same time.

For further information about "Lifting the Shadows," write LISTEN Magazine, Department L, 6830 Laurel Street, Washington, DC 20012. ◇



1. In "Lifting the Shadows," Frank and Helen Thompson are puzzled when their son Jim hangs up in the middle of a telephone call from the university he is attending.

2. Frank Thompson lights up as he waits to listen to Dr. Donald Cooper talking about the pleasure centers of the human nervous system.



3. Jim Thompson and his parents await the birth of his child.

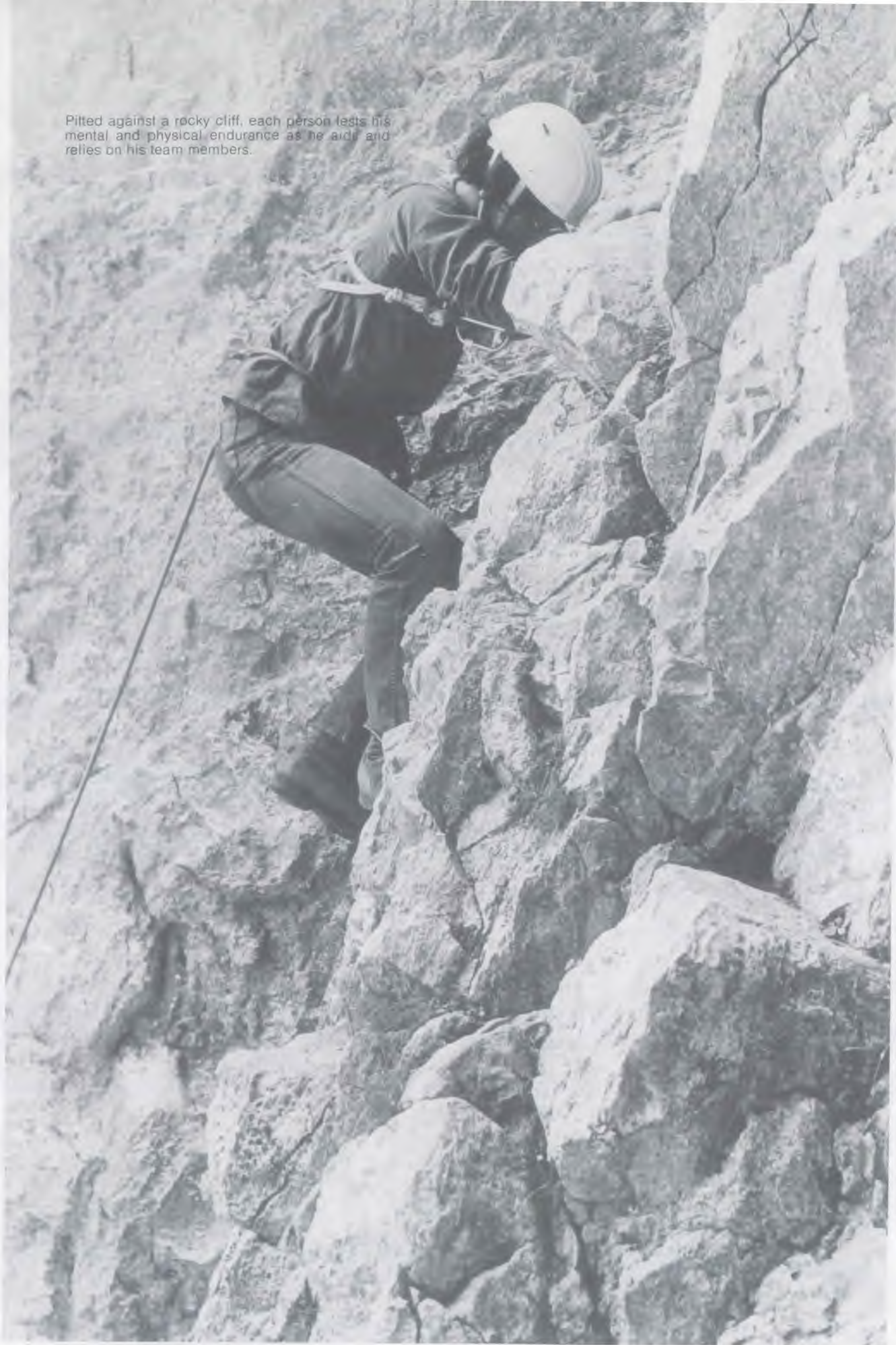
4. Joanne hesitates to take any money from Jim's father to help her in preparing for the birth of her child.



5. Beaten up by her marijuana-using boyfriend, Joanne receives help and advice from her doctor.



Pitted against a rocky cliff, each person tests his mental and physical endurance as he aids and relies on his team members.



# "Straight-Up" to a New Life

**Eileen H. Covington**

WOODY stood at the top of Crowder's Mountain looking down at Steve who was stranded on the cliff fifty feet below him. "Come on," Woody yelled. "Don't freeze up now!"

With a death grip on the rocks around him and an icy wind beating the climbers against the cliff, Steve felt as though he really was frozen, although it was only his willpower that could not move. Panic-stricken, he closed his eyes and leaned against the cold rocks. He could hear Woody's voice calling down to him to pull himself together. He thought back to another time Woody had told him to pull himself together.

The first day he met H. C. Woodward, Steve knew he'd come to a turning point in his life. The former Green Beret and one time "Outward Bound" instructor had not been impressed at Steve's threats, nor had he yielded to his demands.

Woody calmly informed Steve that since the court had ordered him to enter the Open House Therapeutic Community in Charlotte, North Carolina, it was to Steve's advantage to cooperate. The alternative was to spend three years in the state prison on a narcotics possession charge. Reluctantly, Steve went along.

Cooperation, as Steve was to find out, meant learning to climb mountains in Woody's modified "Outward Bound" program called "Straight-Up." When all was said and done, it was more than mere mountains that would be conquered. The "Straight-Up" program is more than just a tough "Outward Bound" course. It's meant to help build confidence, decision-making ability, and companionship with other people.

As Woody explains, "Generally, the drug addict has a very low opinion of himself, has little or no rapport with other people, and is extremely self-centered. The 'Straight-Up' program uses the outdoors as an environment to create stressful experiences which enable these people to see what their capabilities are. It places them in situations that demand more of them than they expect of themselves. It requires relying on others for their own well-being, and they must provide care and concern for others when the going gets rough for them."

So a hostile and sullen Steve, along

with six other Open House residents, teamed up with two housewives, a doctor, a teacher, three students, and a storekeeper to form a fifteen-member crew that would together meet the challenge of the great outdoors.

Although participation in "Straight-Up" is required of all Open House residents, it is open to anyone in the Charlotte community who wishes to join. In this way, the crew members come to know other types of people as they really are, no better and no worse than they themselves.

They did everything as a group from the early morning one mile run and calisthenics, through the obstacle courses, mountaineer training, and back-packing expeditions. Together, they learned first aid, map and compass route finding, campcraft, rock climbing, and mountain rescue.

Blindfolded, the team was taken ten miles from the city and left with twenty cents for a phone call and instructions to find their way back to the starting point by walking, no rides!

They were sent to designated areas of the city with a list of directions including objects to find and interview questions to ask of the people they met, and, together, they made a re-

Away from civilization in an inspirational setting, the solo campers have time to reflect on their lives.





Obstacle course workouts prepare "Straight-Up" members for the more difficult tasks ahead.

port to the other teams.

Each day ended with a discussion designed to bring the crew members closer together and motivate their interest. Emotions flowed, tempers flared, and friendships grew as a bond formed between members of the team. For many it was, perhaps, the first time they had ever cared enough to look through another person's eyes.

As the first ten training days drew to a close, the team became united and physically fit. A once sullen and aggressive Steve began to feel a surge of hope for the future, at least temporarily, and he became as involved in the activities as he had been in drugs.

Then, suddenly, all the companionship and group reinforcement were snatched away. With only the bare necessities of life, Steve was sent on a solo camping trip into a national forest some forty miles from Charlotte. Two days and two nights alone in the woods demanded that he depend on himself and the knowledge he had learned. He came to know the person who was really responsible for his well-being, the person he really had to rely on, and the person who was every bit man enough for the job—none other than Steve himself.

Now here he was, trapped on the side of a 200-foot cliff, paralyzed only by his fear. He had come so far, too far

to turn back now. He knew that one wrong move could send him to the bottom of the cliff, and he also knew he could not stay where he was. He had to make a choice, the only choice open to him.

He opened his eyes and looked up at Woody perched on a high rock 50 feet above him and ready to come to his aid. "No," he thought, "I have to do this myself." Slowly, with all the concentration, energy, and determination that was in him, he began to move up the rocks. With every step he left behind the nightmare of the past three years, the drugs, the jail cells, his brokenhearted parents and friends. When he reached the top of

Crowder's Mountain, he was on top of the world.

That night at the last group session Steve told the others that "Straight-Up" had been more of a mental challenge than a physical one. The course has to be tough, he explained, to show you who you are, how you relate to other people, and how you handle difficult and very real problems. It shows you that you can do much more than you may have thought, if you have the desire, and desire is the only necessary ingredient in kicking drugs. He had been to the depths of the chasm and to the top of the mountain. After seeing how the world really could be, he had a reason as well as the desire to change his life.

Steve continued to live at Open House for eighteen more months, and in that time he went on to participate in more advanced "Straight-Up" courses that included a 200-mile hike through the Great Smokey Mountains, canoeing on the Chattooga River in South Carolina and Georgia, and scaling the side of Kings Pinnacle in the Blue Ridge Mountains.

Although he has been straight now for over two years, he still comes back to Open House to instruct other "Straight-Up" courses and to keep in touch with the man who challenged him that day on Crowder's Mountain.

Both his philosophy and that of H. C. Woodward can be summed up in the words of Dr. Martin Luther King: "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Today Steve knows where he stands. ◇

Each person is required to spend two days and nights camping alone in the woods. Only the bare essentials of life are taken along.



## How do you know when you are really in love?

I asked that question once and somebody told me, "When that special person comes along, you'll know it." That kind of answer is really not fair. It may work for other things, but it doesn't work for people. It doesn't really answer the question. To me, it usually implies that the person who uses it as an answer is somewhat uncomfortable with the question in the first place and doesn't really have an answer.

I'm going to answer in a different manner, but in a way that is more fair. No one can tell you whether or not you're in love. Only you can be the judge of that. Love is measured only by the one who does the loving.

It's important, however, to have some standards by which you can measure your own love. Here's a little self-test you might be interested in using to measure where you are in terms of love. If you use this test, be honest. Fudging on the answers only fools yourself, and you end up being the one who gets hurt. (Mark yourself on a scale of 1 to 10 with 1 being the lowest and 10 being the highest.)

1. Love is essentially a *self-giving process*. Love is a gift. How's your gift?

2. Real love is made up of genuine *care and concern* for the person loved. How much do you care?

3. Real love *trusts* the other person. Do you trust your partner?

4. Real love *accepts* the other person as he or she is, while gently encouraging that person to grow. Do you accept your friend as he or she is?

5. A person who really loves maintains a *deep respect and reverence* for *himself or herself* and does not allow a compromise in his or her principles or personal integrity. How's your own self-respect?

6. Real love also means that you *reverence* and respect your partner and never demand more of him or her than he or she is willing to give freely. Do you really reverence and respect your friend?

7. Real love is an *understanding process*. How are your attempts to understand your friend?

8. Real love demands *honesty* between those who love. How honest are you willing to be in your relationship?

9. Real love is *long lasting*. It doesn't fade away when things get tough. Are you able to hang in there when your friend is not at his or her best?

Add up your score. If you're between 60 and 90, you're certainly on the right track and your love is probably

genuine. Keep working at it! There's always room for improvement. If you have between 30 and 60, you've scored moderately, and your relationship needs a great deal of work to make it grow. If you have scored between 10 and 30, it is more likely than not that you will have to stop the relationship or spend an enormous amount of energy and time restructuring and rebuilding the relationship. If you scored below 10, I think that kind of a relationship can be damaging to you and your partner.

## If the man in my life is involved in drugs and I don't approve, will we be able to work this out?

It all depends on what you mean by "working it out." If you mean, "Will I be able to get him off drugs?" you will probably *not* succeed, since that is something only he can choose to do.

If you mean, "Will I still be able to be his friend?" you will probably be able to accomplish this as long as you make it clear that you accept his friendship, which means that you accept him as a person, but that you do not in any way approve of his negative and self-destructive behavior. You should also make it clear that you will not allow yourself to be loved so little as to be talked into following his example.

If the meaning behind your question is, "Will we be able to work this out so

that we can have a happy marriage?" I'm going to be somewhat pessimistic in my answer.

It is unfortunate that the man in your life has such a low self-image that he has to get involved in drugs. People who are still working on such a low self-image are rarely ever ready to accept the responsibility of loving and caring for another person. They have to learn to love themselves first.

Not only does the man in your life show fairly clear signs that he doesn't like himself very much (if he did, he would choose a more positive life-style than drugs), he also borders on insulting your own love and care for him. It is hard for me to imagine a person who says he honestly cares for you and then denies that by becoming more excited about drugs and more involved with them than he really is with you.

If you are thinking marriage, make sure you choose to marry a real man, ready to accept the responsibility, not a person struggling to define whether or not he likes himself and whether or not he has enough strength to drop his crutches (drugs) and walk on his own. If you marry someone before he finishes that struggle, you may be marrying him out of pity; and that type of marriage usually falls apart fairly quickly.

If your boyfriend is interested in growth, challenge him to grow up now. If he really loves you, he will accept the challenge to grow. If not, he will probably choose the stagnation of drugs. If he takes the choice to stay stagnant, perhaps you should seek more mature friends.

Ask a friend



Have any questions about friendships and parents, drugs and health, or just your own feelings about yourself?

Ask a friend—junior high school teacher and guidance counselor Jeff Mitchell.

Address your questions to: Ask a Friend, LISTEN Magazine, Box 4390, Washington, DC 20012.

# How to Control Your Weight

*Interview With Linda Kilby Brooks, Nutritionist*

## **HOW MUCH of a problem is obesity today?**

About 20 percent of all adults are obese, which means that they are a good 15 percent over what they should weigh. As people get older, obesity seems to become a bigger problem—about 35 percent of those over 40 have the problem. So it's a definite problem, but it's not being treated as a problem. It must be treated as your own personal problem.

## **What are the main causes of obesity?**

Overeating and lack of exercise—but it's just not that simple. Overeating is caused by a lot of things. A person may overeat because everyone else in the house overeats—environment. A person may overeat because he's happy. A lot of people overeat because they're sad, or they're under tension.

Since childhood many of us have been taught that food is a reward when you did good things. You didn't get an apple or an orange; you got a piece of candy or cake. When you visited Grandmother, she didn't pass out fruit; she usually made cobblers, cakes, or pies.

The problem of overeating is an environmental problem—we all do it. The sad thing is that you're probably eating the same amount when you're 40 as when you were 19 or 20. But as you get older, you're doing less and not burning up so many calories.

## **What role does the type of food a person eats play in the problem of obesity?**

That plays an important role in the whole problem of obesity. Most of us eat what we've been taught to eat. For instance, a girl basically cooks and fixes the foods that her mother taught her to fix, and her mother fixes the

things that her mother taught her. When you marry, you compromise and start fixing a few of the things your husband likes—these are the things his mother has been fixing. So if it's a high-fat diet, a high-caloric intake, it keeps on. You rarely see a skinny person in a whole bunch of fat ones.

We're dealing with changing be-

havior patterns. You just can't hand out a 1000-calorie diet to a person who may be Italian, who feels that pasta is a big part of his meal, and say, Here, follow this. You have to take into consideration that the kind of food he eats doesn't fit into this pattern. I think this has been the problem with so many people who have tried to lose weight. As a nutrition counselor, this is why I tailor a diet to fit the individual person.

## **How does obesity interfere with good health?**

In most cases, obesity will increase your problems. For instance, if heredity says you're going to have problems with heart disease, hypertension, diabetes, etc., then being overweight is going to increase your chances of having these problems. Also, a person who is overweight is more likely to have other physical problems than a person who is within normal range.

## **Are people in America getting fatter earlier in life?**

Yes, because we're doing less. We have all kinds of great things that keep us from working. We don't have to walk anywhere. A lot of us don't even walk out of the house, we walk into the garage and get into the car. People drive two blocks to the store. There's very little exercise.

Ask the average person, Do you get out and really get any recreation on a regular basis? They might say, Oh, I work in the yard on the weekend, or maybe, I play golf on the weekends. When it gets cold, they're no longer doing all those things on the weekend, so the body is in bad shape. Muscle tone is bad; circulation is not what it should be; they're not burning up calories.

You have to do some kind of physical exercise to burn up calories. Most



*The sad thing is that you're probably eating the same amount when you're 40 as when you were 19 or 20. But as you get older, you're doing less and not burning up so many calories.*

physicians recommend at least 30 minutes—a five-minute warmup and a five-minute cool down and actually 20 minutes of exercise that really makes you breathe deeply, makes your heartbeat increase, makes you sweat. That means you've really got to be working out. But even if you can't do that, anybody usually can walk. And if you take a good 20- or 30-minute brisk walk, you'll start a metabolism speed-up and burn up calories.



*You just can't hand out a 1000-calorie diet to a person who may be Italian, who feels that pasta is a big part of his meal, and say, Here, follow this.*

### ***Is the weight problem increasing among high school kids?***

Kids are more aware, I think, of weight. You don't have so many of them overweight from lack of exercise as much as they're overweight from the type of food they're eating—junk foods.

A lot of them will skip breakfast, eat chips or drink a soda midmorning because they're hungry. Then they eat who knows what at lunchtime—hamburger, soda, chips, candy. After school, the same kind of thing. At dinnertime, they complain about what's there and pick from it and snack all evening. They exercise during the day,

but then they snack into evening, and they're getting no exercise. A lot of them are flabby fat because they're just taking in empty calories.

### ***Is the alcohol problem among high school kids contributing to their obesity?***

Probably, because alcohol contributes nothing but calories. An ounce of whiskey is about 80 calories, 5 ounces of beer about 80 calories—all empty calories which makes the kids flabby fat.

### ***What do you mean by empty calories?***

Whatever the food item is, it's giving you calories—energy you can burn—but it's not giving you nutrients along with those calories. A slice of good bread would be about 70 calories, and it gives you B vitamins, protein, minerals that your body can use. This same 70 calories in alcohol is just calories. It's not giving your body anything to work with.

### ***Does improper eating during the high school years affect the learning process?***

Even before high school you're building a body you're going to have to use as long as you live. Studies have shown that children who don't eat breakfast find it very difficult to concentrate. If your stomach is growling, you have trouble concentrating. There's nothing for the body to feed on. And just as all your muscles need food to maintain and grow, the brain also needs food to maintain and grow.

In general the body gets its nourishment from the food the person eats. A child who is lacking in total nourishment can't think, can't learn—he even has problems growing because of this lack of food.

The American society has become very weight conscious, fashion-wise, but not so much nutrition-wise. So you have girls who are so hung-up on being fat that they cut out breakfast, they drink lo-cal soda at lunch time and eat very little supper. And these are the bodies that are going to be mothering children soon. Often you have girls who are starting to fall apart before they're 20. Their hair is dull, their skin is breaking out, their nails are brittle. Their teeth are falling out—it's because

of the lack of nutrients, the lack of calcium, phosphorus for good bones and teeth, lack of B vitamins for good hair tone and skin tone.

### ***What is your evaluation of diet pills?***

I don't like the use of anything that is not a natural way to accomplish something. A person who hasn't decided to change his food habits will only get temporary help from diet pills. Most diet pills are amphetamines, and they depress the appetite. But these amphetamines also work on the central nervous system. Many times you have insomnia, especially if you're taking them after noon, because they don't wear off quickly. You have problems with increased pulse rate, with nervousness, and being hyperactive. Families often react violently to diet pills because it makes the mother or father a disagreeable person. If you stay on diet pills too long, they become habit-forming, and you're no better off than kids who are running around taking barbiturates, amphetamines, and other drugs. Even though it takes several years to gain weight, people want to lose it overnight. We don't want to go through six or seven months to lose weight. No, we want to do it immediately, and that's why people use diet pills. It's a lot better to change food habits through natural means, using willpower.



*People drive two blocks to the store. There's very little exercise.*



*Alcohol contributes nothing but calories.*

**What's the best way for a person to deal with a weight problem?**

First, visit a physician to find out if there is any physical reason for it and if you're in generally good health. Next, you've got to do something on your own. You have got to decide that you're overweight, and the problem isn't due to enzymes, to heredity, to the face cream you're using. It's because you eat too much. And once you come to grips with that basic point, then you can start to help yourself. After that, visit a diet counselor and work out a program that will help you.

Then consult with the doctor on some kind of exercise program. If you can swim, play tennis or handball, or any exercise you enjoy, then do it. Very few people stick with calisthenics, because they get weary of them. But if you do something that you can do, that you enjoy, or something you can do with the family, then you can stick with it a lot longer.

In dealing with your pattern of eating, be sure to include breakfast because breakfast is the most important meal when it comes to weight control. A lot

of people say, I'm not hungry in the morning. Nine times out of ten, the reason they're not hungry in the morning is that they ate very late at night. And so their poor stomachs have been working all night to digest whatever they ate late. But if you change your habits, you can eat a good breakfast that takes about a third to a half of your total calories. You can have most any good food at breakfast; you don't have to eat "breakfast food." I usually encourage people to drink anywhere from six to eight glasses of water a day between meals. Most of us can use that to flush out our systems, and just to make us feel good.

**Is it really possible for everyone to go to a dietitian?**

It depends where you are. In a rural area it might not be easy to find a dietitian, but in most cities there is a chapter of the American Dietetic Association. There are dietitians who are in private practice now, just like physicians. There are dietitians in such organizations as health clinics, the dairy council, and heart association, maybe even cooperating with your doctor.

**How can a person know if he is heading toward a weight problem?**

The fastest way that most of us know is that our clothes don't fit like they used to. You usually try to blame it on the fact that maybe they shrank, or something happened in the cleaners or the washing machine, but one of the first things you notice is if your clothes don't fit.

With me, it's an individual thing. I just don't feel right. I don't feel good. Most women have a problem with weight between their waist and their knees—that's where they usually gain. If you stand in front of the mirror and take a good look, especially when you first come out of the shower, you can tell if you've got problems. First, you've got to decide, I do have a problem, and then, I want to do something about it. I choose to eat less—I choose to lose weight—I choose to feel better.

**Do you combine your dietetic counseling with emotional or psychological counseling?**

A lot of times people feel better and can handle things because they are able to talk to someone who will listen.

A lot of times in dealing with the problem of overeating I end up hearing about other problems—problems with husbands, with wives, in-laws, cats, problems with everything—and it helps! In the last year I've had severely obese children, and a lot of times their problems are their parents. And if they can come in and talk and they can see self-worth, then they can go forward and deal with it.

Some mothers are members of the "clean-plate club." The kids have to eat everything their mothers put on their plate. Food is stuffed into them. You end up with a six-year-old who's really round and can't run as fast as the other



*A person who hasn't decided to change his food habits will only get temporary help from diet pills.*

kids, so he probably doesn't burn up as much energy. Then you end up with a 10-year-old who still has this problem. So the first thing a kid does is stop eating, but starvation doesn't work because you can only hang in there with starvation so long. When you go back to eating, you still usually eat too much.

Weight reduction is a long-term process. You will have to deal with it a long time. And many people have to accept the fact that they have a tendency toward being overweight and they will have to watch continually what they eat. If you catch it when it's only five pounds, it's a lot easier to deal with than when it's 25 pounds. ♦

# Girls Against Guys in Sports?



It's no longer unusual to see women working with men in such areas as medicine, law, engineering, and even plumbing and construction. There's even a women's bank in New York City.

But should women compete against men in sports? That's this month's Viewpoint question, and here are the answers:

DALE MEADOWS, Age 16



Sure! Why not? If they can do it and that's their thing, let 'em do it, but if they can't, they shouldn't be competing. It's the simple case of "Keep up with the pace, or get out of the race."

MARK BAKER, Age 16



I guess you can consider me a male chauvinist pig because I just don't think it's right for girls to do some things, like lifting weights and stuff like that in competition—it just ain't right.

JUAN SOLANO, Age 15



I think that girls have got as much right as anybody else. I say let 'em, because I know some girls that are better than dudes in sports. I say, why not? If they're going to attend the same schools, why not? I don't think they should be in football. Basketball and soccer is all right.

MARK BLOWE, Age 20



I don't see any reason why not. Girls should have as much opportunity to compete in sports as a male should. Things have changed. It's not like the old times where a girl should be at home. She should be out having a chance to do as much as anybody else. That's how I feel.

JACKIE JOHNSON, Age 24



If they're qualified they ought to be able to compete in anything. I think the day where women just stay home is over. Everybody's doing their own thing, so if they can work in construction, play basketball and tennis as well as men, why not compete together?

MA'LI CHIOU, Age 18



I don't think so. I don't know why. That's my own opinion.

SAMAIA ESQUIEEL, Age 16



Well, it depends on which sports. Girls shouldn't get into the real rough sports like football. I wouldn't want to see a girl get tackled by a big guy. Things like volleyball and softball would be OK.

BOB DICKINSON, Age 16



Yes, I do, because I think they have extra ability to do things just as well as boys do. The only exceptions might be football and basketball.

SANDRA CAMPBELL, Age 16



No, I don't think they should compete against the boys. But they should have equal opportunity. A girl should have the same amount of time a guy would have and be able to participate in the same kind of sports that the boys do.



*In East Burke,  
Vermont,  
Burke Mountain  
Academy is  
a school for*

# Skiing Laughter

IF MY little red Camaro could talk, it would have rebelled; "Why me? What did I do to deserve this?"

Yanked from its familiar suburban DC parking place and routinely supersmooth highway runs, suddenly here it was sliding backwards down an icy Vermont road.

Well, so much for that driveway attempt. March is when you do articles on ski schools, right?

I parked (?) the Camaro in a snowbank, scrambled out, and started up the hill to Burke Mountain Academy. Tape recorder, notebook, and self immediately parked in a companion snowbank. Now what did I do to deserve that?

The day had to improve.

It did.

Burke Mountain Academy, East Burke, Vermont, is what you would call an "experimenting school—always open to change." Its director, Warren Witherell, says that *efficiency* is his favorite word. "We're trying to cut through all the baloney in American culture and education and just live very creative and constructive lives."

The school was started by Witherell about six years ago to fill a need for kids who were committed to being world-class alpine ski racers. They could ski seven days a week, have the best coaching talent and the influence of other top-level racers, and still have a coordinated education program. From one high school student who was specially tutored in 1969, the school has grown to about 50 or 60 kids. "Never more than 50 at a time," says Witherell. "We have 43 beds and a few day students and now and then we cram kids in the corners."

There's something like 200 applications every year for the available 10 or 15 places, so there's definitely a waiting list.

Generally, applicants must be among the best skiers of their age in the country. The few beds aren't wasted on kids who aren't really committed to pursuing the sport to high levels. "If you're a self-motivated student and if you work hard, that's the most important thing. We're really looking for character as much as anything. We live like a family of 50 kids and you've got to have kids with a lot of trust, kids who are just going to join that family and be constructive members of it."

Twenty-year-old Tony DeBoise from Worcester, Massachusetts, first attended Burke last year—one of the first to take college-level classes which are now offered in

cooperation with Lyndon State College nearby.

"My classes are more like seminars," says Tony. There are three professors—teaching anthropology, history, and philosophy. Classes meet four times a week for two hours.

Tony says he's pretty serious about ski racing. "Here I can devote a lot of time to skiing and racing—and still take college classes."

Burke Mountain Academy has grown in response to student demands and student needs—"different from an institution at whose feet children come and worship," says Witherell. "I think of this school not as an institution but as a service organization. We're here to provide a service to the exceptional youngster who wants to do what these kids are doing."

BMA has an open academic program—unlimited study opportunities. A kid can be at Burke and never go to class—just set up independent study. Witherell says that the greatest fallacy in American education is "the belief that a child should study five things at once. I don't think any adult tries to learn five things at once. You don't even read five books at once."

School at BMA isn't necessarily limited to book learning. The main emphasis is on skiing—classes in the morning and skiing all afternoon. In the fall and spring its a combo of classes and training—and the training is tough. The kids run three or four miles before breakfast, or bicycle five or six times that much. Then they run a two- or three-hour physical training program in the afternoon—running, bicycling uphill, wind sprints, weight lifting. "All the girls are in weight training programs," says Witherell. "Most of the girls here can do 50 push-ups."

Seventeen-year-old Bea Perkins actively competes in two sports—skiing and riding. Her home is in South Stratford, Vermont, and her family breeds and shows thoroughbred horses. Last year Bea won the U.S. Senior National Three-day Equestrian Championships. As soon as ski racing is over, Bea gets on a horse to get in shape for that sport. "Riding doesn't do much for your wind, so I have to do a lot more running to get ready for skiing. Skiing muscles are more compact and tighter. For riding you need muscles like a swimmer—long and flexible."

In all competition, Bea says, mental attitude is important. "If your mind isn't really on the race, or if you're thinking about other things, you're not ready to go out of the starting gate."

"I'm excited about each race we have," says Tony. "I try and convince myself that I can do as well as everybody

# and Hope

Twyla Schlotthauer



else. In past years I've watched all the other skiers and said, 'I have to beat him' or 'He's the one I have to beat!' But now I'm just trying to ski technically well—to think about beating the clock instead of anyone else."

What happens when you don't do very well? How do you feel then?

"Discouraged!" put in 17-year-old Laurie Baker from Marblehead, Massachusetts. "I always want to do well. If I don't, then I'm usually pretty quiet about it. I go off by myself and maybe cry."

Burke Mountain Academy is a unique family living experience with 50 or so brothers and sisters. The competitive spirit is high, but not against each other: "There's no competition between kids at school, especially the girls," says Bea. "I don't know about the boys. There's a lot of difference between boys and girls in competition. Boys are always kidding around and say, 'I'm really going to beat you this time,' but girls just seem to let it go by."

"Well, I don't know much about the girls," replies Tony, "but the guys do kid about how they're going to beat each other. But if my roommate wins a race, I'm glad. I'm not upset that he beat me. It just means that he skied better than me that day."

Students at BMA are at all different levels—Granite Cup, kids just starting out racing, some kids are on the National team, Junior Nationals, some race in World Cup competition or the Can-Am series.

"There are two words that aren't often heard in teen-age culture today or even in American education," says Witherell. "One is dignity, the other is self-respect. There's all kinds of self-satisfaction and happiness and goal-searching, but dignity and self-respect come at a price,

and that price is sacrifice, hard work, discipline. When you've been through those things and come out on the other side, then you feel good about yourself. That's something the kids get from the sweat they put into this program."

Burke is run by the students. There are no hired janitors or maids—only a lady who works in the kitchen and prepares "good Vermont food." All the other chores are done by the kids—keeping up the large garden out back, even constructing some of the log-house school buildings.

Witherell says it's hard to pay the bills from time to time, "but we scrape by at that end. We have a dedicated staff that work for too little pay." Every kid at BMA wants to be there. "He'd cut off his right arm to stay here—and that's a nice attitude to have around a school campus."

In fact, the kids want to stay so much that Burke has had to have what is called "enforced vacations." If it's an "optional vacation," the kids "go home for two or three days, kiss mother, and have a few good meals and then come back." The kids don't bother to check a calendar to see when school starts or stops.

House rules are simple—there's only one: "Respect for other people." This means that if one person wants quiet and six persons want noise, quiet prevails. There are no bed checks, no dorm counselors, no elected officers in the whole school. Every kid has an equal responsibility to keep his room clean, to clean up the hall when it's dirty, to wash the dishes when the sink gets full.

Tony DeBoise



Laurie Baker



Bea Perkins



And there's no place for any alcohol or drugs. Laurie explained: "If you're serious enough about skiing, you know it's not going to help you and you're not going to want it anyway."

"We're a group of 50 kids and 10 adults—all with a common goal," says Warren Witherell. "The whole school is completely open. We put a tremendous trust in each kid, and there's a spirit of cooperation that's very different from the average school where there's a confrontation between teachers and students."

"It's just like living with a family," said Laurie. "You live in the same area as your brother or sister at home. And that's just about what it is."

"I agree it's more like living at home," said Tony. "You share the same bathroom with your brothers and sisters." Any problems about who spends the most time in the bathroom? "Yeah, sometimes in the showers."

Laurie: "Boys are a lot different than girls—just the things they talk about and what they do. I have only one brother, but with a whole bunch of guys around I learned what boys are like."

Bea: "We've always lived in the country on a farm. When I came to Burke, all of a sudden I had to learn what it was like to live with all sorts of kids my age. More than anything else I've learned so much about people here."

Laurie: "Living here is different from my old high school. Here you don't sit around and talk and put someone down. You can always depend on someone for help if you need it. If there are any conflicts, we have a house meeting and talk it out. Nobody fights—or anything like that."

Kids at Burke Mountain Academy say they're probably more mature at 17 or 18 than kids in a regular high school because of the work—both physically and mentally. "Maybe it's because you get to know people so much better here," explained Bea. "You're not playing so many games like you would in high school."

What's the most valuable lesson you've learned from competition skiing?

Discipline, replied Tony. "I've learned to be disciplined in whatever I do—more than I've ever had to before. In skiing you have to be disciplined to do your exercises and train hard. Same with life away from skiing—you must have discipline in whatever you do."

Laurie: "You can get a lot out of life if you don't wait for it. You have to work for it, and do what you can."

Bea: "I guess the most important thing I've learned has to do with self-confidence—knowing that I have the ability to learn whatever I want and that I have to go after it."

If Warren Witherell is asked to describe his school, he uses only one word: vitality. "They're very active kids. And there's a tremendous amount of laughter in this community." When they leave Burke, the kids leave with a sense of pride and dignity and faith in themselves.

At Burke Mountain Academy, fall is a time of preparation and training—a lot of sweat and very little pleasure. Winter is performance—for four months there's intense competition week after week. "Spring is a time for love," says Witherell. "The kids sleep outside at night and things slow down, the sun comes out and the grass comes up. The whole school just operates at a much more human level."

Witherell compares the cycle of school activities to vari-

In addition to her skiing achievements, Bea competes in equestrian events. She has won both junior and senior national championships in the three-day event.



Last year Laurie won the Governor's Cup Ski Race in New Hampshire.

ous phases of life. "Whatever job you go into, you spend years preparing and years performing. Then it's only in the autumn of your life that you can sit back and enjoy the warm, human elements of it. Involvement in competitive sport is a training for life. These kids learn that you don't get real achievements by wishing for them. You have to sweat year after year."

Perhaps what makes Burke unique is best summarized by an essay by Leighton Hazlehurst, now a teacher at the school. It seems that parents send their kids there "to encourage hope rather than to guarantee success. . . . A school based on hope is different from a school based on success, for success implies an almost exclusive concern with the outcome and result of an activity, while hope is concerned with the means of reaching goals."

Burke is a "hopeful" school, rather than a "successful" school. This doesn't mean that Burke students are unsuccessful. "What it does mean," writes Hazlehurst, "is that the hope of every student-athlete is more binding on the community than the success of a few."

There's always the hope that every kid can do better than he is doing—at whatever he does. At Burke Mountain Academy, "one senses that success is fleeting, and hope enduring."

This is what makes the school—and its students and staff—unique. ♦

# A Second Chance at Life

HAVE YOU ever heard someone advocate the legalization of marijuana, or the decriminalization of laws on possession of the weed? If you're like a lot of people, you probably give a halfway approval to the proposition: after all, alcohol is legal and it's the worst drug of all.

I used to be a member of your crowd, but not anymore.

Marijuana nearly cost me my life. I once thought smoking grass was a good thing, a heady, enlightening experience that made you more aware of yourself and your surroundings. A bad experience with marijuana was something you read about. It didn't happen to you.

My terrifying experience began on a



normal note. A club of off-road racing enthusiasts I belonged to decided to hold a dinner dance at a steak house, about 20 miles from town.

I had never been a heavy user of marijuana. A joint now and then seemed to satisfy my craving to experiment. Although I had gotten an occasional high from smoking marijuana, I could take it or leave it.

Shortly after I arrived at the restaurant, a friend cornered me.

"Come on outside," he said, rather mysteriously. When I hesitated, he winked and said, "I got some good stuff, some real Acapulco Gold."

A bit excited, I excused myself from the group, most of whom didn't use marijuana, and followed Bill outside. Under the starry Southwestern skies, he lit up a hand-rolled cigarette, took a deep drag, and handed it to me.

The joint didn't taste any different than others I had tried in the past. I was disappointed.

"Just wait," said Bill, a bit too eagerly. I learned later that he was stoned. "It'll hit you in 20 or 30 minutes. It's the strongest stuff I've ever tried. I almost couldn't handle it, but it's great."

Half a dozen drags later, the joint was down to a bare ash. Feeling more relaxed, I followed Bill into the steak house.

For a few minutes nothing happened. I ordered a soft drink and was talking to the leader of our club when it started to hit me. At first I was conscious that my eyes weren't focusing quite right. Then with a suddenness that stunned me, the focusing became more blurred, tilting sharply.

My left side became numb from my face to my feet. I felt terribly frightened and out of control. The room swam before me and I felt like I was drowning. I pleaded for help.

"Please, I'm sick," I said.

My friends laughed. They knew I was

a great kidder and thought I was joking.

I started to my feet but knew I couldn't stand.

"Help me, somebody, please," I cried desperately.

I clutched the edge of the table for support. A hot knife sliced through my chest. My heart was beating madly. I feared I was going to lose consciousness at any moment.

From a great distance I heard the club president say, "Something's really wrong with him."

I remember little except lying down on a wooden bench and hands fumbling to loosen my belt and tie.

"So this is how it feels when you die," I thought, only half-conscious. There was little doubt in my mind that I had suffered a heart attack or a stroke. The numbness was growing and my tongue had thickened. I could speak only with great difficulty and was rapidly losing even that ability.

I begged for someone to call an ambulance, to get me a doctor.

As I lay there helplessly, paralyzed on one side, my heart speeding out of control, images blurred and I felt myself slipping off into darkness.

"No, dear God," I said aloud. "Another chance—give me another chance."

I thought of my family. They were people I loved who needed me, and I needed them. "Give me another chance, Lord," I prayed aloud, not caring who heard, just wanting to set the record right. "I'm not worth it, but, please, just one more chance to live a life for You."

A waitress had found an oxygen bottle, and began administering oxygen to me. It seemed forever, but the ambulance finally arrived. I felt I was still beyond saving. The ambulance attendant tried to relieve my fears with a little joke.

"I don't get paid by letting my patients die," he said gently. "We're going to pull you through. Don't worry."

The wild race to the hospital, siren screaming and red lights flashing, my pleading with the driver to "go faster, help me," the oxygen bottle feeding pure air into my lungs, are all scenes I'll never forget.

One little harmless joint—

The attendants wheeled me into the emergency room. There were more delays while an admitting nurse filled out forms. Where was the doctor?

He finally arrived. He checked my pulse and my blood pressure, and placed me on a machine to check for heart damage. A nurse gave me a shot to calm me down.

Thirty minutes later the doctor pulled up a chair and sat down. I waited for his verdict.

"You've had a very serious reaction to a chemical," he said. "I don't know what you took—angel dust, an animal tranquilizer, it could have been anything. I've never seen anything quite like your reaction."

"You mean it wasn't a heart attack?"

The doctor smiled. "Your heart is perfectly normal. But the way the chemical had you speeding up and the way you were hallucinating, well, it's my opinion that you could have frightened yourself into a heart attack."

I had a lot of time to think about my experience while waiting for a friend to pick me up and drive me home. When your life is going in a direction that isn't pleasing to your Creator, He has a way of making you see things in perspective.

I believe God permitted me to realize what it's like to come close to death. Unlike many, I was given a second chance and I came back. ◇

**Michelle Le Roy**

# Is It All Really Worth It?

SHOES walking toward me in the middle of the night. People walking in and out of my bedroom walls. Haunting voices waking me from sleep. "How dare these people come to tease me! Especially when they know I have problems!"

With these thoughts running through my head, I charged into my sister's room and threatened to kill her if she didn't show me where my friend (who had just walked through my wall and into her room) was hiding.

She replied that no one except her and Mom were home. I ran out into the backyard and screamed. When I returned, I found a miniature lady floating around, spinning wool on an old-fashioned spinning wheel. I went into my room and began swallowing the rest of the pills.

It started out as the desire for a mellow high, but I soon found that I was in for a bigger trip than that. I lost all touch with reality, and the hallucinations became my real world for two days. Actually, the pills that I'd taken, which were supposed to send me "riding on the wings of joy," nearly killed me. I paid a big price for my stupidity and learned the hard way that drug abuse was not the answer to my problems.

On June 19, 1975, I was admitted to a psychiatric hospital where for nearly 11 months I tried to work out the problems that led me to using drugs. It was very difficult, and at times it was scary. Looking at yourself and accepting your problems is hard, and for me it required

long hours of crying and talking about how much I disliked myself and my parents and how frightened I was of being hurt and rejected by other people. I also had to deal with my own insecure feelings about who I was and if I was "good enough."

Sound familiar? If you're taking drugs to avoid life, or even if you're not using drugs, it's probably a familiar story. You're not alone in your feelings. When I learned this, it became easier for me to talk to my peers and get feedback as well as support and understanding. It wasn't up to my peers that I kicked drugs though. As soon as I stopped running from my problems, I no longer needed to take drugs.

After I'd been discharged from the hospital, I felt as if my life was just beginning. Maybe that sounds a little corny, but it was really true. I began noticing the small things in my life that the drugs had erased; and, because I was free from their chains, I could know people for who they were and they could know me. I also had gained an inner strength and felt secure in that I was OK.

Now, don't get me wrong. I'm not saying you need 11 months' care in a psychiatric hospital to kick drugs and become aware of yourself. I'm saying that if you don't take drugs, then don't start, and if you do, then ask yourself this question: Is it all really worth it? ♦



IT WAS a hectic week. We were in the process of putting a roof on our house. On this July day, the heat soared to the nineties. We worked in the morning and in the evening to avoid the worst of the heat. Complicating our much too rigorous schedule, were three difficult visitors. Trying to please their entertainment whims and cater to their food idiosyncrasies nearly did me in after those stints up on the roof with hammer and nails.

Our youngest guest surmised my frustration and attempted to raise my sagging morale. "Shirley, you're always so nice," she kept telling me. Apparently she felt that this covered a multitude of virtues, but it only made me feel like I was being taken.

In desperation, I finally barked back, "I don't want to be nice!"

Have you ever felt like this—just plain tired of being nice?

What does nice mean? Some synonyms worth contemplating are

pleasant, agreeable, genial, delightful, fastidious, proper, discriminating, particular, delicate.

Nice can also mean you are the compliant type of person, one who moves toward people, rather than against or away from them. On the surface, this sounds great, but there are also some drawbacks.

A nice, compliant person is usually too dependent on other people. Others serve as a good barometer. If they show approval and recognition, all goes well. But if the least disapproval is suspected, one's personal barometer drops to zero.

Naturally, criticism (one of the six basic human fears) reaches mammoth proportions for this person. He has an inner compulsion to do anything to win

back the favor of someone he feels he has lost.

This type of person, according to renowned psychologist Karen Horney, "needs to be liked, wanted, desired, loved; to feel accepted, welcomed, approved of, appreciated; to be needed, to be of importance to others, especially to one particular person; to be helped, protected, taken care of, guided."

Doesn't everyone have these needs? Yes, indeed. But the nice, compliant type has an inordinate need for them. The need is way out of proportion.

Charlie is like this. When he double-dates, he pays the way for two couples, not just one; four people, not just two. He makes sure he can provide the transportation too. He so desperately needs to be liked by not only his girl, but the other couple, that he goes out of his way to do for the

# I Don't Want to Be Nice!

**Shirley M. Dever**



couple as much as he does for his girl. And that's where he makes his mistake.

"I may have to give Charlie up," Monica told me. "He simply can't set any priorities. I want to split before we become serious. I can't marry a guy who is going to put me eleventh on a list in which I need to be No. 1!"

It's not easy to live with, or even steady-date, this kind of person. You are always one of the vague and vast crowd to please. What you miss is ever feeling like that special someone to this person.

Marriage can appear as a real mirage to a nice, compliant person. "If only somebody would come along and love me just as I am, my problems would all be solved," he thinks. This puts the pressure on that special other person, and eliminates any need to change from within. At this point, the need for

affection—and to be always nice—is neurotic.

"I don't want to be nice," I keep telling my husband, my friends, and my relatives. I don't mean I never want to be nice—I merely know I can't always be nice to everyone. It's beyond my limitations. I can't sell myself short to a pretended niceness I do not feel around the clock.

Thanks to Karen Horney's studies, I know nice, compliant people feel helpless inside. They need someone to lean on; they cannot enjoy being alone. Whether they prepare a simple breakfast or read a magazine, they want to share every insight and thought with another. Smother love from an overly sweet mother remains enjoyable. Constant attention from a sweetheart is needed. To be bathed in compliments and even flattery is highly desirable. All the while this type continues to feel that he does not quite measure up to anyone else, despite his actual merits.

Nice people, apparently, persuade themselves that they like everyone, and therefore can quite easily be nice to everyone. At the deeper consciousness levels, this simply isn't so. At the core, the nice type finds other people selfish and unreasonable and unlovable, like the rest of us. But this is so well covered up that he may be unaware of it.

Do you like the limelight, at least once in a while? Do you like to lead, instead of follow, at least sometimes? Do you have the courage to express your own opinions and take the responsibility for your mistakes? Is it intolerable to think of being a yes man (or woman)? Do you make sure you are not being used by others?

If your answers are yes, you don't want to be nice all the time any more than I do. You prize individuality and leadership and achievement far too much to enjoy that "nice" label. ◇



# ...and so FORTH

## A CIGARETTE PATH TO THE MOON?

If all the cigarettes smoked in 1974 were laid end to end, a nearly foot-wide path to the moon could easily be constructed. That path would weigh nearly two billion pounds. It also would require over 43 and a half billion square feet just to grow the tobacco contained in all those cigarettes.

Suppose you wanted to advertise that path. Using the \$136 million spent last year by cigarette companies on magazine advertising alone, you could buy every page in 53 issues of *Time* magazine, or more than a year's worth of its entire circulation.

## PERSONALITY LINKED TO SLEEPING HABITS

Aggressive and impulsive people need a long time to wake up fully in the morning and often aren't at their most efficient until afternoon or evening, a university study reveals.

By contrast, relaxed and unexcitable people are able to hop out of bed within five minutes of waking up, and they're usually bright and alert immediately.

The study, conducted by Dr. Ute Pleimes of the University of Giessen in West Germany, shows that half of all people sleep longer than they really need to—and that the women sleep better than men in strange beds.



How much is one million? That question was answered for Bellefonte Elementary school children. Fourth grader Chris Brown is shown on top of one million bottle caps that took the entire school four years to collect.



"My dad is a do-it-yourself man. If I ask him to do something, he tells me, 'Do it yourself.'"

## MOST HIT SONGS ARE ABOUT LOVE

Young musical tastes are changing. Love songs, while never falling from popularity, have become dominant again in the 1970s. A recent survey shows that of the top 100 songs of 1976, 80 were about love, 10 about dancing, and 10 about things like fads, issues, and drugs.

According to Robert Lesinski, national field consultant for North American Liturgy Resources, "The sexual revolution has produced two kinds of love songs—the raunchy and the deeply meaningful and it looks like the latter is presently winning in the popularity poll."

Such songs as "C'mon, Baby, Light My Fire," by The Doors in 1966 have been replaced by songs like "Come Let Me Love You, Let Me Give My Life to You," by John Denver in 1974. The sensual songs, like "Let's Do It Again?" by the Staple Singers exist today, but are not as salable as the songs of selfless love.

Mr. Lesinski also says that "in recent years we have seen a movement away from social messages." While not indicating that the idealism of youth has waned, this trend does show that "today's youth are more aware that change can best take place first within the individual, and only then will the world be changed."

# ...AND SO FORTH

## TENNIS TERMS

Mary Ellen Black

Below are some of the terms pertaining to the sport of tennis. Words may be read forward, backward, up, down, or diagonally. Draw a line around each word when you find it.

A D V A N T A G E T R U O C N  
S L P R O F E S S I O N A L I  
I E L U R A N O D E L B M I W  
N M A E T U O N E T O S S O E  
G A C E Y L W N I L E T E U V  
L G E C I T C A R P O R D T I  
E U M P I R E E F L S O E U R  
S R E C E I V E R A T K U P D  
N E N M L R O O B Y C E C O O  
I F T E E B L A L A W N E A U  
P E N S S C S R R L L A B C B  
S R I G S O P P O N E N T H L  
P E O R O A I R A L L Y O I E  
O E P I N C N O S M A S H N S  
T C U P O H C L A Y T I S G O

ace, advantage, alley, backspin, ball, chop, clay, coach, court, cup, deuce, doubles, drive, drop, fault, game, grip, lawn, lesson, let, lob, love, net, opponent, out, placement, poaching, point, practice, pro, professional, racket, rally, receiver, referee, rule, server, set (2), shot, singles, smash, spin, stroke, team, tie, topspin, toss, umpire, volley, Wimbledon, win, won

## CAN YOU FIND ADAM AND EVE?

Frieda M. Lease

There is an Adam or an Eve hidden within each sentence. See how many you can locate. Circle each one.

1. If you take the first road a mile south of the store you will see the sign.
2. The canoe trip was a safe venture.
3. My friend Ada may go to Europe next month.
4. We didn't get to see very many of the historical sites after all.
5. He rolled up his sleeves and went to work repairing the tire.
6. It is just another fad among the kids.
7. The last evening of our vacation was the most exciting.
8. The heavy rains caused a dam to break and flood the fields.
9. We saw a lad, a mule, and a dog walking along the creek.
10. We didn't even notice it was going to storm until we heard the thunder.
11. The workers leveled off the ground after they finished spading it.
12. It is hard to believe it happened ten years ago.
13. Only one truckload among fifty was on time.
14. The group returned home at seven o'clock.
15. Everyone is invited to the farewell party.

## Lines and Dots

Richard Latta

Can you draw six straight lines that will place each dot in a space by itself?



## INTERNATIONAL ITEMS

Sandra Thornton

Fill in the blank with correct nationality for each item.

1. \_\_\_\_\_ checkers
2. \_\_\_\_\_ ink
3. \_\_\_\_\_ moss
4. \_\_\_\_\_ bath
5. \_\_\_\_\_ beetle
6. \_\_\_\_\_ tape
7. \_\_\_\_\_ numerals
8. \_\_\_\_\_ thermal unit
9. \_\_\_\_\_ mahogany
10. \_\_\_\_\_ door

# ...and so FORTH

## WHAT FIVE OUNCES CAN DO

Five ounces of alcohol reduce reaction time at least 50 percent.

A car being brought to an emergency stop at 30 miles per hour when the operator has five ounces of alcohol in his system will travel over 66 feet before the driver can even react. This is more than twice the distance a sober and normal driver would travel.

## FOOD INSTEAD OF TOBACCO?

Besides eliminating the harmful effects of the crop now grown on it, U.S. tobacco land could be converted to food crops. In corn, it would mean 1.9 million more tons; in wheat, a gain of 791,684 tons; oats, 718,000 tons extra; and, soybeans, an additional 679,000 tons of this high-protein food.



Do you think five-year-old Craig Swartz ever will forget this snowman? His snowman was over six feet tall.

## CHANCE OF DIVORCE GREATER AMONG SMOKERS

More than half of all divorced and separated people are smokers—compared to only about one-third of those who are married and living with their spouses.

According to a government survey, 60.1 percent of males and 50 percent of females who are divorced and separated are smokers, but only 38.3 percent of married males and 28.3 percent of married females smoke. Among singles, 37.5 percent of males and 28.3 percent of females smoke.

Smoking has declined among both men and women since 1964. More than half of all men were smokers in 1964-66, compared to 39.3 percent in 1975. Among women, 32.5 percent were smokers in 1964-66, compared to 28.9 percent in 1975.

## PUZZLE ANSWERS

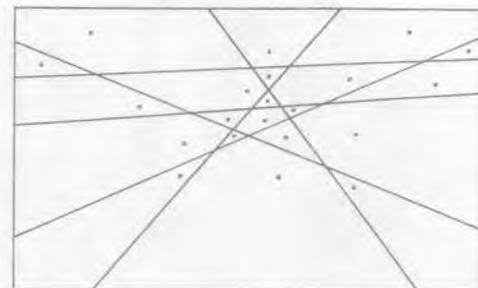
### CAN YOU FIND ADAM AND EVE?

1-road a mile; 2-safe venture; 3-Ada may; 4-see very; 5-sleeves; 6-fad among; 7-evening; 8-a dam; 9-lad, a mule; 10-even; 11-leveled; 12-believe; 13-load among; 14-seven; 15-Everyone.

### INTERNATIONAL ITEMS

1-Chinese; 2-India; 3-Spanish; 4-Turkish; 5-Japanese; 6-Scotch; 7-Roman; 8-British; 9-Philippine; 10-Dutch or French.

### LINE AND DOTS



## MOVING?

NEW ADDRESS (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

If you're moving, please let us know at least 6 weeks in advance. Attach your label from the back cover of this issue. Write your new address in the blanks.

ATTACH LABEL HERE  
(Old Address)

Mail to: LISTEN, Pacific Press Publishing Association, 1350 Villa Street, Mountain View, CA 94042.

# Listen News

## Cigarette Sales Gain, but Growth Rate Diminishes

World production of cigarettes is continuing this year at an increased rate, but the gain is at the lowest level in 14 years, according to the U.S. Department of Agriculture. Health concerns and cost trends are listed as factors.

The increase has been slowing for several years, and will likely drop this year to about 2 percent, compared to 2.2 percent in 1975 and 3 percent in 1974, the Foreign Agricultural Service said.

An increase of 2 percent would amount to 3.85 trillion cigarettes, or 192.5 billion packs, for the smallest gain since 1.4 percent rise in 1962, officials said.

## Coffee Five Times a Day May Cause Caffeine Addiction

Caffeine, found in many beverages, is the most commonly used psychotropic drug (a drug which affects the mind). Used regularly by more than 90 percent of adults—and many teens and children—it has long been known that a physical dependence to the drug can develop.

Now, recent research in Toronto, Canada, has shown that it may take even less caffeine to establish physical dependence than was formerly thought—as little as five cups of coffee a day to reach a total of 370 mg.

Cola beverages contain about 40 mg of caffeine per serving. If you ordinarily consume a cup of coffee, several colas, and other caffeine-containing substances in the course of a day, you may be approaching the physical dependence level.

## Cigarettes Kill, but Low Tar May Kill More Slowly

Smoking cigarette brands with reduced tar and nicotine content definitely can reduce deaths from lung cancer and heart disease, reports a leading health statistician.

Dr. E. Cuyler Hammond, the American Cancer Society's vice president for epidemiology and statistics, bases his conclusion on responses to five questionnaires, spaced over 12 years, on the smoking habits of more than a million Americans.

Less tar and nicotine do not make

cigarette smoking safe, Dr. Hammond points out, but switching to lower tar and nicotine brands "somewhat reduces the serious risks incurred by smoking." But 30 percent to 75 percent more smokers of these brands died during the 12 years than people who had never smoked regularly, he reports.

## Tea May Be Villain in Vitamin B<sub>1</sub> Deficiency

Two University of Hawaii nutritionists reported that 12 volunteers who laced otherwise nutritious diets with about a quart of tea a day came down with what looked like a "marginal to severe biochemical vitamin B<sub>1</sub> deficiency."

At the same time, tests indicated that the systems of the volunteers just weren't absorbing the vitamin as well as they should. Perhaps the tannin or caffeine in tea is responsible for blocking uptake of the vitamin, proposed Sandi Buhr and Dr. Doris Hiker.

Their research was the outgrowth of earlier work in Thailand which turned up a similar vitamin B<sub>1</sub> deficiency (fatigue, nervousness, and loss of appetite) in residents of Thailand who subsisted mainly on betel nuts, fish, and tea.

## New Drug for Addicts Being Tested in 50 Clinics

Large-scale human testing has begun on a new drug alternative to methadone for treatment of heroin addiction, the National Institute on Drug Abuse announced recently.

The drug, called Levo-alpha acetylmethadol or LAAM, will be tested with 6000 methadone maintenance patients and heroin addicts at 50 clinics nationwide.

Chemically similar to methadone, LAAM needs to be taken only three times a week to prevent narcotic craving and withdrawal symptoms, or to block the effects of heroin says the Institute. LAAM will be given in liquid form at clinics, eliminating problems of take-home drugs.

Like methadone, LAAM is described as a less addictive drug given orally to addicts to keep them off heroin. While methadone produces a "high" considerably less than heroin, LAAM gives even a less euphoric feeling than methadone, NIDA says.

## Drinking Saps Male Potency

Medical researchers say they have found the first direct evidence in nonalcoholic males that drinking reduces the production of testosterone, the hormone that gives men masculine characteristics, such as broad shoulders and facial and body hair.

It has long been known that men may be partially impotent after drinking, and that alcoholics may be impotent—even after they stop drinking. Researchers from several institutions in New York City tested 11 male volunteers. Each volunteer was given a little more than an ounce of alcohol every three hours around the clock—not enough to make them drunk. All were given enough to eat.

Testosterone in the blood was measured in four of the men 24 days after they began drinking. In three, the concentration had fallen by 29 to 55 percent.

The fourth man had quickly developed an upset stomach and was cut to one-third the alcohol given others. His testosterone stayed normal.

Two other men were tested at the fifth day. In one testosterone had fallen by 27 percent. In the other it had fallen only slightly.

All six men were described as "social drinkers," normally drinking no more than 2.7 ounces of alcohol a week. The doctors measured another hormone produced in a different part of the body in the other five men involved in the research and said the production level of this hormone had not declined. The doctors said this indicated the alcohol was acting directly on the testicles.

## In Older Women Smoking May Cause Bone Softening

A new study has pinpointed smoking cigarettes as an additional hazard which may provoke osteoporosis or bone softening in older women.

Comparing the health records of a large group of women smokers and nonsmokers, Dr. H. W. Daniell found that the percentage of cigarette smokers was much higher (76 percent) in those with osteoporosis than in a group of office patients without osteoporosis. Assays of bone density also showed that women with osteoporosis were more likely to be smokers.

# Feminine Pastime

Hitting the bottle is becoming as much a feminine pastime these days as it is a masculine one. And now this trend is beginning to show that in some ways alcohol affects women quite differently than it does men.

For example, when all other things are equal—such as weight, drinking speed, and previous drinking experience—women may get drunk twice as quickly as men. It seems that female hormones speed the rate of absorption of alcohol into the bloodstream. Also, men have more water in their tissues, so the alcohol is more diluted.

Recent surveys, particularly in California, indicate that teen-age girls are beginning to drink earlier than, and almost as much as, teen-age boys. If this trend continues, and keeps spreading, tomorrow's women will pay with a rate of alcoholism that equals, or possibly surpasses, that of men. Now the masculine rate is three times higher.

Babies of alcoholic mothers tend to be born with abnormalities and possible brain damage traceable to the alcohol.

"We don't understand exactly how alcohol produces damage in the baby, but it seems to interfere with cellular growth," says Dr. James Hanson of the University of Washington School of Medicine. He has studied alcohol's effect on the fetus for four years.

He continues, "When you consider that alcohol is used to sterilize and kill cells, it's not surprising that it can interfere with delicate developmental processes in an unborn baby."

Also it has been found that drinking, like smoking, is related to cancer. Women who both smoke and drink are 15 times more likely to get cancer of the mouth and tongue. Surveys of women by the National Cancer Institute show that the two substances taken together are much more dangerous than they would be when taken singly. Some 80 percent of women who are heavy drinkers are also heavy smokers.

Women at home are more susceptible to alcohol early in the day because of the difference in the levels of liver enzymes that break down alcohol. Also, alcohol is absorbed into the bloodstream early in the day when usually there is less food in the stomach. The more food there is in the stomach, the slower alcohol is absorbed.

Because of stress and tension of many kinds, women are turning increasingly to such medications as sleeping pills and tranquilizers. Mixing alcohol with either of these is dangerous and can be deadly.

A study done by University of Oklahoma researchers shows that alcohol's effect on women varies considerably according to the time of the month. It may be at its maximum before their cycle starts, and drops as the cycle progresses. Thus it may be difficult to predict to any degree of accuracy the impact of drinking at any particular time.

All of which adds up to the fact that the taking of alcohol can be a dangerous pleasure. And incidentally, this same principle holds true of any drug when it is taken by anyone solely for pleasure.



# Listen

A JOURNAL OF BETTER LIVING

January 1977

Vol. 30, No. 1

Executive Director **Ernest H. J. Steed**  
 Editor **Francis A. Soper**  
 Associate Editor **Pat Horning**  
 Assistant Editor **Tim Garrison**  
 Editorial Secretary **June Franklin**  
 Office Editor **Max Phillips**  
 Art Director **Howard Larkin**  
 Layout Artist **Ichiro Nakashima**  
 Circulation Manager **A. R. Mazat**  
 Sales and Promotion **Leon Cornforth, Milo Sawvel, A. V. Pinkney**

## Photo and Illustration Credits

Cover, *Sports Illustrated*, © Time, Inc.; pages 2, 4, Bruce Baker; pages 6, 7, 8, H. C. Woodward; Page 9, Tim Garrison; page 15, Frank James, Stephen Burns; pages 17, 28, H. Armstrong Roberts; page 19, Rick Kotter; pages 20, 21, Ichiro Nakashima; page 22, Johns; pages 22, 24, United International; page 24, Lo Linkert

## Editorial Office

6830 Laurel Street NW, Washington, DC 20012.

## Publication Office

Pacific Press Publishing Association, 1350 Villa Street, Mountain View, California 94042.

## Subscription Rates

For the U.S.A. and Canada: One-year subscription, \$9.00. For countries requiring extra postage: One-year subscription, \$9.50.

## Change of Address

Send change of address to LISTEN, 1350 Villa Street, Mountain View, California 94042. Zip code must be included. Allow 30 days for change to become effective. Give both the old and the new address.

LISTEN, monthly journal of better living (twelve issues a year), provides a vigorous, positive, educational approach to the problems arising out of the use of tobacco, alcohol, and narcotics. It is utilized nationally by Narcotics Education, Inc., also by many organizations in the field of rehabilitation. Second-class mail privileges authorized at Mountain View, California. Form 3579 requested. Litho in the United States of America.

This publication is available in microform from Xerox University Microfilms, 300 North Zeeb Rd., Ann Arbor, MI 48106. (313) 761-4700. Write for complete information.

Missing a few copies of LISTEN? A few bound volumes in two-year sets are available for the years '73-'74 and '71-'72. Price is \$14.95 for each two-year volume. Order from Narcotics Education, Inc., Box 4390, Washington, DC 20012.

- |    |  |                                   |
|----|--|-----------------------------------|
| 3  | <b>Harold Solomon—A Smart Counterpuncher</b> |                                   |
|    |  | Tim Garrison                      |
| 5  | <b>Drugs and Sex</b>                         |                                   |
| 7  | <b>"Straight-Up" to a New Life</b>           |                                   |
|    |  | Eileen H. Covington               |
| 9  | <b>Ask a Friend</b>                          |                                   |
| 10 | <b>How to Control Your Weight</b>            |                                   |
|    |  | Interview With Linda Kilby Brooks |
| 13 | <b>Viewpoint</b>                             |                                   |
| 14 | <b>Skiing, Laughter, and Hope</b>            |                                   |
|    |  | Twyla Schlotthauer                |
| 17 | <b>A Second Chance at Life</b>               |                                   |
| 19 | <b>Is It All Really Worth It?</b>            | Michelle Le Roy                   |
| 20 | <b>I Don't Want to Be Nice!</b>              | Shirley M. Dever                  |
| 22 | <b>... and so forth</b>                      |                                   |
| 26 | <b>Feminine Pastime</b>                      | Editorial                         |
| 28 | <b>Friends (Poem)</b>                        | Jean Galloway                     |

# LOOKING FOR SOMETHING?

Six books now available on the subjects of sex, drugs, and alcohol.

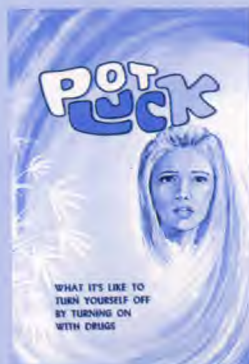
## UP THE DOWN ROAD

There's Hope and Help for the Alcoholic  
Cecil Coffey



## UP THE DOWN ROAD

The Alcoholic: He drinks to live and lives to drink. But there is hope and help for the alcoholic. Questions and answers concerning the roads to alcoholism, what it is, who it affects, what the results are, and where to go for help are discussed. Price \$.75



## POT LUCK

What's it like to turn yourself off by turning on with drugs? Teen-agers speak out about dope, LSD, hash, uppers and downers, and all the rest known to those who have gone that way. A doctor deals with effects of such drugs upon the body. But the ending note from a girl of seventeen packs more punch than any lecture. Price \$.75

## THE CROSS AND THE NEEDLE

"Here give it to me, man," I said. "I'm not scared of the needle." Someone has said that once you are on heroin, no matter how many times you kick the habit, you can never make it back. This story tells of one who did make it back—with the help of Jesus Christ. Price \$1.95



## THIRSTY?

This is about drinking—pop wines, beer, any kind of booze. And it's about another kind of drinking. You'll find out about that kind by the time you read the end. Price \$.50

## UNEASY BREATHER



## UNEASY BREATHER

Fact: There are no good reasons to smoke. Some 49 million people in the United States smoke, but 75 percent of them want to quit. Why? Geared to the youth, this booklet takes a new slant on smoking with suggestions on how to beat the habit and take hold of the breath of life. Price \$.50

## "I'VE GOT THIS PROBLEM WITH SEX—"

When God created man, He made a being with emotional, intellectual, spiritual, and physical capabilities. This booklet provides guidelines to help deal with individual physical temptations, keep them in balance, and still maintain Christian growth. Price \$.50




To: LISTEN  
Dept. B600  
1350 Villa Street  
Mountain View, CA 94042

Yes, rush me the books that are checked. For shipping and handling I am enclosing 30 cents for the first book and 10 cents for each additional book. (Add tax if applicable.)

- ☐ UP THE DOWN ROAD \$.75  
☐ POT LUCK \$.75  
☐ THE CROSS AND THE NEEDLE \$1.95  
☐ THIRSTY? \$.50  
☐ UNEASY BREATHER \$.50  
☐ "I'VE GOT THIS PROBLEM WITH SEX—" \$.50

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Total enclosed \$ \_\_\_\_\_



Because I am your friend  
And you trust me  
Confide in me  
Respect my opinion  
Ask my advice  
Overlook my faults  
And love me  
You make me feel important  
Thank you

Jean Galloway