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**My Seven
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**Tobacco
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or Not:
Here Are
the Facts**

**Soar With
the Civil
Air Patrol**

**A.C.
Green:**
A Champion
Role Model

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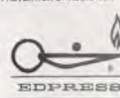
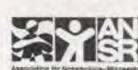
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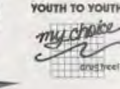


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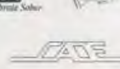


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YOUTH TO YOUTH



RESPECTEEN



One Out of Three

Joe, Bill, and John were best friends, and had been best friends since they started kindergarten. There they learned that they lived just a couple of blocks from each other and could ride their bikes to each other's houses. They really did enjoy each other's company, hardly ever disagreeing.

All three boys became involved in sports as they progressed through school. And even though they might not always be on the same team in soccer or football or whatever sport, they were good about winning and losing.

One morning when they were in sixth grade, Joe whispered, "Hey, meet me by our tree at recess. I have something cool to show you." Curious, John and Bill made their way to see this cool thing.

Cautiously looking around, Joe pulled a pack of cigarettes out of his pocket. "Where'd you get that?" questioned Bill in surprise.

"My brother Jack accidentally left it in the garage, and I took it," replied Joe. "Wanna give it a try? It'll be cool to see what it tastes like."

And so it was that three 11-year-old boys began a habit that would last a lifetime. According to a CNN report 1,157,399 kids became regular smokers in 2001. And statistics show that 370,368 of them will eventually die from their addiction. I did a little math, and it comes out to one out of every three smokers. Statistics also show that the average age to begin smoking is 11. What a waste of time and money and life.

A recent news article states that many states are raising cigarette taxes, and some cities are adding their own tax. For example, the price per pack in New York City is now \$7, and it's more than \$4 a pack in many states. Let's see: one pack a day at \$7, times seven days, times 52 weeks equals—whew! That's \$2,548 a year. Just think, if you were to save the amount spent on cigarettes, it wouldn't take long to buy that new bike you've been wishing for, or Rollerblades, or a skateboard, or . . . you fill in the blank. That would keep you healthier, and unlike Joe and his two friends, you wouldn't have to wonder which of the three of you is going to die from their addiction. That's *one smoker out of three*.

Anita Jacobs





BALKOVEK 2002

My Seven Pet Peeves About Smoking

by Tashana Kirkpatrick

Imagine that you are only 50 years old, yet you feel like 100. Your lungs are smaller

than a baby's, yet you still puff away on a cigarette. Your teeth are yellow, and your breath smells bad. Smoking is more than just a bad habit. With each and every puff of a cigarette more and more of your life is being taken away. Experiencing personal situations with my father, grandparents, and other close relatives, I know that it isn't easy to quit smoking. There are so many things about smoking that drive me crazy that I decided to make a list of those things in reverse order and work my way to the thing that annoys me the most.

7. Smoking in Cars

Do people really experience an addiction to smoking so strong that they can't stop even for a short 10-minute drive? What about during the winter when it's so cold outside that they need to roll down the window to smoke? Not only are they getting us sick from secondhand smoke, but we could catch pneumonia before we reach our destination. And what about the people who are sitting in the back? The wind blows in through the open window and pushes smoke into the back and into their faces. I highly doubt that anyone else in the car wants to go somewhere smelling like smoke. I've always wondered what would happen if you were to get into an accident with a burning cigarette in your hand.

6. Smoking in Restaurants

I'm sitting there enjoying my meal and along comes a whiff of smoke right onto my food and into my mouth. Yum . . . ha—right! Not only can I not breathe, but now my appetite has disappeared. What is it with this “smoking section” thing in restaurants, anyway? I don't care what area is designated for smoking; you can still smell smoke. OK, I guess if people want to smoke with their meal, they can create their own eating section . . . outside.

5. Smoking for “Social” Purposes

Groups gathering, friends pressuring, I honestly have to ask myself what the point is. Or is there even a point? I realize that you and your friends may be bored when you get together, but isn't there something better to do? I mean . . . find friends who actually have a life. For those of you whose friends pressure you into smoking, I'm sorry, but they aren't really your friends. Do real friends want to cause you to become addicted to a substance that could cause you to die of lung cancer?

4. Smoking Because of Stress

Hard day at work? Need to smoke? Isn't there some other way you can relieve your stress? In reality, you are only stressing yourself out more. Pretty soon you will be in debt because of your cigarette addiction. You will be fighting lung disease, and your 12-year-old son will be asking you if he can have a cigarette because he sees you smoking. Now what are you going to do? I'm going to be honest with you: I've never smoked a cigarette in my life, and I'm still doing OK.

3. Smoking Because You Think It's Attractive

One of the best commercials I've ever seen is the one in which a good-looking teenage guy turns into a frog. Of course, he doesn't really turn into a frog, but in the eyes of the girl who watches him put a cigarette into his mouth he does. Every time I see a good-looking guy smoking, it completely turns me off. I can picture a rather comical image of a slimy green frog the size of a human, eyes bulging and cigarette dangling from its big green lips. Now, how's that for a turn-on?

However, other commercials and advertisements make me want to scream. Do people really think that you will look beautiful and attractive to the opposite sex when you smoke? Think about it. If those models actually smoked, their teeth would be yellow instead of white. Actors don't really care about us. What they care about is the money they make from the commercials.

2. The "It Won't Happen to Me" Attitude

People with an attitude like that really need to think twice. Saying that you won't become addicted after trying a few cigarettes may seem easy, but you may find it hard to stop. It's also easy to think that you won't get lung cancer. The odds are against you. One out of every three smokers will develop some kind of smoking illness. I can't believe that some people can watch a loved one dying from some sort of smoking disease and still go out and smoke a cigarette. I can't even imagine what must be going through their minds. And what happens if you find yourself lying in a hospital bed with emphysema or something? It's sad to think that when the doctor tells you that you have a smoking-related disease, you decide to quit smoking. I'm sorry, but you are too late.

1. Smoking at Work

Finally, my final pet peeve about smoking. This is my number one pet peeve because I witness it the most. You see, where I work a lot of people smoke. So for some strange reason these people get extra breaks. All they have to say is "Hey, I'm gonna go out for a smoke, OK? I'll be right back." When they tell me this, I always reply, "Don't tell me that," or "Whatever," even though inside I really want to scream, "No, you may not leave me here with things left to do just so you can go out to relieve yourself with a device that is making your life shorter by the second!" Sure, we get our short breaks to get a drink or use the bathroom or whatever, but then, so do all of the smokers. You know what—maybe I should start smoking so I can get extra breaks. Or maybe the next time I want a break I'll say, "Hey, I'm going to go shorten my life a little . . . be back in a few!"

Sometimes I think that I've become allergic to the smell of smoke. Growing up I didn't notice it as much, but now when I smell it I just

want to run away. Being a secondhand smoker scares me now.

Smoking makes me think of my grandma and how smoking made her have to have oxygen all the time. Her thin white hands shook, her frail body trembled, and she moved at the pace of a child taking their first baby steps. Grandma had a deep cough that would pull at her body, leaving her limp and helpless. The poor woman, old and wrinkled, reminded me of a walking zombie. She used to frighten me when I was a child. The sight of her sticks with me and is a constant reminder of how I *don't* want to end up.

I can't help wondering what will happen to my father, who is addicted to tobacco. I don't want him to die because of something as stupid as a cigarette that no one should have invented in the first place. Dad tells us that he's OK (I think he's probably a perfect example of the "It won't happen to me" attitude). He wants to quit, but it's hard for him. The 16 years he's been smoking have been bad for him, but if he could quit it would do miracles for him. It would also do miracles for the rest of you smokers. 🦊

Tashana was 17 when she wrote this article. She wrote the article because of her strong opinion about smoking. She says that she worries about people who smoke because she has seen the effects of smoking in her own family.





Why Not Chew?

My dad has a disgusting habit of chewing tobacco. How can I get him to stop?
Sean

No one has the power to make your dad give up tobacco except himself. We know that chewing tobacco can cause lip, cheek, tongue, and other types of oral cancer, as well as causing damage to mouth tissue, causing receding gums. You can help your dad by sharing your concern and fear with him. Let him know the cold hard facts of this addictive habit. Give him all the support you can should he decide to quit. Tell him that people of all ages have successfully given up this nasty and dangerous substance.

I'm 15 and smoke a little weed now and then. I wonder if it really affects my brain. **Jim**

There's no doubt that marijuana directly affects the brain, even if it's used only once in a while. Research shows that it impairs the ability to concentrate and retain information. Tetrahydrocannabinol, the active ingredient in marijuana, attaches itself to receptors in the hippocampal region of the brain, weakening short-term memory and getting in the way of the mechanisms that form long-term memory. Why not live your life free and

clear of all mind- and mood-altering chemicals, including marijuana.

Last week I was cited as a minor in possession of alcohol. My parents will have a fit when they find out. Should I tell them or wait until the court notifies them by mail? I'm 17.
Lisa

If your parents are like most, they probably hate surprises. Especially a surprise that comes in the form of a court order. Face it, what you did was illegal. You got caught, and now it's time to face the consequences. Be responsible. Let your parents know as soon as possible. It should take a load off your shoulders. This incident isn't the end of the world, unless you fail to learn your lesson. I hope you've thought about what alcohol has done, and that is to put you into the legal system, where you'll probably be fined or worse, jailed.

I quit using drugs last month, but most of my friends are pressuring me to get high with them. How do I convince them that I'm serious? I'm 17.
Ann

I'm not certain you can convince them that you desire to

make positive changes in your life. The reason is that those in the habit of being under the influence of alcohol and other drugs have a different perspective than those whose minds are clear. Many drug users feel threatened when they see someone make progress in changing their life. This causes them to look at their problems. If I were you, I would seek out clean and sober friends who understand what you're doing and why. They would be less stressful to hang around with as well as a wealth of support toward your recovery. Giving up drugs is a great step, but long-term recovery from them involves more, including changing our lifestyles, our circle of peers, and our range of activities. 🌀

Go ahead, ask Gary his advice on some of those big questions. Gary Somdahl is a dad who puts his skills as a licensed youth chemical dependency counselor to the real-world test all the time. His latest book is *Drugs and Kids*.

.....
Send your questions to:

ASK GARY

Listen magazine
55 West Oak Ridge Drive
Hagerstown, Maryland 21740.



DOESN'T IT MAKE YOU MAD?

Here are some facts that tobacco companies don't want you to know.



- Last year's tobacco sales for Philip Morris tobacco company topped \$42.7 billion. Their CEO, Geoffrey Bible, earned \$5 million a year to convince you to start smoking. Doesn't that make you mad?

- Three thousand new young people begin smoking every day! More than 80 percent of smokers begin smoking before their eighteenth birthday. Doesn't that make you fume?

- The president of a branch of R. J. Reynolds sent a memo to his staff, admitting that "high school students are the basis of our business."

- Bennett Lebow, the CEO in charge of producing

L&M cigarettes, wrote to his staff, "If you are really and truly not going to sell [cigarettes] to children, you are going to be out of business in 30 years." Doesn't that make you sizzle?

Know the truth! Since teens are the ones being targeted by the tobacco industry, they should participate in the fight against tobacco use. You can make a difference.



Here are some cool teen Web sites where you might want to learn what you can do to help fight the giant tobacco industry.

- **O2 Zone:** www.tobaccofacts.org/o2zone1.html (You'll love their "puke" page.)
- www.cdc.gov/tobacco/tips4youth.htm—activities and interview with Boyz II Men.
- www.gottaquit.com—site to help smokers.
- www.questionit.com—gives hints to help smokers battle their addiction.
- www.getoutraged.com—ways you can make a difference in the fight against tobacco.
- www.wholetruth.com—a cool site for teens.
- www.quit4life.com—a cool site with stories of four teens trying to kick the smoking habit.

- www.notobacco.org—sponsored by the Foundation for a Smoke-free America.
- www.costkids.org—opposed to tobacco use.
- www.youthtobacco.com—online source to help people stop smoking.
- www.tobacco.org—get a free subscription to *Daily Tobacco News*.

If you want help to quit smoking, call 1-800-LUNG-USA.

Get involved: Make your team, your school, and your home tobacco-free. Join others to prevent tobacco use. ☞

Take the following quiz to find out what else about smoking the tobacco industry would rather you not know.

1. Nicotine is
 - a. more addictive than heroin
 - b. less addictive than ecstasy
 - c. the hardest addiction to break
2. If you smoke a pack a day for one year, it will cost you at least
 - a. \$50
 - b. \$100
 - c. \$1,000
3. Tobacco kills more people each year than which of the following?
 - a. illegal drugs
 - b. car crashes
 - c. AIDS
 - d. all of the above
4. The number one source of pollution on California beaches is
 - a. oil slicks
 - b. soda cans
 - c. cigarette butts
5. The safest form of tobacco use is
 - a. chewing tobacco
 - b. pipe tobacco
 - c. bug spray
6. Smoking begins to harm the body after
 - a. 30 years
 - b. one year
 - c. the first cigarette
7. Over the past five years, the percentage of eighth graders who smoke
 - a. increased from 5 percent to 15 percent
 - b. increased from 14 percent to 21 percent
 - c. stayed the same
8. Sylvester Stallone took a \$500,000 payment from a tobacco company to smoke their brand of cigarettes in how many of his films?
 - a. one
 - b. three
 - c. none
9. In the 2000 elections the tobacco industry gave how much to Republican candidates?
 - a. \$4.7 million
 - b. \$1.2 million
 - c. same as given to Democrats
10. The tobacco companies would have you believe that
 - a. retailers don't sell tobacco to kids
 - b. smoking is a choice
 - c. smoking is cool and sexy

Answers:

1. a/c. In the past 10 years medical scientists have discovered that nicotine has proven to be the most difficult addiction to break. But the truth is that you can do it! And you'll have lots of help. Check the Web sites listed at the end of the article.

2. c. \$1,000 a year is a lot of money to burn. With that kind of money, how many computer games could you buy? How many cool outfits from Gap? If you banked it at 5 percent interest, you'd have \$34,719.25 at the end of 20 years.

3. d. All of the above. Each year smoking kills 400,000 people, more than deaths from AIDS, alcohol, drug use, car crashes, murders, suicides, and fires combined! It causes one out of every five deaths in the United States alone. That's the same as three sold-out super jumbo jets crashing each day with no survivors.

4. c. Cigarette butts by far.

5. c. Nicotine makes a great bug killer.

6. c. Smoke from the first cigarette is enough to paralyze the small hairs that line the airways and protect your lungs from infection and begin destroying the air sacs in the lungs, starting the process of emphysema.

7. b. The percentage of eighth graders who smoke rose from 14 percent to 21 percent. Over all the number of students using tobacco has increased by 50 percent.

8. b. Because of pressure from anti-cigarette groups, Hollywood swears it has stopped placing ads in its movies. Instead of cigarettes, it's promoting cigar smoking—a stronger and more lethal source of nicotine.

9. a. Eighty-eight percent of the contributions went to Republicans. Is it any surprise to discover that President Bush has hired several people straight out of the tobacco industry, such as chief strategist Carl Rove?

10. a/b/c. All are lies the tobacco industry has tried to sell to Americans—you and me. Are you buying?



the tobacco factor

by Jared Scott

Ever since he could remember, Henry'd thought smoking was cool. He doesn't remember when, but somewhere from his earliest childhood memories he has images of people smoking. Maybe it was his older brother, Jack, who was already in the Army by the time Henry was old enough to remember anything. Jack smoked, and had been a paratrooper who fought in Vietnam. Young Henry was proud to have a big brother who jumped out of airplanes with people shooting at him.

Or maybe it was one of the movies he'd seen as a kid. When he was quite young, his parents had taken him to the movies, which itself was very exciting. The hero of the movie, a cop who kept on blowing away all the bad guys, seemed always to have a cigarette in his mouth. For the longest time afterward Henry thought about that cop, and he wanted to be like him, including, of course, smoking.

By the time Henry was 16, he'd started smoking. Of course, at that age he had to sneak around doing it, because it wasn't legal for him to buy cigarettes. But they were easy to come by. He kept it a secret from his parents as long as he could. But by the time they found out (smelled it on him, found butts in his room and burns on the floor), he was already addicted and wasn't going to stop. And he didn't want to stop, not really.

Smoking, he thought, is cool. ("Just leave me alone," he snapped one day in a heated debate with his dad. "I know what I am doing.") Sure, he knew all the information about how bad it was for you. Who didn't? But he didn't care. Smoking was cool. He liked the way he looked with a cigarette in his mouth; he liked the feeling of being a bit of a renegade; he liked everything about it.

Well, almost everything. He didn't like being in places for a long time where he couldn't smoke. Such as the time he and his parents flew to Japan, when his dad was on a business trip. He thought that if he didn't get a smoke, he would drop dead right there somewhere over the mid-Pacific. And he hated not being able to smoke in restaurants, in cafés, and in school, because sometimes the urge was so, so,

so bad that he just had to have a smoke or he'd go crazy. Plus, his parents refused to support his habit, so he had to cough up the money, and cigarettes didn't come cheap. And he didn't like the fact that the one girl in his class whom he really, really liked absolutely refused to go out with a guy who smoked. "Kissing you," she said, "would be like kissing a dirty ashtray." And finally, what he didn't like was that reoccurring little cough.

Sure, Henry liked smoking, at least that's what he told himself. But as the years went by, he liked it less and less.

He thought he knew how bad tobacco was for him, but he didn't realize that tobacco

The hero of the movie, a cop who kept on blowing away all the bad guys, seemed always to have a cigarette in his mouth.

smoke contains more than 4,000 substances. And if that isn't bad enough, among them are such things as carbon monoxide, hydrogen cyanide (yeah, that kind of cyanide), and ammonia (the stuff your mother uses to clean house). It had never bothered Henry before, but as he got older and thought more about it, the idea of all those burning chemicals and substances going into his lungs and then into his bloodstream, where to one degree or another they impacted almost every cell in his body in a bad way, just didn't seem too cool anymore.

Something else Henry didn't like was that smokers are more prone to injuries. It's kind of weird, but one study in England showed that soldiers who smoked were twice as likely to get hurt in training than those who didn't.

Another fact that began to bother Henry each time he lit up was that about every 13 seconds someone in the world dies from tobacco-related illnesses. That's right, in about the time it takes you to read this paragraph, someone

died because they had started smoking, probably beginning when they were young like Henry.

It is estimated that about 5 million people who are alive today will die prematurely from smoking-related illnesses. It is estimated too that of 257,000 kids who become regular smokers, 85,684 will die directly because of their smoking. That equals one out of every three smokers.

One day when Henry was browsing the Web, he read this fact that brought a frown to his face: "Smoking-related diseases claim an estimated 430,700 American lives each year.

And then there was the time this sore developed in his mouth.

Smoking costs the United States approximately \$97.2 billion each year in health-care costs and lost productivity. It is directly responsible for 87 percent of lung cancer cases and causes most cases of emphysema and chronic bronchitis."*

And then there is the higher rate of bladder cancer in smokers (40 percent higher), the higher rate of kidney cancer in smokers (40 percent higher), the higher rate of stroke (twice as high in smokers), the higher rate of mouth cancer (nearly every case is caused by smoking), and the higher rate of . . . , and on and on. Not one of these diseases seemed like a particularly cool way to die.

All this bothered Henry, but the thing that troubled him the most was that he couldn't quit. For years he'd told himself that he could quit anytime he wanted—but he just didn't really want to. But once when he'd had a cough that stayed with him for weeks, Henry decided that he would quit and prove to himself and others that he could.

Within two days he was smoking more than

before. That really bothered him. He always wanted to view himself as a free, independent kind of guy (like the cop in the movie he'd seen as a kid), and yet somehow being addicted to tobacco wasn't his idea of freedom. And then there was the time this sore developed in his mouth. The doctor had been concerned that it might be mouth cancer. Fortunately it wasn't, but it really gave him a scare, at least enough to keep him away from cigarettes—for about 10 days.

Yes, Henry had once thought smoking was cool. Advertisements in glossy magazines certainly made it look that way. Yet as he got older and would see 13-, 14-, and 15-year-old kids smoking, he wanted to walk up to them and grab the cigarettes out of their mouths. He wanted to tell them that they weren't cool no matter how cool they thought they were.

Today Henry is 26, and he's been smoking for about 10 years. He's tried to stop smoking about six times, but finds himself smoking even more after each failed attempt. But he's going to quit. He keeps telling himself that, over and over. He's going to quit. Yes, he's going to quit. He thinks he can do it, just not now . . . probably not tomorrow, either. ☞

*www.lungusa.org/tobacco/



PAT ANSWERS

“DON’T BE A DUMMY— Stop Smoking for Life”

is the friendly but urgent message greeting students as they pull into the parking lot of Musselman High School, located just south of Martinsburg, West Virginia.

What makes this billboard and its message so powerful is that it is the work of students who are members of the team “Peers Against Tobacco” (PAT).

“We feel that peer influence is the strongest educational influence,” says Donna Kuhn, regional educational service agency (RESA) drug prevention coordinator. “And everything the PAT team does,” adds Mrs. McDonald, Musselman High School PAT facilitator, “is student driven. For example, students make their own puppets for the mentoring sessions they conduct for elementary and middle school students. They designed the logo and are responsible for printing the T-shirts. And the list goes on.”

“One of those puppet shows was a takeoff on the story of the big bad wolf and the three little pigs,” reflects Matt Houghton, class of 2003 and PAT president. “The big bad wolf couldn’t blow the house down because he had been doing too much ‘puffing’ on cigarettes.” When Matt was asked if he and other PAT members encountered much “guff” from fel-

low students who smoke, he answered, “Mostly we meet with respect.” He went on to say, “The response of the kids at the elementary and middle schools, their ooohs and aaahs, validated that they got our message.”

In addition to the puppet shows for the younger students, PAT members at Musselman High do a lot for their peers in their own school. The group’s vice president, Amanda Russell, class of 2003, went on to recount many of PAT’s activities and accomplishments. “We meet once every month on club days in school and after school, if needed. Team members have spoken at the local 4-H Club on the dangers of tobacco, as well as at the speciality school. We set up a table during lunch so that any student in the school who wants to can sign up to join our group.” And join they do. This is the club’s largest anti-tobacco group!

Following is a review of a few statistics that helps to heighten the appreciation for what these students are doing:



by Ron Clark

- “More people die each year from cigarette smoking and related illnesses than die from AIDS, alcohol, traffic accidents, illicit drugs, murder and suicide combined.”¹

- More than one in five deaths in West Virginia are related to smoking cigarettes.

- The West Virginia death rate from lung cancer from 1989 to 1998 was 22 percent higher than the United States rate for 1994, and in 1999 the deaths from chronic lower respiratory disease was 36 percent higher than the U.S. rate for the same year.²

These West Virginia high school students are setting a positive example of what young people can do in any setting. “No wonder West Virginia governor Bob Wise has hired eight tobacco prevention specialists and given them the primary responsibility of contacting students for input in the state’s Teens Against Tobacco Use (TATU) program,” reports Mrs.

These West Virginia high school students are setting a positive example of what young people can do in any setting.

Kuhn. She went on to describe how the PAT team from Musselman High has been instrumental in passing the Indoor Clean Air Act in Berkeley County, West Virginia. She says, “These are West Virginia’s goals: to prevent alcohol, tobacco, marijuana, and violence in the lives of her young people.”

Judy Boykin, with Family Resource Network of the Panhandle [West Virginia], has been active with the PAT club since its beginning in 1996. She provides training and resources for peer tobacco education. Boykin’s network continues to work with youth to help

them practice leadership in saving lives.

When many of the PAT students graduate from high school, they are still interested in working in the PAT program. One of these students is Jennifer Newman, Musselman class of 2000. As an education major at Shepherd College, in Shepherdstown, West Virginia, Jennifer is still involved as a trainer and consultant to middle and high school students.

Mrs. McDonald is quick to give credit to Dwight Dougherty, head coordinator of the Musselman PAT chapter, and Jeff Cunningham, the sponsor assisting with the “Hoops for Heart” three-on-three basketball fund-raiser for the American Lung Association.

“And that’s not all,” continues Brittany Lamb, class of 2002 and PAT president for that year. “We usually organize a health fair each year and invite local organizations to set up booths. The focus is for all the students, but the ninth and tenth graders are scheduled to go through and talk to the nurses and other health professionals, state police, and people from the women’s shelter. It’s a really great experience.” She went on to tell how the PAT team at Musselman, in addition to putting up the billboard in the student parking lot, also volunteers to keep that same parking lot clean!

When asked if she could summarize her involvement with PAT, Brittany used one word: rewarding. “You see,” she continued, “my dad passed away in May 2000 from smoking. He was only 45. I believe that someone like me who has had a real experience with what smoking does is far more powerful than any TV ad or magazine advertisement.” She went on to say, “I’ll be a freshman at West Virginia University next year, and I want to get a similar group going there!”

Those of us who work in the prevention field of at-risk behaviors have often been heard to say, “There are no pat answers,” and while it is still true that prevention requires cooperation on the part of many people, we can all learn something from the PAT answers that are coming out of West Virginia. 🍀

¹Centers for Disease Control and Prevention.

²West Virginia Department of Health and Human Resources (www.wvdhhr.org).



Some of the students who attended the RESA VIII April 2002 conference.

Students in front of the sign at the high school parking lot.



Left to right: Art Cerami of the E. A. Hawse Health Center with Musselman High School representatives Matt Houghton and Amanda Russell and MHS leader, Dottie McDonald.



DON'T BE A DUMMY
Stop Smoking For Life



P.A.T. CLUB

A.C. with kids at camp.



A.C. Green:

A Champion Role Model

by Kimberly Kimmel



A.C. playing in a celebrity game

Just ask A.C. Green. He'll tell you what the best things in life worth waiting for include. He'd say that for him it's his wife, his family, his basketball career, and the A.C. Green Youth Foundation.

Even though A.C. retired from the Los Angeles Lakers in 2000, he still speaks with great pride about his time spent on that championship basketball team.

"It felt great being on the Lakers. It's always great to win a championship, playing and knowing you are on the greatest team in the whole wide world for that particular year," A.C. says with pride.

A.C. is the National Basketball Association's (NBA) "Iron Man," having played in 1,192 straight games. A.C. surpassed Randy Smith's 907 consecutive games played on November 20, 1997, and played his one thousandth game on

March 13, 1999. His streak began November 19, 1986, and ended April 17, 2001, spanning 15 seasons.

A.C. helped the Lakers win three NBA championships, winning his last championship ring in 2000.

A.C. was drafted in the first round of the 1985 draft and became the first rookie since LeRoy Ellis in the 1962-1963 season to appear in every game. He spent eight seasons with the Lakers and was voted by the fans as a starter for the 1990 NBA All-Star Game. A.C. then spent four seasons with the Phoenix Suns and two seasons with the Dallas Mavericks before returning to play one more season with the Lakers. In 2001 he reunited with Pat Riley, his former Lakers head coach, with the Miami Heat, for his last season playing professional basketball.

Even though A.C. (whose initials do not stand for full names) is now retired from professional basketball, he still manages to keep involved. A.C. is president and general manager of the American Basketball Association's Southern California Surfs.

A constant passion of A.C.'s through the

years has been the A.C. Green Youth Foundation, which he established in 1989 with sexual abstinence education as its main focus. Each year more than 100 boys and girls are sponsored to attend summer youth camps in

both of my parents constantly in my life," A.C. says. "I take my hat off to them."

Family is very important to A.C. He has two brothers and one sister and lots of nieces and nephews, all of whom live in Oregon. "I have a huge family," A.C. says, smiling. "There are a lot of things people may wish they could change about their upbringing, but I don't have any complaints. There's nothing better than a parent being with their kids going through activities in life. My parents were always the Little League kind of parents."

His family was always very supportive of the sports he chose to play. His sister attended almost all of his high school games, and his brothers many of his professional games.

His parents have a solid marriage and were always a good example of what a strong relationship should be. Understandably A.C. wanted a relationship like that for himself. On April 20, 2002, in Laguna Niguel, California, A.C. got his longtime wish and married his sweetheart, Veronique Green. "My wife is a breath of fresh air, bright, intelligent, and beautiful."

Phoenix, Arizona; Portland, Oregon; and Los Angeles, California. The camps focus on basketball and also career exploration, educational opportunities, and character building.

"One of the reasons for the foundation," A.C. says, "is that I want to help more kids experience some of the things they didn't get growing up. Things like watching a baseball or basketball game. I want them to believe in themselves and know they have power within."

The Foundation also believes that young people must develop morally, ethically, educationally, physically, and mentally to fulfill their dreams and goals in life. It helps young people to know that they are accepted for who they are unconditionally.

Many young people feel that they are rejected and neglected, and that can breed hopelessness and despair. A.C. hopes the youth program can teach athletic skills and character development while offering fun things to do. The foundation strives to accept each person for who they are and offers an atmosphere of unconditional love.

A.C.'s motivation for working with kids comes from the support and encouragement his parents gave him. "I feel very blessed to have



Info

A.C. Green Youth Foundation

Here is how you can contact the A.C. Green Youth Foundation.

- ☐ **Mailing Address:**
A.C. Green Youth Foundation
P.O. Box 1709
Phoenix, AZ 85001
- ☐ **e-mail address:**
info@ACGREEN.com
- ☐ **Web site:**
www.ACGREEN.com or
www.ClubAC.com
- ☐ **Phone:**
1-800-AC-YOUTH

"One of the greatest reasons for my retirement," says A.C., "is that I was really looking forward to planning our wedding. As far as retiring goes, I felt the timing was right to move on. Getting married was the number one thing I wanted to put my energies toward."

A.C., who is 38 years old, says his wife was well worth the wait. In fact, A.C. waited until marriage before having sex. He strongly believes in abstinence, and it is a subject he talks about openly and with conviction. A.C. has a strong relationship with God and maintained a lifelong vow of celibacy before marriage.

"It is so important to know what you want and to have the faith to hold on and wait until the time is right. You really need to wait until marriage to experience what sex is all about. You wait, and you do your self-control thing, and the result is the blessing that comes at the end of the rainbow, and that's what Veronique has been."

Abstinence with sex, drugs, and alcohol—my message is really simple. You need to care for yourself.

Veronique agrees, saying, "A.C. is the man I have waited for my whole life. To know that he has also been faithful in waiting for me is the best wedding present I could ever imagine."

They got married on the beautiful coast of southern California. It was a small wedding with about 100 family members and friends gathered together to celebrate the beautiful occasion. The ceremony was so moving that when A.C. happened to look over at his parents, he saw his father crying. That was a first for A.C., as he had never seen his father cry.

One of the reasons the subject of abstinence is so important to A.C. is that he believes it goes hand in hand with self-respect. "Self-respect is

A.C.'s Stats

- ☐ **Graduated:** Oregon State University
- ☐ **Degree:** speech communication
- ☐ **His Iron Man Streak:**
 - November 19, 1986-April 17, 2001
 - Played in 1,192 consecutive games (a difficult record to break)
- ☐ **Points per Game Average:** 9.7
- ☐ **Rebounds per Game Average:** 7.4
- ☐ **Hobbies:**
 - tennis
 - bowling
 - baseball
 - football
 - eating frozen yogurt

really important, and having a strong character is part of that. Think about your future, the goals that you want to achieve. What steps are you going to take to help you get there? If they're not going to help your body, then why hurt yourself? That's crazy."

A.C. has always refrained from negative influences in his life, including tobacco, alcohol, and other drugs. His personal motto has been that with a little patience and self-control you can wait for the best things in life.

Not caring who knows it, A.C. is famous for telling anyone who will listen that it's never too late to start practicing abstinence. He says, "Abstinence with sex, drugs, and alcohol—my message is really simple. You need to care for yourself."

A.C. is a youth mentor, author, speaker, and successful entrepreneur. And he is a positive role model for young people. In fact, his positive stand has been recognized in the House of Representatives' *Congressional Record* of October 26, 1999.

Listen magazine salutes A.C. and his contribution of encouraging youth to be the best that they can be. 🎧

The Sunday before prom is “etched” in my memory. The day began for me about 11:00 a.m. It was a perfect May day, and my three best friends, Diedra, Kara, Amy, and I had gone to Westlake, a giant mall only a short distance from our suburb. It had every kind of store imaginable.

Soon we were selecting possible prom dresses and trying them on. At Meyers, the third store we’d been to, Diedra found her favorite dress. It was midnight blue with narrow straps over the shoulders. It contrasted beautifully with the blue, yellow, and red colors of the butterfly tattoo on her right shoulder.

TATTOO OR NOT:

Here Are the Facts

by Gloria Roesch

“It is perfect,” Diedra purred.

“I hate you,” laughed Amy. “I want a tattoo just like yours. It’s so romantic.”

As the day wore on, Kara and Amy found their dresses, but continued to covet that little butterfly on Diedra’s shoulder.

“Wouldn’t it be a lark if we all flaunted tattoos at the prom?” suggested Kara.

“The guys would know we’d outdone them, and the other girls would be green with envy,” giggled Amy.

The conversation didn’t really intrigue me, as I’d never been interested in tattoos, but I went along not really considering the possibility.

“Let’s get a snack after we find my dress,” I said.

I tried on several black dresses and even a red one, but none seemed to have the look of spring I was hoping for. I wanted something that would say, “I’m free of high school. All the restrictions are a thing of the past.” Then I spotted *the dress*. It was beautiful: white, knee-length with tiny yellow

daisies covering the full, billowy skirt. Now all we needed were the accessories and shoes to complete our wardrobes.

By now we were starving, so laden down with our packages, we headed for the food court. Along the way Diedra pointed out the beauty salon where she’d acquired her tattoo.

“You mean you can get a tattoo there?” asked Kara in surprise.

“Of course,” replied Diedra,



more worldly than the rest of us.

Our conversation continued as we drank sodas and devoured salads.

“Hey! Let’s wrap up the day with a tattoo,” suggested Amy with excitement. “Something we can share that will unite us as friends forever.”

The idea was so daring to us, and with Diedra’s encouragement, it created an irresistible excitement.

“I don’t know,” I hesitated. “Maybe we should think about . . .”

“Oh, come on! What’s to think about? You can get a daisy on your ankle to match your dress,” said Diedra.

“I’ve seen college girls who have them,” chimed in Amy.

When we arrived at the salon, Diedra made the arrangements.

“My friends and I want tattoos,” began Diedra. “Nichole wants a yellow daisy on her ankle, and I want to add a flower under my butterfly.”

Kara and Amy were busy looking through the



Corbis Images / Picture Quest

Tattoo History

Tattoos date back to ancient times and are still popular in some circles. Often tattoos are acquired on impulse or the compulsion to defy authority and/or draw attention to oneself. Some people merely obtain a tattoo to do something they feel is daring or different, bringing some excitement into their ordinary lives.

Let us not forget those societies that consider avant-garde those who cover their bodies with tattoos and exhibit themselves as art at tattoo shows and carnivals.

Women in America in the 1800s and 1920s used tattoos for cosmetic reasons. They had dark ink injected to shape eyebrows specifically. And they used red ink to tattoo color into their lips and cheeks.

Indeed, tattoos have never disappeared from social use. Gang members, religious cults, White supremacists, and motorcyclists often use tattoos as their identification to membership of a specific group and as commitment to a particular code of behavior.

For most people, tattoos come and go with fashion fads or trends. Today some college girls have the sorority insignias tattooed on their bodies in insignificant places as an initiation process. Attitudes about tattoos vary. While some people view tattoos as works of art, others find them repulsive and self-destructive. Others find them something that only freaks or weirdos have. In some instances employers see visible tattoos as a negative and refuse to hire individuals who display them.

Tattoo artists do not consider their work as depraved or destructive. Rather, they feel their work is a serious form of aesthetic art, and they equate themselves to the canvas artist. However, most important, one must consider the health factors that accompany a tattoo procedure.

available selections, each choosing a small design, such as a lady bug or a bumble bee.

With our choices made, the four of us were directed into an adjoining room, and there the salon owner and her tattoo artist got to work

immediately. The owner traced the design for each tattoo while the artist readied the gun, ink, gloves, and needles. I was the first client despite my deferring to the others. I watched the procedure for two long hours despite the pain. The needles were very real and penetrated the layers of the skin on my ankle. The needles were dipped into the different colors of ink, and then they were injected into the pores created by the needles. The ink burned. I could hear the vibrating of the tattoo gun as it moved along the design that had been traced on my skin. The pain was about as much as I could endure without tears, but I was afraid of losing face with my friends. So I held back the tears and gritted


my teeth to keep from flinching. Finally the procedure was completed. I was somewhat frightened to see my ankle all swollen and red. I was further jolted by the bill for \$175.

I don't really remember much about waiting for my friends' sessions, although I did sit with them as they endured a similar procedure. About 5:00 p.m. we "friends forever" headed home.

The next morning, after a painful night, my ankle still burned and was swollen. Now I was concerned enough to show my parents my tattoo. They were very upset, especially my father, who quickly informed me of the health risks of tattoos and of the costs and pain of removing one.

He also stated that it was possible that the design could never be completely erased. I feigned liking it and claimed it was no big deal.

When the senior prom arrived, my three friends enjoyed showing off their flowers and insects, while I found the show anticlimactic. In my private moments I knew that impulse bound me to four girls who, like me, had hoped to create a shock wave.

Now I'm in college, and I try to discourage my friends who contemplate permanent tattoos. Don't cave in to peer pressure. Make your own smart and informed decisions. 

I.D. It

Health Risks of Tattoos

The health risks of tattoo injections include HIV, hepatitis B and C, infections of the tattoo, and benign and malignant tumors. Consequently, before obtaining a tattoo, one should question whether the tattoo artist understands and practices aseptic technique. Namely:

- ☐ 1. Are the needles and tattoo gun really sterile?
- ☐ 2. Does the artist wear surgical gloves, and if so, are the gloves taken from an individually wrapped sterile package, or are they pulled out of a previously opened box?
- ☐ 3. Does the tattoo artist clean the site of injection with aseptic solution or soap?
- ☐ 4. In what kind of container is the ink stored? Is it germ-free?
- ☐ 5. Is the artist an HIV or hepatitis carrier? At present there are no clear standardized national health regulations for the practice of tattooing.

Because of the laser technology available today, many people acquire a tattoo, thinking it will be easy to remove when they are tired of it or when the fashions change. However, it's not that simple. Laser tattoo removal is much more painful

than the application. While the dark ink is fairly easy to remove, the colors red, green, and yellow are especially difficult to remove and sometimes take up to 10 treatments.

And laser removal is expensive. The average tattoo costs about \$100 or sometimes \$100 per hour. The laser light removal is approximately \$300 per minute or \$500 to \$700 per square inch. (Some tattoo removals have cost as much as \$3,000.) Once again, as with tattoo application, laser removal can have serious complications. Some of the complications include the formation of thick modular scars. Another is systemic, when tubercle-like lesions form in the lymph nodes, lungs, bone marrow, and skin. Upper extremity soft tissue swelling has been known to cause damage to blood vessels and nerves.

If you are thinking of acquiring a tattoo, an alternative would be to have one painted on at a beauty salon, or use the press-on design obtained from beauty boutiques. This alternative to a tattoo is much easier and cheaper to deal with if you want to change your mind.

When the Time Comes

When the time comes to choose what to do,
I'll make a decision that affects me and you.
It will affect not only me and you,
But our community, too.
When the time comes, I'll choose what is right.
I'll stand up to the pressure with all my might.
I'll remember what my parents said about
using my head,
And I know they'll be proud of the life that I've
led.
When the time comes, I know I'll be ready
To make decisions to keep my life steady.
But for now I'm living life day-to-day,
But when choices come, I'll choose the positive
way.

Erin Cave, Grade 7
St. Barnabas School
First Place

Making a Choice

One day a bunch of kids offered me a beer.
I guess everyone gets that from a peer.
I said, "No!"
They said, "Come on, go with the flow.
If not, you just aren't cool."
"No," I said. "I'm not a fool!"
They said, "Come on, it makes you feel
good."
I said, "I'm too young and don't think I
should."
So I turned and walked away,
Knowing I made the right choice that day.
It made me feel good because I'd stood
strong.
And, hey, it all worked out; I chose right
over wrong.

Ashley Waugh, Grade 8
St. Barnabas School
Honorable Mention

Why Would I Do That?

Why would I want to do drugs?
I wouldn't want to kill my brain
Or cause myself pain.
I wouldn't want to make myself sick
Or waste my money.
Why would I want to smoke?
It's bad for me
And makes me choke.
It smells bad
And makes me sad.
Why would I want to drink?
It could make me lose my mind,
And it makes my breath stink.
I could get addicted
And wouldn't be able to stop.
Why would I want to cheat?
It's the wrong thing to do,
And nobody would trust me.
I'll get caught,
And get low self-esteem.

Caroline Maxwell, Grade 7
St. Barnabas School
Honorable Mention

Expect Nothing Less

Goals are important in life,
Big or small, they all make a difference.
When you set a goal, you should expect
nothing less.
You know what you are capable of achiev-
ing,
and you should take only the best—
from sports to schoolwork,
life is always a test.
Chris Wahl, Grade 8
St. Barnabas School
Second Place



Cody Barnette concentrates on the receiver. It is picking up a signal from an emergency locator transmitter (ELT), a black box that helps locate an airplane if it crashes. Lives might depend upon how quickly Cody, a high school-age teenager, can find the ELT sending that signal.

war we cannot walk away from. The CAP cadets of the Dogwood Squadron are serving their country—and having a lot of fun at the same time.

Civil Air Patrol, a civilian auxiliary of the United States Air Force, started in World War II—another war that started with a sneak attack on an unsuspecting America. CAP offers private

SOAR



With the Civil Air Patrol

by **Mark N. Lardas** / Photos courtesy of the Civil Air Patrol

Walking through the field, Cody follows the signal to a Cessna 182. He turns to his buddies, stating, “The transmitter’s in there.”

This ELT is a practice receiver set to a training frequency. Cody is a Civil Air Patrol (CAP) cadet of the Dogwood Composite Squadron in Palestine, Texas. This training exercise is for the search and rescue team, and was planned and conducted by cadet officers in his unit who are also teens.

Many high school students have wondered how to serve their country—especially since September 11, 2001, thrust this country into a

pilots a way to serve their country while continuing their civilian lives. The program celebrates its sixtieth anniversary this year. Sixty years of citizens providing disaster relief, search and rescue, and aerospace education.

The Civil Air Patrol’s cadet program, which is open to everyone from 12 to 18, lets teens interested in flying get in on the act. It gives teens an opportunity to learn about aviation and aerospace and to fly in light airplanes. And more than that, it gives them an opportunity to help in times of emergency. CAP cadets help search for downed aircraft as well as pitch in



during emergencies, running communications, providing first aid, or offering an extra pair of eyes where needed.

The seniors, as adult members are called, will not let the cadets do anything dangerous. Rather they use them to direct traffic at air shows or guard hangers, but only when there is no physical threat. Their work is needed and important. A cadet may run a communications network during a weather emergency or in a Civil Air Patrol aircraft surveying the countryside. They may be part of a first-aid team in an unexpected emergency. Like Cody, they may be part of a ground search and rescue team seeking a downed aircraft. That may make up for not being allowed to take on al-Qaeda single-handedly.

The Air Force plans to expand Civil Air Patrol's home defense responsibilities. CAP senior members will fly routine homeland surveillance patrols, freeing up Air Force personnel for more vital missions. This program continues the tradition of the citizen/soldier that helped create the United States.



If you have ever wanted to fly—other than on a commercial jet—Civil Air Patrol may be what you are looking for. All cadets get the opportunity to fly. They get up in a light airplane at least once a year. And they can also learn to fly if they choose. Many CAP units teach the ground school portion of the training needed for a private pilot's license. That is free, and many



units offer flight time at a discount. There are also scholarship programs for which the cadet can earn free training time.

Besides flying, CAP offers many other opportunities. There are summer camps that are held at an Air Force base, where you can observe firsthand what life is like in the Air Force. Here too cadets are given the opportunity to fly and learn about aviation. They can tour aircraft museums and get involved in training activities done by the Armed Forces. Civil Air Patrol is also adding a program for those interested in careers in law enforcement or security services.

Dogwood Composite Squadron is representative of what you can expect in Civil Air Patrol. It operates out of Palestine Municipal Airport, in Palestine, Texas, a small town with a population of about 19,000 in rural eastern Texas. Every Thursday evening six to 12 cadets and three to five senior members show up. The meetings are low-key but focused. CAP senior captain Eric Hall, a twentysomething college student, oversees the cadets, but generally watches cadet captain Tim Austin as he leads out in the cadet portion of the meetings.

Austin, a slim, pleasant, yet intense high school student, has already soloed in a private airplane. He keeps his unit hopping with a variety of activities during a two-hour meeting. In the winter the cadets study modern aviation and its history. In the spring, with a number of the members planning to go to the Texas Wing's summer encampment, they practice drill and ceremony—after all, at an Air Force base you can be sure that cadets do not dawdle. They march from place to place, striving to be the best, as there are drill competitions to be won.

The cadets also practice search and rescue techniques during meetings. The transmitter exercise described at the beginning of this article was done during one of the meetings. Usually Tim Austin puts the transmitter somewhere out in the fields, but this time he put it in one of the airplanes at the airport.

Why? ELTs are often triggered when a pilot makes a hard landing. If the pilot fails to notice, and leaves the light plane without turning the transmitter off, the signal will get picked up, and a search team will be activated. So far all of

Dogwood Squadron's missions have been triggered by this situation. Austin wants the cadets to recognize this situation while they are in training.

There are as many varied types of CAP units as there are units. Each one has its own personality. The Dogwood Squadron is a small unit in a rural area. Squadrons in major metropolitan areas are larger—the Dallas (Texas) squadron has 80 cadets. The Dogwood Squadron is a composite squadron, with both cadet and senior members. Other squadrons are purely cadet squadrons, some operating out of high schools. The Civil Air Patrol cadet program may also be linked with Boy Scouts.

CAP activities are tailored to the region where the unit is located. Since CAP units are generally local—the twenty-first century's version of the town militia—this makes a lot of sense. Alaska CAP members get a crack at cool school—the U.S. Air Force's arctic survival school in Alaska. Texas cadets go to Lackland Air Force Base in San Antonio and observe what Air Force basic training is like.

Regardless of the type of unit or its location, CAP gives you an opportunity to mix fun, learning, and service to your country. So if you want to get a real high—no drugs involved—check out the Civil Air Patrol unit in your neighborhood. 🎧

How to Join

Interested? The first step is to contact your local unit. The fastest way to find it is to search through the Internet. Start at the Civil Air Patrol Web site (www.cap.gov). Go to "Joining CAP." There is an online membership form. If you do not have Internet access, call 1-800-FLY-2338 at no cost for membership information.

Service on Their Mind

by Deena Bartel-Wagner

Finding ways to serve others is high priority for a group of students at Boonsboro High School in Boonsboro, Maryland. They've discovered that there is a certain satisfaction that comes from giving your free time to help someone else.

The Boonsboro Service Club was formed in the fall of 2000. In order to graduate, students must have accumulated 75 hours of service learning during their high school years. But some of the students wanted to go beyond the graduation requirements.

"We knew about the service requirement," says Angela Crawford, "but we wanted to help students increase their involvement in the community." Angela is club copresident along with other founding members Wesley Stewart and Lisa Jardeleza.

The idea to begin the club came after volun-



Angela Burns participates in the Shafer Park beautification project.

teering to serve meals at the local county's REACH cold weather shelter program. "There were about 25 students who wanted to do more than just put in their service hours toward graduation," says Sally Poole, BHS instructional assistant and adviser for the club. "The students wrote bylaws and gained permission from the Student Council to start the club. It really was their project from the very beginning stages."

Open to students in grades 9 to 12, the service club encourages a range of activities from clothing and canned food drives to working with Habitat for Humanity. Last school year the students focused on local families who had lost their homes because of fires. They also helped with spring cleaning in a local retirement center and collected school supplies for children in Kenya.

Chase Deener, a member of the National Honor Society, helped lead a clothing drive for Children in Need, Inc., and headed up the effort to collect hundreds of cans of food for a local food drive.

Jessica Webb spends her time with residents in a local nursing home. "I play games and talk with them," she says. "I've made some new friends that I would never have met otherwise." Jessica is presently working on an advocacy pro-



Sorting clothes for a clothing drive for Children in Need, Inc.

gram to recycle leftover food items to be used for homeless people.

The students enjoy working together on group projects. "We're pretty well known at the REACH cold weather shelter for our grilled cheese sandwiches, tomato soup, and lasagna," says Lisa. "It's a great feeling to see the fruits of your labors."



Serving sandwiches at the REACH cold weather shelter. Left to right: Mandy Binder, Mrs. Webb, Jessica Web, Angela Burns, Ashley Amezcua

Another group project was helping Habitat for Humanity build a home in Hagerstown, Maryland. "We helped paint, build porch rails, and do landscaping," says Angela. "And we also helped distribute flyers for an annual holiday toy drive and helped with the collection."

Other projects planned for the near future include painting over the graffiti on walls at their school. "We want to give words of encouragement to the students instead of messages of crime, violence, and drugs," says service club member Ashley Amezcua.

Efforts by the club haven't gone unnoticed by others. The members have received Washington County's Most Wonderful Citizen award and Maryland's You Are Beautiful award.

"This club has been a catalyst to empower students to reach out to their community and get involved as citizens," says Poole. "When they start reaching out to others, it changes attitudes, builds their leadership skills, and helps them to see needs of others instead of focusing on themselves."

The club members aren't keeping their learning experiences to themselves, though. "We want to help other schools learn how to establish service clubs," says Angela. "We'll do this by participating in workshops and also talking with

other students."

"It can be hard to find volunteers to work with our different projects," admits Lisa. "We sometimes have people stumble onto the fact that they want to get more involved. It can be as simple as helping to serve a meal at a shelter. You just never know what will spark someone's interest in getting more involved."

Several of the students in the club are seniors. Their service experience has affected how they are choosing the college they will attend. "I'll be looking at how active the college's sororities or clubs are in service activities," admits Angela. And Lisa agrees. "I know I want to keep involved with working for others. I'll be looking at the community service programs and what the college has to offer as outreach."

Ashley also wants to continue her community service during college. "I've worked as a volunteer at the Fellowship of Christian Athletes summer camps for children," she says. "The service that I've done will affect my choice of a college. I know I'll be going somewhere that will encourage that kind of activity as a regular part of college life." ☎



County Commissioner Greg Snook presents the Most Beautiful Citizen Award for the birth of the service club.



Getting the word out that the club is eager to serve.

I'm sitting at the helm of the Cousteau research vessel *Alcyone*, loading a camera with film. Looking out the bridge's windows, I see it is going to be a truly fabulous night. The setting sun washes a bank of clouds brilliant crimson as it slowly slips behind Dangerous Reef. At the reef's highest point a group of fur seal pups are silhouetted by the fiery globe. They are playing king of the rock. I can hear them barking over the rhythmic sound of the surf. Soon a full moon will rise as I make my plans to liven up the evening. All I need is a little help.

Right on cue, Capkin steps unsuspecting through the door. Raising a finger to his lips for secrecy, he quietly opens a floor hatch and drops into the reefer below, where we store our fresh

"Are you nuts? You want to play night tag with a great white shark?" Capkin takes a bite from an apple. "OK, I'm in."

Outside I muck about in the bait bucket for a rotting mackerel and tie it to a rope hanging from the crane. Capkin grabs the rope as I step down onto the swim step. Four large sharks are aggressively circling *Alcyone's* stern. A torpedo-size shape silently glides beneath the swim step, which is only eight inches above the dark water swirling beneath my sneakers. Beyond the glow of the stern light I hear a loud splash, then a rapid swishing sound of something being chased. "Lower the fish," I say nervously.

The mackerel hits the restless water, and instantly a great white shark steals it.

"Well, that was fun,"

flashing in the night. Capkin quickly pulls the bait fish upward. The shark propels its massive body higher out of the water. Its wide-open jaws are less than two feet away from me as I lean forward and release the camera's shutter, capturing the first-ever picture of a shark belching. Caught in the instantaneous flash of light, I see that a great white belch is a visible affair. A misty cloud wetly impacts my face. There are moist chunks mixed in with the shark slobber.

"Yuck!" announces Capkin. "The shark barfed on you!"

Later in the expedition I will get slobber-sprayed by another shark. It is a result of my trying to get too close with a camera and their tendency to shake and rip their prey apart. After my watch I lay out my sleeping bag

"GET READY," I YELL. "IT'S COMING!"

fruits, vegetables, and dairy products. Bruno, the chef, would have a fit if he knew Capkin is raiding the grocery locker.

"Hey, Capkin," I whisper, "want to help me with an experiment?"

"Ah, Steve," Capkin frowns, "the guys are going to watch a video in the saloon."

"Capkin, I'm ashamed of you," I tease. "Are you going to sit in front of the boob tube when there's an adventure happening outside?"

"What kind of adventure?" Capkin asks suspiciously.

"I want to get a night shot of a shark leaping out of the water."

announces Capkin. "May I go watch my movie now?"

I lift the shredded end of the rope. "I need another fish," I respond.

Within half an hour we've lost six fish. All I see are the slick backs of the great white sharks shimmering in the moonlight as they depart with my fish. Plunging my arms elbow deep into the bait bucket, I lift out a squishy fish, tie it brutally to the rope, and hurl it into the ocean. Abruptly I see the tip of a black fin cutting across the dark water heading right at me. "Get ready," I yell. "It's coming!"

The shark erupts from the murky water with its white teeth

on the wind ship's main deck. I've decided to sleep outside, particularly since the captain won't let me into our cabin. The moist pieces in the shark belch were putrefying mackerel, and I stink. Capkin's and my adventure is something we will both remember for a lifetime. Yet he almost missed it because of a video.

A recent survey found that the average North American youth has watched approximately 18,000 to 19,000 hours of television by the time they graduate from high school. That is far more time than they will have spent with their teachers. Everyday we unconsciously



You're Never

Too Young to Dream

make choices that define the quality of our existence. Watching too much television or an obsession with video games is a very real path that can lead to an adult life that is mediocre. Boredom is always self-inflicted. Instead we can choose to create a future full of adventure, challenge, and wonder. Our

minds and bodies are our adventure machines. By studying hard, being open to mind-expanding ideas, and exercising our bodies we help to ensure a future life that can be extraordinary. I believe that the state of unhappiness based on undervaluing our potential in life is consciously achieved.

"Creative man lives many lives; some men are so dull they do not live even once," says Dr. Dagobert D. Runes, president, Philosophical Library, New York. 🐋

Visit www.drugsbite.com to see a picture that Steve shot from only two feet away of a great white shark leaping out of the water.



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