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# Listen

A JOURNAL OF BETTER LIVING

## Craig Morton - Nobody Can Buck This Bronco

Come Trim the Tree!  
Oregon's Marathon Man  
How to Weigh What You Want To









BECKY REID, A FORMER MISS TEENAGE AMERICA, BELIEVES SELF-KNOWLEDGE HAS INCREASED HER HAPPINESS AND HER SUCCESS

# "There's So Much We Can Do for Ourselves"

MARY SWENSEN

Becky Reid was a loser. That's how she became a winner.

As strange as it seems, Becky believes she would never have been a winner if she hadn't been a loser first.

"Losing made me stop and look at myself. I acted like I thought people expected me to act. I was already nervous and insecure, but not being my real self made me even more nervous, and I couldn't succeed at things which were important to me," the perky 18-year-old says.

"Back in ninth grade I went to the 'right' parties and I gave the 'right' parties, but it didn't make me happy. I found out that's not where my real friends are." Now her favorite parties are groups of friends getting together at someone's house and doing something like making pizza, playing games, or singing.

Becky's 17-year-old sister, Lori, feels that way too. She joined Becky, who was sitting at the kitchen table with a soft drink and fig bars. "We play silly games like charades and spoons and have a lot of fun," Lori says.

The possibility of someone calling her "square" because of her personal preferences doesn't bother Becky. "That's their problem," she says, smiling. "I'm me. What pleases me may not please anybody else. But that's OK."

She recalls that one of the best parties she'd ever been to was a pizza party. "There were 30 of us. We split up into couples and had a contest to see which couple could make the best pizza. It was fun! Everyone had a good time, and the pizzas were great! We gave prizes for the best ones."

Becky has her own opinions about many things, and she doesn't expect other people to agree with them. She says that's part of what it means to be herself—to do things her own way without making anyone else feel he or she must think the same way. Her philosophy extends even to people who take drugs.

Although Becky doesn't use drugs, she doesn't condemn those who do. "It's against what I believe, but whatever someone else does, that's his own choice. But from what I've seen, drugs change lives for the worse. It creates problems rather than solving them.

"I think people take drugs to be accepted into a group. If they knew themselves better, I don't think they'd need drugs."

This theme of self-knowledge came up again as Becky continued talking. She believes that as her self-knowledge has grown, her success and happiness have increased.

"Getting to know yourself is a lifetime process. I've been lucky. My parents and my piano teacher, who has taught me since I was in second grade, have helped me know myself. Being involved in activities I enjoy and thinking about myself—what kind of person I am—got me started."

Anyone who meets Becky would notice that she's confident of her strengths and aware of her weaknesses. She seems to be in touch with her emotions to the point that she can feel she is part of a situation while still being detached from it, if necessary.

Becky is eager to know about and understand the hopes and disappointments of other people. She realizes she's led a privileged life. Her family life is stable, and she's been protected from some of the harsh realities of life. Yet she has a certain wisdom that some are unable to acquire no matter how old they are or how many hardships they've faced.

In fact, some people wonder how a pretty girl, who looks like she's never been overweight or had a pimple, could have useful advice for the average teen-age girl.

But she does. She helped lots of girls in 1977 when she was Miss Teenage America. Unlike some titles which have a "Miss" in them, the Miss Teenage America title is given, not for beauty (there is no bathing suit or evening gown competition), but for the wholesome qualities and sincerity that Becky exemplifies.

One of her responsibilities while holding the title was to write a column that appeared regularly in *Teen* magazine. Many girls responded to the column by sending letters to Becky asking for her advice. Most of the questions showed that they wanted to improve themselves and lead happier, fuller lives.

Becky says any girl can achieve her potential through self-knowledge. "I received a letter from a girl who said she was too poor to help herself. I told her that she can develop her mind and it won't cost anything. There's so much we can do for ourselves."

The girl replied with a letter saying she was helped just by knowing there was someone who cared enough to try to understand.

Becky is aware of the problems most teen-agers have when trying to communicate with their families. She too has disagreements with her par-

ents. "We argued about money this morning, but we talked until we resolved it."

Her formula for communication with her parents begins with setting aside time for talking things over. "It takes effort. And I try to show them in little ways that I care. We do things together too," she says.

Another influence that has led to improved self-knowledge is Becky's religious beliefs. She's a church-going Baptist, but she says going to church is not as important as her weekly meetings with other Christian teen-agers. "We get together every Wednesday night and talk about what's on our minds."

She doesn't feel that denomination is the important factor in religion. "As long as God is there, that's what matters," she explains. Her faith is a simple trust that God will guide her when she doesn't know what to do.

Becky knows what to do to escape from feelings of frustration, anger, and sorrow. Music does it. "If I'm really mad, I pound out octaves on the piano. Or I escape by listening to 'Bread' albums. Sometimes I play the piano and sing. These things make me feel good; they help everything come together."

Dating is another area where Becky is glad she has a growing self-knowledge. "There are some smooth-movers out there—it's hard not to be fooled by them," she says, shaking her head and laughing as if she had met her share.

The guys she likes the best are the ones who know themselves. "A guy doesn't have to be the president of the class or on the football team. It's the type of person he is that matters. I look for a guy who's a good listener."

Becky says she hasn't always been successful in dating situations. Experience has taught her a lot, though. "I went steady for two years. It took me that long to realize I was stunting my growth."

Having been Miss Teenage America hasn't resulted in a steady stream of dates to make up for not going steady. "If I don't have a date on the weekend—and I don't sometimes—it's OK. I like to spend my time with friends or maybe be by myself. I don't feel unpopular if I don't have a date."

Self-knowledge and self-confidence are useful to Becky when she is out on a date. Her test for how far she should go with any guy is to ask herself how she will feel when she looks at herself in the mirror the next morning. "I want to like myself. If I can't like myself, I'll lose my self-confidence."

Our interview was almost over. I'd discovered some things that make this poised, popular teenager click. The phone rang. Becky picked it up. "Hi! . . . Uh huh. . . . Right. . . . A sack lunch? . . . OK. . . . Thanks a lot."

Somehow, I'd pictured a former Miss Teenage America eating from a china plate—or at least nice pottery. But a sack lunch?

For the *real* Becky Reid, it sounded just fine. ◇

## Becky Reid: "How to Know Yourself Better"

1. Make a list of your good points. Then make a list of your bad points. Don't be too critical of yourself.
2. Think about yourself. What kind of person are you? How do you communicate with people? Are you a good listener?
3. Get involved with other people in an activity you enjoy.
4. Take time for yourself. It's the best time you can spend.
5. Be alone, really alone, sometimes. Have a quiet place you can go for privacy. Listen to your inner thoughts.
6. Take the first step. Do something to make your life better. Start to express the "real" you.
7. Have a personal relationship with God.



# BLOOD-SPATTERED CHRISTMAS

CHERYL MACDONALD

Frank was a good friend, always on hand to help paint the house or move furniture. Several times a week we'd hear the growl of his TR-6 as he turned the corner and parked beside the house. While Brandy wagged her tail happily at the back door, I'd put on the kettle. He'd stay for tea, perhaps for supper.

Frank played an important part in our lives. He came to our wedding. The day I brought our newborn daughter home from the hospital he dropped by to see if I needed anything. Dan and I knew we could rely on him as much as any member of the family.

Every Christmas since we were married Frank has been with us. Last Christmas Eve, Mark, Carol, Frank, Dan, and I got together for a few drinks before family celebrations began. Even Frank's drunkenness couldn't mar the occasion. We were used to his drinking too much, especially during holidays. Eventually he fell asleep on the couch, not bothering to sample the Scotch we'd bought for him.

When it was time to leave, both Mark and Dan offered to drive him home. He refused, stubbornly insisting he could make it on his own.

He did—that time. Six months later, though, he fell asleep at the wheel on his way home from a club. The car crashed into a monument. There were no skid marks on the street—the police said he was killed instantly.

We stood beside his grave on a humid June day,

listening to the priest murmur prayers, wondering at such terrible waste. Only 24; he'd just moved into a new apartment; he'd spoken enthusiastically about an interesting job offer, a chance to travel.

We wept at the graveside, then sadly went home. We would continue our lives—without Frank. Grief passes, we knew; soon we would remember the good times, without pain.

Another Christmas has come. Our grief has diminished. We don't see Mark and Carol very often now, perhaps because our friendship with Frank was one of the main things we had in common. Or perhaps because we re-

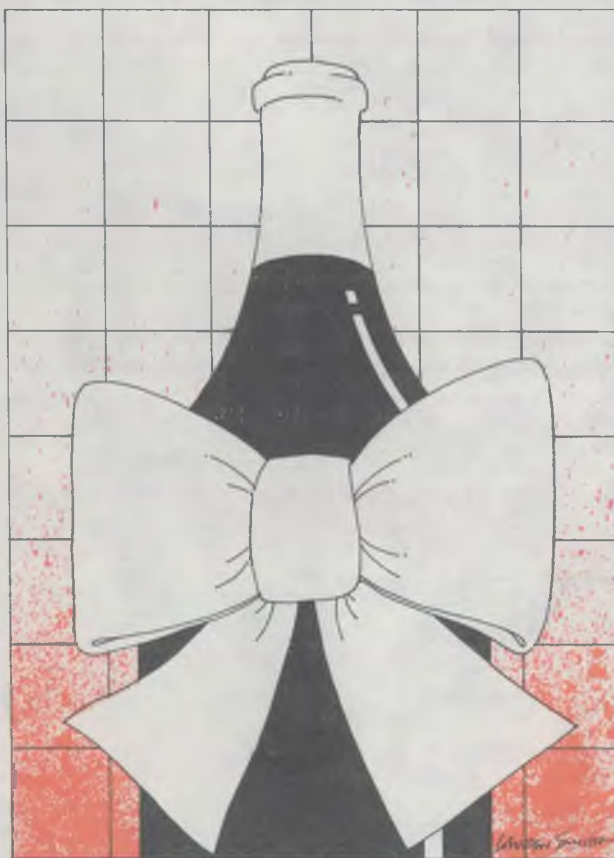
mind each other of our awful guilt.

Society would never accuse us of causing his death. Frank drank and drove of his own free will, fully aware of the possible consequences. An accident was inevitable at some time.

Yet we might have prevented that accident. Instead of offering him another drink, we could have insisted he take something non-alcoholic. We could have asked for his car keys before he began to drink and returned them only if he was fit to drive. We should have stopped laughing at his foolishness—like the time he ate a chocolate without removing the foil, or when he dropped a lighted cigarette inside the old basement sofa, then calmly doused it with a bottle of beer. Instead of backing down for fear of losing his friendship, we could have voiced our concern about his drinking. Maybe, knowing we cared, he would have exercised more caution.

No, none will call us guilty. But how many times had we said to one another, "He's going to have an accident someday"? Why didn't we say something to him?

Like horrified spectators watching a man torn to pieces by a wild beast, we watched Frank drink. We can't claim shocked surprise as an excuse for *our* negligence—we saw the beast coming and did nothing about it. So we're splattered with his blood this Christmas. No tears can wash away those stains. ◇







# WAKE UP, DUMMY

NAN FRIEDLANDER

Today I learned that one of my buddies was so spaced out on uppers that the school nurse had to send him to the emergency room. Why do the drug companies make that stuff? I wondered. Then I remembered my pal Larry Flanagan, and I knew why.

Last spring Larry sat in front of me in English class that day like every other. His head was propped in his hand.

"Wake up, Dummy," I whispered, giving him a poke. "Answer the question."

Larry didn't move. Asleep again! I poked harder. "Larry, wake up. She wants to know who wrote 'I Hear America Singing.' It was Walt Whitman."

Larry's head snapped upward. "Uh, Walt Whitman, Miss Marchand."

"It's about time, Larry. Try to think a little faster, please. We have a great deal of material to cover this semester. Second question. . . ."

Miss Marchand started on the next row, so I was safe for the moment. I looked at Larry. What did this guy do at night to make him sleep all day? Was he drinking? I'd never smelled alcohol on his breath. Pot? Maybe, though I'd never seen him smoke even a cigarette. A night job? Nope. We lived on the same block, and I could see his room from mine. I was sure Larry went to bed early like some boy scout.

A sudden idea struck me—maybe Larry was retarded. He sure acted it sometimes. *Sometimes*, that was the clue. Sometimes he was slow and his speech slurred, but other times he was

bright and funny, a real clown.

Miss Marchand glanced at the clock. "That will be all. Remember to do page 138. You're excused."

"Come on, Larry. Let's skip the cafeteria and have lunch at Puck's Place." I had to have some answers. If Larry were really retarded, he should be getting help. That would be bad news for his parents, who weren't exactly rich.

"OK, Chip." Slowly Larry gathered his books together and followed me across the street.

Puck's Place, a pizza hangout, was crowded, but we found a free table on the back patio.

"Stay here and save my place," I said. "I'll get the chow. What d'ya want?"

"Mushroom pizza and two black coffees."

Two black coffees. Jeepers. He really was trying to get a jag on. He'd need them in Fenley's Life Science class. That was the school's name for sex education so the parents wouldn't get too excited. It was the most boring class of the day.

"Two black coffees, coming up." I put the heavy pottery mugs in front of him and unloaded our pizzas.

Larry drank the first coffee right away, steam and all. He must have an asbestos mouth.

"Isn't that a little hot?"

Larry shook his head. "It's great." He sat up straighter. "Just what I needed."

I shoved his pizza closer to him. "Say, Larry, how come you're half asleep all

the time?" There, I finally asked it. It was off my chest.

"Dunno. I just keep nodding off."

"Don't you think you should, well, see a doctor or something?"

"Why? I'm healthy. Just passed my physical for track, as a matter of fact. I'm sleepy, that's all."

"Oh." I ate my pizza in silence. If the coach said Larry was OK, then Larry's problems must be mental. Maybe he was retarded. Maybe I should just shut up and accept him the way he was. That's what friendship's all about, isn't it?

While Larry drank his second mug of coffee, my thoughts went back to when Larry and I were kids. He'd been a ball of fire then, riding his bike, delivering the "Shopping News," playing baseball. He

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## Larry was a victim of narcolepsy, a neurological disorder.

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hadn't been sleepy in those days. No, all this dropping off started in the teen-age years, what Fenway would repulsively call "the onset of puberty." Larry couldn't be mentally retarded—boom—just like that, could he? So what was it?

I looked up from my pizza and almost flipped. Larry was asleep over his coffee! The guy was actually asleep, his chin in his hand, his other fingers cradling the mug.

"Wake up, Larry." I didn't say Dummy this time. "Life Science starts in five minutes."

In Life Science we couldn't find two seats together, so I had to sit across the room. The class was held in a temporary bungalow, which was lined with pillows and sofas to give us a comfortable "at-home" feeling. Larry avoided the soft seats and scrunched down on the floor, bracing his back against the wall. Smart move. With his record he couldn't afford to sink into a soft pillow.

Fenway, a thin, dried-up man with rimless glasses (a typical adult choice to teach sex education), droned on about the spermatozoa swimming up the vagina to the uterus and may the best man win, ha ha. That was Fenway's idea of a joke.

I saw Larry struggling to keep awake. Come on, Larry. Don't fall asleep in this class. Fenway will kill you. I wanted to will Larry awake, but it was no use. A few minutes later he was asleep against the wall.

"Flanagan, what happens when the egg comes down the tube, please?"

Silence. I held my breath. Oh, Larry, I pleaded, wake up. You're going to get it.

"So. Apparently Mr. Flanagan does not need this class." Fenway's eyes gleamed behind the rimless glasses. "*Mister Flanagan.*" Fenway placed the rubber tip of his pointer on Larry's shoulder and shoved. Larry toppled over and woke up.

"Yes, uh, yes, Mr. Fenway?"

"What were we talking about, Flanagan?"

Larry gave me a desperate look. I formed an egg

with my thumb and index finger, rolling it down my arm, but it was no use.

"I don't know, sir."

"Why are you in this class, Flanagan, if it bores you?"

"The class is required."

Fenway ignored Larry's explanation. "I imagine you're so busy taking girls out every evening that you have to get your sleep during the day. Well, Flanagan, you'd better learn to stay awake. The next chapter covers VD, and that might be of great interest to you."

"Mr. Fenway, I—"

"That will do." Fenway held up his hand. "Don't tell me you've been visiting a sick relative. Don't tell me you're narcoleptic. I've heard all those excuses before. Just see to your night life, Flanagan. I'm giving you an 'F' for today."

I hardly heard the last words. Narcoleptic—what was that? It sounded like a fancy word for drug addiction.

As soon as the bell rang, I beat it to the library. In the big dictionary I found that narcolepsy was "a condition of frequent and uncontrolled desire for sleep." Hey, that was it! I bet Larry had this narcolepsy and didn't even know it. I ran to study hall, where I found Larry slumped in the back row.

"Larry," I whispered. "Maybe you have narcolepsy. I just looked it up. It means you fall asleep all the time and it's not your fault."

"You mean—"

I nodded.

"Quiet back there, you guys." The monitor craned his neck to see who was talking.

"Let's go to the clinic after school," I risked whispering.

Larry nodded, and the look of hope on his face was worth a million dollars.

To make a long story short, the clinic did a bunch of tests and sent Larry to a sleep-pattern center. They soon came up with the verdict: Larry was a victim of narcolepsy, a neurological disorder brought about by the hormonal changes of adolescence. Although there was no cure, the doctors could give Larry stimulant drugs to help control the sleep attacks. My pal became the only guy I know registered as a medical addict with the F.D.A.

"Yikes, look at those uppers," I marveled, as Larry showed me the bottle in his cabinet. "You could make a fortune at school."

"No way." Larry closed the door and snapped the lock shut. "Those are my lifeline to staying awake and doing something worthwhile with my life. You know, Chip, I was beginning to think I was retarded."

"No kidding." I was feeling mighty uncomfortable right then.

"Now I can stay awake when I try out for varsity track. Want to join me?"

"Why not?"

Larry clapped me on the back, and we jogged toward the practice field. ◇



# Come Trim the Tree!

Pat Horning



## Plan a Party

If trimming the tree is one of your favorite Christmas activities, invite a group of friends to share the fun! It's a delightful preview of nearly everybody's most enjoyable holiday.

This party works well if you have enough space for a large evergreen, but even if you have an apartment-size "permanent" Christmas tree, you can still have a good time "decking the halls." You could call it a holiday decorating event instead of a tree-trimming party.

A week or so before your party, plan an afternoon or evening when you can unpack your family's decorations. Make sure all the strings of lights work—and that you have extra bulbs and extension cords handy. Plenty of ornament hangers, a tree stand, and something pretty to hide the holder need to be accounted for.

Perhaps you'll want to hang a wreath on the door before you welcome your guests, but then get them to help you make the place look festive. A good way to get everybody involved immediately is to turn them loose making one (or more) ornaments for the tree.

It's surprising what your friends will make with colored pipe cleaners, yarn, bits of bright paper, ribbons, and such odds and ends as popsicle sticks, paper clips, and pine cones. You may want to offer a small prize for the most original or the most beautiful ornament.

For an old-fashioned tree, get people stringing popcorn and whole cranberries. Or buy several yards of velvet or grosgrain ribbon and tie fat bows to perch on the branches. Candy canes of several sizes are an unusual decoration.

And if you're really ambitious, you can make fancy cookie decorations and ice them with intricate designs.

After a couple of hours of working together, offer simple refresh-



ments—cranberry bread or cookies and a bright red fruit punch. Just before bidding your friends a merry Christmas and good night, turn off the lights, switch on the Christmas tree, and light a few candles. Usher in the season officially by singing traditional Christmas carols and songs. We wish you a merry Christmas!

### Cranberry-Nut Bread

- 2 cups flour
- 1 cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ¼ cup vegetable shortening
- ¾ cup orange juice
- 1 tablespoon grated orange rind
- 1 egg, well beaten

- 1 cup fresh cranberries, chopped
- ½ cup nuts, chopped

Sift together dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Combine orange juice and grated rind with egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan. Spread the corners and sides until they are slightly higher than the center. Bake at 350° for about one hour—until crust is golden and a toothpick comes out clean. Remove from pan and cool on a wire rack. For easy slicing, store overnight in refrigerator.

### Deck the Halls Fruit Punch

- 2 cups water
- 1 cup sugar
- Few drops red food coloring
- 12 whole cloves
- 2 two-inch cinnamon sticks

Boil these five ingredients together, stirring constantly until the sugar is dissolved; reduce heat and simmer five more minutes. Remove the spices and refrigerate until just before serving the punch. (Syrup can be made several days ahead of time.)

- 1½ quarts cranberry juice cocktail
- 1 12-ounce can lemonade concentrate
- 1 12-ounce can orange juice concentrate
- Water to taste

Blend juices with syrup and pour over ice in punch bowl. ◇







WHEN 13-YEAR-FOOTBALL VETERAN CRAIG MORTON JOINED THE DENVER BRONCOS, CRITICS THOUGHT HIS DISMAL CAREER WAS FINALLY OVER. BUT AFTER DENVER'S PERFORMANCE LAST SEASON THEY QUICKLY LEARNED—

# Nobody Can Buck This Bronco

*Tim Garrison*

"Up, down, and then up again." That's how Craig Morton, quarterback for the Denver Broncos, describes his unique football career. After struggling in pro ball for nearly 12 years, Morton's football life has finally begun at age 34. And a combination of spiritual strength, a loving wife, and a skillfull coach and football team has brought that career to life.

The football rebirth began when Craig was named the Bronco's number one quarterback at the start of the 1977 N.F.L. season after beating out veteran Steve Spurrier.

He has since guided the Broncos to a 12-2 record, tied for best in the National Football League, which has made even his most severe critics take a second look.

The veteran signal-caller, who has completed 109 passes in 214 attempts for 1609 yards, also has thrown and rushed for 11 touchdowns. He is rated third among quarterbacks in the N.F.L. behind Miami's Bob Griese and Baltimore's Bert Jones.

So much for Morton's current "up." How about his low moments? Actually the six-foot, four-inch, 210-pound quarterback started in pro ball as the Dallas Cowboy's number one draft pick. But after that things didn't go well for Craig Morton on the football field. It always seemed that he managed to botch some especially significant play.

Once Morton had uncluttered running room for a first down late in a game, but instead he threw an incomplection on third down and the other team rallied for victory.

In another game, with the score tied late in the final quarter, Craig threw a pass that was intercepted, allowing the other team to return 26 yards for the winning touchdown.

Morton also threw an interception in the final minute of Super Bowl V. It enabled the Colts to beat the Cowboys with a field goal in the last five seconds of the game.

But enough. Now riding the crest of a career that at one time caused his critics to rank him as a has-been, Morton refuses to lash back.

"I only pay attention to one critic, and that's myself," says Morton. "I always felt that no matter what the situation, I would come out. I waited and just bided my time and was patient. And most of all I believed in myself."

Those losses with the Dallas Cowboys and three subsequent years with the pathetic New York Giants seemed to underscore Craig's inadequacies. But in the last two seasons Morton has proved that instead of bowing under the weight of those misfortunes, he has learned from them.

Craig has been learning from life's experiences ever since his father taught him that no goal in life was worth setting unless you could make it. When Morton reflects on the advice of his parents, he remembers the importance they put on discipline in life. "They always told me not to be a haphazard person," says Craig. "They encouraged me to set goals for my life and to continually try

and reach those goals," he remembers fondly.

He spent much of his childhood picking fruit—prunes, apricots, and cherries in the small farming community of Campbell, California. It was a good environment for a budding athlete. When he wasn't working, he was into sports. A quarterback since the fourth grade, Craig tried to pattern himself after such childhood heroes as Micky Mantle and Ted Williams.

One of those goals included professional sports, not only football, but baseball and basketball as well. And Craig's determination to reach that goal helped him to excel in high school athletics.

Craig says the movie *American Graffiti* probably characterizes his high school days best. Grades were never much of a problem, and although he

*"The fun years are not your teens; there are a lot better years ahead."*

liked girls, his constant involvement in sports kept him from dating seriously until his junior and senior years.

When it comes to current high school happenings, Craig is quick to tell kids, "the fun years are not your teens; there are a lot better years ahead." So he advises high school kids to "get into some things that may seem like they're 'sissy' to the kids around you—church programs, sports, activities at school, clubs—but get involved with whatever you can that's good for you. Pretty soon you'll leave school, and it won't make any difference whether you're 'sissy' or not. It's how you conduct your life and the preparation you've made to enter the adult years that's important."

After high school the University of California offered Morton a scholarship to play either football or baseball. Craig played both until his senior year, when he concentrated on football.

Then after 13 years of trying to find a successful spot in pro football, Morton's patience finally paid off. He has not only found his place with the Denver Broncos but also has helped to make the Denver football fans more than mile high with excitement over their home team.

Elected captain of the Broncos in his first year with the team, Morton feels that the quarterback's job is to be a leader. "I'd say you've got to be a leader at all times," says Craig, "and you've got to be consistent."

Although it would be nice to be a consistent winner, sometimes you're bound to lose, and it's at those times that Morton seems to come out in good shape. "You have to remember there are certain things you accomplish when you win, and there are certain things you accomplish when you lose. You can always learn from your mistakes and remember them the next time you play. It's not fun to lose, but if you've played for as long as I have, you learn to cope with it."

Bronco head coach Red Miller doesn't mind talking about winning and losing after the Bronco's last season. He finds Morton's success "not a total surprise." The Bronco coach says, "I watched Craig play a lot of games and thought with a good team he could do well. Of course, for him to lead us to the Super Bowl was an accomplishment for sure, but we weren't totally in awe of that either."

When you talk to Craig about success in football, he says that his ability in sports is "both natural and the result of a lot of work." That "work" includes the right kind of food, proper exercise, and a good positive mental attitude toward life.

Morton has gotten help on that last item from his recent spiritual rebirth and marriage to his long-time Dallas sweetheart, Susan, who introduced him to Christianity. "It's made me more stable, more of a content person," says Craig. "And it's made for a great relationship with my wife." Before this experience, the veteran football player says, "there was no depth to my life."

Now there are all kinds of dimensions to Craig Morton's life. The football player has emerged as the game's most striking symbol of courage, skill, and dignity. All season long Morton has been a quiet leader and a stabilizing force among the wildly enthusiastic youths on his club. Instead of grabbing for stardom and headlines, Craig has been content to run a conservative offense, keeping games under control until the defense could gain control of the other team.

He cites as one of his most important football accomplishments the Bronco's defeat over the Oak-

*Morton fell to his knees in the locker room, allowing the pain and exhilaration to wash over him.*

land Raiders for the American Football Conference Championship. The game probably exemplifies best the kind of Christian commitment and dedication Craig talks about.

Morton was thrust into a hero's role he never sought. Suffering from an excruciating hip injury, he spent two and a half days in a Denver hospital while his team prepared for a showdown with the defending Super Bowl champs, the Oakland Raiders. He didn't throw a pass all week in practice, and as game time approached he was still not sure that he could play. He not only played, but he also erased once and for all the doubts about whether or not he could ever win the big one. When it was over, Morton fell to his knees in the locker room, allowing the pain and exhilaration to wash over him, thanking his teammates and God for the shining moment that had eluded him for so long.

So after being down for so many years Craig Morton has combined a newfound power from God and a great football team into a career peak that's as high as the Rocky Mountains. ◇



# How Can I Help a Rape Victim?

Jeff Mitchell



## Ask a Friend

**My sister was raped about a week ago. Her whole personality seems to be changing. She's upset all the time and won't let any of us get close to her. Is there anything I can do to help her?**

Rape is the cruelest of crimes. It's a crime not only against the dignity of a person but also an insult to humanity in general.

Although many women are physically injured during the rape episode, it's the emotional and psychological well-being of the person that is most disturbed. Many rape victims suffer for months; some experience emotional pain for years. Not a few lives are totally destroyed as a result of a rape incident from which the victim is psychologically unable to recover.

Most rape victims go through an acute phase which lasts between three days and a few weeks. During that time their lives are disrupted immensely. Many experience sleep disturbances and loss of appetite. The victim feels fearful and insecure. Most feel that they have had a close brush with death and that in itself is disturbing.

During the acute phase immediately following the rape, victims are often irritable with friends, relatives, co-workers or fellow students. These feelings are normal in a hurting human.

After the acute phase, victims usually enter a long-term period of emotional pain and disturbance as they attempt to reorganize their lives. They may have dreams and nightmares and may experience excessive fears, such as the fear of being alone.

Many rape victims have to change their life-styles in an attempt to deal with the stress brought about by the rape. Some independent girls find it necessary to move back to their parents' home in order to feel more secure. This long-term phase can last for months or even years.

With this background of what happens to a rape victim, here are some suggestions which may help you in dealing with your current situation.

1. The most important thing is to encourage the rape victim to seek help during both the acute and long-term periods. It should not be considered weak to ask for help when it's really needed.

Contrary to popular opinion, a rape victim doesn't entice a rapist. No one wants to get hurt that badly. She has been attacked. We don't make a person feel guilty for being robbed—why should we make a woman feel guilty for being abused and injured when raped?

There are many community organizations which can help. Many cities have rape crisis centers with well-trained counselors. Hospitals are a good place to start. Emergency room personnel usually have experience in handling the rape victim. Physicians, psychologists, social workers, educators are willing to give professional help. In some cases the rape-investigation section of the police department has female officers who are specially trained in working with the rape victim. Check what sources of help are available in your area.

2. The rape victim needs support, love, and reassurance that she is safe and protected. She also needs listening ears that are willing to allow her an outlet for her pain.

3. Encourage the depressed rape victim to perform simple tasks like maintaining her personal hygiene, cooking a meal, reading, taking a walk, or participating in a hobby. Get her to assume her normal responsibilities as soon as she is able, but don't pressure her too much at first. Help her gradually to rebuild her world.

4. Listen to her requests. She may be able to describe a particular type of help she needs at a certain time. For instance, one victim may want someone who will simply listen. Another may want a good listener who holds her hand or puts an arm around her. Still another may need time to be alone and think.

5. Keep on loving the rape victim even when she seems irritable and rejecting. Don't be pushy with your care and concern. Just be available if and when she needs you. If she knows you care enough to help, she'll call on you when she needs you. ◇



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.

# A TRAIL BLAZER AT TRAIL'S END

HARRY CUMMINS

RALPH DAVIS CONTINUES TRYING TO DIRECT A MARATHON WITHOUT A HITCH.

EACH WINTER as numbing gales begin scattering the coastal sands of Oregon, Ralph Davis gives a restive glance out his classroom window and begins warming his ten-year-old dream.

Davis is the perennial Marathon Man of the Pacific Northwest, year upon year pursuing his dream of the perfect race. At first study it seems as ill-suited vision for a middle-aged college professor whose name has never graced the rolls of world-class distance running. But Ralph Davis doesn't cover the pain-etched 26 miles, 385 yards with his feet. He runs it with his head.

He runs it so well that his brainchild, the annual Trail's End Marathon, is now recognized as one of the premier road races in this country. Of added significance, it's held in a snug hamlet on the Oregon coast that boasts only 4700 citizens. Yet it still manages to lure several thousand runners each February. Proportionate to the size of the city where it is held, the Trail's End Marathon in Seaside, Oregon, is believed to be the largest marathon in the United States.

All of this is not happenstance. Granted, the recent running mania in America has contributed to the increased entries, which numbered just 220 for the first Trail's End race. But the energetic presence of its director, Ralph Davis, is what sets this event apart from its more renowned counterparts in Boston and New York City.

The Trail's End Marathon was named by Davis's wife, Betty, in honor of the Lewis and Clark expedition of 1805, which made its most westerly camp in this area. But it is today anything but a dead-end journey.

Davis will quickly tell you that the zealous community of Seaside deserves the credit. Or that the loyal legions, those hundreds of staff members who assist Davis in staging the race, should be cited. Both suggestions are merited. But it is the organizational skill of Davis that allows this race to evolve without a single hitch year after year since its inception in 1968.

Davis's success formula is perhaps his unobtrusive ability to instill pride among his staff in presenting a first-class sporting event. Ralph also listens to the comments and criticism of the runners and each year tries to eliminate any mistakes from the previous race. He has been successful to such an extent that he now has a hard time obtaining any negative feedback concerning Trail's End.

Davis, an associate professor of Health and Physical Education at Portland State University, contributes freely of his time to organize this event, claiming his only reward from the faces and comments of the runners during the banquet held the night of the race each year. It's a special night of friendship-forming and story-swapping for the runners, just the kind of entertainment for aching muscles that Davis designed it to be.

For as long as anyone in Oregon can remember, Davis has been a friend to runners. His involvement spans some 25 years, 17 of them as cross-country coach at Portland State. Since 1954 Davis has been on the staff of PSU. There he teaches professional

Top: What can be said about the exhilaration of the finish?  
Center: Ralph Davis's dream is to direct the perfect marathon. However, runners feel the Trail's End annual race comes mighty close to that mark.  
Bottom: Trail's End is a multiscentic run on the Oregon coast. Pictured are the "Big Four" of 1974—Tom Howard, Ron Wayne, Russel Pate, and Kenny Moore.







activity and service courses that include aquatics, track and field, weight training, sailing, fencing, handball, and racquetball. He is as diversified as he is dedicated, but his consuming love affair is with the runners of Oregon. So enamored is Davis with the marathon, in particular, that his customized license plate simply reads 26 RUN.

"I really don't know nearly as many of the marathoners as I would like to," says Davis. "But I'm left with a general impression of runners that I feel is significant in their makeup. They are mannerly, considerate, organized, self-critical, ambitious, self-motivated, and products of moderation in the way they live. They all seem to enjoy that euphoric state that accompanies those who exercise regularly."

### *Trail's End Marathon is now recognized as one of the premier road races in America.*

Not one merely to watch the world of games, Davis himself was a standout athlete in high school, earning all-city recognition in both football and track. His roots in Oregon go deep. While growing up in Kamela he attended a one-room school at the summit of the Blue Mountains in eastern Oregon. Skiing in the winter and swimming in the Columbia River in the summer became a way of life for Ralph.

Davis's association with the community of Seaside has become a mutual admiration society. His wife, Betty, used to visit Seaside with her parents each summer when she was a child. After they were married Ralph and Betty were ocean-front guards in the area during the summer months for 17 years. Today they maintain a self-structured beach cottage a block off the ocean and spend the greater part of every summer there.

Nearly everyone in Seaside knows and likes Ralph and Betty, and it is the runners who come from all over the United States and Canada that benefit from all this joyful activity from the local citizenry on race weekend.

"The air is exhilaratingly fresh from the ocean and makes this such a healthful place to run," claims Davis.

"I guess this is the reason I can't tolerate people who smoke around here. To see vacationers at the seashore, where air is so fresh and invigorating, light up their cigarettes and draw in smoke clear down to their toes . . . I just can't believe it."

Ralph and Betty Davis have always believed in healthful living and with their two sons, Scott and Bryan, have led a constantly active life.

"We have had a great life together spending the summers on the coast and experiencing all the fun things families should experience," says Ralph. "You know, I feel extremely sorry for anyone who has to rely upon drugs, alcohol, or tobacco, in order to have a good time, gain courage, or feel socially accepted."

Davis emphasizes the importance of goal setting in one's life in order to achieve success. "Set a goal that is attainable and do the best you can to reach that goal as soon as possible. Reset goals that have been attained and be able to adjust goals to present circumstances.

"I've always had a goal in mind for the marathon," says Ralph. "I want to run an event of this magnitude without a hitch from start to finish. Awards, results, aid stations, video highlights, everything without a flaw. We have almost accomplished this a couple of times.

"I don't claim fully to understand the psyche of runners," explains Davis, "but I do have this insatiable fear of letting the runners down.

"We must run a good race at all costs, because these men and women have trained very hard for many months for this one event. All our decisions and improvements are made with the runner in mind."

To many of its devotees the marathon is shrouded in an aura of solemnity and reverence. No matter how one has fared in past races, these 26 miles are eternally awesome as they stretch out before each competitor at the starting line.

A two-time winner at Seaside and one of the foremost marathon runners in the world, Brian Maxwell describes his feelings about the race in this way: "Running is a total art form. The marathon requires complete physical preparation and mental concentration. When I run a marathon, I'm testing myself to push back the barriers of my potential."

Davis himself is quick to draw a correlation between life and the marathon itself. "One gets out of life, usually, what one puts into it. Hard work, efficiency, dedication, all pay off in one's performance in life as in marathoning. Better times come with the degree and type of training. In short the better one is prepared for life, the greater are one's chances for success and happiness."

Davis has enjoyed his share of success and recognition during his lifetime. At Oregon State University he captained the freshman football team and was president of the national athletic honorary (Sigma Delta Psi). In 1965 he received the Mosser Award for Teaching Excellence. Along with the \$1000 award came the satisfaction of knowing this honor came from a student evaluation panel.

His greatest accolade, however, came in 1976 during the runners' awards banquet at the seventh annual Trail's End Marathon. From his customary posture in the shadows Davis was summoned to the front of the auditorium and presented with a plaque and a standing ovation from every runner in the huge hall.

Visibly moved, Davis commented, "I think this is the nicest thing ever to happen to me outside of my wife and two sons."

Conversely, Ralph Davis just might be the nicest thing ever to happen to distance running in the state of Oregon. ◇



# From the Bottle Through the Body



The Physiological Effects of Alcohol

# Journey Starts in the Digestive Organs

Some people feel more happy, confident, and relaxed when they're drinking. The alcohol seems to relieve their tensions and give them pleasure. These pleasant feelings may begin soon after alcohol enters the body.

But what's **really** happening in the body and the brain as the al-



1. Alcohol first enters the stomach.

cohol travels through?

The alcohol in even one small drink is quickly absorbed, but it takes a long and complex journey before it's completely processed. The drink first enters the empty stomach (figure 1), and within minutes some of the alcohol is absorbed.

The rest passes into the small intestines, where it moves over a deeply folded absorbing surface covered by small projections called villi. Each villus is covered by even



2. The villi are covered by microvilli.

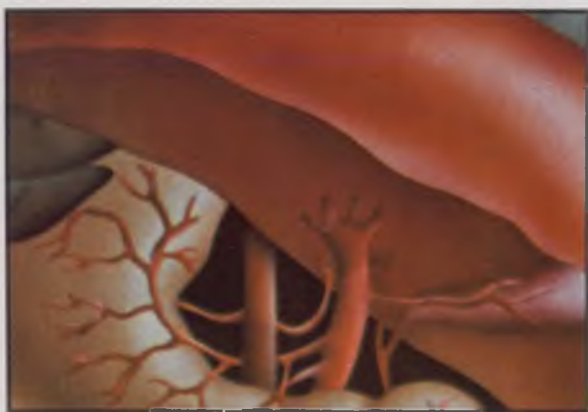
smaller microvilli (figure 2). Alcohol dissolved in intestinal fluids moves between these tiny projections and is absorbed into the cells and then into the blood capillaries beneath them (figure 3). From these capillaries the alcohol-laden blood flows into the larger blood vessels of the intestines.



3. Alcohol is absorbed in cells and capillaries.

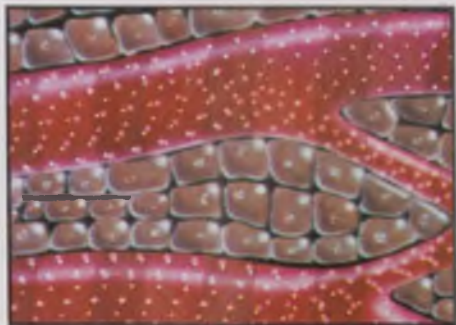


Next it flows into the network of intestinal veins. The blood is carried from the digestive organs to the portal vein, which runs to the liver (figure 4). Inside the liver the portal vein divides repeatedly down to the microscopic level. Special capillaries, called sinusoids, carry blood to the liver cells.



4. Alcohol travels through the portal vein to the liver.

Inside the sinusoids two kinds of bloodstreams join together—one carrying oxygen absorbed from the lungs, the other carrying alcohol and other absorbed substances from the diges-



5. Two kinds of bloodstreams run separately in the sinusoids.

tive organs (figure 5). Here some of the alcohol is oxidized and removed from the blood at a steady rate.

But the liver cannot immediately

remove all the alcohol passing through it. Therefore most of the alcohol escapes unchanged into the veins leading out of the liver to return later for oxidation. The alcohol-laden blood is transported from the liver to the heart.

The heart then pumps it to other parts of the body, including the brain, where the blood-alcohol starts to take effect (figure 6).

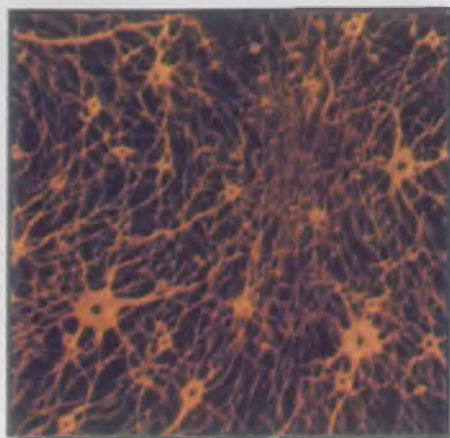


6. Alcohol moves up to the brain.

# Alcohol Affects the Body's Computer

The brain is a living computer made up of millions of nerve cells, or neurons, connected in tremendously complex networks (figure 7). The neuron is the basic component of the brain's data-processing capacity. It's a single unit—a living cell—supported by other cells. It has a body, several hair-like processes called dendrites, and a longer central fiber called the axon.

A neuron communicates by responding to messages or signals. Incoming signals may make the neuron transmit its own signal along the axon toward other neurons. The neuron behaves like a living electric battery, maintaining



7. The network of neurons is complex.

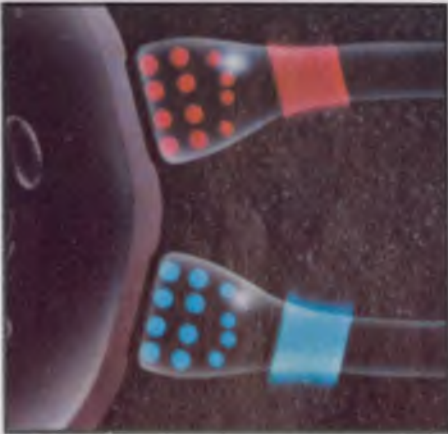
a small voltage difference across its membrane, positive outside and negative inside.

When pulses of energy arrive, they may trigger a kind of short circuit in the membrane. This brief discharge drives an electric pulse, the action potential, along the axon toward the synapse, this pulse being the contact with other

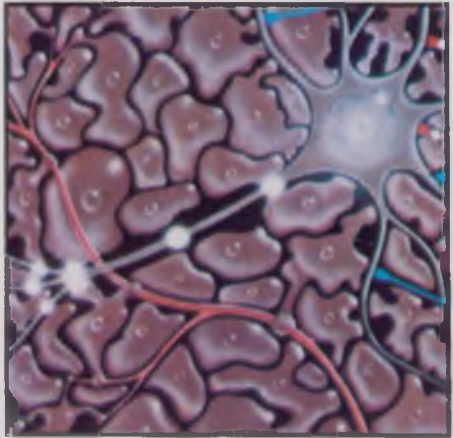


neurons. There are two kinds of synapses: one contains excitatory chemicals, the other inhibitory chemicals. When an action potential reaches an excitatory synapse, it releases molecules that create a current through the membrane and excite the neuron to fire (figure 8).

Both processes occur continually in the brain—inhibition and excitation. Excitatory signals can



8. Current excites the neuron.



9. The neuron fires vigorously.

make the neuron fire vigorously (figure 9). Small doses of alcohol can make the neuron fire much less vigorously, and large doses can stop it completely. But if alcohol reduces the inhibiting signals, the neuron may start to fire more often than it should; this is called disinhibition.

# Alcohol Can Close Down the Brain



10. Alcohol impairs the judgment center of the brain.

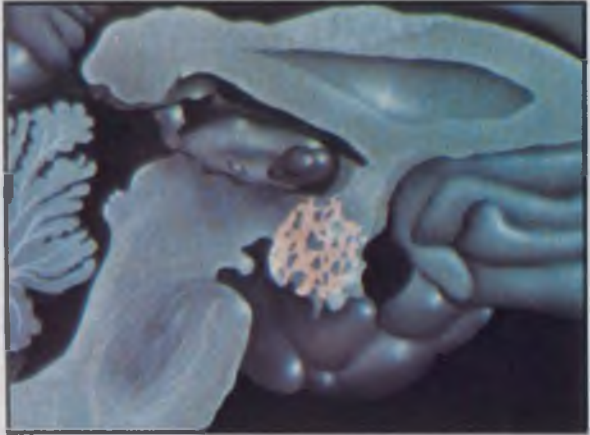
Alcohol can affect millions of nerve cells and change communication patterns throughout the brain, in this way disturbing specific brain functions. Alcohol can affect vision, distort hearing, muddle speech, impair judgment (figure 10), dull the body's senses, disturb motor skills, and reduce coordination. And deep inside the brain alcohol

can affect the areas that control aggression, hunger and thirst, pleasure and pain, body temperature, and sexual activity (figure 11).

The central core of the brain can be affected by alcohol, thus triggering the vomit center and disturbing the center of alertness, the



reticular activating system. When no alcohol is present, the reticular system receives signals from brain and body and responds by sending out wake-up signals to keep the organism alert (figure 12). Alcohol may decrease the incoming signals and depress the reticular system itself. If the system is depressed too much, it may fail to maintain alertness. Stu-



11. A deep brain center controls feelings.



12. The reticular system sends wake-up signals.

por or coma may result. And the brain closes down.

# More Alcohol, Less Judgment

When alcohol enters the brain, it initially gives a pleasant glow. To try to maintain or increase that feeling, some people drink again and again. But the comfortable glow doesn't last long. Through a complex journey alcohol circu-

lates throughout the body and brain, and if drunk in sufficient quantities, it can shut the brain down completely.

But this process begins as alcohol is introduced into the body, and continues as drinking goes on. And the more a person drinks, the less able he is to judge accurately what alcohol is really doing to him.

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# How to Train for a Marathon

NANCY GUTMANIS

Jogging was once considered a common man's healthiest cheap thrill. Standard equipment amounted to a pair of running shoes and the inclination to risk sore knees and shin splits in the name of fitness.

But those days are gone. At least six million Americans have taken up jogging as a favorite form of exercise. Even marathons, once the private territory of serious athletes, are swamped with first-time long distancers. The New York Marathon, for example, drew 2500 runners in 1976. It swelled to 5000 in 1977, with 2500 of the participants crossing the starting line for the first time.

If you jog regularly, you've probably wondered what it would be like to participate in a marathon (26.4 miles), half-marathon (13.2 miles), or even a mini-marathon (6.6 miles).

Maybe you would like to "go the distance," but you're not sure how to go about preparing for it. One basic rule of thumb that many runners follow when preparing for a race is to run twice the distance of the race weekly for several weeks before the event.

This training will enable you to finish the race without exhausting yourself.

If you enter a mini-marathon, for instance, the important training period begins the month before the race. Before that you should be running three to five miles a day, a distance most avid joggers are already familiar with. During the one-month training period, continue running three to five miles each day, but increase one of your runs to five or six miles, so you're getting in one long run each week.

If you plan on entering a marathon that covers 26.4 miles, the key training period begins three months before the race. Your weekly mileage, at this starting point, should already be 40 or 50 miles, including at least one long run each week.

As you move into the three-month training period, increase your mileage, until you're running between 45 and 60 miles a week by race time.

Increase your one long weekly run to 10 or 12 miles the first month. By the second month you should have increased that run to

15 or 16 miles. As you move into the third and final month before a race, you should be running 18 or 20 miles in your long run.

Make your regular runs before and after the day of your long run relatively short. You might feel comfortable running six miles the day before and four the day following. Also your midweek run should be half the distance of your long run.

Naturally, as you run, you'll find the schedule that works best for you.

How do you know when you're ready for a race? A good way is to ask yourself the question, "Am I running regularly at a distance close to that of the race I want to run?" In other words, if you usually follow a five-mile course, you wouldn't enter the Boston Marathon and expect to win—or even finish for that matter.

Now, if you're an avid jogger and you've decided you're ready for the marathon circuit, how do you find a race to run in? The easiest way is to check your local Y.M.C.A. or Road Runners Club. They usually keep a list of times and locations of different races. ◇







Coming to grips with your own weight should be a natural process involving both diet and exercise, says this nutritionist.

# How to Weigh What You Want To

ROSE STOIA

**O**vereating is one of the greatest sins of our modern society. But I'm not sure whether there are really valid indicators at the time we overeat.

We have confused *appetite* and *hunger* so often that we cannot tell the difference. *Hunger* is a signal from the body that it has actual need for food. It is not a learned response. The body needs to be refueled.

On the other hand, *appetite* is a learned response tied in with what and when a person wants to eat. Perhaps one sense has been stimulated—the person smells a food, sees it, or thinks about it. This reminds him of a pleasant experience he's had with that food, and he wants to eat.

That's why I say it's probably hard for any person to know when he's overeaten. Of course there are the obvious signs. After overeating many, many times, he becomes overweight. But if we're talking about how a person *knows* he's overeaten, there's probably only that full, stuffy feeling—which many people consider normal.

If you want to be healthy and weigh what you really want to weigh, it's the best policy to train carefully the tastes and feelings for food. This can be done adequately only over a period of time.

Americans used to think that a chubby baby, a chubby person, was the most healthy. That's not true. Now we often go the other way, thinking that the skinny person is the most healthy. That's not true either. There is an ideal weight for each person that's neither really chubby nor skinny.

If you want to maintain your proper weight for maximum health, you have to be in charge of what you eat. You can't allow mere taste or sight or remembrance of a food to dictate to you. That's why many weight-control programs are erroneous—they don't retrain your thinking about food.

Obesity is one of the major medical problems of our day. It is not a disease of itself, but it predisposes to many diseases, including diabetes, heart disease, stomach disorders.

When you remember that for five pounds of fat there are about three extra miles of blood vessels, you get an idea of what the body is burdened with when it has an extra 15 or 20 pounds of fat to carry around.

We see this problem more among children than ever before. And a higher percentage of women are overweight than men, though men are catching up.

One reason for this is that in our society girls are not as active as boys.

It's easier for some people to keep their proper weight than others. There are certain body types which do not tend toward obesity. For example, you can identify the "bony" type. It doesn't matter what activity level he's on, what his eating patterns are, he very seldom is overweight.

So there are physiological reasons why some people have a harder time maintaining their weight. But this is not to say they cannot *control* it. It simply means that they have to work harder at it.

The only weight reduction process we can prove really works is to retrain your eating habits and increase your exercise. It has to be a pattern for life—both getting more exercise than you usually get and eating less often or in smaller quantities so as to reduce your calorie intake.

Crash diets do neither of these on a continuing basis. One of the biggest problems of a crash diet is that you feel bad when you're on it. You think of it as a diet—and when you say "diet," you are sure to see a beginning and an end. As soon as you reach that ending point, the chances are 99.9 percent that you will go right back to the pattern that caused overweight in the first place.

Some crash diets are outright dangerous. For instance, they may increase the protein and decrease the carbohydrates. They may decrease the liquid intake, so you lose a lot of water. When you step on the scales, you yell, "Hurrah! I'm losing weight." But all you're doing is losing water weight. There's no loss of fat tissue. And you may be encouraged to stay on this rigid regime for an indefinite period.

There are many problems with high-protein diets. Again the major trouble as far as weight control is concerned is that it doesn't retrain a person's eating habits.

Some people, including teen-agers, are attracted by the claims often made for diet pills. Let's look at the various kinds of such pills available on the market today.

First, there are the over-the-counter drugs, some of which are in the form of gum or lozenges that contain benzocaine. This is intended to deaden the taste buds so you will not feel hungry. But this has not been proved successful in losing weight permanently.

Other over-the-counter diet pills contain cellulose or pectin, or something else that is supposed to absorb water and expand in your stomach, so the

stomach feels full without your having to eat food. The trouble here is twofold: You have to take a large amount to get sufficient bulk to satisfy and the temporary satisfaction rapidly passes. You may feel full for the moment, but not for long.

Some diet pills are diuretics—they make you lose water. But again, this is all you lose. You don't lose the adipose tissue, which is what is really necessary for adequate weight control.

Amphetamines are a major prescription-type drug for control of weight. There's no scientific proof that this drug actually decreases the appetite. It may give a feeling of well-being, a minor stimulation. The theory is that if a person feels good, he won't be depressed and go to food as a solution.

Appetite depressants may work for some people. However, the outside edge of their time effectiveness is three months. Usually they're effective for only about one month. Then the dieter tends to increase the dosage so it continues to depress the appetite.

Physicians tell me that the only usefulness for prescription medications for weight control is that they give a temporary boost, either to get the dieter started on a real control program or to give him a bit of encouragement when he reaches a plateau and loses incentive. But there are no useful long-term effects. And for many people there is no indication that they even depress the appetite.

**E**qually a problem is the person who is a string bean and seemingly cannot gain weight. Such a person may try and try to gain, but in failing to do so will feel as frustrated and defeated as the person who is trying to lose pounds. This is another reason to believe there is some physiological predisposing to either leanness or obesity. Of course there are a lot of people who fit neither extreme.

The excessively thin person should first be sure he has no disease that is causing his condition. A complete physical check-up should assure him of this. A few people have *anorexia nervosa*, a severe mental problem that causes one not to eat.

Second, the thin person usually gets the idea that he doesn't need to exercise. But we know that various kinds of exercise tone up the entire body so it can function better. Thus a well-rounded program of exercise is essential.

For this person the diet is changed, not to increase the overall quantity, but rather the quality. He needs more high-density calorie foods.

For example, instead of eating two slices of bread, he'll eat only one slice but add margarine and jam, or use more salad dressings on his salads. At times such a person cannot eat large meals, so he may need a pattern of several smaller ones throughout the day.

Another misunderstood aspect of exercise is the assumption that exercise increases the appetite. Many claim hard exercise causes them to eat more. However this is not a rigid cycle. The exercise that increases your appetite is the occasional exercise. It

has been proved by long-term studies that consistent exercise actually *decreases* the appetite.

You may have a hard time believing this, because you remember that first beautiful spring day when you went out for a picnic. You played baseball and ran three-legged races all day until you were famished. Then came the big meal.

Yet this was the result of occasional exercise. You had more of an appetite because you were feeling better and everything was marvelous for you! Your whole outlook on life was better, and this increased your caloric need.

On the other hand, regular exercise decreases the appetite. Understanding this is especially necessary for people with sedentary life-styles. For them consistency in exercise is all the more needed.

Different people prefer different kinds of exercise. The best form for you is the kind you think you can live with the rest of your life. I may think walking is best for me. You may think it's jogging. The next person may think it's bicycling. Whatever you can live with that makes you expend energy is the best for you.

**A**t times I'm asked by teen-agers, especially girls who are weight-conscious, specifically what they should do. At a risk of repeating some of the points already made, here are my suggestions.

I like to have the girl analyze what she has eaten for a week. Rather than prescribe a diet I say, "Let's see what you may be able to live without." Perhaps she can decrease her diet by one milkshake a week. Here we're talking about 500 calories a week, and in a few weeks that's going to be a pound.

Now, if she can decrease her week's menu by more than that, the weight can go a little faster. It is unwise to decrease a teen-age girl's diet too much, because her body is preparing itself for pregnancy and lactation, and that is a time she certainly doesn't want to be malnourished. We find that teen-age girls as a group are among the most malnourished, so we want to go slow in cutting things out of their diet.

The best thing for this weight-conscious girl is in some way to increase her exercise. And I don't mean by doing calisthenics, but by something she enjoys. Perhaps it can be walking a few extra blocks, or by extra activities at home that require going up and down stairs, something that can be incorporated into her daily life pattern.

At times you can get teen-age girls to do gymnastics, or play tennis, or take up some active game. Swimming is the big thing in summer. But the basic thing for a teen-age girl is to help her increase her exercise.

In the whole picture of weight control, most important is the need that it be done by natural, long-range means that will increase the healthy functioning of the body, and in this way the vigorous use of the mind as well. ◇

*Rose Stoia, R.D., M.Ed., has worked at the Kettering Medical Center in Kettering, Ohio, as a community nutritionist for the past 10 years. She is vice-president of the Seventh-day Adventist Dietetic Association. This article is excerpted from an interview.*



# Are You Responsible for Your Unborn Child?

Current medical and scientific data keeps indicating that smoking, drinking, and drug-taking may affect the health of an unborn baby. Do you feel that parents have a responsibility to maintain the best health possible for the sake of their unborn child?



## Viewpoint

Ausby Hardaway Jr., age 19



I think, if you're going to be responsible enough to have kids, you should take care of them. And taking care of yourself before you have a kid would be very beneficial to the child.

Marli Baker, age 24



I don't think it affects the parents too much. They can go ahead and do what they want to do, as long as they don't have a family. But if they're going to have children, especially if what they're doing is going to affect their child, I think they should stop.

Stephanie Graves, age 16



I think they have a responsibility to maintain their health. Poor health could affect the growth of the kid. I've seen pregnant women smoking, and I don't think they should. The baby doesn't get a fair chance. I think that's wrong.

Tom Green, age 22



People should know better than to take drugs—or anything harmful—for the baby's sake. And then they should stay away from them for their own good after they have their baby.

Victoria Johnson, age 16



I think the parents should take care of themselves. I think planned parenthood is good. I think parents should plan and take care of the child—stop smoking or whatever.

Colin Martin, Age 19



I wouldn't let my wife do it, or myself either, if I were to get married and have kids.

... And



So Forth



### THE ULTIMATE TOY

Want to buy a brand-new Ford van for only \$525? You can if you're into minicars.

The cars are duplicates, one third the size of regular cars. They can move safely at up to 15 m.p.h. and are powered by a three-horse-power Briggs and Stratton engine that provides up to 150 miles per gallon of gas.

The minicars and vans each weighs about 150 pounds and stands from 21½ to 33½ inches tall, depending on the car. Each model, except for the two-passenger dune buggy, is made for one passenger only.

Demand for the minimobiles has been incredible. They have proved highly successful as promotional devices for car companies, and as effective teaching aids in community safety programs, among other uses.

Besides it's just the thing for youngsters—of all ages. "We've had to stretch a lot of them so parents could get in," said one company spokesman.

There really isn't that much difference between minicars and regular ones. It so happens that with a mini you can park your car in a box instead of in a garage.

### HOW INVOLVED CAN YOU GET?

Alan A. Brown

Lexicographers sometimes overdo things. Thumbing through a medical dictionary, you can come across some rather erudite definitions of common, everyday physical actions and reactions. Can you determine what is being defined in each case? (Answers on page 24.)

1. Shrill sound produced by forcing air into a cavity.
2. Soft, sibilant breathing sound produced by the unvoiced passage of the breath through the glottis.
3. A series of spasmodic and partly involuntary expirations with inarticulate vocalization, normally indicative of merriment, often a hysteric manifestation or a reflex result of tickling.
4. Expulsion of air forcibly and spasmodically through the nose and mouth.
5. A sudden noisy expulsion of air from the lungs.
6. An audible and prolonged inspiration, followed by an audible expiration.
7. A deep involuntary respiration made with the open mouth.
8. A short, convulsive inspiration, attended with contraction of the diaphragm and spasmodic closure of the glottis.

### MINI MAGNATE

Nine-year-old Stanley Martinez knows where it's at. At an age when most boys are playing marbles and swapping baseball cards, Stanley is playing with the big boys—on Wall Street.

About two years ago he got hooked on the investment news on TV. It wasn't long before he bought 25 shares of Ralston Purina to start a portfolio of his own. Recently he purchased five shares of Forest Oil. "It's a small company with reserves, and it pays better dividends than Purina," reports Stanley.

Thus far the neophyte's played the game correctly. Five hundred dollars in stocks and \$1000 in gold is quite an impressive portfolio for a nine-year-old.



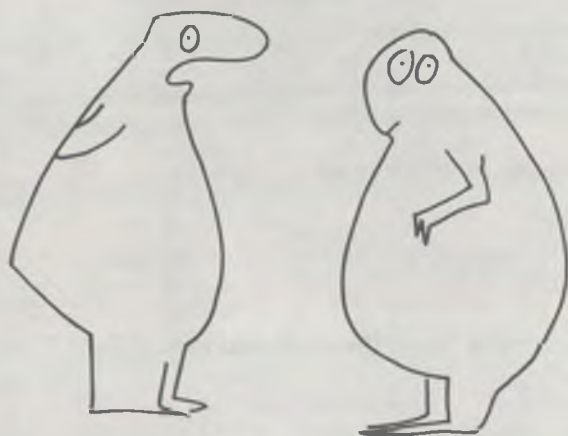
## TWO WORDS EQUAL ONE

Frieda M. Lease

Here are 16 sets of two complete words. Combine each set to come up with a new word. (Answers on page 24.)

Example: vehicle + animal = (carpet)

1. kin + a snare = ( ) poem
2. pork + imitate = ( ) swing
3. pronoun + jewelry = ( ) fish
4. to slay + wild animal = ( ) plover
5. young goat + short sleep = ( ) to abduct
6. to deface + metal = ( ) a swallow
7. preposition + number = ( ) many times
8. auto + weight = ( ) box
9. body of water + male child = ( ) division of year
10. house pet + appendage = ( ) plant
11. small vehicle + hill = ( ) shell
12. auto + to decay = ( ) vegetable
13. young dog + to caress = ( ) acting doll
14. fruit + era = ( ) feathers
15. the palm + several = ( ) attractive
16. preposition + melody = ( ) luck

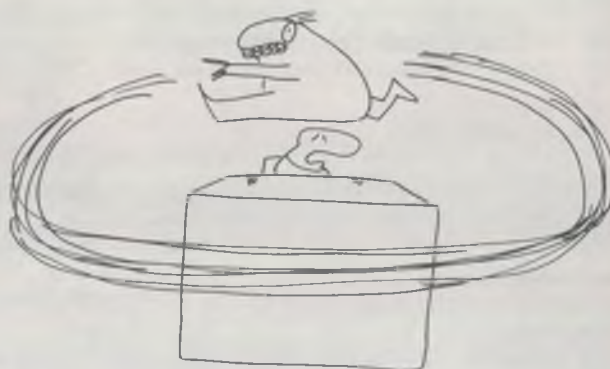


"When did I decide I could enjoy life without drugs? About the time my doctor showed me the possibility of trying to enjoy drugs without life."



## GOOD STOCKING STUFFERS

Helen had her paws full, you might say, after giving birth to 11 puppies. Owner Richard Mullins came up with this solution to keep the frisky puppies in line and give Helen a break once in a while.



"Now then, Mr. Filkins, have you noticed that taking all these uppers has affected your nervous system?"

## WILL SMOKERS LIVE A DECADE?

When L&M came out with their new cigarette, Decade, a wit from Advertising Age struck quickly. He suggested this slogan for the cigarette: "Decade: You should live so long."

## RHYME TIME

Agnes W. Thomas

Can you give rhyming definitions for the words below? For example "a fine orchestra" could be defined as a "grand band." (Answers on page 24.)

- |                         |                    |
|-------------------------|--------------------|
| 1. naughty boy          | 6. silly flower    |
| 2. unusual seat         | 7. plump feline    |
| 3. large hog            | 8. seafood platter |
| 4. simple walking stick | 9. a 300-watt bulb |
| 5. sad slipper          | 10. rodent's home  |

## WHAT A DUMMY!

Call Curtis Read a dummy and he'll thank you for it. Known as "Le Mannequin," he travels the world standing still for a living.

Originally employed as a store dummy, he modeled clothes, freaking out customers who, on second glance, realized he was skin and bones, not plastic. Having studied mime and nurturing an urge to travel, Read decided to turn his profession into a one-man show.

He's been tickled, kissed, undressed, pushed, stabbed, and even set on fire, all without batting an eyelash. He's circled the globe twice making headlines in almost every city he's visited, appeared on TV, and even been thrown in jail.

Read's approach is simple. He settles himself in inexpensive lodgings, dons one of his outfits, picks a crowded spot, and stands still—sometimes for two and one half hours.

"At first people just stare," says Read. "Then most start to giggle and laugh. Some really freak out." The little straw basket placed beside him generally yields enough to live and travel on.

Read becomes dummylike by putting himself into a sort of trance. He can reduce his heartbeat to 28 beats per minute and tighten his muscles until his skin turns a ghostly white.

The management of Mme. Tussaud's in London was willing to let him do his act there next to the wax dummies until one lady fainted. Then he was politely asked to leave because he looked too dead.

When he starts to tire, he walks off in a robotlike gait, and the crowds follow him. Children, especially, go wild when he starts acting like a character from Star Wars.

A professional dummy, "Le Mannequin" is probably the only man who can make a living doing absolutely nothing.



"I'll say it was a freak accident. Only a freak would drink and drive."

## A FLYING HOTEL

They all want to be number one.

Although all airline companies have come out with bold new ideas to help them attain that coveted position, Japan Air Lines (JAL) may have just been handed the proverbial blue ribbon for creativity.

JAL announced its Boeing B-747 passenger jets on international flights now offer hotel-style beds in the first-class lounges.

## AMERICANS AND MONKEYS

Americans and monkeys—they both prefer bananas.

Last year Americans devoured more bananas than any other fruit. Consumers bought 19 pounds of bananas per capita, as compared with 16 pounds of apples and 15 pounds of oranges.

As the U.S. Department of Agriculture reports, Americans definitely have a favorite fruit.

## CONFISCATED COOKIES SEND JAILERS SOARING

Oatmeal and chocolate-chip cookies destined for prisoners in the Sumter County, Florida, jail were confiscated by the sheriffs and eaten. Prisoners are not allowed food in their cells.

The local constabulary decided to while away the humid hours by munching on the cookies.

Being Cookie Monsters landed three jailers in the hospital after they all complained of feeling light-headed and dizzy. There doctors diagnosed their collective malady—marijuana intoxication.

## PUZZLE ANSWERS

### Answers to "Rhyme Time."

- |               |                |                 |
|---------------|----------------|-----------------|
| 1. bad lad    | 5. blue shoe   | 9. bright light |
| 2. rare chair | 6. crazy daisy | 10. mouse house |
| 3. big pig    | 7. fat cat     |                 |
| 4. plain cane | 8. fish dish   |                 |

### Answers to "How Involved Can You Get?"

- |             |           |         |
|-------------|-----------|---------|
| 1. whistle  | 4. sneeze | 7. yawn |
| 2. whisper  | 5. cough  | 8. sob  |
| 3. laughter | 6. sigh   |         |

### Answers to "Two Words Equal One."

- |             |               |              |
|-------------|---------------|--------------|
| 1. sonnet   | 7. often      | 13. puppet   |
| 2. hammock  | 8. carton     | 14. plumage  |
| 3. herring  | 9. season     | 15. handsome |
| 4. killdeer | 10. cattail   | 16. fortune  |
| 5. kidnap   | 11. cartridge |              |
| 6. martin   | 12. carrot    |              |





## 14 Percent of Young Adults Have Tried PCP

An estimated 14 percent of the population between the ages of 18 and 25 have used PCP at least once, according to an official of the National Institute of Drug Abuse (N.I.D.A.).

Use of the powerful hallucinogen that goes under such street names as "angel dust," "the peace pill," and "krystal" is increasing, particularly among white teenagers and young adults, the official added.

Dr. Dorynne Czechowicz, a special assistant to N.I.D.A., reported on a survey which indicated that more than 7 million Americans had used PCP at least once.

That survey indicated that use of PCP doubled among persons between the ages of 12 and 17 in one year and that it jumped 48 percent among persons between the ages of 18 and 25.

## Smoking Increases in Third World Countries

Although the percentage of smokers is declining in the United States and other Western countries, it's on the rise in the third world.

A study indicates that as incomes rise in Africa, Asia, and Latin America, the number of smokers rises proportionately.

Erik Eckholm, author of the report by Worldwatch Institute, points out, "Ironically, just when the smoking habit is being dropped by record numbers of the best-educated and better-off people in North America and Europe, the educational and economic elites of the world's poorer countries are leading their

countrymen in taking up the practice. Cigarette markets are expanding in the third world as a result of both changing social fashions and heavy promotion by cigarette companies."

Fewer college-educated Americans are smoking these days, but it is often university students in third world countries who popularize smoking, the report suggests.

## Doctors Bill Top Abuse Drugs as Booze, Butts

Hundreds of physicians polled by Medical Tribune made alcohol and tobacco a "sort of two-headed troll" sharing dominance in the substance abuse of modern living. Only when it came to withdrawal symptoms did one—alcohol—have a clear lead.

Some 51.5 percent of the physicians who responded found cigarettes the most habituating or addictive substance, and 53.5 percent voted for alcohol. Alcohol and tobacco were rated either first or second in their "hold" by 96 percent of the doctor respondents.

And when it comes to which drugs doctors judge to be most damaging, booze and cigarettes again shared top billing, 86 percent opting for tobacco and 79 percent for alcohol. Downers, uppers, hard drugs, and tranquilizers trailed far behind.

## Sick, Older Male Smoker at Risk for Legionnaires'

Older men who smoke and have some underlying illness are the most likely to be felled by Legionnaires' disease and are especially at risk of dying from it, according to medical professionals.

A consistent pattern for Legion-

naires' disease is emerging, report physicians from the Center for Disease Control, Atlanta.

One group of 34 patients was analyzed. Of these 24 were men and 10 women, with an average age of 56 years. All of those whose respiratory illness grew severe enough to require help in breathing and all of the three who died had been smokers, according to Dr. Joseph F. Smiddy, of the Holston Valley Community Hospital, Kingsport, Tennessee.

## Frat House Goes "Dry" at Michigan State

The Farmhouse Fraternity at Michigan State University has announced a new policy forbidding alcoholic beverages at the frat house.

The rules do allow members to imbibe outside the house, as long as they do not conflict with university rules. However, from now on members will not be permitted to have beer or other alcoholic beverages in their "home away from home."

The fraternity has 23 chapters across the U.S., and Ed Messing, president of the M.S.U. chapter, explains that the no-liquor policy is in practice at most of the chapters.

"We found out that you can have fun without chemical substances," says Messing. "We sat down and looked at our goals and decided not to be a bunch of hypocrites."

The Farmhouse Fraternity has been known as a leader in scholarship on the M.S.U. campus. The campus average for fraternity members is 2.55, while the average grade-point average for Farmhouse members is 3.1.



## Editorial

### Chasing the Wrong Car

It was vacation time for our family. We were driving in two cars through the beautiful mountain country of western Canada.

Suddenly the lead car sprung a flat tire, so while it was being replaced with the spare, the second car went on ahead to find a spot for an evening picnic. However, everything then seemed to go wrong, for a second flat necessitated a hitchhike into the nearest town for another tire, making an unexpectedly long delay.

In the meantime the second car, out hunting for the first, discovered the object of its search—only to find out later that it was the same model but not the right car. By this time many miles separated the two cars.

Not until two o'clock the next morning, with the Royal Canadian Mounted Police joining the search, did we all get back together. Impressive indeed was the lesson that complete identification was essential under such circumstances.

This incident came vividly to mind the other day when Dr. Ronald H. Dougherty of Syracuse, New York, raised a significant question whether in trying to deal with present-day drug problems we might not be chasing the wrong car.

Dr. Dougherty points out that drugs that are injuring and killing most people today are receiving the least public or medical attention while "emotionally charged drugs," like marijuana and cocaine, which rarely cause death, are leaping into the headlines.

Dr. Dougherty, a noted drug authority and medical director of the Drug Abuse and Chronic Pain Treatment and Rehabilitation Center at Crouse-Irving Memorial Hospital in Syracuse, says that alcohol, tobacco, and barbiturates continue in popularity despite their high fatality rates, because they have received greatest social acceptance.

Tobacco, he says, "heavily contributes to the 800,000 annual deaths from heart disease, the 30,000 patients with cancer of the lung who die each year, the 200,000 deaths from cerebrovascular accidents, and 20,000 deaths from emphysema."

"Alcohol use alone accounts for 25,000 annual highway fatalities, 30,000 deaths from cirrhosis, and is implicated in 50 percent of all suicides and one third of all homicides."

Regarding barbiturates, "legally prescribed but frequently abused," Dr. Dougherty says they "account for 20 percent of all drug-related deaths," and are "responsible for 15 percent of all suicide deaths (approximately 5000 per year); yet they and other dangerous sedative hypnotics are frequently prescribed and are placed in a prescription category with less dangerous drugs."

Repeating the main point of the basic question he raises, Dr. Dougherty says, "While the illicit use of marijuana, psychedelic drugs, and cocaine frequently evokes great emotional discussion," these drugs rarely cause accidental or intentional deaths.

It seems imperative to take another close look at the main targets of our efforts to solve present drug problems to see whether we might not be chasing the wrong car.

*Francis A. Soper*

# Listen

A JOURNAL OF BETTER LIVING

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Christmas comes softly to the waiting heart  
In candle glow, and star, and ringing bell.  
Across the snow glad welcome lights the way  
To hearth and home where joy and laughter dwell.

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Could be one thing . . . and that one thing be true  
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—Carol Bessent Hayman



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