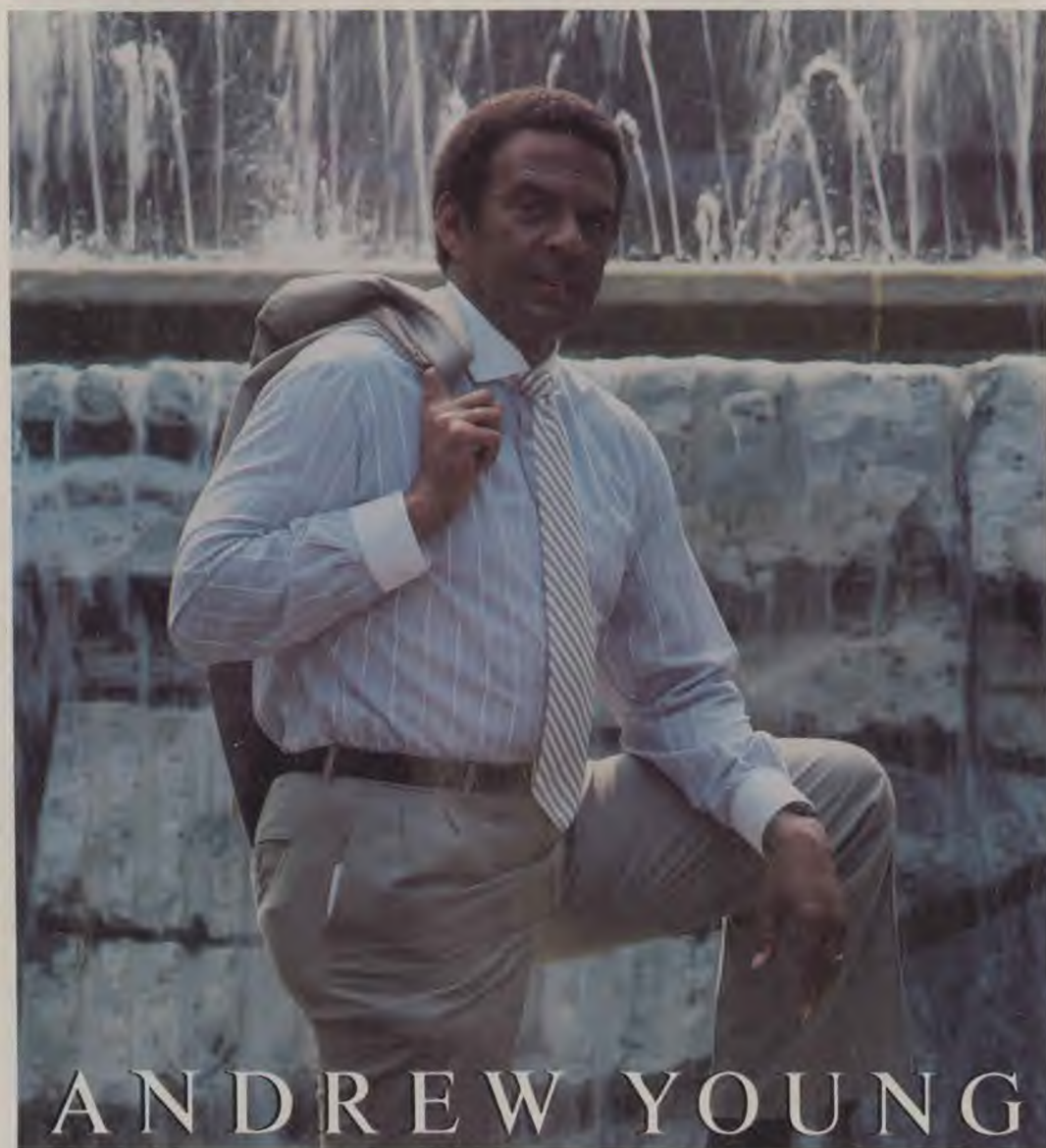


A JOURNAL OF BETTER LIVING

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LISTEN



ANDREW YOUNG

What My Family Taught Me

■ **HEROIN: THE TEMPTATION AND THE TERROR**

■ **THE MOST DANGEROUS DRUG**



Just Say **NO**

Stephen Melillo

Swirling flags launched the brass and percussion players' finale. A hundred drums and bugles brought to the roaring crowd a sound you could *feel*. The stadium throbbed with the energy of music and the spectacle of motion.

Sixteen-year-old Leo Sanchez rose excitedly from his seat. His eyes watered; the hair on his forearms tingled. At that moment he determined to become a member of the drum and bugle corps.

By November he had replaced his trumpet with a soprano bugle and had arranged to stay with the corps on weekends at the college that was their home base. He had been told that if he proved good enough, he might be able to join the corps' summer tour.

"Everyone here is equal," said the head horn instructor at the first practice session. "I don't care where you come from, what you look like, who you choose to be with—"

The horn line looked like a street gang as they hissed a laugh.

"Well, I *do* care," said the instructor as he joined the laughter, "but I won't say anything further than that."

Leo smiled, feeling a camaraderie with everyone else in the tight little college classroom.

"One thing I do care about is that funny little weed." Chopping off the laughter, the instructor became very businesslike. "I mean it, people: no drugs or alcohol in this corps. *Capisce?*"

Heads nodded.

"We're here to perform, to be the best we can be." He then addressed the senior members. "What are the rules?"

The veterans responded. "Look out for yourself; look out for each other."

Sweat poured for all those weekends that led to summer. Leo had weathered the older members' comments about his

being a little kid. They soon had realized that "this guy's pretty dedicated and into the corps."

On tour Leo was away from his family for the first time. Gym floors covered with hurriedly unpacked suitcases and sleeping bags were a very common evening sight, especially when the corps had the chance to stop somewhere, get off the buses they often slept in, and perform.

Leo always tried to get as close as he could to Jim Perillo, the lead soprano player who did all the solo work. "Jim," he said from his sleeping bag, "it's too bad you have to age out of the corps, man." He tried to make conversation.

Jim was turning twenty-one. This was his last year. Jim turned to Leo and said, "Look, man, be cool and get some sleep. You're gonna need it."

But Leo was still wide awake. "I see a lot of people smoking cigarettes. It doesn't make sense. How can they play?"

"That's not all they're smoking," Jim replied.

"I know," said Leo quietly. "I didn't know that the corps would be like this. I mean, I love playing and everything, but a lot of guys from the line are trying to get me to do drugs and stuff."

"And what do you tell them?"

"I don't say anything. I just walk away. That's when they start calling me things."

"Look man, you're gonna see a lot of stuff goin' down. This is only first tour; wait till you see second! A lot of people are into the wrong things." Jim sat up on one elbow. "Just say No. That's all you have to do. Look them right in the eyes, be nice about it, and say No."

*Leo felt a tug on his arm.
It was Karen, offering him
the joint. The room seemed
suddenly to become
very quiet.*

When first tour was over, there was a one-week break before second tour. The corps stayed together at the campus and rehearsed.

Leo often warmed up by himself. He had grown quiet and less enthusiastic.

On Thursday night Leo approached Jim. "I don't know if I'm into this thing anymore," he said quietly.

Jim listened but continued playing.

"You know what Karen, the second mellophone, asked me?"

"What?" posed Jim between notes on the horn.

"She asked me if I was corrupted yet."

"So what did you say?"

"I said, 'Not yet,' and then she said, 'Don't worry; we'll get you.'"

Jim stopped playing and said, "You know what it is, man? These people are blown away by you. You

come in the first year and make first soprano, so they try to relate to you the only way they know how.

"You just have to play with so much heart that you get everyone's respect. Then when you say No, everything'll be cool."

"But I don't know if—"

Jim poked his finger into Leo's chest. "And don't quit the corps! There are a lot of incredible people involved in this thing. Besides, no matter where you go you'll always be choosing between what's right and what's not. That happens in everything."

Second tour took the corps south. They had made it to prelims. Now Leo was a part of the spectacle and the excitement he had seen the year before.

"I love competition; it's great!" he told Jim as the corps marched out to do the show.

"I hope you do," yelled Jim over the sixty-thousand-plus crowd, "because tonight you're playing the second solo."

"What?"

"You know, the one you always practice."

"But I can't!"

"Well somebody'd better do it, because I'm not."

"But, Jim—"

The corps marched into its opening formation. An echoing voice boomed over the P.A., "Is the corps ready?"

Leo swallowed the knot in his throat as the voice again resounded. "You may take the field for competition."

A gunshot was fired, and they were performing. The sweat flowed, and the adrenaline raced. Then the second chart came up, the intro, and the ballad.

Jim gave the thumbs-up signal, and, scanning to see that no judges were watching, he said, "This is yours, but finals are mine."

Leo closed his eyes and played. He heard himself echoing throughout the stadium. And then the moment was gone.

The excitement burned through the evening. The corps really performed in finals, pushing the audience on its feet nearly through the whole program.

When it was finally over, some of the vets from the horn line got together to wind down. They sat in a circle on the floor of the hotel room and passed a joint around.

Jim said, "Who cares if we didn't win. It sure felt great!"

Everyone was complimenting Leo. "You were great." "Yeah, really."

The joint was coming from his right. He looked to Jim on his left. "Why did you let me play that solo?"

Jim smiled. "Rule number two: look out for each other."

Leo felt a tug on his arm. It was Karen, offering him the joint. The room seemed suddenly to become very quiet.

Leo took the joint, stood up, and passed it on. "No thanks," he said. He waited for a reaction.

One of the other horn players started the dialogue again. "Yeah, Leo, you sure were great, man." ◇

Ask a Friend

JACK ANDERS

I'm sixteen and live with my mother and thirteen-year-old brother on the East Coast. Our parents suddenly divorced six months ago. Our father remarried right away and moved out West. It's been a bad time for my brother and me.

The problem is that Dad wants us to come and spend Christmas with him and his new wife. We met our stepmother once and didn't like her.

I just don't want to go. All my friends are here, including my boyfriend and his parents, and neither my brother nor I want to leave Mom all alone for Christmas. What should we do?

I'll try to give you some ideas about what to do, but first let's talk about what teenagers go through when their parents divorce.

Few divorces are "sudden" as you describe your parents'. Families usually split up after a long period of trying to keep things together. But no matter how much you saw your parents' dissatisfaction with each other or heard their fighting, it still came as a shock to you.

A divorce causes a lot of pain for everyone in a family, but it causes special pain for the one, like your mom, who is left single. She may feel abandoned and unattractive and have experienced a lot of changes since the divorce.

A divorce usually causes major changes in living styles for at least one if not both parents. There's always less money to go around, it's likely you've moved into a smaller house, everyone has to work more, and so forth. And all this causes resentment which can take years to get over.

Kids of divorcing parents have problems too. Some kids are terrified about what will happen to them and worry so much that they get sick. Schoolwork suffers for nearly everyone, and many withdraw from their usual activities and lose interest in almost everything.

It's natural for you to want to

stay close to your mom during this first holiday since she divorced. You feel a special loyalty to her because she stayed by you, and you don't want her to be sad and alone during the holidays.

It's natural for you to be angry with your father for leaving and to disapprove of his getting married again so soon. This also makes you angry with your stepmother. Maybe you're even blaming her for your father's leaving. Certainly at this point it seems that if you even *like* her you're being disloyal to your mother. You're probably having fantasies of your mom and dad getting together again. You may be hoping your father will be unhappy in his new marriage and decide to come back. You may even subconsciously do or say things to cause trouble between your father and stepmother. No wonder you don't want to visit them!

But I'd like for you to think seriously about making that visit even though you don't want to. My reason for asking you to consider it carefully is my feeling that your father really cares for you and wants you to be with him enough to spend several hundred dollars in airfare for just a few days' visit. Although it's true that your dad has stopped loving your mother, he hasn't stopped loving *you*. And even though it may seem that he got the best deal out of the divorce with his new marriage, he too is experiencing a lot of losses and is making a lot of adjustments.

It's important for you to establish a reliable relationship with your father as soon as possible. He needs to know that he's more to you than just someone who sends a support payment once a month. He knows that he has already failed you once by leaving home, and he knows there's not much time left to have a relationship with you before you leave home as adults.

Actually, your mother may welcome a chance to be alone for a while. She may need some time alone to make contact with other adults or not to have to worry about being Supermom.

Finally, our feelings of self-

esteem depend a great deal on how well we esteem our roots—that is, our parents. Your father will always be your father, and your feelings of admiration and respect for him will have a lot to do with your feelings of admiration and respect for yourselves. In a few years you'll be establishing your own families. An important task for you now is to resolve the anger and guilt you have over this divorce and to forgive both your parents for their failure in their marriage and for cheating you out of an intact family for these last few years you have at home.

If you make this trip, perhaps you can arrange to come back home before New Year's Eve. Often it's possible to be with one parent for a few days and then go back home in order to be with all your friends.

I feel for you both and for your parents right now. But victims of divorce have to learn to look at the positive aspects of what's left in their relationships. Holidays are a good time to get back in touch with the love we've had for each other and to do something special for one another. I wish you a genuinely happy holiday. ♦



Have a question about friendships, family relations, drugs and health, or other teenage concerns?

Ask a friend—Jack Anders, parent, grandparent, counselor, and social worker from Silver Spring, Maryland.

Address your question to "Ask a Friend," LISTEN Magazine, 6830 Laurel Street NW, Washington, DC 20012. Because of space limitations we cannot print all questions and answers in the magazine.

Optimists are not born; they are that way by choice.

Look on the Sunny Side

Are you the type of person who strides along the sunny side of the street, or are you the type who huddles in shadows, slinks along dark alleys, and revels in gloomy reports and sad stories?

Life is a lot sweeter and a lot more fun on the sunny side of the street, because that's where the optimists are. Although people poke a lot of fun at optimists, they should give them more respect.

Ask a pessimist what an optimist is and he'll probably say, "He's the guy who goes on a fishing trip with a camera and a frying pan" or "He's the fellow who puts on his shoes when he hears the speaker say, 'In conclusion'"; or "He's the window washer who falls off the top floor of the Empire State Building and while passing the forty-fourth floor says, 'Well, nothing's happened so far.'"

Optimists are the cheerful souls who honestly believe that good will come out of a bad situation. They make the best of something even when they're getting the worst of it. They don't cry over broken eggs; they just scramble them.

The American writer Elbert Hubbard once said, "Optimism is a kind of heart stimulant, the digitalis of failure." And Winston Churchill knew what Hubbard meant. When Britain was going down in flames during the darkest hours of World War II, Churchill's optimism and courage rallied the nation and gave it the heart and strength to fight back and stay the course. His belief in ultimate success was the digitalis that revitalized the faltering faith of the English people.

Optimists are not born; they are that way by choice. They honestly believe that being optimistic is going to make a difference in the quality of

Vivian Buchanan

life for themselves and for those they work, live, and play with. They agree with Henry Ford, who viewed troubles as opportunities in overalls and hard hats.

The late Pope Pius XI was an optimist who once said, "I thank God every day of my life that I live in such horrible times, because they give me so many opportunities to do so much good."

The gloom-and-doom folk who scoff at optimists may be right some of the time. But optimists don't wait around to see whether they are or to hear dire predictions. They just go on about their business like everyone else, with one exception: They think things are always going to improve.

Abraham Lincoln was once asked the difference between a pessimist and an optimist, and he replied, "An optimist sees the opportunities in every difficulty, while the pessimist sees the difficulties in every opportunity."

Not only do optimists enjoy feeling happy, they enjoy feeling healthy. According to Dr. Suzanne Kobasa, a behavioral scientist at the University of Chicago who studied 350 persons forced to survive in stressful situations, those who were optimistic were survivors.

They were optimistic when challenged, they were able to handle big problems without collapsing, and they were healthier by far than the people who went to pieces under stress. Furthermore, the optimists had lower blood pressure, fewer ulcers, and no problems with insomnia or depression. They were willing to face change, while the people wilting under stress couldn't face any kind of change—positive or negative.

Mark Twain once observed, "There's nothing sadder in the world than a young pessimist." But he might be happy to hear the results of a 1982 student poll of 150 college students from 115 colleges. Their responses indicated that optimism is alive and well, for 74 percent of them reported feeling hopeful about the future and about life in general, and 64 percent felt the world would solve its problems.

Even though optimists walk on the sunny side of the street, they know that Murphy's Law ("Whatever can go wrong, usually does") operates there just as it does everywhere. The difference is that the pessimist expects Murphy's Law to operate in his life all the time, while the optimist knows there's usually a way to beat the law.

Psychologist Arthur Bietz, a specialist in designing motivational programs, declares that you can control your gloomy thoughts and bad moods if you are determined to do so.

"There are always positive and negative factors in anything. Sound mental health is acquired by balancing the negative and positive forces against each other, not by trying to drive the negative away," he says.

Dr. Anthony Peitropinto, director of mental health at the Lutheran Medical Center in Brooklyn, New York, suggests the use of the "what-if" strategy.

"Often just trying to act as if everything is all right will put you in a better frame of mind. Optimism really means you know things will be better tomorrow, even if they are not running smoothly today. Never lose your courage. That is one characteristic that can help you bounce back in the face of adversity. People with courage can continue in spite of any situation," he says.

Here are some ways you can become an optimist by simply deciding to be one and then by acting that way:

- Live today for today. Forget yesterday's mistakes or disappointments.
- Look for the good everywhere.
- Concentrate on things to be grateful for.
- Look around for someone who needs your help.
- Seek out optimists for friends.
- Look for the uncommonness in

the commonplace.

- Be as joyful as possible.
- If you don't feel like smiling, do it anyway. People tend to mimic what they see, so they'll smile back at you when you smile at them.

Being optimistic isn't some new fad adopted by a cult. Optimists know they feel better, look better, and are better. And they won't hesitate to tell you so.

The photographer Edward Steichen said on a television show way back in 1955, "Man has survived every-

thing. And we have only survived it on optimism. And optimism means faith in ourselves, faith in the everydayness of our lives, and, above all, faith in love."

So let the naysayers spread their doomsday predictions as they scuttle through the dark alleys on the shady side of the street.

If you're an optimist, perhaps others will get your message and be encouraged to stride along the sunny side of the street, where health and happiness wait. ♦



Great leaders achieved success because they were optimistic.



YOU CAN HELP...

when your friend hurts because he has an alcoholic parent

"No one wants another person to know his parent is an alcoholic," said Louise. "It's embarrassing. You want your friends to think your home life is normal, that it's like theirs. On the other hand, you are so burdened down by your situation that if you have even one person you can unburden yourself to without fearing that he'll tell everyone else, it helps."

Louise, a young mother of two children, grew up in a home with alcoholic parents. Today in the United States there are more than twelve million alcoholics. Experts say that each alcoholic directly affects at least four other people by his actions.

You may have a friend who is trying desperately to hide the facts about his alcoholic parent. If so, you can help your friend just by knowing some of the facts about alcoholism.

Be aware that an alcoholic home is different from a normal home. Louise describes hers: "There was no closeness between my parents whatsoever. There was never any warmth or affection displayed between my parents and me. I could more easily count the days of happiness than the days of unhappiness, because most days were very dreary and extremely lone-

Jo Jan Nunley

some in our family."

Every teenager's parents make him angry some of the time, but usually he realizes that his parents *do* have his best interests in mind. This is not so in an alcoholic home—a parent may seem bent on destroying things important to the teen.

"I grew up in a small town where there were not very many jobs for teenagers. Since my mother did not work, my parents were on a limited budget. And since my parents were both alcoholics, nearly every extra cent they had went to alcohol. There was no extra money for myself or my brother and sister.



"One summer I was able to get a babysitting job keeping three young children for a dollar a day. I diligently saved my money to go toward my senior pictures and graduation gown. When I finally got enough money, I was really proud of it because I had worked so hard for it.

"My father asked me if he could borrow the money. I didn't ask him why or anything, because I was raised under conditions of fear. I was afraid of my father, and so I gave him the money with no questions asked.

"He purchased alcohol with it—two or three cases of beer, some whiskey. On the way home, he stopped some place and lost the balance of the money I had.

"The time came for me to purchase my pictures, and I asked him for the

money back. He ranted about my being arrogant and said, No, I was not getting the money.

"Things like this were fairly common in my upbringing."

It might be assumed that most kids raised in this way will steer as far away from liquor as they can for the rest of their lives. Unfortunately, this often is not true. Many children of alcoholics either become alcoholics themselves or marry alcoholics.

The pattern can be broken, however. Counselors advise teens with home situations like this to try to get involved in activities that will keep them out of the home when trouble brews.

Louise found church to be a haven.

"I started attending church at the age of four and never missed a Sunday from the time I was five until I was ten. Church was special to me, because there are times when a kid needs to get away from his alcoholic parents. He needs a diversion. He needs others to provide companionship and normalcy in his life. And he needs to be around other situations to know that the situation he is being raised in is not the norm."

Even though involvement with others is a lifeline to these kids, it is also a risk. A child with an alcoholic parent fears embarrassment should his parent cause a scene.

"You can never invite your friends to your home," says Louise, "because you never know what shape your parents will be in—whether they'll be fighting, drunk, or sick. You never know what will happen.

"My teachers at church felt sorry for me, and the preacher felt sorry for me. I always had to make up excuses why they couldn't come to my home to visit.

"One time I tried to keep a preacher from coming to my home without telling him the truth. He came to our house uninvited. My father was drinking. He got abusive and literally threw the preacher out of the house.

"I was so embarrassed that the church knew I had alcoholic parents. I had a lot of pride and didn't want them to feel sorry for me or look down on me, and it was difficult. But, without the church and without friends, it would have been so much more difficult, because I wouldn't have had an outlet to get away from the drinking."

Louise believes that she is a sober adult because she involved herself

with church, school activities, and friends. Her brother and sister didn't go to church or get as involved with friends and clubs as Louise did. Her brother has become an adult alcoholic with a broken marriage and two children he never gets to see. Her sister is a heavy drinker with two broken marriages and a daughter she is raising alone.

Louise is quick to add that encouragement from friends is not enough, however. What a troubled teen needs is a friend who is interested and cares enough to go the extra mile. He needs a friend willing to ask him over or to offer to share a ride to the club meeting. Most of all, he needs a friend who knows what alcoholism is, a friend who is accepting.

"A teenager without a driver's license has a problem getting around. I always had to depend on someone else to take me places, because many times my parents were drunk."

Louise says she cannot emphasize strongly enough how important friends are to teens in this situation. Keeping this in mind, she gives some suggestions for you if your friend has alcoholic parents. You can make a difference.

1. Be a true friend. Let your friend confide in you. No matter how badly you want to discuss what he tells you with someone else, keep it to yourself.

2. If you know your friend is having a rough time of it at home, ask him to come spend some time with you if possible. Have him over as much as possible.

3. Help your friend to get involved in as many outside activities as possible. Offer him a ride to a meeting. Help him with the dues if money is a problem. Louise stresses that outside activities are vital, but, she adds, "If kids don't have the two dollars it takes to join the club or the three dollars to do this or that, they can't participate."

4. Include your friend in some of your family's activities. Let him see how a healthy family interacts.

5. Encourage your friend to become active in your church or in his. Louise considers church the main thing that got her past the danger of becoming an alcoholic.

6. Never insist on going to your friend's home. He would invite you if he could.

7. Look in the telephone book under "Alcoholism." See what help is available. Check for an Alateen chapter. Alateen is for teens with alcoholic families or for friends of alcoholics. ◇

推展



Heroin may produce highs at first, but it inevitably produces terrific lows and makes life infinitely more miserable than any good that can come from it.

THE TEMPTATION AND THE TERROR

LISTEN interviews Dr. Sidney Cohen

Sidney Cohen, M.D., is a clinical professor of psychiatry at the University of California at Los Angeles. A former director of the National Institute of Mental Health's Division of Narcotic Addiction and Drug Abuse, Dr. Cohen now serves as a consultant on drug-abuse and alcohol matters for the United States Federal Drug Administration, the army, and the State Department and is a member of the advisory council of the National Institute on Drug Abuse. In addition, he has authored several books and hundreds of articles and is in frequent demand as a speaker.

What kind of drug is heroin, and how is it produced?

Heroin is derived from opium, which comes from the *Papaver somniferum* plant, a type of poppy that grows in many parts of the world. This plant produces a seed capsule which, when cut, exudes a yellowish-brown substance, called gum opium, that eventually turns black and is scraped off. Morphine constitutes as much as 10 percent of this raw opium. The morphine is then treated with a concentrated acetic acid which turns it into diacetylmorphine, which is heroin.

The producers make this chemical change because heroin is about three times more potent than morphine and therefore is financially more attractive to transport illegally. Also, heroin gets into the brain a few seconds quicker than morphine and thus produces more of a high and produces it more quickly. Once in the body, however, heroin quickly reverts to morphine. That's why someone testing for heroin will find and report morphine.

How was heroin first developed?

About the middle of the seventeenth century, a German chemist trying to improve on morphine discovered heroin. Since heroin is more soluble and more potent than morphine, it was introduced into medicine for a variety of things: cough, pain, and even as a cure for morphinism (an addiction to mor-

phine, which was very prevalent in those years), and indeed it did cure morphinism, but it produced heroinism instead.

How long was it used as a medicine before it was discontinued for that purpose?

This went on until the early twentieth century when physicians and others recognized that heroin was even more addictive than morphine. Between 1910 and 1920 heroin was barred as a medicine in the United States. However, it's still used today in a few countries, such as England and Belgium, for medicinal reasons such as cough or pain.

But as far as the medicinal use in the U.S. is concerned, heroin is not considered justifiable?

American doctors don't feel the need to use heroin because they have other drugs as effective as heroin but with a slightly lower addiction potential. Morphine is addicting, but less so than heroin, and morphine can do practically everything for pain that heroin does. So there's no need to change the law to give American doctors the option of using heroin.

Do you anticipate heroin being accepted in the near future for medical purposes?

No. Congress recently defeated a bill that would have provided heroin for terminally ill cancer patients. Since heroin is quickly converted to morphine in the body, what's the point of using heroin instead of morphine? Scientifically there's no basis for it, and as far as the humanitarian aspects are concerned, I'm convinced that if doctors used narcotics on terminally ill patients as they should we would have no need for heroin. It's a political issue rather than a scientific one. The scientific position is that heroin is unnecessary.

How does heroin affect the systems of its users?

Heroin is an opiate because it's derived from opium. It's also classified as a narcotic, which is a drug that relieves pain, induces sleep, and reduces inner drives such as appetite, the sex drive, and all

the usual things that keep us going. Heroin and morphine and the other narcotics do these things very well. They produce a state in which a person's pain may still be noted, but it isn't disintegrating or terrifying, and it isn't so great that the person's personality is disrupted. They also produce sleep, which is good for people who are ill or in pain.

Does the average heroin user begin taking it as a painkiller? What leads people to use it?

There are two types of heroin-dependent people. There are those who have been mismanaged medically and kept on morphine or an equivalent drug for a long period of time. These people become tolerant to it—which means they have to take larger and larger doses to get the same effect—and dependent on it—which means that if they were to stop, they would experience withdrawal. These people are



called *iatrogenic* addicts, which means their addiction was medically caused.

The bulk of the people who use heroin, however, are the people who are looking for euphoria or a high. Usually these people are led to use heroin by a friend or a big brother who tells them how good it is and shows them how to use it. They get addicted by taking it a few times a day over a period of a week or two, and then when they try to stop they are so uncomfortable they have to go back to heroin. That's the common way that individuals become heroin-dependent.

Then the main reason kids begin use is peer pressure?

Peer pressure, sibling pressure, seeing others do it and wanting to be part of the gang.

How would you describe a heroin high?

Well, assuming it's a positive feeling—and it often is—it's a sort of fantasy, dreamy, reverie-type state, a feeling that all the worries of the world are far away and that one's problems have dissolved and everything is all right. Users prefer to be left alone to nod off. It's apparently a very pleasurable, desirable state which they like to get back into when it begins to wear off.

What causes this? Is it a chemical reaction in the nervous system?

You know, that sounds like a simple question, doesn't it? Far from it!

What we have discovered in the last dozen years is that there are places on the nerve cell in the brain that are constructed so that the heroin molecule fits right onto them. They're called *opiate receptors*, and when these opiate receptors are occupied with a quantity of heroin, there is what I described to you before: relief of pain, sedation, loss of hunger, loss of sex drive, and so on. So it's the occupation of these specific little places on the nerve cell that causes the effects that we're talking about.

The presence of the heroin interrupts the electrical impulses moving from cell to cell in the brain, doesn't it?

Yes. These opiate receptors quench the electrical impulses of the nerves in the brain so that the messages the rest of the nerves send to the brain don't get through. For example, if you chop off your finger, the sensation of pain will travel via your nerves and your spinal column to your brain. In response, the opiates that our bodies produce naturally, called *endorphins*, occupy the opiate receptors on the nerve cells and diminish the pain. If that natural response doesn't sufficiently quench the pain, you go to a doctor and get a narcotic such as Demerol, Dilaudid, or morphine to supplement your endorphins.

How does someone become addicted to heroin?

Heroin's effect lasts only three to four hours, so anyone using heroin has to take multiple doses a day to maintain its effect. If a person does that for as few as half a dozen days, he has to up the dose in order to get the original effect.

Once tolerance develops, withdrawal is not far behind. If for some reason he can't get any heroin—say he gets thrown in jail or doesn't have any money and has no friends to get heroin from—he goes through a whole gamut of withdrawal symptoms which can be very distressing, especially if the heroin is good heroin.

You spoke earlier about the impact of the drug on the nerve-cell receptors and on the nervous system. What happens to this process when addiction sets in?

We think that a person taking heroin, or any narcotic for that matter, suppresses the activity of his own internal opiates, the endorphins I referred to. If the body has ceased to produce its own opiates and the heroin it has been receiving is cut off, the receptor sites are left naked. This may account for the withdrawal symptoms.

Did you say that an individual can become addicted with as few as two or three doses of heroin?

To develop clinical addiction, by which I mean being unable to stop without very uncomfortable con-

sequences, would involve taking heroin around the clock for a week or so. Now, after even one dose of heroin you have to up the second dose, which means that something is happening in the body. But I wouldn't call that clinical addiction.

But don't misunderstand. Heroin is a very addictive drug. Animals can be made into addicts by rewarding them with heroin for work. Any one of us can become heroin addicts if we're given heroin; there is no personality that can escape it. If I gave you half a dozen doses of heroin a day for a week, you would develop tolerance and then withdrawal if it was stopped.

Can a heroin user die from withdrawal, or is it something that, if you can just endure the discomfort, will leave you unaffected? Or can it cause permanent damage of some kind?

The present-day heroin is only about 2 to 4 percent pure; it's very weak stuff. So even if you develop tolerance to it and then experience withdrawal, the symptoms are like a bad case of the flu, because the heroin is so poor. In fact, I think you can have a worse case of withdrawal from barbiturates, because they're purer than street heroin. But it's a deadly thing if a dealer who has 100 percent pure heroin becomes an addict because, yes, he can die from withdrawal.

What are the symptoms of withdrawal from heroin?

They are many and varied. Many of them are what we call *autonomic* symptoms, because they are reflex actions of the nervous system which we cannot control. These symptoms include teary eyes, a runny nose, nausea, vomiting, diarrhea, and muscle twitches. That last symptom is the source of the term "kicking the habit." An addict going through withdrawal will also have body aches and pains and goose flesh, which is one of the foolproof signs of withdrawal. Addicts may try to con a doctor by faking withdrawal. They may throw up in front of the doctor; they'll do anything for a little narcotic. But you can't manufacture goose pimples, so that's something that doctors look for.

The pupils of the eyes, instead of being extremely tiny, become dilated during withdrawal. With severe heroin withdrawal, one can go into shock. The blood pressure drops, the heart races, breathing becomes very rapid, and the mode of death is often either a heart arrhythmia, a condition in which the heart loses its rhythm, or a failure of the breathing center. In overdose, it's almost always failure of the breathing center that causes death.

These are physical symptoms. Is there a psychological addiction as well as a physiological?

There has to be. The heroin takes away your troubles and distances you from stress, and that's a very desirable psychological state. But it doesn't last. It's said that after you've been addicted for a few months or a year you're fixing *not* to get high but to

prevent withdrawal. In other words, you're fixing in order to get normal; that's how it's been described to me by addicts.

Are the effects of heroin worse the younger the user?

If by worse you mean is he more likely to become overinvolved in heroin and in crime, which goes hand in hand with heroin use—what young person can afford a heroin habit?—yes, it's worse. He won't learn how to grow up; he won't learn any skills; he has got nothing to go back to if he quits heroin. So in general, the younger the user, the worse off he is.

What effect does a drug like heroin have on a person's mental ability?

Well, the diseases of heroin use are more the diseases of unsterility, resulting from dirty needles and

Any one of us can become heroin addicts if we're given heroin; there is no personality that can escape it.

impure heroin. These diseases are hepatitis, AIDS, infections of the bloodstream, infections of the heart valves, and so on. Heroin alone—*pure* heroin given sterilely—doesn't produce any serious diseases, including mental diseases. We know this from people who have taken heroin for years under medical conditions. Patients with long-term pain can live on heroin for years and years, and it in no way shortens life—no organ failure, no brain damage. The brain damage comes from dirt getting into the brain from dirty injections.

What impact does heroin use have on pregnancy and the next generation? If a mother uses heroin during her pregnancy, will her baby be born an addict?

If she uses any opiate during pregnancy or delivery, the heroin will pass through the placenta and the infant will be heroin dependent. If you don't give the infant an opiate, it will have withdrawal symptoms and, if it's a severe case, it can die. There is no evidence, however, to indicate that, having been an infant addict, this child will inevitably become heroin dependent during later life, although it's possible just because the child is in contact with an addicted mother.

Do other drugs lead their users to heroin? What's the normal pattern?

The normal pattern is to start with alcohol and

marijuana and go from there to a variety of other drugs or, in some neighborhoods, directly to heroin. On the other hand, I've seen youngsters in south Los Angeles who, because of what the gang was doing, have gone straight to heroin at a very early age.

You spoke earlier of young people turning to crime to support their habits. What other sociological consequences are there?

A girl may turn to prostitution to support her habit. Indeed, heroin use among prostitutes is not uncommon, because it enables them to ignore the social disapproval and some of their own unhappiness about their mode of life. In addition, pimps may turn on their girls to heroin to have a good hold on them.

Young people frequently become dealers, usually

Some people joy pop for years. But every heroin addict I've run into started off as a joy popper and then slipped into addiction.

small-time dealers, and one friend will turn on another one and maybe even give him a few shots of free heroin in order to make a customer out of him. This happens often enough to be a pattern.

Do you discern an increase in heroin use in the U.S.?

No. We've estimated that since about 1972 the number of heroin addicts has remained at about half a million plus or minus a hundred thousand. But one thing that strikes me is the change in the typical user. It used to be the lower-class kid who had no hope or future who would turn to a drug like heroin whenever he got a few pennies or could steal enough. Now it's the middle-class youngster who is in with the wrong crowd or who has what he considers impossible stresses in life, or it's the affluent one who is bored and wants to try drugs because now it's "OK" to do so—drugs are considered just another form of recreation.

Then an individual cannot say he is less susceptible to heroin addiction than someone else?

A person can't say, "I'll never get addicted; I'll just take a shot every Saturday night and never get addicted." There are people who go on for years doing what we call joy popping, taking a shot very infrequently, not frequently enough to get addicted. But every heroin addict I've ever run into started off as a joy popper and then slipped into the pattern as his troubles got a little worse.

How pure is the heroin that's commonly available now?

It varies according to the part of the country. In the Southwest it may be as much as 10 to 15 percent pure heroin. But only yesterday I was in a city in North Carolina, and the person who was running the clinic there said they get as little as one half of 1 percent [.5%] pure heroin. Those users have more of a needle habit than a heroin habit. They are conditioned to take a shot every so many hours.

What do you say to younger people today who are faced with the vast availability of drugs?

I say to them that these drugs that produce highs at first also inevitably produce terrific lows and make life infinitely more miserable for them than any good that can come from the drug.

In other words, a drug's potential for bad effects is worse than its immediate benefits?

Yes, and it's predictable. There aren't many if any youngsters who can beat the chemical game. They always will lose if they persist.

So many kids say, "It may happen to the other fellow who may be weak, but it won't happen to me."

That is pure rationalization and denial. It is one of the ways in which you get entrapped.

What would you say to the young person who is already experimenting with heroin, who perhaps is already addicted and who wants to get off it? Should he just stay with a friend and endure these withdrawal symptoms for three or four days—especially if he doesn't want his addiction known—or should he seek professional help?

With the poor-grade heroin in use now, it may be possible for him to shut himself up and tough it out through the next forty-eight or seventy-two hours, which is the worst time. But it would be more reasonable to be honest with himself and the people who love him and arrange for professional detoxification from heroin, because the pain of withdrawal may be so great that he may slip back into his habit, whereas in a hospital setting he can be fairly comfortable, gradually detoxified, and he might even learn something to prevent his becoming addicted again.

If a person has once been on heroin and manages to get off it, will he be more inclined to use it again in the future?

I think anybody who has ever been addicted to heroin should never touch the stuff again. There is always a possibility of relapse, so I would vote for abstinence. If such a person needs narcotics for an extremely painful condition, he could take the narcotics, but as quickly as the person can tolerate the amount of pain that remains, the doctor should remove them. A person like that shouldn't play around with his life. ◇

Graffiti

LISTEN magazine is looking for short, well-written, thought-provoking manuscripts from teenage writers. If you enjoy writing, send us a copy of something you have written. We'll try to make room for it. The subject may be anything that interests teenage readers and writers. We'll pay ten dollars for poems (no longer than twenty lines, please) and fifteen to twenty dollars for stories and essays (300 to 500 words). Address your submissions to "Graffiti," LISTEN magazine, 6830 Laurel St., NW, Washington, DC 20012. Be sure to tell us your age, and always include a self-addressed, stamped envelope with your submission so we can return your manuscript to you if we aren't able to use it.

FOOLISH FIRST JOINT

No one said, "I must,"
But at the time, it was Angel Dust,
Then "ludes" and beer
To hide the fear.
Along came cocaine and crystal meth;
Now drugs were my breath.
I thought it was cool,
So I quit school
And became a needle-freak fool.
Of course I didn't need it,
But going without caused a fit.
The needle definitely had my wit.
Then came my personal LSD scene—
Know what I mean?
I thought it was OK to trip
Until I made a major slip—
A slip into prison time.
So now I put this message in rhyme.
I thought I was really cool,
But I was only a drug-centered fool;
And to think, at first it was only a joint.
Now can you see my point?
—Ronald Bush
Vero Beach, Florida

STOLEN FROM MY CHILDHOOD

When I was not as old as now,
I used to have a place.
And it was all my memories
that wove my heart with lace.
It was all the freedom;
the woods gave me the clue.
And in return I gave them words—
the secrets no one knew.
It held my secrets in the winds—
the winds who softly cry,
"There is someone among us
who is going to make us die."
And I—I felt so helpless.
It's the thought I've always feared.
I went back to soothe them,
but the forest had been cleared.
My eyes were filled with sadness
for my memories have died.
And I sat down on ruined ground;
I sat there and I cried.
All memories that ever mattered,
the times I lived with Dad,
All my secrets and my freedom,
all the love I've ever had.
They were stolen from my childhood
as sorrow knocks me down.
The winds I know had warned me,
"We fear the thoughtless clown."
—Linda Stevens
Cadillac, Michigan

What My Family Taught Me

Andrew Yo

I'm very much impressed with young people today. Certainly they have more opportunities and a lot more energy and confidence in themselves.

But at the same time I think that their rapid growth and development can create within them a certain emptiness and meaninglessness. I didn't begin to struggle with questions about the meaning of life until I was well into college. Rapid maturity nowadays means that children are beginning to raise those kinds of questions in their early teens.

It's the question of the meaning of life that I think presents both the greatest challenge and the greatest problem for today's young people.

Life today has accelerated beyond what it was in my generation, or in any previous generation. For example, I think of mass communication. I have an eleven-year-old who has had his own computer since he was ten. He has had three years of computer training in the public-school system, and his capacity to deal with our modern electronic age is far beyond mine.

Of my older children one's a lawyer and one's an engineer. Another, our daughter Paula, is a budding



psychologist. She recently graduated, did undergraduate work in psychology, and has been working with a program trying to give direction to teenage mothers. We sense with Paula's program that young girls thirteen, fourteen, and fifteen years old are hardly in a position to know what they want to do with their own lives yet already have to be responsible for another life. That's one kind of problem that speeds up the pace of this kind of decision for young people.

Often both parents work, so the amount of listening time and communication between generations has been greatly shortened. My parents both worked, but my grandmother was in the house, and there were two aunts and two uncles who were in and out of the house all the time, so I was surrounded by surrogate parents. The average family today has moved away from the family birthplace, and often children don't have other adults to turn to. These kids find themselves pretty much on their own, getting their sense of meaning from other kids who are as lost and alienated from society as they are.

I can never be too grateful for the fact that my grandmother lived in the house with us. Though it

M A Y O R O F A T L A N T A



bus

was tragic for her that she lost her sight, it forced me at the age of seven or eight to start reading the newspaper and the Bible to her. And as I read to her I got some of the most valuable lessons in faith and meaning of life, things that were far more profound than anything I learned in college or seminary later on.

I'm firmly convinced that the basis of my faith and my confidence in myself, and my sense of meaning, goes back to the love that was shared with these adults and their support very early in my life. Many children nowadays, even my own children, don't have that nearly to the extent that I did. So life is really harder for them.

We as adults, as older people in our society, can learn considerably from the younger ones coming up. We can't possibly understand what's going on in the world of our children unless we listen to them.

My wife has been doing something almost out of desperation. We realized that even though playing around with the computer and electronics is a good thing, our child was basically programming his own life. So my wife has insisted that for a half hour each day he has to do what she wants done. Sometimes that's reading something she has run across in the newspapers; sometimes she has him painting; she introduced him to a couple of artists and let him look through an art book to see which pictures he liked and then let him paint some himself. She is trying to get him to listen to some of our music instead of merely the music that he usually listens to and to help him to understand music in general.

It's very easy for us as adults to forget what it was like when we were ten and twelve and fourteen years old or when we were twenty years old, or twenty-five years old. Listening to our children reminds us of how fortunate we were that we survived. I realize I probably survived as much as anything on my mother's prayers. So this makes me pray for my children rather than lecture them. I know they never hear anything I say directly. Part of growing up is thinking for yourself and challenging the views of your parents. That's one reason other adults are important around children.

But I get frustrated sometimes knowing that they won't listen to me. I remember I wouldn't listen to my mother either, but she prayed every day and let me know that she was



Mayor Young is proud of his city's attempts to involve its children in things that are constructive and challenging.

praying for me. In fact, even though she was Protestant, she stopped by the Roman Catholic church every morning on the way to work and lit a candle for me and my brother who were away in college. I don't know how to explain it, but I think it made me believe that in addition to listening and talking to our children directly, basically we listen and learn from them and talk to them through God.

I liken it to the satellite communications that we now have in the telephone system. It amazes me that we can direct-dial between here and anywhere. I was in Korea not long ago, halfway around the world, and I could pick up the phone, dial directly, and get my wife in Atlanta. It sounded as if I were next door. Soundwaves bounce off a satellite and come back halfway around the world. I think prayer is that way. We send our thoughts and our anxieties up to heaven, and they come back in our children's lives in ways that we don't understand and that they don't understand.

It's really a challenging age. One such challenge has to do with what

we generally call our drug age.

My generation had problems with smoking and drinking. My parents began to educate me very early about these things. My daddy didn't smoke and didn't drink, and he always let me know why. To this day I've never touched a cigarette.

He helped me understand that the reason people smoke and try to drink a lot is that they are trying to prove that they are men and women. But that basically doesn't prove anything. If you want to prove that you are a man, remain in control of yourself, and don't do anything that will make you lose control.

There were drugs when I was in college, and even when I was in high school, but I think that bond with my parents was so strong that I was never even tempted by them.

In fact, I took a certain amount of pride in my stand. When I joined the fraternity, for instance, guys liked to get the younger guys drunk, but I refused to drink. They poured liquor on me and tried in every way to persuade me, but it was a matter of pride that I was not going to give in. That kind of strength of character has to come from the home or from some older person, and it seems it is the kind of help a person needs to understand what life is all about.

I think we underestimate the pressures on our children. We don't realize how early such pressures start. We may think of talking about drugs when they're teenagers, but basically the pressures have already started. In third and fourth grades they talk about a drug culture. I think today's video music culture has many subtle undertones of the drug culture, the whole rock thing that sort of idealizes illusion and fantasy. It's something that we tend to think of as harmless, but it's creating an acceptability of chemical substances in many lives. This needs to be addressed very early.

Freedom was one of the ambitions of Martin Luther King, Jr., in his life. We have always felt that we would let our children be as free as they wanted to be so long as they were aware that there is a responsibility attached to that freedom. They could make their own decisions, but we helped them understand that there are consequences.

Part of the problem we have nowadays is that in an attempt to shelter our children we build up a situation in which they feel forced to rebel. That

rebellion in search of freedom becomes a kind of license that may not be noticeable until it's too late. Responsibilities and burdens come with being free. I'm always grateful that I didn't get sheltered too much. We never sheltered our daughters; they went to public schools in New York City when we were there, even at five years old. We had a five-year-old walking three or four blocks to school with other five-year-olds in her class. We took a couple of days to explain to her what the problems were, what the dangers were, and how to cross the streets, but then we said we've got to let her learn to cope with that neighborhood and that school. It didn't help to take her every day. When we moved back to Atlanta, our two older children were the first children to integrate some of the schools here in the South. Again that was a difficult kind of decision to make, because it wasn't pleasant for them, and they had some very tough and hostile times.

But by not sheltering them and by encouraging them, we stood with them as they learned to take on difficulties as independent human beings. We think they've come out pretty well; they're all very free but responsible in their freedom.

Freedom without responsibility or without an awareness of the responsibility that goes with freedom is dangerous. Freedom does require a certain kind of self-discipline.

When it comes to drugs, we have told our children that drugs are not something you can even experiment with or play around with. They're something you have to stay clear of. We've tried to help them understand the meaning of the kinds of pressures that come from their peers to conform.

We tried to maintain a relationship in which they could talk to us about any of the temptations they had. Even if it was something they had done wrong, we didn't blow up. We helped them work it out. We've always expected the best of them, but we love them even when they make mistakes or when they're weak. There's nothing that they can do that will separate them from our love. They can always come home, whatever the situation and whatever mistakes they have made. We'll do everything we can to help them recover. Fortunately, they've all been able at least to get through college, and they're all doing well.

I'm sure they had some rough days, and I'm sure they experienced the same kinds of temptations that other teenagers experience, but this has never got the best of them.

Being mayor of a large city is a tremendous challenge in these days. Part of what we try to do in the city of Atlanta is to emphasize the aspects of fun and fitness. We've tried in our parks and in our schools to have athletic programs for every age level. We've tried to involve children through school and summer programs in things that are basically constructive and challenging.

We have the largest organized tennis league in the world here with some 40,000 members, and we encourage junior tennis. We have road races that will have 20,000 to 25,000 people running ten kilometers. And we try to keep the images of success in our city basically wholesome and appealing to young people.

Atlanta is also a city of churches. I think we do a marvelous job with our young people, maybe not as much as we could or should, but we try to do as much positively as we can. We also put a big emphasis on law enforcement. In a number of areas we've set up crime-prevention programs spon-

ing wanted and as though they belong.

At the same time, we do anything we can to crack down on the drug culture in terms of a police network. We do have plainclothes-undercover police in our parks and around our schools, not in the schools. We're very aggressive in policing areas where our young people are because we don't want them to be victimized by professional criminals and drug traffickers.

I hope we are over the hill as far as drugs are concerned. I talk with young people about what's going on, and what I hear in our public schools is that they don't perceive a major problem, or at least they won't talk with me about it if there is one. But any time I get into a conversation with young people about the problems around their schools, I always try to ask them what we could help with. One of the questions I raise is drugs, but frankly I think we're in more danger from other problems we face today.

We have put emphasis on drug education, but more needs to be done about the alienation, frustration, insecurity, and lack of knowledge that lead to drug involvement. ◇

*Smoking and drinking don't
prove you're a man or a
woman. If you want to prove
you're an adult, don't do
anything that will make you
lose control of yourself.*

sored by the Police Athletic League. Basically we try to include young people from poorer families, many of them single-parent households. We try to get them involved with male images as early as possible, so in a number of our high-concentration areas of single-parent youth we've developed police athletic programs. Through that kind of supportive program, we keep our young people feel-

Andrew Young, mayor of the city of Atlanta, has lived a full, fast-paced life. After serving for three terms in the U.S. House of Representatives, he was appointed by President Carter as ambassador to the United Nations. On October 27, 1981, he was elected Atlanta mayor, to head a city government employing 8,000 workers with an operating budget of \$170 million. He and his wife Jean have three daughters, Andrea, Lisa, and Paula, and a son, Andrew III.



R I C K L A N N I N G

What is the most dangerous drug of all? Is it heroin, the white powder they call "Horse," "Smack," or the "White Death"? Or is it PCP, the animal tranquilizer laced with marijuana, hash, and other so-called recreational drugs.

How about cocaine? Is the most dangerous drug this powdery white "high" that is so costly that one show-biz wit declared, "Cocaine is God's way of telling you you're making too much money"?

When I was a reporter living in Hollywood and working for the *Los Angeles Herald-Examiner*, I ran into another reporter from another newspaper—let's call him Jim—who got into real trouble with drugs. When I met Jim, he was a tall, lanky guy about my age (twenty-four) who smiled a lot. Although not the most brilliant of writers, he was a decent reporter. Jim was married to an attractive girl he had met at his high school where she was a cheerleader and he was a tackle on the football team.

One day his paper sent him to cover a musical event at Highland Park, a popular recreational site in Los Angeles. There he met an attractive young woman, and they started seeing each other on a regular basis. His wife, Pam, didn't know about it, of course.

Jim had always been a sharp dresser, leaning to-

ward three-piece suits and an occasional sports jacket. But he started wearing his hair longer and began wearing loose pants and Indian shirts with mosaic designs. We kidded him about it, of course, and Jim just smiled. Sometimes his conversation took on a mystical quality, and we weren't quite sure what he was trying to say.

One night while a group of us were in the press room at Parker Center waiting for a story to break, we heard a loud commotion outside the office. I ran out the door, thinking some police officers were having trouble with a prisoner.

Instead it was Jim coming up the stairway from the area where we parked our cars. There was an officer on each side of Jim, and they weren't smiling. Jim was giggling, had a two- or three-day growth of beard, and looked strung out.


"This guy says he works here," one officer said. "Is that true?"

I nodded. "I'll have to vouch for that. He's a reporter."

The officer shook his head. "Well, he's stoned on something. He just tried to ride off on one of our motorcycles. I caught him just before he got out of the parking area. I'll have to report this to the chief."

They left and Jim looked at me rapidly. Without a word he went into the next room, flopped down on the couch, and fell asleep.

Later I discovered that Jim had been smoking mari-



The Most Dangerous Drug

juana supplied to him by his new girlfriend. On that particular day he had mixed it up with a powerful hash. The fact that he jeopardized his job and almost got himself criminally charged didn't register with him. Not much later he was fired from his newspaper. I have no idea where he is today, but one of my journalist friends claimed he saw Jim washing dishes in a cheap bar in west Los Angeles.

For Jim, the most dangerous drug—or drugs—were two that some of the Hollywood set will tell you aren't dangerous at all, marijuana and hashish. Yet he has fallen from being a journalist with one of the nation's major newspapers to polishing glasses in a bar.

I met Jerry when I was working as editor of a small daily newspaper in Hobbs, New Mexico. Jerry worked for the paper as custodian. He was tall and gaunt and had eyes that seemed to peer right through you. After we published a series on problems of drug addiction, Jerry came to me and admitted he was a drug addict. I asked him what drug he took.

"Speed," he said. "I gobble 'White Crosses' by the handful. If you were to take it like that, it would kill you. It doesn't even affect me."

Jerry took me to a pharmacy in a nearby town and showed me how easy it was to buy amphetamines without a prescription. The druggist would sell pills to anybody who had the money. After viewing this, I tipped off the authorities, and the druggist was ar-

rested. But that didn't solve Jerry's problem.

Jerry has since left New Mexico and is living in another part of the Southwest. I like to think he moved to make a new start and that he freed himself from the drug that messed up his mind and deprived him of happiness and the opportunity to find a meaningful job. In Jerry's case, speed was the worst drug.

While working on the *Herald-Examiner* in Los Angeles, I covered the arrest and subsequent trial of Charles Manson and the other members of his "family." Most of the people in Manson's "family" were former middle- to upper-middle-class kids who, for one reason or another, had dropped out.

Charlie turned them on to LSD and other mind-altering drugs. From my interviews with "family" members, I'm convinced that the use of LSD and other potent drugs helped condition the Manson family to kill.

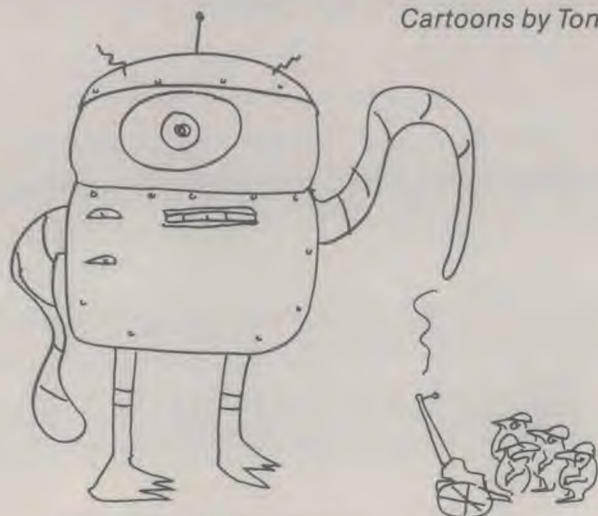
What is the most dangerous drug of all? The answer is not so simple. All drugs that alter a person's consciousness or mood are dangerous. If your name happened to be Elvis Presley, the most dangerous drug might be Percodan® or any of the powerful painkillers that eventually led to his death. For John Belushi, the most dangerous drugs were cocaine and heroin.

What is the most dangerous drug of all? It depends. What are you taking? ◇

SALTZMAN

STINGS SMOKING

Cartoons by Tony Saltzman



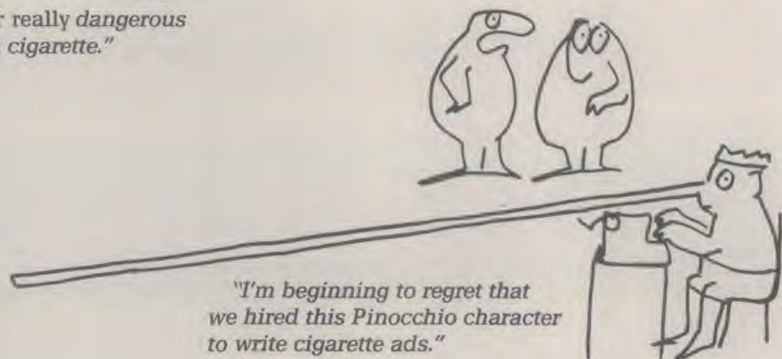
"It's time to haul out our really dangerous weapons. Offer it a cigarette."



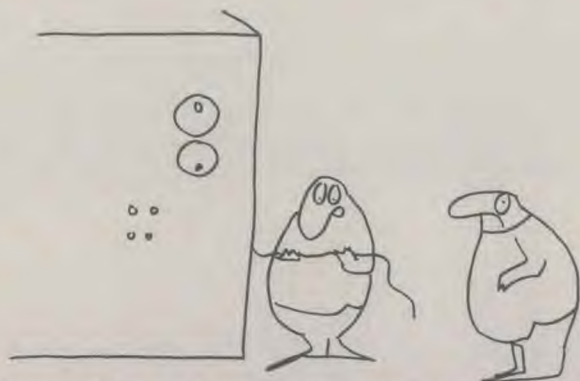
"Well, let's see if smoking has affected your breathing. Uh, you can begin anytime. . . ."



"But smokeless tobacco didn't affect my pearly teeth. Haven't you ever heard of black pearls?"



"I'm beginning to regret that we hired this Pinocchio character to write cigarette ads."



"It says, 'How can I compute the cigarettes smoked in an average lifetime? People who use cigarettes probably won't have an average lifetime.' "



"It's a really effective air freshener. You send a smoker to buy it and then lock the door behind him."

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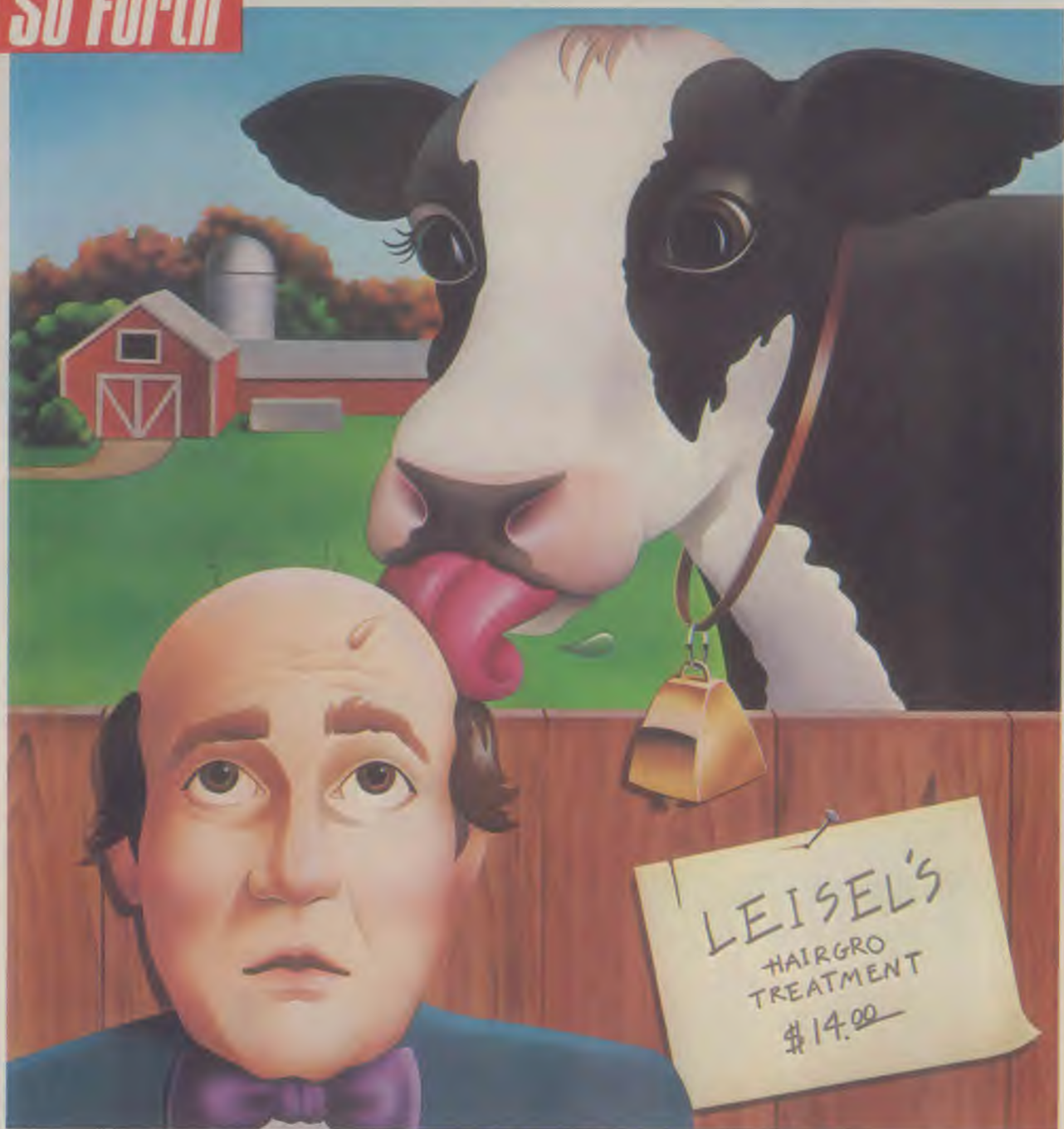
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A HAIR-RAISING STORY?

West German hairdresser Erich Schmitt is experimenting with a new approach to curing baldness. Every Wednesday, eight of his customers show up at his farm to take a licking from Schmitt's cow Leisel. There seems to be some evidence that hair may grow on bald heads when a cow has run her tongue over them.

Schmitt got the idea from an

English farmer by the name of John Coombs, who says he came upon the technique by accident. One day he was bending over the feed trough, and one of his cows, Primrose, noticed the dust from the feed settling on his bald head. Primrose couldn't resist giving Coombs a tongue lashing, and eight weeks later Coombs' wife noticed his hair re-

turning. When he wrote in to a television show, journalists from all over the place showed up.

Of the eight men who are receiving Schmitt's weekly, fourteen-dollar treatments, only one claims to have grown any hair, but the rest are not giving up yet. It just shows how far people will go to lick the problem of baldness.

SOMETHING FROM SPECIAL DELIVERY

Joel Kent of Windsor, Connecticut, began to find the letters from his mailbox tossed all over the ground. A bird had moved into the mailbox and apparently didn't like it cluttered with Kent's mail. The bird furthermore was ripping up the magazines and littering the mailbox with straw.

Kent cleaned out the box each day, but the bird refused to give up. Finally, one day, he noticed four eggs in the mailbox, and then he just gave up. He's now making home movies of the feathered family that is growing up in his mailbox.

In the meantime, he has attached a plastic bag to the mailbox with a sign that reads, "Mr. Mailman: Please put mail here. Thank you, Momma Bird."



GETTING IN GEAR

Eico is a police dog that accompanies Officer Paul Dow while he's on duty in Gillette, Wyoming. One day Officer Dow got out of his patrol car to question two occupants of a car parked in a secluded area. Eico—following his training—jumped into

the front seat of the cruiser to keep an eye on Officer Dow, but he accidentally bumped the gearshift and rammed the police car into the parked vehicle. No one was hurt, but both cars were slightly damaged.

Now police officials can't decide what to do because policy dictates that a police officer in Gillette who wrecks a car gets two days off without pay.



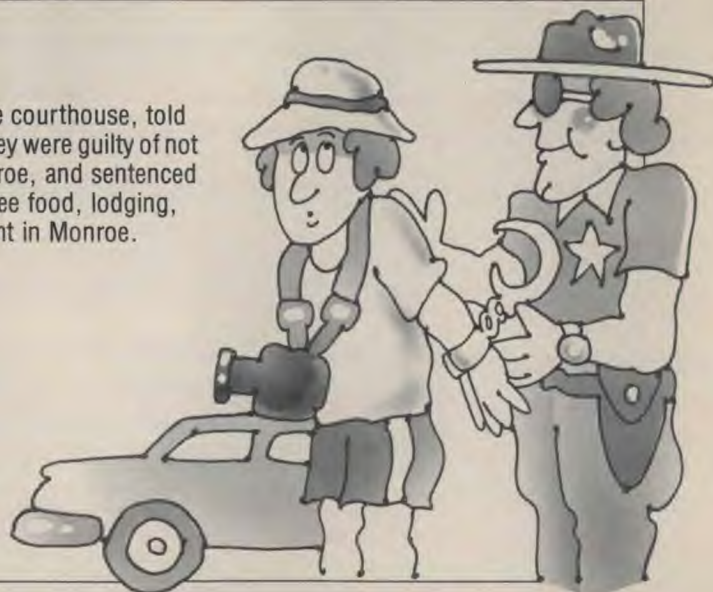
A NEW KIND OF MONROE DOCTRINE

Monroe, Louisiana, has given new meaning to the term "tourist trap."

Joe Smith of Kearney, Arizona, was on a driving vacation with his wife and two children on their way to visit relatives in Georgia. But their car was pulled over by a police officer on Interstate 20, near the town of Monroe. "I thought they thought I was speeding," Smith said.

But the Smiths didn't know that it was Tourist Trap Day, a Ouachita Parish tourism promotion effort, and they were riding in the first out-of-state car to pass through town. They

were taken to the courthouse, told by a judge that they were guilty of not stopping in Monroe, and sentenced to two days of free food, lodging, and entertainment in Monroe.



LET'S GO CAROLING!

Karen Jessie

The following twelve Christmas song titles are almost right, but not quite. One word in each title has been replaced with a synonym. The correct words are hidden in the puzzle. They may run forward, backward, horizontally, vertically, and diagonally but always in a straight line. When you find each of the twelve words, draw a line through it. The unused letters will spell a hidden message

Joy to the Earth	Deck the Corridors
Quiet Night	Little Percussion Boy
Icy the Snowman	Colorless Christmas
O Tiny Town of Bethlehem	O Come All Ye Believers
Happy Old St. Nicholas	Ringing Bells
Away in a Haytrough	
Cherubs We Have Heard on High	

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

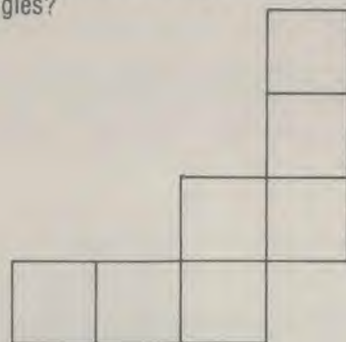


"Of course I don't mind dating someone shorter than I am."

TRICKY TRIANGLES

Rich Latta

Can you add one line to the puzzle below to make eleven triangles?



CHANGE A LETTER

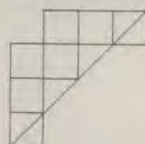
Agnes W. Thomas

Turn each pair of unrelated words below into synonyms by taking a single letter from either word and adding it somewhere to the other one without rearranging any of the other letters. For example, by taking the letter *R* from the word *SHRED* and inserting it into the word *BAN*, you get the synonyms *SHED* and *BARN*.

- | | |
|-------------|--------|
| 1. LAUGHTER | SKILL |
| 2. EGO | LAVE |
| 3. HOP | CHEW |
| 4. PANT | SLOW |
| 5. ARCHES | HUTS |
| 6. RALLY | FIEND |
| 7. EAR | TREND |
| 8. BOOST | HOE |
| 9. RATS | RANGES |
| 10. BLARE | BAD |

PUZZLE ANSWERS

Answers to "Let's Go Caroling!"
 Correct words: World, Silent, Frosty, Little, Jolly, Manager, Angels, Halls, Drummer, White, Faithful, Jingle
 Hidden message: Celebrate the holidays with song
 Answers to "Change a Letter"
 1. SLAUGHTER, KILL 2. GO, LEAVE 3. CHOP, HEW
 4. PLANT, SOW 5. ACHES, HURTS 6. ALLY, FRIEND
 7. TEAR, REND 8. BOOT, SHOE 9. RANTS, RAGES
 10. BARE, BALD



Answer to "Tricky Triangles"

Teenage Drinking Up

A recent Gallup survey showed a significant increase in teenage drinking. Gallup found that 59 percent of American youths aged thirteen to eighteen at least occasionally drink some form of alcohol. An additional 17 percent say they have tried alcohol at least once. "No one knows the quantity, but the figures show that there is much more experimenting with alcoholic beverages," said George Gallup, Jr., "and if more are experimenting, there will be more problems in the future."

Only 23 percent of teenagers say that they do not drink, "the smallest figure ever recorded in these surveys," according to Gallup. This compares with a figure of 35 percent of adults who abstain. "The trend is that more adults are abstaining and fewer teenagers are," notes Gallup.

Drug-Abuser Profile Changes

Major changes have been noted in the clients of drug-abuse treatment centers in the last ten years, according to a study done at the University of Michigan in association with the National Institute of Drug Abuse. The research consisted of structured interviews with fifteen state agency directors and fifty-six treatment program administrators.

The findings showed several trends:

- Today's clients are considerably younger and are more likely to be female.

- The clients are less likely to be employed.

- Multiple drug use has increased. Both study groups placed substantial emphasis on alcohol and marijuana.

Interviewees also say that clients are more "disturbed" in their psychological functioning than clients of ten years ago. An increase of financial, social, employment, and personal relationship problems was also stressed. An increased number of clients were also noted as having evidence of depression, anxiety, and insecurity.

Painkillers Can Harm Kidneys

A government panel recently announced that overuse of nonprescrip-

tion drugs that contain more than one active pain-relieving ingredient can severely damage the kidneys. Members of the panel urged that "serious consideration" be given to restricting such compounds to prescription use only.

The scientists, who were convened by the National Institute of Health, based their announcement on a review of thirty years of international studies on the topic. Occasional use of the products in question, which are typically a mixture of aspirin and a second pain reliever, seems to be harmless. Heavy use over extended periods of time, however, can lead to kidney damage and possibly some forms of cancer of the urinary tract.

Nephrologist Roscoe R. Robinson, who chaired the panel, noted that you get "the same relief from aspirin alone" as from a mixture of two or more painkillers. "There doesn't seem to be any synergistic benefit, but there does seem to be synergistic harm to the kidney," said Robinson.

U.S. Life Expectancy Climbs

Americans are living longer; in fact, the life expectancy in America has reached an all-time high, according to the National Center for Health Statistics. Life expectancy in 1981 (the latest year for which detailed statistics are available) reached 74.2 years, up one-half year from 1980.

Women, who have a life expectancy of 77.9 years, continue to live longer than men, who can expect to last 70.4 years. Life expectancy for whites was 74.8 years, while blacks reached 68.7 years. However, blacks' life expectancy increased nearly twice as fast as that of whites between 1980 and 1981.

White women have the longest life expectancy at 78.5 years; black women come next with 73 years. White men can look forward to 71.1 years, and black men can anticipate 64.4 years.

Also, the age-adjusted death rate reached an all-time low for the same period. The basic death rate of 862.4 deaths per 100,000 Americans was down from 1980 but was actually higher than the 1979 basic rate. However, the basic rate does not take into

account the overall aging of the population.

The age-adjusted rate is a calculation of how many deaths would have occurred if the 1981 population had had the same age mix as that of 1940. By this formula, the death rate was 568.2 deaths per 100,000, down 3 percent from the previous year. Statisticians consider the age-adjusted rate to be a more accurate indicator of the chances of death over a given period of time because it is not affected by changes in the age mix of the population.

Wine That Isn't Wine

A new beverage has hit the market in America that looks like wine, smells like wine, and tastes like wine but which contains almost no alcohol (0.5 percent). Giovane is the first such "unwine" to be sold in America, although similar products have been available in Britain and Europe for years. They are fermented normally; then the alcohol is distilled out.

As well as allowing partygoers to drive home in safety, unwine is a boon to weight watchers. Regular wines, with an alcohol content of 12 percent, contain about 150 calories per four-ounce glass. Giovane, which is made from Italian Trebbiano grapes, has about 38 calories per four-ounce glass. With its low-calorie and nonintoxicating advantages, dealcoholization is expected to do for alcoholic drinks what decaffeination did for coffee.

The new alcohol-free wines are expected to catch on faster than dealcoholized beer, which has been available for several years. The Hilton Commercial Group, distillers of Giovane, is planning to introduce more dealcoholized wines in the near future. Plans include a French Chardonnay and a blanc de blancs.

But will the lack of alcohol dampen conversation at "unwine" parties? Probably not, according to psychologists. Alcohol isn't the only thing that loosens the tongue: researchers say that a mild state of inebriation can be a conditioned reaction reflecting the way we think we're supposed to act at social gatherings, particularly when "bending the elbow."

New Form of Child Abuse

Headlines these days scream the tragedy of child abuse in its many forms. Young children, even infants at times, suffer physically and are scarred emotionally.

As if these vicious forms of child abuse were not enough, now there's another type of child abuse rearing its ugly head. Children are becoming victims of the revival of PCP use.

PCP is an illegal drug, first introduced in the 1950s as an animal tranquilizer. It is now known on the streets by various names such as "lovely" and "killer weed." Usually taken into the body by smoking on marijuana or dried parsley flakes, this drug is again becoming popular among teenagers and young adults in some metropolitan areas, such as Washington, D.C.

Children's Hospital in the nation's capital reports five cases of PCP intoxication in recent months among very young children, ranging from two months to two years of age.

Police speculate that the children may have inhaled the drug by being in a room where it was being smoked. Hospital attendants admit they do not know what long-range effects may result from exposure to the destructive hallucinogenic drug.

"It is heartbreaking," says Carolyn Smith, chief of the city's intake and crisis services for the Department of Human Services. "We just haven't been prepared for this." She explains that handling such cases can be even more difficult than dealing with children born to heroin-addicted mothers.

The advent of this newest form of child abuse, she says, has prompted her office to begin PCP training for its staff to deal with the drug's possible increase among young patients. The Human Services Department also is insisting that children be tested for PCP before they are placed in special programs for children with learning disabilities.

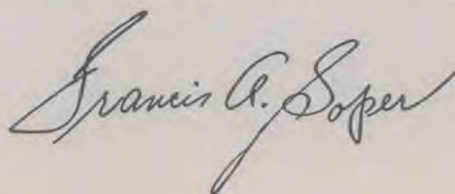
"This is frightening, and we are trying to gear up to it," Smith says. "This is a massive, whole new category of child abuse we never imagined."

PCP is known to produce a psychosis resulting in bizarre and at times violent behavior in users. The drug has made some children lethargic, leading to weak cries as they stare off in a trancelike state; others are rocked by seizures, according to Joyce Thomas, director of Children's Hospital's division of child protection. Children old enough to walk who are under the influence of the drug, she adds, often stagger with an especially wide gait and appear jittery and nervous.

"If these children are inhaling it while they are sleeping," she observes, "they could suffer from central nervous system depression to the point of no return."

"We don't know what the long-range effect may be," says Annette H. Ficker, pediatrician at Children's. "It could be the difference between an A or a D, or the difference between an A or a B. We just don't know."

It has long been known that maternal use of various drugs directly affects the unborn child, but this new form of child abuse opens up a whole new frightening dimension of the drug scene.



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