

LISTEN

A JOURNAL OF BETTER LIVING

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GIVE YOUR MIND BUTTERFLY WINGS
How to Overcome a Parent Crisis
Can We Ever Solve the Alcohol Problem?



I'D HAVE DONE ANYTHING TO GO ALONG WITH THE CROWD—UNTIL A LESSON IN ENGLISH CLASS TAUGHT ME TO MAKE MY OWN DECISIONS.

An Emersonian Man

ANDREW NEIDERMAN

We were studying a writer named Emerson in English class when we came across the line, "*Whoso would be a man must be a nonconformist.*"

"How many of you do something because you want to?" the teacher asked. At first everyone raised his hand. Then the teacher added, "Or how many of you do things because all your friends do them and you don't want to be different?"

I remembered last night.

We were all in my friend Tony's car. He had just gotten his license, and even though it was only a junior license, which meant he couldn't legally drive after dark, he had the car. There were four of us—me, Bobby, Lewis, and Tony. Tony was a few months older than the rest of us, and he had decided not to wait to take drivers' education before learning to drive.

"I don't need all those safety films and all that hand-out, hand-in, check-your-rear-view-mirror routine," he said. We all laughed, although the rest of us were taking drivers' education.

"We're just goin' nowhere," Lewis said. "Let's stop at the mall

and pick up a couple of six-packs."

"Beer's too slow," Tony said. "I got my brother's I.D. card. Everybody kicks in two bucks and we get a fifth of whiskey."

"Hey," I began, "we got school tomorrow and—"

"Somebody's always gotta fink out," Tony said. Lewis and Bobby groaned.

"I just thought . . . all right," I said, "if that's what you guys wanna do."

Now I thought about that quote. Maybe the teacher was right. I'd done something because others wanted to do it. For a few moments I'd considered my own opinion, but then let Tony, Bobby, and Lewis change my mind. The teacher was still reading from Emerson:

"Nothing is at last sacred but the integrity of your own mind. . . ."

I looked around the room. How many of my friends were thinking the same thing? Who in this room did something because he or she really wanted to do it? I was suddenly excited by something we were studying in class because I could see how it related to my life.

I remember thinking I was probably going to die or at least get seriously hurt.

My mother had said something similar just last week. She was mad at me for getting a warning notice in math, which meant I had a failing average. I was prepared for a long-drawn-out lecture, but she summed it up in a few short sentences, but these didn't hit home until now.

"You're not yourself anymore," she said, holding the warning notice in her hand. "This isn't you. You're becoming like the rest of them—the guys you hang around with. If that's what you want for yourself, go right ahead. All I ask is that you take a good hard look at them and think about it."

She left it at that. I felt bad at the time, but the feeling left me when Lewis called to say we should all be down at the corner of Main and High Streets to get picked up by Tony. The idea of driving around illegally at night was exciting, and I was disgusted enough with myself to want to do something reckless.

We bought the whiskey and drove out to a junked car lot because it was pretty deserted at night. Once there we passed the cigarettes around and opened the booze. It started slowly—short sips, talk, smoke, long sips—before we started getting silly. Tony decided we had to play a game. One of us would put the bottle to his lips and the rest would count in unison. First Lewis did it and went up to ten. Then Bobby went to 12. I didn't get past ten and took some razzing. Tony went to 15.

Lewis was the first to get sick. He said it was all the smoke in the car, and he might have been right. I could hardly breathe. We hadn't noticed it because we were all so busy trying to outdo one another with the whiskey. Lewis had to leave the car. The sight and sound of him retching nearby upset Bobby, who soon joined him. Tony thought it was all very funny.

I was feeling pretty bad by then, but I held myself back. I remember thinking about my mother's words, her unhappy face, and that math failure warning. By this time I was going through self-pity too. The world was just unfair. Parents didn't understand. Teachers were heartless. School was too much. Tony kept laughing. Lewis and Bobby groaned and cursed.

Tony stepped out of the car and heaved the empty whiskey bottle into the junked cars. We all heard it crash—and the sound of it shocked us into reality. We decided it was time to head home. The drive back was one of the most frightening experiences of my life.

A number of times Tony actually lost control of the car. We nearly rammed a guardrail, and twice we went off the highway onto the shoulder, then back onto the road. Lewis and Bobby were no longer

laughing. Tony was struggling to keep control. I remember thinking I was probably going to die or at least get seriously hurt. Somehow, miraculously, we made it back to the corner of Main and High Streets. All of us were feeling terrible, but none of us would admit it. Lewis claimed it was one of the best nights he'd ever had. Bobby agreed. Tony swore we'd do it again. I shouted in agreement.

We stumbled away from the corner, each making his way home. When I got into the house, I went right to the bathroom and showered, hoping the water would cleanse me of not only the odor of whiskey, but also the aftereffects. Of course it didn't.

In the morning my head felt as though it had a 20-pound weight tied to it. I knew I couldn't avoid going to school, especially after the failure warning. I tried to look alive, but my eyes were bloodshot.

I slept through my morning classes. After lunch I felt a lot better, and by English class I was able to sit up and halfway listen, although I kept dreaming of getting home and crawling into bed. Tony never came to school. Lewis and Bobby came, but went home early, claiming they had a virus.

"And so, what Emerson is saying," the English teacher went on, "is simply this—to give your life any real meaning, you must make decisions for yourself. You must not give in to what we commonly call peer pressure. It takes a mature adult to say no, to be willing to risk ridicule and criticism by the group. How many of you think you're capable of standing up to your friends and saying No to something you really don't want to do? Think about it."

I already was. I thought about the way Lewis and Bobby looked when they got sick. I thought about the recklessness of Tony's driving. I thought about the unnecessary danger I had placed myself in by agreeing to buy the whiskey.

Then I considered the things I wanted and the statements my mother had made. I wanted to do well in school, to be healthy and alert. I didn't want to do stupid and dangerous things, especially in a car with an illegal driver.

"A foolish consistency is the hobgoblin of little minds," the teacher quoted. "To go along with the crowd is to reduce yourself as a person. That's the lesson Emerson is teaching us."

The bell rang. I got up slowly. I was glad I had forced myself to go to school. I felt a new strength. Perhaps it was a false strength, an inner voice said. We'll see, I argued. It won't be long before Lewis, Bobby, or Tony would call to invite me out again.

I was determined to be "an Emersonian Man." ◇

What Are You Afraid Of?

Experts tell us that most fears are normal (but try remembering that when something goes bump in the night!). We asked these young people what frightens them.



Viewpoint

Tina Carchedy, 18



Just cameras.

Mark Johnson, 20



People, sometimes.

Karen Smith, 21



Dying.

Karina Santosaosa, 15



People.

Mark Swan, 21



Not getting into medical school.

Sharon Heslin, 18



Driving in the rain.

Kathy Flowers, 16



Sounds stupid, but I guess I'm afraid of not being accepted by everybody else. You know what I mean?

Laura Carlisle, 21



The dark.

Sara Hackett, 18



I'm afraid of so many things. I'm afraid of dying, losing someone else I love, anything tragic like that.

Give Your Mind Butterfly Wings

JIM CONRAD

Think back to some pleasant experience you've had with nature — sitting alone on a riverbank simply watching the waters pass, or walking in the park on a crisp autumn afternoon.

How did you feel *afterward*? My guess is that your nature experience had a calming effect and also enhanced your sense of well-being. I can't explain why, but experiencing nature usually improves our state of mind. In fact sometimes nature experiences seem to have therapeutic value. During the last few days I have resorted to nature-therapy several times.

For instance, after studying Russian grammar for an hour last night, my mind was so fatigued that I simply couldn't squeeze into it another grammatical rule. So I took a walk. Beneath street lights I saw intricate tree silhouettes, and on my face I felt the night's chilly wetness. In the sky I could see the bright planet Venus setting in the west. After this walk the Russian came more easily.

Last weekend I found myself in a "blue funk"—I awoke feeling lazy, bored, and grouchy. I was reluctant to leave my dark bed-



room, but dark rooms really aren't my style. So I forced myself to take a book about butterflies into a weedy lot near my home, and there I tried to identify all the butterflies I saw. It took me all morning to name and list six species.

It was an enjoyable exercise and I learned a great deal about butterflies. And there was a bonus—for the rest of the day I was able to savor recollections from the morning: of nervous yellow wings flitting against the blue sky, of butterflies on purple, musky-odored

thistle flowers. My mind could not stop pleasantly soaring and delicately alighting among these images.

It's normal to have occasional "blue funks" and to be generally grouchy from time to time. Yet such moods are annoying if they persist. Seeking nature experiences is a beautiful way to extricate ourselves from negative moods.

Even in the city nature experiences await us everywhere. In parks, abandoned lots, weedy roadsides, and street-tree branches nature abounds, ready to be noticed. Even among your backyard grass blades there's a jungle with ants, slugs, exotic weeds, sand grains with

perfect crystal facets, and exquisite spider webs that glisten with dew in the morning.

It's easy to begin activities that will involve you in nature experiences. First, you'll need some equipment.

Acquire a hand lens. That's a special kind of double-lensed magnifying glass with 10- to 15-power magnification. With it you can become the quiet seeker among translucent hairs on the undersides of tree leaves or beneath the bouquet of stamens in a

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tiny flower. You can witness the lacy arms of snowflakes, the sweat glands that dot the whorls on your fingers, and the complex machinery of a grasshopper's mouth parts as it chews on a leaf.

Hand lenses can be purchased in hobby shops and variety stores. I buy mine where toys are sold, for usually they come as detective-kit accessories. That way I get a free badge and mustache to boot.

Also you'll need a notebook, a pencil, and some good books. The field books you need are guides that help you identify the common plants and animals you see every day. If you go to the nature section of a good bookstore, you'll be surprised at how many publications are specifically written for nature identification. Almost any good bookstore will sell the following important series of publications:

The Golden Nature Guides published by Golden Press of New York. These are perfect for beginners; they are small, well-illustrated books that usually treat only the most commonly encountered species.

The Peterson Field Guides published by Houghton Mifflin Company of Boston. This is perhaps the series in widest use among serious amateur naturalists.

The Pictured Key Nature Series published by the Wm. C. Brown Company Publishers of Dubuque, Iowa. These provide an easy introduction to the semitechnical approach of name learning using "identification keys."

Volumes in the first two series rely on the illustration-matching process of name learning; that is, you see something, then thumb through pages of illustrations until you match your specimen with a picture. The Pictured Key series depends on a step-by-step approach requiring a technical analysis of each species being keyed. A quick glance at any of the pictured keys will show what a key is and how it works.

Using these books with practice and perseverance, you can identify weeds, birds and birds' nests, trees, insects, spiders, ferns, grasses, mammals, footprints, stars and constellations in the night sky, algae, rocks and minerals, mushrooms. In other words, almost anything.

But why bother? Isn't it really enough to watch a spider spin its web without having to know the species? Well, at first it is, but after a while it isn't. That's because people tend to become bored with any activity that doesn't lead to something else. And name learning is only the beginning of a long educational process.

When learning to identify specimens, you're obliged to note details that would otherwise be overlooked. To differentiate kinds of flies, for instance, you must compare the venation patterns in their wings; to differentiate wild flowers, you must compare and understand floral anatomy.

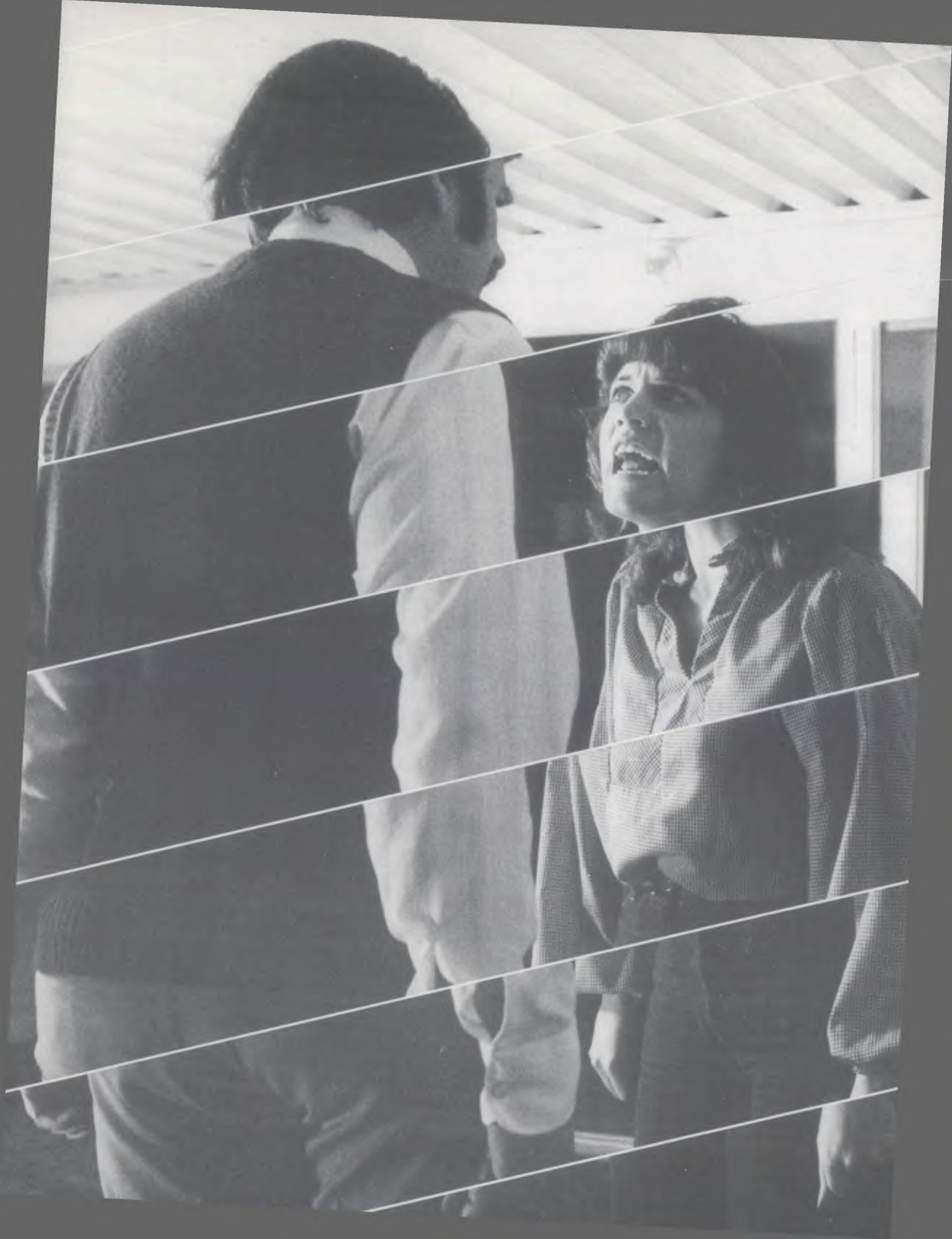
Name learning is fun, especially if you look at it as an experience in

itself worth having. As you sit in your backyard analyzing leaf forms, flower odors, butterfly color patterns—it's like a form of thought that takes the mind into new levels of consciousness.

If you have a name for something, you can do lots with it. After you identify a certain sidewalk weed as Bouncing Bet, for instance, you can look up that name in a book on useful plants and discover that it was used by the early American settlers as a soap substitute. Break off a leaf of the Bet, wet it, pound it, and sure enough, it makes a green, soapy foam. Among my favorite books are those that teach about medicinal and edible plants and those that describe interesting facets of animal behavior.

Few of us live in homes so married to pavement, concrete, and steel that nature is not a conspicuous element in our everyday lives. For instance, in late summer and fall, nearly all of us, even residents of the central city, can hear cicadas droning in the trees.

The cicada's buzzy drone somehow sounds primitive and mysterious, yet it also speaks of a smoothly functioning natural system that thrives around us as we go about our daily routines. There's something deeply satisfying about hearing droning cicadas in the park at sundown. If we actively seek the nature around us, cicada drones are but one sensation among millions ready to inspire and soothe us. ◇



Cathy has been dating Rick, but her mother doesn't like him and makes it apparent. Each time Cathy tries to talk with her mom about a date, they start arguing about where she is going, who will be the chaperone, and what time she should be home.

While working after high school at the local library, Charlie decides he wants to be a librarian. His father can't understand why. He has planned on Charlie's eventually entering his private law practice. He insists that Charlie will be unhappy as a librarian and will never have enough money to support a family. Charlie argues that his father is closed-minded.

Dana loves to dress casually. Her father nags her to dress better, claiming she looks like a boy. The resulting fight sounds the same each time they argue.

Do these scenes echo in your mind? Why do you lose yourself in conversations such as these? Psychologists tell us that it is very normal in teen years to be faced with a parent crisis.

You're at a point in life where you are changing, and changing rapidly. Your body reflects the physical changes, and your mind copes with the mental and emotional changes. You're starting to separate your thinking from that of your parents. You want to make adult decisions and take responsibility for yourself. Although it's a natural and healthy process, it can create a problem for parents.

Not all parents understand that one of the main goals for adolescence is becoming independent. During infancy you needed your parents in order

to survive. As you grew, you continued to need their physical and emotional support. But as you enter your teen years, for the first time you begin to stand apart and declare your independence from your parents. This process often threatens and frightens them. A parent crisis can result.

It is natural for parents to want to continue parenting you and not fully keep up with the rate at which you are growing beyond the need for their care. Dr. Howard M. Halpern, psychotherapist and author of *Cutting Loose*, explains that in each of our parents there remains a child who fears growth and independence. This inner child attempts to draw you into arguments which prove that you are still under their command.

Dr. Halpern refers to these continuing arguments as "songs and dances." The conversation may be repeated many times between you and your parents—the words are nearly the same each time, and the outcome is the same frustrating outcome.

If you have your own songs and dances that you carry on regularly with your parents, what can you do to overcome them? Let's consider advice from several human relations experts.

Recognize Your Song and Dance

Really listen to your conversations with your parents. What songs and dances are playing in the background of your relationship? Dr. Halpern suggests that discovering your own songs and dances is an important step to ending them. Charlie participated in a recurring conversation with his father:

Father: Charlie, I don't understand you. Librarians don't make any money.

Charlie: Dad, you're not fair. Not everyone needs a high standard of living.

Father: I've tried to give you the best and I would think you would want the same for your family. I've spent years building a law practice with a solid reputation. I've always planned on your joining me in the firm.

Charlie: Maybe it's time you thought about what I want!

No end. No solution. Charlie began to recognize that this song and dance was going on regularly. He wanted to change this situation.

Stop the Song and Dance

Charlie determines that he will no longer continue this childish conversation with his father. The next time the subject of Charlie's career as a

HOW TO OVERCOME A PARENT CRISIS

S. J. MARINELLA

librarian is raised, Charlie attempts to keep his thoughts to himself. The first few tries are not very successful, but eventually he succeeds in avoiding the verbal battle.

Discuss the Problem in an Adult Manner

Psychologists and counselors emphasize the importance of open communication with your parents on an adult level. After you've recovered from the old song-and-dance habit, try to discuss the problem in a noncritical manner, avoiding an argument.

Upon being admitted to college, Charlie had the following conversation with his dad:

Charlie: Dad, I've been accepted at I.U.

Father: I'm glad, but I hope you will reconsider your plans. Library science is not a good field for a man. You won't be able to support a family.

Charlie: You think the field isn't economically sound if I plan to have a family?

Father: Yes, that's what I think. Besides, I have always planned on your being a partner in my law practice.

Charlie: Dad, I understand your feeling. I'm sorry things haven't worked out as you planned. I've done a lot of thinking about my future, and I've decided that I am better suited to work in a library than a law firm. I believe I'm capable of supporting a family on a librarian's salary. Dad, I respect your work, but I think I will have to make my own career decision. I hope it won't hurt our relationship.

Charlie was careful not to criticize his parent. He listened to his father, but was open and honest about his thoughts. He was fortunate in that his father did learn to respect his decision and discontinued the old song and dance.

Don't Accept Unfair Guilt or Blame

Often parents are not as flexible as Charlie's father. They're hurt when you end the song and dance and will refuse to allow an adult discussion between you. Cathy experienced this outcome when she stopped the song and dance about her dating. At first her mother thought Cathy was ill and tried to arrange an appointment

with their family doctor. Then she attempted to force Cathy into battle by asking, "Why do you hurt me by refusing to discuss Rick?" Cathy has found it difficult to ignore the song and dance, but she is learning.

Dr. Wayne Dyer, a psychotherapist and author of *Your Erroneous Zones*, explains that parents sometimes use guilt to manipulate their children. Dr. Dyer stresses that you have the ability to think what you want to think. He suggests that you do yourself a favor by learning to avoid unnecessary guilt.

Don't Wait for Parents to Change

Stop blaming parents and expecting them to change. Dr. Dyer suggests that a more constructive goal is learning to accept others as they are. Dana decided that it would be foolish to expect her dad to change his ideas about her clothes. She refused to participate in the old song and dance. She tried to show respect for his ideas and discuss the problem in an adult way. She tried to use good judgment in her taste in clothes but continued to make her own decisions. Finally she learned to accept her dad as he was. Although her father was not always pleased with her selections, he was pleased with her changed attitude. Eventually he began to accept Dana as well.

Seek Outside Help

Although you may make every effort to stop the songs and dances and demonstrate to your parents that you are capable of an adult relationship, you may find them unprepared to handle the adult you.

If you're concerned about this continuing situation, seek the counsel of someone you trust such as a teacher, minister, close friend, or psychologist.

Cathy found that her mother harped more when she tried to end the song and dance. Avoiding the guilt and blame her mother tried to give her was difficult. Cathy found it helpful to talk with a trusted school counselor on a weekly basis. "The relationship with my mom has not improved," says Cathy, "but I feel much better." She's learning to live with and understand her mother. More importantly, Cathy is making a start at the goal of adolescence: she's becoming her own person. ◇



Saturday Night Live - At Your House

PATRICIA HORNING



Plan a Party

Tired of the tube? Bored with canned entertainment? Invite your friends over and tell them it's a B.Y.O.E. party—Bring Your Own Entertainment.

Your only rule is that TV and regular party games are banned. Each guest should come prepared to provide an item of entertainment for the whole group. In case that sounds like a tough act, here are some suggestions to get you started. You'll probably come up with others individually suited to your friends.

- Bring a musical instrument. Guitars and banjos are especially good for this kind of party. You should have a few numbers prepared, and later the group may want to join in singing.

- Have an impersonation perfected. Some people are naturally good at imitating a famous person, but many can do a plausible job with a little practice. A partner can "interview" the personality. Or maybe you'd prefer to do a series of impersonations and have the guests try to figure out who you're imitating. It's also fun to do impersonations of people you all know firsthand.

- Readings and humorous poetry are always good. You may want to bring a simple costume or prop to give your performance more color.

- "Magic" tricks need not take hours to perfect. A spoof on a magician's rabbit-out-of-the-hat trick is hilarious if an amateur comedian hams it up.

- If you're scared to open your mouth—don't. Mime is an ancient form of entertainment where acting takes precedence over speaking. Wear a plain, dark outfit, paint

on a funny face, practice exaggerating happy and sad expressions, and amuse your friends without saying a word.

- Skits can take several forms. You can write your own script ahead of time and assign parts. Or you can team up with a partner and do an interesting act. The speaker stands in front of the actor, who is directly behind, moving his arms



to indicate the action. You'll probably get out of sync when "riding" a bicycle up a hill or "jumping" rope—and that will make your performance even funnier.

- Literature is full of funny stories just begging to be dramatized. You may need to get several actors to play different roles. You can either read the story and let them create the action, or each character can read his own lines.

Mark Twain's books are good resource material. Consider doing the episode from *Tom Sawyer* where Tom whitewashes the fence, or the short story "The Celebrated Jumping Frog of Calaveras County."

- If you're musical, you can create your own song. You may want to start with a well-known

tune and lyrics, then do a parody. After you've sung a couple of verses, ask the group to join you in creating a song as you go along. People and experiences of your group will grow naturally into the lyrics.

- Create-a-story includes everyone. One person starts a tall tale. When his imagination runs dry, he quits, naming the next person to pick up the story. After it's gone around for a while, somebody will get tired enough to kill off all the characters, and then you'll either have to start another story or move on to the next act.

- Impromptus can include several people and require no advance preparation. You simply assign an everyday situation to a team who acts it out. People who can come up with instant dialog do best when acting out a scene such as two women who collide in the grocery store and get mad at each other.

- Put on a zany fashion show. You'll need a script and a girl with a syrupy voice to read it. But it's all punny—the model who's showing the latest in waffle-weave linen has real waffles tied to her pants, the one with a "bare midriff" has her sister's teddy bear around her waist, and the one featuring the stunning new citrus colors sports oranges, limes, and lemons. The models and the narrator must keep a deadpan expression for this to come off effectively.

A party like this doesn't require much fussing in the kitchen. Pizza and soft drinks should keep your "actors" happy and entertaining. Sit back and enjoy your party and friends!

Study hall started out quiet but went downhill right after I got caught being passed a can of beer by Mike Quill. Mrs. Canter was standing right behind him, only he didn't see her.

My heart stopped and I wanted to slide out of sight under the table. She didn't say anything or do anything . . . just stared to see what I would do. Cindy Lou Fowler glared

too, little spots of red in her cheeks I hadn't noticed before. She swung her head back and forth disapprovingly from her seat at the table.

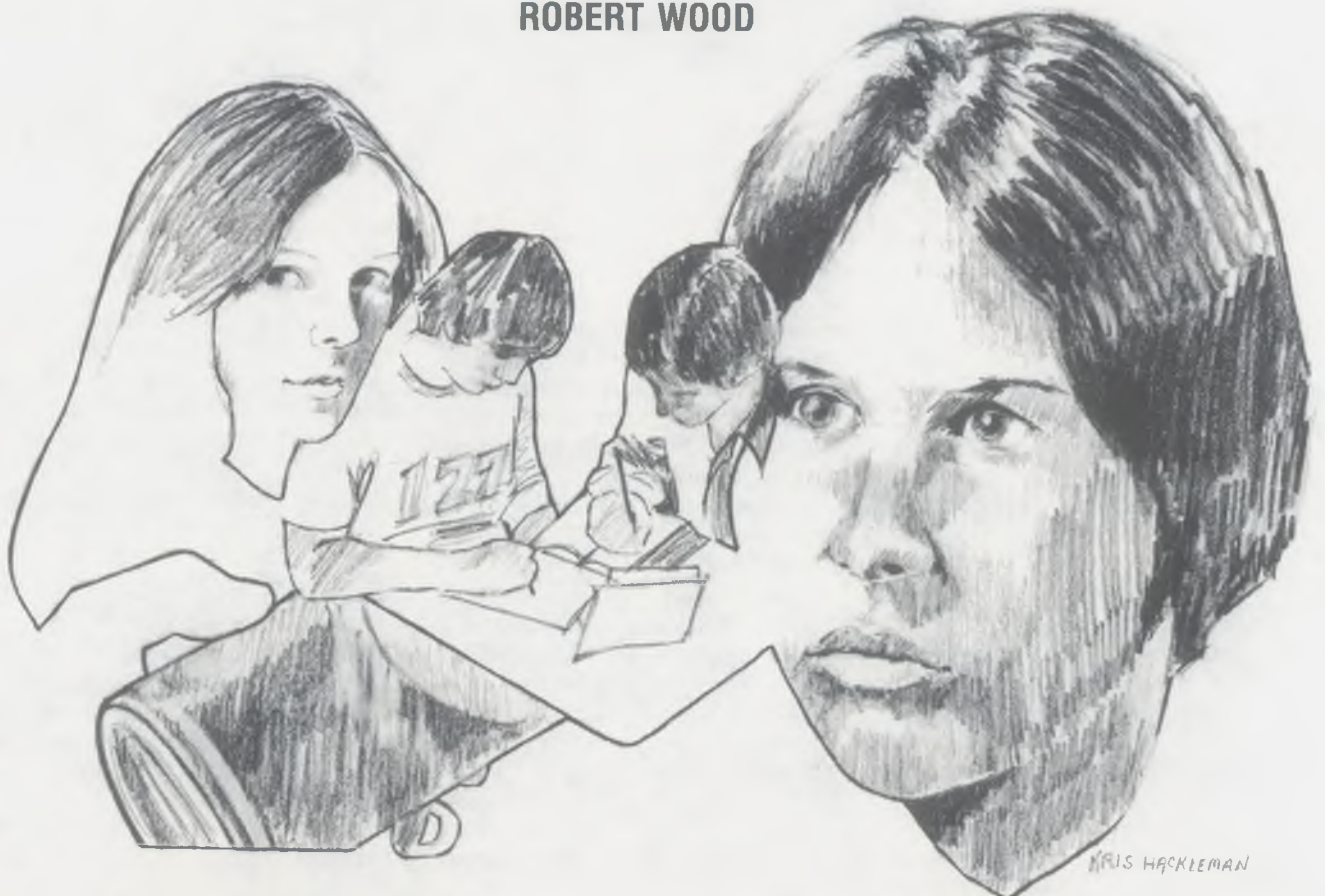
Now I don't like beer. I have a brown bottle once in a while with the other guys only because they have one. This guy Mike was at one of the parking lot sessions, I remember, and I don't like him. He's a big so-and-so and gets

this mean look on his face when things don't go his way.

I'd been interested in Cindy Lou for a long time, though I'm sure she didn't know anything about it. She worked in the sub shop in the center of the village and had half the guys in the school hanging out there. I could dream, though, and I did, especially when I watched the

STUDY HALL RUCKUS

ROBERT WOOD



green trees out the school window. In my imagination we went to the county fair and concerts and school games and picnics and everything.

This would be a good chance to show her I had some guts, since words aren't my thing. I grabbed the can, yanked the flip-top and glug-glugged it. Mrs. Canter still hadn't moved, but suddenly it seemed that a diesel forklift got hold of me.

When I got a chance to look over my shoulder, I saw it was Knuckles Flannagan who had me by the neck. This football coach played for the Patriots one season before being injured out. He hadn't lost his grip since that time.

"Hey, let go," I hollered. "I can walk."

"You're not going to walk, you're going to run," he said as he tightened his grip. We ripped down the hall and into the principal's office.

Mr. McGoo (his real name is McGoogle) looked up with a scowl before he knew whether I was there for a medal or what. He is such a black hat that he actually wears one to school and home every day. Honest.

"Well, Mr. Flannagan, what is the honor this time?"

"Drinking beer in study hall, Mr. McGoogle,"

Flannagan said. A real thundercloud came over McGoogle's face, almost as though he needed a shave.

"Mrs. Hatfield," McGoo hollered for his secretary, "take a letter. Where do your mother and father live, young man? Never mind, I'll look it up in the file."

"Just my mother," I said. "She works at the laundry. My old man busted out a long time ago. What'd you want with her?"

"Pick you up. You're suspended for the next three days."

"Why me?" I yelled. "What about Quill?" McGoo waved his hand in a tired way, as though he were bored by the whole thing.

"I don't know about Quill. You were drinking beer in study hall. You got a problem, but the school's got a bigger one with so many of you drinking around corners. You're out. My secretary will call your mother."

Well, I didn't wait. I knew the secretary wouldn't get Mom because they never call her to the phone where she works, so I ups and outs from the school.

I thought if I was going to be accused of drinking beer I might as well really be guilty, so I headed down the hill for the pack-

age store. The school lawn bulged all over with spring greenness, and I kicked the freshly mown grass with my jogger shoes. I couldn't have picked a better day to get bounced. Even the flag, way up on the pole, snapped and sounded good. Except I was bounced.

I went down to the square and into the gas station and told Tony my needs.

"Let's see the color of your money," Tony said gruffly. "I ain't no charity." I peeled off a couple of ones. "Come on," he said. "You're buying me a couple too." He slouched across the street and came back in a few minutes with two six-packs, one for himself. "Don't hang around here, kid," he said and went back to work.

I took the six-pack and wandered down to the park and sat on a bench. The sub shop was in the shadow across the street. Cindy Lou worked there—she had shaken her head at me. Funny thing—with her in mind I couldn't get myself to flip a floptop.

And the more I thought about it, the more determined I was to go over to that sub shop sometime when she was working and see if maybe we could say hello. ◇

A DAY IN THE LIFE OF A VOLUNTEER ZOOKEEPER

SEEING THE ANIMALS

A. D. MALONE



In San Francisco's morning fog, 14-year-old Caroline Murphy begins her rounds: sweeping out goat, sheep, and pony stalls while the shrieks of chickens and squirrel monkeys cut the dusty silence.

Caroline is one of 30 volunteers who work with three salaried professionals to operate the San Francisco Children's Zoo. She first cleans the stalls and grooms the large exhibit animals, then spends several hours preparing vegetarian compotes for distribution to the smaller animals later in the day. Ten minutes prior to opening time, Caroline moves the large animals from their stalls into a wood-fenced exhibit yard where guests can observe them.



"Most of the animals here in the Children's Zoo are domestic," says Caroline as she strolls along the zoo's central pathway, pointing out rabbit hutches and the duckpond along the way. "Animals like ducks, chickens, goats, sheep, and ponies are here for the children to pet and see at close range. Of course, we also have orangutans and bobcats which are wild. But since they're baby animals, they're exhibited here too."

S CLOSE UP



As Caroline speaks, a squirrel monkey chatters and gestures at a snowy owl who crouches inscrutably in the bottom of an adjacent cage. "Most of our larger domestic animals are allowed to run around freely. The ones in the cages are there for their protection as well as for the safety of visitors," she explains.

"We like to think our animals are pretty tame, but I was bitten once by the squirrel monkey and had to have six stitches taken in my hand!" Caroline points to the latch on the monkey cage as she describes the incident.



"There was an opening by the latch and I was reaching inside the cage when he bit me. He must have been feeling bad that day, because he doesn't usually bite."

As the zoo comes alive with daily visitors, Caroline takes a few moments with a six-month-old lamb who was named after her. "When new animals arrive here at the zoo, they're given names. Sometimes they are named for people who work here like 'Caroline'; sometimes they are named for celebrities. Our two baby pigs are Donnie and Marie."

Caroline shares responsibility for exercising Pixie, the Shetland pony, but admits that her favorite zoo charges are the baby orangutans, Sydney and Samara. Both these baby apes were born in captivity.



“Sydney is only 15 months old and Samara is two,” recounts Caroline. “They both love to tease and play chase. Samara’s favorite game is waiting until you are getting close to her, then running away.”

Caroline also volunteers in the zoo’s rat colony, where the small rodents are bred as food for the carnivorous owls and hawks. “It’s not hard, really,” says Caroline when asked if she becomes attached to any of the rats. “We save out our special favorites and use them for breeders.”

As Caroline’s day draws to a close, she walks through the yard where visitors are being nibbled and scolded by goats and chickens. “That’s how I started here,” she recalls. “I had a zoo



membership and came here all the time. I could hardly wait until I was old enough to join the volunteer staff!”

Caroline’s work at the zoo has given her some career ideas too. “I used to think I wanted to be a veterinarian, but then I thought that working with sick animals all the time would be too sad. I’d rather be a zookeeper, because they get to work with all types of animals. Working here is the best preparation for the job.” She smiles, “If I decide later on that zookeeping is what I really want to do, I’ll know what to expect!”



Can We Ever Solve the Alcohol Problem?

WINTON H. BEAVEN, PH.D.

Alcohol has been with us a long time. The problems in our society today created by its use are not essentially different from those met previously, except in degree.

So the question can be asked, Why have not these problems been solved long ere this? There are several reasons, one of which is that we don't even admit we *have* a problem.

Alcohol has for thousands of years been the most easily available, the cheapest tranquilizer around. Since we always have headaches to treat and problems to meet, this is an easy way to selfadminister a prescription. Many people still believe that alcohol has beneficial effects, and as long as this opinion is held, we will continue to develop problems, including the toll of drinking and driving, family problems, and the rise in the number of alcoholics.

There are some ethnic situations in which alcohol does not

become a major problem. This is related to the way that a culture looks at the use of alcoholic beverages. For example, Orthodox Jews, using wine only in their religious services and believing the Old Testament which says drunkenness is a sin, are almost religiously shielded from alcoholism. However, when these cultural and religious restrictions are loosened, the alcoholism rate rises almost in proportion to their abandonment

of their moral beliefs.

In cultures that consider drunkenness to be acceptable, alcohol problems increase. What's happened in our society today? As I see it, drunkenness is a joke. There are no longer any effective restrictions against it except in those religious communities which frown on the use of alcoholic beverages or on any manifes-



tation of drunkenness. To a large degree alcoholism is low in the so-called Bible Belt, where many of the Protestant churches discourage drinking. Conversely, alcoholism is highest in the large cities, especially in the Northeast and West, because of cultural patterns there.

Probably the most significant research done in recent years to bear this out was carried on by the Ontario Research Foundation in Canada. Dr. deLint has done statistical studies of alcohol consumption around the world.

This research shows that as the use of alcohol goes up, so does the related health damage. There is an increase in alcoholism and in all problems related to it.

The latest summary shows increasing consumption in all the Western world except France, and also more problems of alcoholism in every country in the Western world except France. It's only a matter of degree. These studies show that there is an absolute relationship between the amount of pure alcohol consumed in a society and the resultant damage, whether on the road, in the family, or in the form of disease.

What is most serious at this stage, it seems to me, is that as these problems increase there seems to be little awareness of their seriousness or much concern about where they may lead. There seems to be in our society an almost total acceptance of the idea that we're going to drink more and it doesn't make any difference.

The number of drinkers in our society is now higher than it has ever been. For many years about one third of Americans were abstainers and about two thirds drinkers. The 1977 figures show 71 percent to be drinkers, up 3 percent in three years. The difference is mostly made up of women, the number of female drinkers rising 5 percent in three years.

With this many people drinking, it's obvious that more youth will

"There seems to be in our society an almost total acceptance of the idea that we're going to drink more and it doesn't make any difference. The number of drinkers in our society is now higher than it has ever been."

also be drinking. The average age of first drinking is now below 13. About 20 percent of today's teenagers are drinking, and drinking so much more that it's downright scary. For example, seven million teenagers, 30 percent of the total, report getting drunk several times a year. And five million, about 21 percent, say they use five or more drinks per occasion. These are startling figures.

But if you really want to be shocked, note these figures: 62 percent of all seventh graders, and 80 percent of eighth graders now drink. The only age group in which this percentage is not increasing is the college and university age group. And the only reason it's not increasing is that it can't go up much more. It's reached 90 percent and leveled off.

There are many studies indicating that the earlier a person starts drinking the greater will be his problems in life produced by drinking. We know that the average age of alcoholics has steadily declined in the last five years. It's safe to say that 25 years ago the age of the average alcoholic showing up for treatment was in the 40s. Now it's down in the low 30s. This has to be related to the incidence of drinking at 9, 10, and 12, as opposed to 16, 18, and 25.

I'm not sure how we get people to understand the seriousness of this situation. What we have today is something quite different, as I see it, from what we had a generation ago. The majority of teenagers are engaged in regular heavy drinking, particularly on weekends and at unsupervised

parties, and are getting intoxicated. That can only mean a harvest of problems in the years to come.

As a backlash from the drug scares of a few years ago, we have, I suppose, thousands of parents who say, Thank goodness, my son isn't on drugs, as the police drag him home dead drunk. I respond, It might have been better to use some other chemicals than alcohol, for alcohol is probably the most dangerous drug in our society, and certainly because of its widespread use, threatens to have a much greater impact on our future.

There's a school of thought today which holds that our society is swinging toward moderation, and that we'll consume more alcohol with fewer resulting problems. That's wishful thinking. That's daydreaming. The data doesn't support such a conclusion.

Very simply, in direct proportion to consumption, our problems will increase. Of course it's easy to paint a bleak picture. It's a lot harder to look at the picture and decide, What do we do about it?

Around the country there are many experiments going on with young people, trying to help them face the problems of today realistically. The ideal approach, of course, would be in the family. And where families are still together, the long-term solution is in this situation. If only we could train parents to assume full responsibility in raising their young people, if those parents could help the young people learn to make decisions, if they could maintain open communication, if they could set proper examples for their young people—then youth behavior would be markedly influenced.

Unfortunately, close to half the homes in the United States are not homes any more, and as much as this might be improved the next few years, it still would affect only a minority of the population.

One of the most interesting pieces of research ever done on family influence and its relationship to subsequent alcohol and drug use was done by a physician, Dr. Tennant, on his return from Army service in Europe. He was in charge of the Army's drug abuse program there, and after studying 5000 young adults, decided there must be a reason some got into drugs and some didn't.

In a special doctoral study program at U.C.L.A. he tried to find what factors in a child's rearing might possibly lead to an adult life free from alcohol and drug involvement. From 107 different activities he determined, for example, that being a Boy Scout, raising pets, participating in sports, seemed to be no preventive to problem drinking later in life.

He found three activities—and three only—that showed a trend away from drug problems. 1. Church attendance—if a child went to church, this served as a deterrent. If the child went with his parents, it was a greater deterrent. 2. Nonuse of drugs or alcohol before age 15 greatly lessened the possibility of dependency problems later. 3. Firm discipline, including spanking, was a third deterrent.

Now we can't assume from this that these activities will guarantee protection from alcohol or drug problems. What such activities show is that a good family situation—of caring, concern, communication—becomes a positive deterrent to ultimate drug abuse.

The only other approach to meeting the challenge of alcoholism seems to be in a situation where young people are together. Two such places are the church and the school.

It is generally true that the family which stays together is more likely to go to church. And the family which is reinforced in its value systems and behavior by a church direction is a much stronger bul-

"If only we could train parents to assume full responsibility in raising their young people, if those parents could help the young people learn to make decisions . . . then youth behavior would be markedly influenced."

wark against antisocial behavior of any kind.

The greatest challenge that faces us is, it seems to me, How can we help the young people who don't have the advantage of home or church? Some of the projects we've seen in action recently hold much promise for the future.

These establish within the school system those group approaches that help young people to communicate, to investigate for themselves what they really believe, to create useful value systems for their own lives, and to do all this in a peer relationship that helps them in unthreatened situations to find out who they are and where they want to go.

Not long ago I saw a panel of young people from a school system in California. All the youngsters were off the street, and not from religious backgrounds. Through a peer counseling process they had come to terms with each other, and consequently with themselves, having developed a value system which told them what's really important—and how to behave in productive ways we can all admire.

We come back, however, to the first problem, How do we get people to recognize the size and nature of the problem we are facing?

Obviously, all of us who are aware of what's happening need to inform our publics at every opportunity. Secondly, we need to remember that change is achieved by individual initiative. Historically we discover change has been produced in all kinds of systems, but it

has almost invariably been produced by single individuals who had a burden and who wouldn't let anything stop them from reaching a worthwhile goal.

We must not become futilitarian and think nothing can be done to meet the problems created by the use of alcohol in our society. On the other hand, there is no simple answer.

Change can be effected if we really want to do it. Our society is ripe to attack this problem in many areas. In my own community, for example, I know that people are looking for help, and respond enthusiastically when it appears.

I heard several youngsters as members of a panel on alcohol and drugs tell us categorically that we adults ought to cross the generation gap, quit talking about youth and adults, and start looking at everybody as a person. Then everybody would respond. It seems to me that we have allowed the generation gap—which is real, of course—to stop us.

The youth are telling us, Look, we want your help, we need your help, we're sick of being abandoned, we want your concern.

I think this is a message we must take on a community level all across the country. In places where it's being done, the results are outstanding. But it requires, in every community, an individual or several individuals who literally set out to change the society in their particular area. ◇

Winton H. Beaven is dean of the Kettering College of Medical Arts in Kettering, Ohio. He has specialized in the study of alcohol problems and educational solutions to them, often lecturing to seminars and workshops in many parts of the world. Dr. Beaven has served as president of the International Commission for the Prevention of Alcoholism, and will be a presiding chairman for its coming Third World Congress in Acapulco, Mexico, August 26-30, 1979. This Listen article is from an address he delivered to the 1978 seminar on the Prevention of Alcoholism and Drug Dependency held in Berkeley, California.

How Soon After Divorce Should a Person Remarry?

JEFF MITCHELL



Ask a Friend

How long after divorce do you recommend that someone wait before marrying again?

That question cannot be given a blanket answer, but I'll try to explain the emotional stages that follow most divorces. It takes time to be able to grow through the pain of divorce.

Divorce is a very painful process. It's emotionally painful even when the couple really wants it to happen. Here are two people who have put a great deal of their energy into a relationship which is now failing.

Most divorced people experience the same stages that a person experiences when he is faced with a death in the family or some other serious crisis. It can be observed in four distinct areas.

They pass through a stage of denial in which they try to ignore what is happening to their marriage. They believe that if they ignore the situation, it will improve and they will be happy again.

Then they become angry as their denial fails and they are forced to face the reality of the situation. They may be angry at things outside of themselves, the person they once loved, and then finally at themselves.

Next, divorced persons go through a stage of remorse and guilt. It's the stage in which they say things like "If only I hadn't gone on that trip, things would be different now" or "If only we hadn't let his mother live with us, we'd still be together."

Finally comes the stage of grief. They are losing something that

once was very important to them. Then it takes awhile to make the whole experience mean something to them.

I don't think most of the people I know can go through these stages in less than a year. Many take 18 months or longer. If they get outside help from a competent counselor or psychologist, they may achieve their goals of making a painful situation into a growth-producing situation in six months to a year. Much depends on the stamina of the individual person. But the process should not be rushed in an attempt to begin a new relationship.

Is there any way to anticipate how a person will react if you tell him he's dying?

The only way I know to answer this question is to make reference to the book *Death and Dying* by Elizabeth Kubler-Ross. Briefly, she states that her experience with patients demonstrates that dying people almost always go through a series of emotional reactions.

When a person learns that he's dying, he usually feels shock and tries to deny that this is happening. Later he may feel angry and may try to bargain his way out of it. Sometimes he may promise God that he will do certain things if he can live longer; or he may try to get the doctors to say that he will live longer and he will agree to donate so much money to a hospital.

When bargaining fails, as it usually does, the dying person gets depressed and may grieve over the loss of all the people who are special to him. If the person gets

enough caring support from loved ones, he may finally reach an acceptance of his situation and the fact that he is dying.

All of this is pretty hard stuff to take, and the dying person needs a great deal of support from his family. The family also has a great deal to go through. Neither the dying person nor his family should go through the process alone. They need all the support they can get from relatives, friends, clergy, and professionals, such as counselors and therapists, as well as medical personnel.

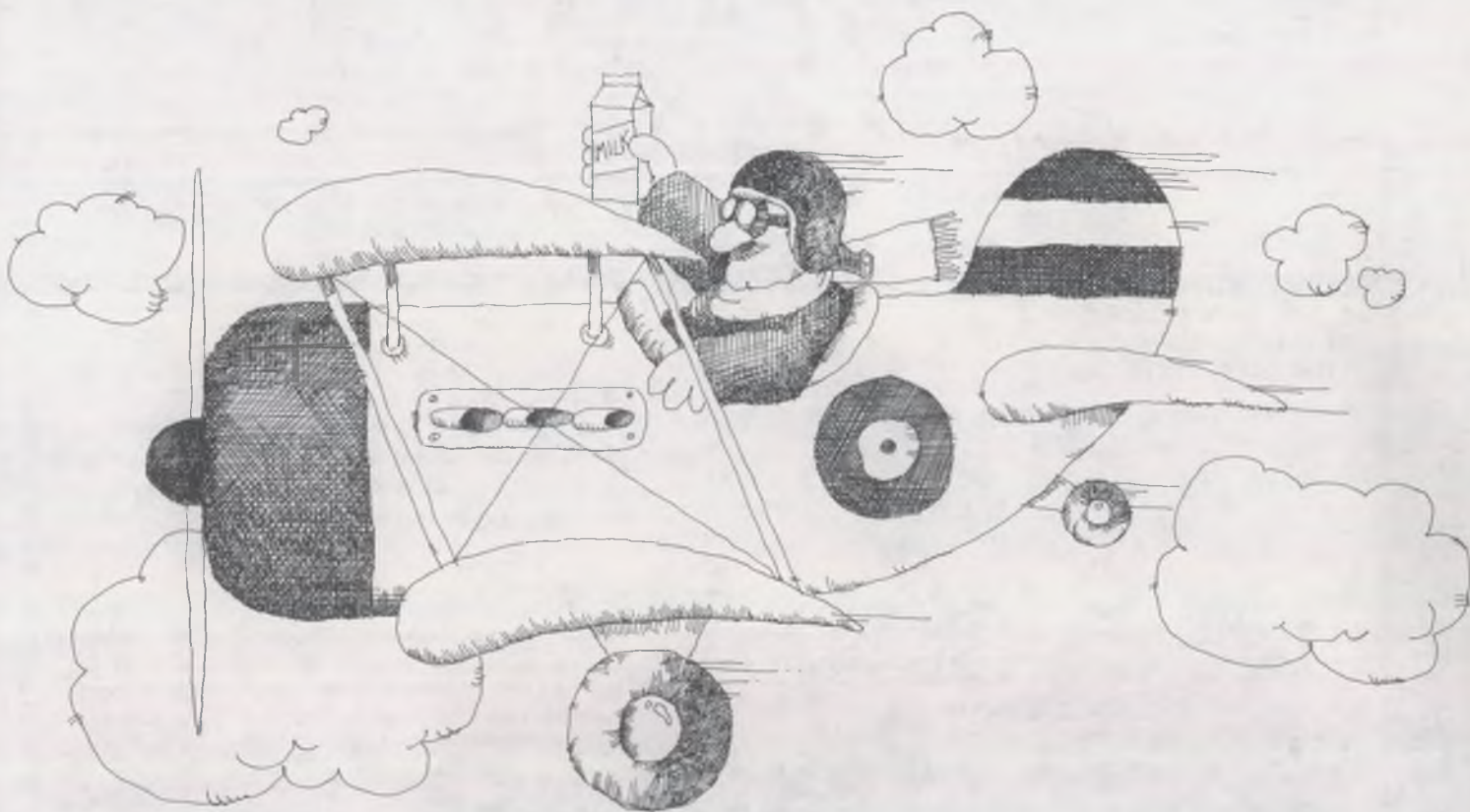


Have a question about drugs and health, friendships and parents, or just your own feelings about yourself?

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

Address your question to: Ask a Friend, Listen Magazine, 6830 Laurel Street, N.W., Washington, D. C. 20012. Because of space limitations, we cannot print all questions and answers in the magazine.

THE FIRST TRANSCONTINENTAL FLIGHT WAS AN EVENT WORTH CELEBRATING—BUT NOT WITH BOOZE.



FLYING THE UNFRIENDLY SKIES

CHARLES PATTI

Contrary to popular opinion, great accomplishments are not always celebrated with champagne or Scotch. For instance Cal Rodgers, the first pilot to make a transcontinental flight, drank to the successful completion of his mission with a different kind of beverage.

That trip was quite different from flying today's friendly skies. In September 1911 Rodgers climbed into his plane, the Vin Fiz, at Sheepshead Bay, New York, pulled down his goggles, and took off on his historic flight to Pasadena, California.

Once aloft, his 35-horsepower plane flew at a top speed of 55 miles per hour. During the 49 days it took to complete the flight, he was to climb

in and out of the plane's wicker seat many times. In all he made 69 landings and takeoffs before arriving safely in Pasadena.

It was pretty much a one-man show. He hauled his own gasoline; he cleaned the various engine parts; he replaced those that had worn out en route. So many parts had either been damaged or worn out that except for the vertical rudder and a few stanchions, the plane had been virtually rebuilt three times during the trip!

And when he finally landed, he was greeted by a cheering throng of more than 20,000 persons. To celebrate his achievement he quaffed a favorite beverage—a glass of cold milk. ◇

... And



So Forth

TEEN-AGERS IMPRESS SCIENTISTS WITH THEIR PROJECTS



Two New York City teens won trophies and impressed scientists with projects they submitted to the National Energy Foundation's Student Exposition on Energy Resources. The winners are Alan Lambert, 15, of Queens, and Ichiro Sugioka, 17, of the Bronx.

Ichiro's project was the design of a windmill with blades that automatically adjust to obtain maximum energy from the wind. Alan earned his award for his three-year study of solar cells. About six months earlier he began testing his hypothesis: he reasoned that certain colors neutralize each other and that, by filtering out individual colors, he could increase the cell's efficiency.

It just happens that about the same time Alan started his work, scientists at Sandia Laboratories in Albuquerque, New Mexico, began stepping up research on solar cells. They, too, began working on dividing the color spectrum into narrower bands to increase the amount of energy produced by solar cells.

"I couldn't believe it," says William Draper, manager of energy systems at AT&T of which the Sandia

Laboratories is a subsidiary. "We have a multimillion-dollar laboratory working on something and a high-school kid working on the same thing."

But although they're turning out significant and complicated scientific research, both boys are also normal teen-agers. Alan works in his home and goes out into the backyard when he needs sunlight for his experiments, which he calls "light spectrum neutralization."

Ichiro, who calls himself The Baron of Itch, doesn't know why he's such a whiz at science when nobody else in his family has scientific training or interest. He's won a slew of prizes for his numerous projects, but the one The Baron prizes most is establishing a new National Model Airplane record, topping his old record by 30 percent.

One of the highlights of winning the Golden Boy statuettes was a direct east-west hook-up with the scientists at Sandia. Both teens discussed their research by a telephone conference call with the scientists in New Mexico.



"I didn't say you were a hypochondriac. I merely said, 'Not many people have monogrammed pills of their very own.'"

FEMALE AND MALE
Lucille J. Goodyear

There is more than one word when referring to a male or female! How many of these words can you find in the letter maze below? The words may run up, down, horizontally, vertically, or diagonally. You should find 118 terms.

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

ace, angel, aunt, babe, bag, baron, beast, belle, biddy, bird, boss, bounder, boy, bride, broad, brother, brute, buck, bully, bum, calico, caveman, chap, clod, codger, colleen, coot, coquet, countess, crone, dame, Delilah, demon, dog, doe, doll, Don, duenna, empress, esquire, Eve, geezer, giant, gigolo, goddess, grandfather, grandmother, granny, groom, hag, hellion, hen, her, Hercules, hero, heroine, him, homemaker, joyden, Jane, jasper, Jezebel, John, joker, knave, lad, loafer, lothario, lug, mademoiselle, maid, male, mama, mare, master, mater, matriarch, milady, mom, nag, nephew, nun, oaf, ogress, pappy, patriarch, queen, rascal, Romeo, senor, senora, senorita, she, sheik, sir, sire, siren, sis, skirt, sop, spinster, spitfire, sport, squaw, squire, stud, suitor, titan, tomcat, tot, uncle, vagabond, vampire, vixen, wastrel, widow, widower, woman

MATHEMATICAL ODDITIES
Milt Hammer

You may need to refer to reference books to find the answers to some of the more obscure questions. Fill in the blanks to complete the question, How many . . . ? (Answers on page 24.)

1. Lines in a sonnet? ()
2. Petals on a buttercup? ()
3. In a baker's dozen? ()
4. Stars in the Big Dipper? ()
5. Voyages did Columbus make to the New World? ()
6. Wheels on a jinrikisha? ()
7. Feet has a biped? ()
8. Americans have won the Nobel Peace Prize? ()
 American Presidents? ()
9. Humps on the dromedary? ()
10. Years did Rip Van Winkle sleep? ()
11. States were in the Union when Washington was inaugurated? ()
12. Days and nights did it rain during the biblical flood? ()
13. Things make a set of sextuplets? ()
14. Members on the U.S. Supreme Court? ()
15. Wings has a horsefly? ()



SNAKES ALIVE, IT'S DRACON



Michael Russo, a sophomore at Princeton University, keeps his eye on his pet python. He goes with his master around campus, but Michael's fellow students are having a bit of trouble adjusting to Dracon.

HERE COMES A FIBERGLASS TRUCK!

In 1981 a limited production of 4000 Scout four-wheel-drive vehicles will have special bodies made from a heavy-duty fiber glass. The greater strength of the material allows for lighter bodies, which boosts mileage rates, according to International Harvester officials. Another plus factor anticipated is no repair investment for minor dents and rust. The composite material—a mixture of long glass fibers and resins molded into pieces—has been used extensively in the airline industry. Experimentation is coming in the auto field now.

PUZZLE ANSWERS

"MATHEMATICAL ODDITIES"

- | | |
|--|--------------|
| 1. Fourteen | 9. One |
| 2. Five | 10. Twenty |
| 3. Thirteen | 11. Thirteen |
| 4. Two | 12. Forty |
| 5. Four | 13. Six |
| 6. Seven | 14. Nine |
| 7. Two | 15. Two |
| 8. Sixteen; Two (T. Roosevelt, Wilson) | |

GET THE LEAD OUT

Ever put down the lowly yellow pencil that scratches its way through algebra problems, notes to your best friend, and biology quizzes?

The average quality lead pencil (that excludes the variety offered 12 for \$.50 on the back of breakfast cereal boxes) can inscribe a line 35 miles long. To break that down to manageable size, that's 45,000 words, or about three and a half times the number of words in this copy of *Listen*. During its lifetime it can stand up to 17 sharpenings, according to *Office Magazine*.

Get the point—a good pencil can be the student's best friend.

FOR JIM SMITHS ONLY

You're probably a member of several clubs or societies, but in case you'd like to join another, here's the scoop on one exclusive organization. It was started by James H. Smith, Jr.—who else?—who was tired of all the jokes about his name. So he started a society.

Now 781 Jim Smiths are members. Of course, it's a bit confusing when they get together at the annual Jim Smith Fun Festival. "If you say 'Hey, Jim' 20 heads will turn," says Mr. Smith, of Camp Hill, Pennsylvania. "We drove hotel people crazy with calls for Jim Smith at one of our meetings."

One thing in this club's favor, however: taking roll should be a snap.





New Drug May Help Heroin and Methadone Addicts

A new discovery may help control heroin and methadone addiction, medical researchers believe. The drug clonidine is widely used to treat high blood pressure, but now it's being tested on addicts.

Over a six-month period researchers at Yale Medical School and New York Medical College have detoxified successfully 29 out of 31 patients given clonidine.

Clonidine was tested extensively on animals before being given to humans. It's different from other drugs used to treat heroin addiction—it's not an opiate. For 100 years researchers have substituted one opiate for another, hoping the new drug would end the addict's drug habit. Each did, but the addict became dependent on the new drug.

Clonidine does not cause the agonizing symptoms usually associated with methadone or heroine withdrawal.

Beer Losing Popularity To Other Alcohol Drinks

Statistics from two states point to a change in American drinking habits. Beer is losing popularity in Colorado and Florida, but other alcoholic beverages are taking their place as the amount of drinking increases.

The Department of Revenue for Colorado says that beer drinking is up only 5.3 percent from 1977 to 1978, while use of hard liquor increased 15.4 percent during the same period. The real jump in consumption in the state of Colorado, however, was wines. Those with less than 14 percent alcohol showed an increase of 23.3 percent

during the past fiscal year.

A survey of undergraduate college students at one university in Florida indicates that slightly more than half of the drinking students prefer to imbibe in bars and drink cocktails rather than beer. About 22 percent of the drinkers admitted to driving while under the influence at least five times within the past year.

The survey, conducted by a doctoral candidate, showed that 474 of the 589 students questioned were drinkers. Three times as many women as men were abstainers. Nineteen percent of the drinkers drink three or more times a week, and 9 percent have cut class after a drinking bout.

Grass Grows Greener in Northern California

California has become the state with the biggest crop of marijuana. The northern part of the state is especially suited to the cultivation of the illegal crop.

"We know that it's big business," says Thomas Johndahl, sheriff of Mendocino County, where officials last year seized 12,000 pounds of marijuana with a street value of over \$3 million.

Humboldt County grows up to \$20 million worth of marijuana each year, according to District Attorney Bernard DePaoli. He says, "A phenomenon has developed that has been tantamount to bootlegging days during the '30s. It's invited the kind of people into Humboldt that we've never witnessed before—that is, violent, hard-core criminals. It's increased violent assaultive crimes by at least 150 percent."

Most of the marijuana is grown

on land that doesn't belong to the growers—timber company land or state and federal holdings.

Since California reduced the penalty for possessing the drug to a maximum fine of \$100, with no extra punishment for subsequent offenses, the number of Californians who have used marijuana has increased 25 percent, and the number of Californians now using grass has jumped 56 percent, according to a state survey.

Debate is still raging over whether decreased penalties have encouraged increased use. "When you've got as much money here as we have, and the penalties are decreased, I think it's an open invitation to go into business," says Roy Simmons, Humboldt County chief of detectives.

Earlier Drinking Hits Russian Young People

Not only are Russian youth drinking at an earlier age, but they're also drinking harder liquors at a younger age, according to a national Soviet newspaper.

The report says that 93.9 percent of the males and 86.6 percent of the females have at least tasted wine by the age of 17. By the time they reach that age, 47.2 percent of the fellows are using hard liquor, such as vodka. Girls haven't caught up yet, but 31.4 percent are into vodka by the age of 17.

In the Soviet Union the legal drinking age is 18, but wine and beer may be legally purchased by 16-year-olds.

Soviet society may itself be at fault for the lowering age of drinking. According to the newspaper, there is a lack of facilities for teenage recreation.



Editorial

Pincer Movement

In warfare, one of the most devastating military tactics is a pincer movement against the enemy. This maneuver has meant the destruction of many an army.

This is exactly what's happening to many people today who try to combine the use of alcohol with that of other drugs. They are literally caught in a pincer action.

For example, the growing practice of mixing drugs and alcohol is illustrated by the fact that some 100 million people in the United States are regular consumers of alcohol—at least one in ten is an alcoholic. And each year physicians write 100 million or more prescriptions for "minor" tranquilizers.

"Alcohol is so common in its use as a beverage that we tend to discount it as a drug," says Dr. Frank Seixas, medical specialist of the National Council on Alcoholism.

Even an occasional user of alcohol can get into trouble when he combines sedatives and alcohol, according to Dr. Stanley Gitlow, of Mount Sinai School of Medicine.

Alcohol interacts in different ways, at times deadly ways, with various drugs. It will reduce the effect of penicillin and other antibiotics as well as the performance of anticoagulants. When taken with aspirin, alcohol can cause stomach and intestinal bleeding. This could be fatal to a chronic drinker.

A person who takes a drink and an over-the-counter cold remedy at the same time may experience a depressed central nervous system. Obviously, this is dangerous if he drives.

Anticonvulsant drugs used in seizure disorders are also thrown off more quickly if alcohol is taken. Alcohol reduces the effectiveness of some antidiabetic drugs, and with others may cause a buildup of acid levels in the blood that can lead to coma and even death. Alcohol can lower potassium levels in the blood and in this way make a heart patient's digitalis, which he takes as a heart stimulant, much more toxic.

Certain kinds of wine contain a substance called tyramine. Some high-blood-pressure medications react with this substance to create a real high-blood-pressure crisis for the drinker. The opposite reaction can result from alcohol use when certain other blood-pressure medicines are used. The blood pressure can be lowered to dangerous levels.

One key word in this connection is synergistically. Usually a person thinks drinking is one thing and taking medicine for medical problems is entirely unrelated. What surprises him is that the alcohol can react synergistically with some other drugs. In other words, one plus one may equal 10 or even 50.

An example is alcohol and phenobarbital, used as a sedative and an antispasmodic. "You can take much less than a lethal dose of alcohol," says Dr. Seixas, "and very much less than a lethal dose of phenobarbital, but together they can kill you."

Thus, a person who drinks can be aware of problems attacking him from one direction but not aware at all of the possible pincers closing in on him if he combines the alcohol with other drugs.

LISTEN

A JOURNAL OF BETTER LIVING

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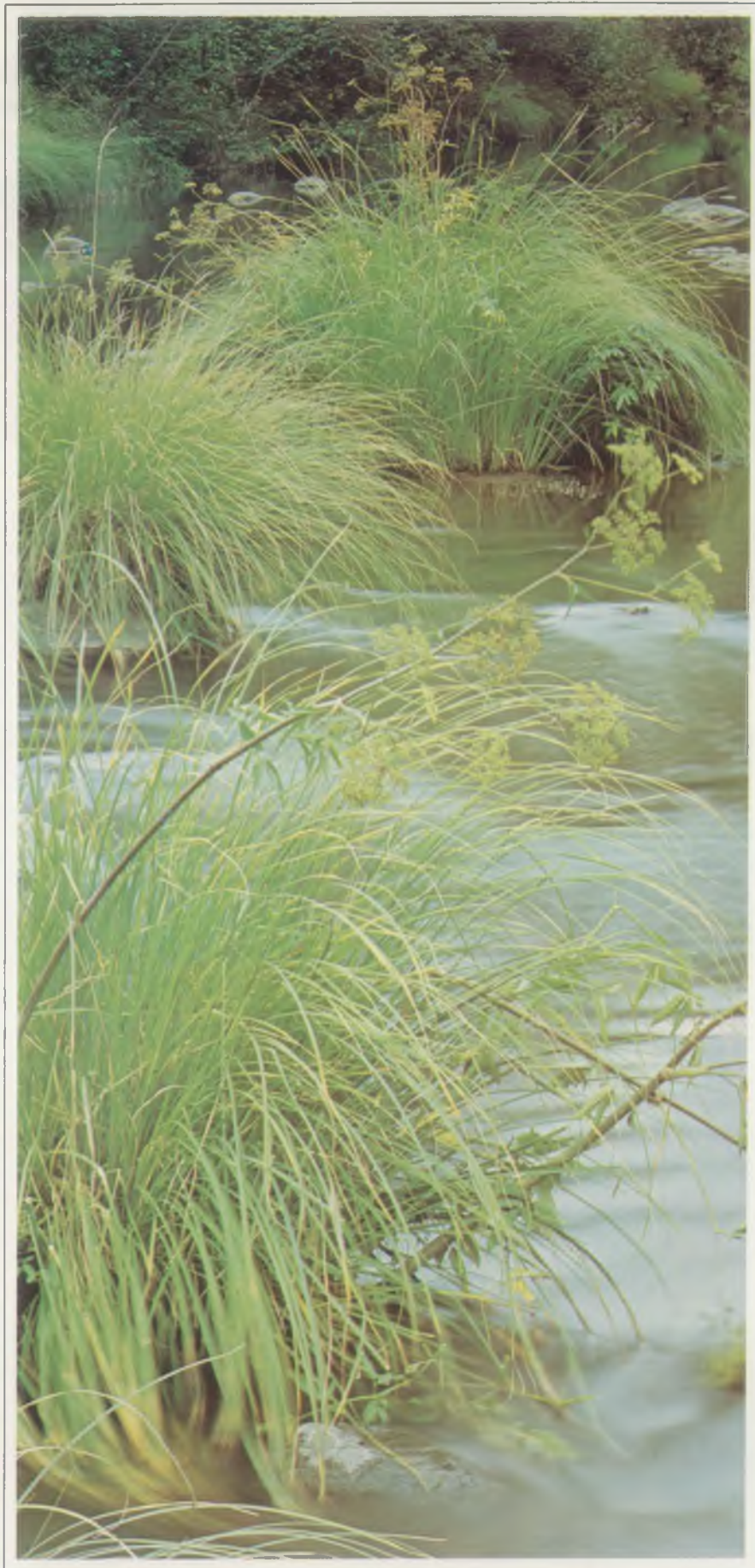
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MAY SONG

No strident harmonies
now;
listen to the rippling
melody
of springtime joy,
the theme
of springtime newness
of Light, of Life,
of Faith fulfilled.

Be still
and listen, listen
to God's song.

—Mildred N. Hoyer