

New Drug Crisis

How Crack Can Savage Small-Town America P Once a Peaceful Place, It Reek From Murders, Muggings Even Addicted Newton

Liquor-D

A Dealer's Creek Be Willing to Die

Youth & Chewing Tobacco

fore than a third of the first-goys in rural North ham Heroin, and the state of the first-goys in rural North ham Heroin, and the state of the state PCP Deaths ters some myths about we'ters some myths about we'ters some myths about we'te aring drugs and where.

Among the report's other key earing findings are these:

Between 1978 and 1986, admis- b aring findings are these:

Between 1978 and 1986, admis- b aring findings are these:

housands of articles like these appear all over America every day. How do we protect ourselves and save our lives!

This magazine insert may help. It's all about drugs—both legal and illegal—and what you should know and do about them.

What are drugs? A drug is a chemical substance that can be absorbed in the body. All drugs legal and illegal can kill you if improperly

legal drugs are sold unlawfully on the street. Legal drugs are prescribed by your doctor.

drug! Cocaine & crack are drugs.
All drugs can be addictive. Once you try them you build an appetite for them. They can be dangerous, deadly, and burn out your brain.

Drugs can produce a pleasurable effect on the mind and fool you into thinking you feel better or act better, or think better, or play games better. At first, that may seem true—but each time you take a drug you are failing to perform as well as you did before.

Drug use and abuse can be stopped if everyone works to stop it. Talk with your family and friends. Working together we can get rid of drugs and the horrible death it brings to millions of Americans, young and old.

Smoking Ba HOUSE VOTES DEATH FOR DRUG MURDERS Dr Backs a Cutoff of Benefits by U.S. for Casual Users Spreading Plague All this has had a disturbing impact fit was been were doing therapy for child some on hings in a drug war zone. xeave. Angels Delivered From Drugs, Res

al on an a END OF THE LINE

Answers to the 8 most asked questions about drugs

* by Dr. Charles R. Schuster *

Charles R. Schuster, Ph.D., is the director of the National Institute on Drug Abuse (NIDA) in Washington, D.C.

NTDA receives thousands of questions yearly from concerned Americans about the effects of drugs, drug usage, and prevention. The following 10 questions are among the most frequently

Is it safe to drive after smoking pot? Immy A. Momphi

Absolutely not! The short-term effect of pot can last for 24 hours. This means that your coordination, reaction, timing and sight are very poor. Long-term effects can cause damage to your lungs, liver, and reproduction organs.

What is the last very to result present from friends to take drugs?

Tell them that "I know what drugs have done to people I've heard about or seen on TV. Drugs aren't for me. I have other interests."

WHICH DRUGIS THE WORST, COCAINE OR HEROIN?

They're both deadly and highly addictive.
Cocaine speeds up your heart and makes you hyperactive. Heroin slows you down and makes you kind of lary. It can give you AIDS if you inject it with a dirty needle.

I've heard athleties, actores, and musicians talk about getting "high" what does that mean? Teddy C., Houston, TX

Marijuana, heroin, methadone, cocaine and amphetamines (pep pills), can make you feel on top of the world for a few hours. However, repeated use results in becoming more nervous and suspicious about everyone around you.

Why do pegote get dunk from lew and alcohol? Aftrancia L., Miami, FL

They drink too much at one time. Everybody has a different tolerance for alcohol depending on their physical conditions. Alcohol dulls the reactions of the brain and the nervous system. Heavy drinking reduces sugar in the blood causing dizziness, confusion, and often, vomiting.

If steroids make you stronger why shouldn't I use thom like a lot of other kilds my gge?

Steroid use among youth is a growing drug abuse problem. Steroids do increase your weight and muscle strength but they can be very harmful—especially to young people. They can cause severe acne (pimples) on the skin, damage to the heart and kidneys, and put you in a violent temper.

Which is worse, Esser, wine or whichey!

Harry R. Syracuse, N

Harry B. , Spracusa, N.Y.

All alcoholic beverages are drugs and can be dangerous, addictive, and deadly. One ounce of whiskey contains the same amount of alcohol as one glass of wine or one can of beer.

my Sister is having a baby. will cigarettes hunt her?

If your sister smokes daily, chances are she will become a heavy smoker after high school. If she is pregnant, she runs the risk of her child weigh-ing less or even losing the baby in stillbirth.

For more information write. National Clearinghouse on Alcohol and Druig Abuse 5600 Fisher's Lane. Rockville, MD 20857



Millions of boys and girls are engaged in healthy sports activi-ties. Some will become profes-sional athletes or the Olympic champions of tomorrow. Do you ever wonder what makes these "superstars"? What gives them the edge over everyone else?

Answer: Have a healthy mind and body. Stay away from drugs!!!



NO.1 KILLER: Cigarettes.
Smoking is the number one killer drug and is directly related to the death of almost 400,000 people every year! Every day more than 3,000 teenagers start smoking.
After age 20, every pack of cigarettes can shorten your life by 137 rettes can shorten your life by 137 minutes. Nicotine in cigarettes clogs your blood vessels, shortens your breath and more. Chewing tobacco can give you mouth cancel



Wine, beer, cocktails, and wine coolers. Beware! One can of beer

coolers, beware: One can to beer contains as much alcohol as one ounce of hard liquor.
One can of beer can affect your reasoning, judgment, breathing and body coordination, and makes you dizzy and fuzzy-headed. After one hear worker not as good on the one beer you're not as good on the playing field as you could be. After playing field as you could be. After five beers you're intoxicated (drunk) and it takes three and one half days to recover your reflexes and normal brain function.

and Your Performance as a Student and Athlete By Douglas Talbott, M.D.

Dr. Talbott, President of the Talbott Marsh Recovery Campus in Atlanta, Georgia, was given a National Doc-tors Award by the American Medical Association in 1986 and '87. An avid athlete, he is ranked 3rd in the nation in softball squash in his age group. He has served as chemical abuse (drugs) advisor to the Atlanta Braves and Falcons



The mixture of marijuana, beer and driving. As kids get older, some are tempted to try marijuana and beer.
Don't go for it! It can be deadly!!!!!
It's the deadliest combination of drug
activity for youth today!

Beer and marijuana taken together can cause a drug overdose before you know it. Each doubles the effect of the other.

For example: 1 marijuana joint plus 1 beer is like drinking 3 beers or smoking 3 and 1/2 joints.





COCAINE

You have read about some athletes who have taken cocaine. Some have died from it. Cocaine reduces performance on the field and can be addictive. Once you've become "hooked" you can't control your need for more.

For some, cocaine seems to improve performance the first time it's used. But this, performance drops off and the user (abuser) doesn't know it or believe it because cocaine fools the brain into thinking one is doing great. Wrong! Real performance gets worse and worse every time you



popular myth. Ben his 100-meter Use of steroids for performance is a Johnson Jos 100-meter gold Olympic medal after admitting he took steroids.

Steroids have many bad effects for young people. They increase weight and strength but can cause wide mood swings and aggressive behavior, acne and pimples, bone damage, and decrease sex drive.

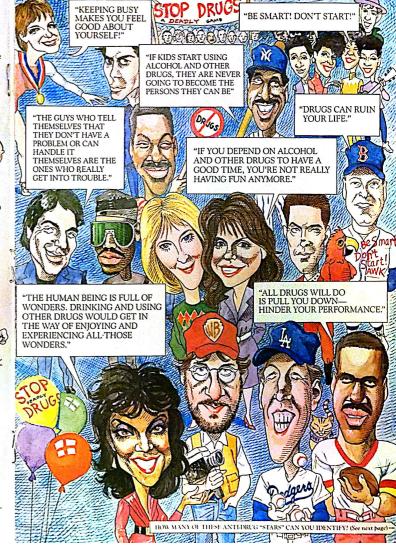


MARIJUANA

Most commonly used by teenagers who start experimenting with drugs. Called the "gateway drug" contains mind altering substance that stays in the brain one month after smoking one marijuana "joint" cigarette. Often leads to other more serious drug usage.



WARNING to boys and girls The first use of alcohol and illegal drugs can only lead to serious trou-ble, even death. Girls: Diet pills are drugs too, and very dangerous. Don't be tempted!



Quick Facts About Drug Abuse

- ✓ One out of 10 Americans report they have used cocaine at least once.
- ✓ Recent reports indicate that teenage cocaine use is the fastest growing of any drug abuse in the U.S.
- ✓ After age 20 a smoker loses 137 minutes of his life per pack of cigarettes.
- ✓ In the USA someone is killed in an alcohol-related accident every 22 minures.
- The Red Ribbon Campaign was created to call for the reduction of drug use and abuse.
- A street drug dealer in major cities can make as much as \$2,500 a day selling drugs.

- Any person 17 or older presenting false proof of age to purchase alcohol can be jailed or fined up to \$500.
- ✓ Family and community activities are the best way to reduce drugs and crime in our neighborhoods.
- ✓ One police officer fighting drugs is killed every 57 hours.
- ✓ It is estimated that 90% of all drug dealers will be killed or end up in prison.
- ✓ The U.S. Drug Enforcement Administration has men working in 45 countries of the world.
- ✓ High school drop-out rates are rising as much as 54% in some city schools. Much of this is drug related.

& Allie"

t Generation'

- Drug usage is similar in almost any town and city in the U.S. regardless of size and location.
- ✓ Drug abuse is the no. 1 concern of the nation, over crime and AIDS.
- ✓ It takes the liver 2 to 3 hours to burn off alcohol from one can of beer.
- Drinking and driving is the number one killer of teenagers.
- ✓ Twenty-five percent of high school seniors who smoke had their first cigarette by the *sixth* grade.
- ✓ An estimated 30% of NFL players use steroids.
- ✓ Good news! Nearly half of the adults who ever smoked have quit.

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There are 32 drug related words hidden in this puzzle. Find them by reading across and down. Circle each and check them off the list. The word NO appears 10 times.

1		,	1	
M ABUS	E 🗹	DEATH		LUNGS
☐ AIDS		DEPRESSION		MARIJUANA
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BLOO	D 🛮	EYES	0,	POT
BRAI	N 🗓	FAIL		PRESSURE
CANC	CER 🔲	FRIENDS	0	SLEEPING PILL
COCA	INE 🖾	HABIT	1	SMOKING
COM.	A 🖸	HEART		STOP
☐ CRAC	K 🛛	JOINT		TOBACCO
CRAS	H 🖪	KILL		VIOLENT
CRIM	E 🖳	LSD		

☐ PHYLICIA RASHAD—TV Star "The Cosby Show"

☐ STEVEN SPIELBERG—Movie Producer/Director

☐ OREL HERSHISER—Los Angeles Dodgers

☐ ART MONK—Washington Redskins

HOT LINE
For drug information
and treatment referral.
Call: 1-800-662-HELP
To give tips on drug
trafficking and crimes.
Call: 1-800-732-7463

he brain-lose the game!

Alcohol

Pollute

Like occaine or heroin, alcohol is a drug. It can alter moods, cause changes in the body and become habit forming. Alcohol is absorbed into the blood stream through the stomach and small intestine. It depresses the central network

SIGNS OF USE:

Impaired judgment, decreased self-control, impaired coordination, slow reactions, slurred speech, and sometimes unconsciousness.

LONG TERM EFFECTS:

- BRAIN Permanent cell dam
 Loss of memory. Confusion.
 BRART High blood pressure.
 Enlarged heart.
 LIVER Severe swelling,
 hepatitis, cirrhosis.

- Severe swelling and chance of infection
 SEV ORGAN Impotence (inability to have sex).

breath.

- Inflammation, diarrhea
 STOMACH.
- Inflammation, ulcers.

 MUSCLES. Weakness.

Tobacco Smoking and chewing.

Tobacco contains three very danger ous chemicals inicotine, tar and carbon monoxide. Very habit forming, For every eigarette, smokers lose about 5 and ½ minutes of their life expectancy. There is no such thing as an entirely "safe" eigarette. Approximately 400,000 deaths per year are related to smoking.

SIGNS OF USE:

Shortens breathing, bad breath, smokers cough, wheezing, asthma

LONG TERM EFFECTS:

- BLOOD. Constricts blood vessels.
 High blood pressure.
 HEART Possible heart attack.
- Can lead to incurable cancer. Chronic bronchitis, pneumonia, emphysema.
- III Possible cancer

Marijuana (Pot)

Contains more than 400 chemicals including mind-altering THC. Relaxes the body and mind. Causes mood changes. "Gateway drug". Addictive. Carl lead to licroin, cocaine and alcohol useage.

SIGNS OF USE:

Reduces short-term memory. Alters sense of time. Reduces coordination and concentration. Increases heart rate by 50%. Creates acute fears and anxiety. Dilates pupils. Decreases motivation.

LONG TERM EFFECTS:

- Red

 BRAIN. Possible permanent brain cell damage.

 HEART Lowers oxygen supply.

Contains more cancer-causing agents than tobacco. Possible lung cancer. SS OSCAN Temporary loss of terribity. Impuirs normal sexual development. Especially harm-ful during pregnancy and adolescence.

Inhalants

Chemical fumes from model glue, cleaning fluids, paint sprays, gaso-line, kerosene vapors when breathed are mind altering. Very dangerous

SIGNS OF USE: Slows body functions. Hallucina-tions, giddiness, temporary "high", sneering, nosebleed, loss of appetite. Overdose can cause uncon-

LONG TERM EFFECTS:

- LIVER damage
- KIDNEY damage

POSSIBLE DEATH and suffocation.

Steroids

First-time users are losers.

Artifically made male hormone used by doctors to aid several serious medical problems. Very dangerous when taken in teenage years or

SIGNS OF USE:

Temporary increase in body weight, size, and

LONG-TERM EFFECTS: BRAIN. Can change your personality and

emotions—extreme mood swings.

When ou crash

- MOUTH Possible cancer
- BLOOD. Build up fat (cholesterol). High
- blood pressure

 KIDNEY malfunctions. LIVER damage.
- KIN tumors and acne
- BONE damage Yellow
- SEX ORGANS. Lowers sperm count. POSSIBLE CANCER.

Cocaine

Highly addictive brain stimulant. Extremely dangerous. Mind altering, acts on pleasure center of brain When snorted (inhaled) in powder form changes brain chemistry. Can be snifted or snorted. Rarely first leave used.

A little r a lot— could cost

SIGNS OF USE:

SIGNS OF USE:
Nose bleeds, trembling, sleeplessness, nausea, loss of weight, depression, fever, volence and possible
suicide, Mood change, anger, nervcus, "hear" voices. Lack of interest

LONG TERM EFFECTS:

- BLOOD. Possible AIDS when injected with dirty needle.
- BEART Increases rate. Risk of stroke.

 NOSE, Always runny. Bleeding.
- WEIGHT loss.
 BODY TEMPERATURE increases
 DRUG DEPENDENCY.

POSSIBLE DEATH.

(free-basing)

A smokable form of cocaine solution. Extremely dangerous and addictive. Victim can become drug addict in

Victim can become any amount of 6.8 weeks!

Smoked in heated water pipe. Moves quickly to lungs and brain. Fools the brain into thinking CRACK is more important than food. Habit can cost \$500 per day.

Take cocaine you're insane.

Barbiturates

Slow down body functions. "Downers" Sold in capsules and tablets as prescription drugs, tranquilizers and sleeping pills. Taken with alcohol the effect is multiplied and can cause overdose and death. Factor in 'ys of all reported drug related deaths including suicides and drug poisoning. Withdrawal more serious than from heroin.

Cantion: Little difference in amount that typic divides sleep and amount that tills.

SIGNS OF USE:

Extreme drowsiness and lack of desire. Slurred speech, slow reflexes, double vision. Lack of bal-ance and coordination. Nausea. Habit forming.

LONG TERM EFFECTS:

- Dangerous double vision.

 BRAIN. Temporary memory loss.
- STOMACH cramps.
- POSSIBLE DEATH

Amphetamines ("Greenies")

Powerful stimulants. "Pep" pills or "uppers" speed up mental activity and produces abnormal energy and nervous excitement. Possible death from overdose.

SIGNS OF USE: Loss of weight, sleepiness, diarrhea, depression anxiety, trembling, dilated eye pupils. Fear that others are out to get you. Violent and crared behavior.

LONG TERM EFFECTS

- HEART Rapid, irregular beat.
 Disease. Heart attack.
 BLOOD VESSELS. Infection. Possible AIDS from unsanitary.
- injection.

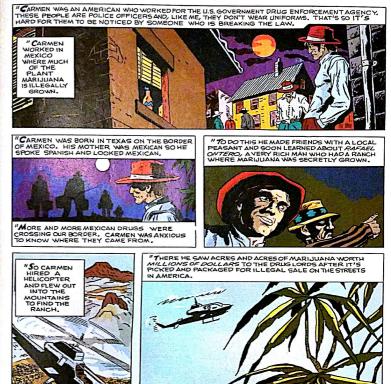
 Dilated pupils.
- CENTRAL NERVOUS SYSTEM.
- POSSIBLE DEATH FROM OVERDOSE. SPEECH. Thought disturband
- outs of America Irvin



SO WHEN A DOCTOR GIVES DRUGS THEY'RE DIFFERENT THAN DRUGS SOLD ON THE STREET.

DRUSS COME FROM PLANTS,
DRUSS ARE USED BY DOCTORS
LE PEOPLE WHO ARE SICK.
E DRUGS ARE ISEAL.
SAL DRUGS ARE SCU DON
TREET BY DRUS CAN CAUSE
PRUSS CAN CAUSE

000



"CARMEN WANTED TO DESTROY THE CROP AND CAPTURE THE LEADERS, BUT HE COLLON'T DO ITALONE -- HE NEEDED THE LOCAL POLICE AND THEY WERE AFRAID OR DEHONEST. HE BEGGED THE RANCH BE AFRAID THE RANCH BUT NEEDED THE RANCH BUT NEEDED THE RANCH BUT NEEDED THE RANCH

11111

"BUT CARMEN WAS AFRAID THAT THREE PAYS MIGHT BE USED TO WARN RAFAEL.





"WHEN THEY ARRIVED THE RANCH WAS EMPTY. THE LEADERS WERE GONE.

"ON THE THIRD DAY EVERYONE METAT THE AIRPORT ANDLOADED INTO HELICOPTERS, OTHERS LEFT BY TRUCK.





"DEAD BODIES WERE EVERYWHERE. MEN, WOMEN IND THEIR CHILDREN HAD BEEN TORTURED BECAUSE AFAEL SUSPECTED THEM OF TELLING THE POLICE



"CARMEN WAS SHOCKED AT THE SIGHT AND MORE DETERMINED TO FIND THE KILL ERS AND PUT THEM IN JAIL. BUT FINDING THEM WOULD BE VERY HARD. MEXICO IS A BIG COUNTRY AND THESE PRUG LOROS ARE VERY RICH AND HEAVILY GUADDED.



"AFTER THE RAID HE HEARD FROM AN INFORMER THAT RAFAEL WAS NOW AFRAID OF BEING CAUGHT AND WAS GOING TO MOVE TO AMERICA.



"CARMEN AND TWO OTHER DRUG ENFORCEMENT AGENTS, DRESSED LIKE LOCAL PEASANTS WENT AT NIGHT TO SEE WHAT ELSE THEY COULD FIND.



"THEY HEARD RAFAEL TALK ABOUT HIS NEW HOUSE IN CALIFORNIA. THEY WOULD WAIT UNTIL HE GOT THERE.





"ASFAEL'S
LARGE MAISTON
ON THE PACIFIC
OCEAN WAS
ON A HILL. IT
HAD A HIGH
WALL AND
HOLE
ONLY ONE
ROAD LEADING
TO ITANILY
GLAPHON
GLAPH

"FOR NIGHTS
THE POLICE
WATCHED THE
MANSION.
EACH NIGHT
WORE ARRIVED
UNTIL THERE
WERE 100
RAMED POLICE
SURROUNDING
DUE SETATE





"THESE POLICE WERE HIGHLY TRAINED COMMANDO TROOPS AND READY TO RAID ON COMMAND.

"On the ninth day at four in the morning, while it was still dark, word went out by radio for the raid to start.



"THE GUARDS WERE SURPRISED AND CAPTURED. EVERY EXIT WAS COVERED. NO ONE ESCAPED.





LGO FOUND MARIJUANA WORTH DS OF DOLLARS AND A LAB FOR RACK, THE LATEST DRUG. RACK TO SUPPLY LOS ANGELES FULL MONTH.





"CARMEN AND THREE OTHER POLICEMEN RAN UP THE STAIRS TO THE BALCONY BEDROOM AND BROKE IN. THERE THEY FOUND RAFAEL HIDING UNDER





"RAFAEL WAS TRIED AND SENTENCED TO PRISON. CARMEN HAD BROKEN THE RING BUT THAT ISN'T THE END OF THE STORY.











"DRUGS:

Score Yourself and WIN!

By now we hope you've learned a few things you didn't know about *drug use*, and *drug abuse*. Put yourself to the test. Answers below.

Q 1. What is the fastest growing drug abuse among teenagers?

Tobacco
Alcohol
Cocaine
Marijuana Q 2. Does taking drugs increase your chance of dropping out of school? Q 5. How long does marijuana stay in the body after smoking?

1 day Up to a month
12 hours I hour person Q 7. Most drug users first learn about drugs ☐ On the street ☐ Through articles on ☐ Through friends TV and in print

 $Q \overset{8. \text{ Most inhalant users are:}}{\square \text{ Men}} \quad \square \text{ Children}$ $\square \text{ Women}$

nd <i>drug abuse.</i> it. Answers below.	A DEADLY GAME"
Q 9. Which drugs are leg ☐ Cigarettes ☐ Alcohol ☐ Marijuana	gal? Heroin Cocaine Steroids
Q 10. One joint and 1 bed 2 joints 2 beers	er produce the effect of: 3 joints 3 beers
Q 11. What's the number Alcohol Heroin Steroids	one killer drug today? Marijuana Tobacco
Q 12. If you are 20 years of of your life will you lose to you smoke. 10 18 36	colder, how many minutes for every pack of cigarettes 85
Q 13. Is smoking harmful nant?	to women who are preg-

		Yes	□ No
0	14.	What's the most of	leadly combination for teen
×	nge	Drinking and	Crack and

☐ Crack and cigarettes ☐ Drinking, driving and marijuana smoking
Marijuana and
driving
Beet and marijuana

 $Q \stackrel{15. \text{ Which poses the user imm}}{\underset{\square}{\square}} \stackrel{\text{Marijuana}}{\underset{\square}{\square}} \stackrel{\square}{\underset{\square}{\square}} \stackrel{\text{I}}{\underset{\square}{\square}}$ ☐ LSD ☐ Inhalants

Answers—I. Oscume 2. Yes 3. Family talks 4. To grow muscles 5. Up to a month 6. Different for each person 7. Through friends 8. Children 9. Cigarettes and alcohol. 10. 3 beers 11. Tohneough friends 8. Children 9. Cigarettes and alcohol. 12. Frinking driving and marijuana 15. Inhalans

A SPECIAL MESSAGE **FROM** PRESIDENT BUSH



President and Mrs. Bush

THE WHITE HOUSE WASHINGTON

August 10, 1989

Substance abuse and drug trafficking! Millions of Americans in communities all sorross the United States and thought Substance abuse and drug trafficking! Millions of American in communities all across the United States once thought. "It can't happen here," But the sad truth is drugs are everywhere. Twenty-eight million American used illegal. "It can't happen here." But the sad truth is drugs are everywhere. Twenty-eight million Americans used illegal and all of its are poor everywhere. Twenty-eight million Americans used illegal drugs last year. Thousands died. and all of us are poorer for this loss. The problems caused by drug abuse affect every neighborhood and every American. As a nation, we deadly.

I am committed to ending the scourge of drugs across our country, and I need your help. There is a role for each one of you in the war on drugs, and I hope you'll join me by stepping forward to help. The fight is going to he across the board. You can take a stand and say you don't do drugs. You can tell others that it's not cool to give up and it's not fun to destroy your future. You must get up word out that drugs are not a form of entertainment; they are wrong. By putting an end to drug better place in which to live.

My message is simple -- don't tolerate any form of substance My message is simple -- don't tolerate any form of substance abuse. Fight it. Anytime anyone shows courage by taking a stand, a battle is won. By winning personal battles you. God bless

Cy Bush

Drugs: A Deadly Game available as a full color poster!

The informative and useful Body Chart shown in this magazine is available as a poster, 23"x32", in English or Spanish. The back side gives information on how to fight DRUGS:—A DEADLY GAME.

Version 1	Laminated, metal edged top	1.439
	and bottom with hanger	\$9.00
	Metal edged top and bottom	
	with hanger	\$7.00
Version 3	Unmounted	.\$5.00

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