



HAGGIS HELPERS

Too many cooks may spoil the broth, but sometimes when there's a crowd to be fed, it takes more than one cook to fill those empty stomachs. Grant Allan, Tom Watson, Jim McVeigh and Bill Nelles were all on duty Saturday at the Burns Supper at Knox Presbyterian Church in Acton. For those who missed it, there's another Burns Supper Saturday at the Lions Hall in Georgetown. (Herald photo by Lori Taylor)

Ten Days' program

Problems of Third World concern us all

Visitors from South Africa and Guatemala will provide the highlight of this year's Ten Days for World Development, an inter-church educational program. Ten Days for World Development is an educational program designed to help Canadians better understand the problems faced by citizens of Third World countries. Events organized as part of the program are open to church sup-

porters and members of the general public. Each of the churches involved will be holding its own service as part of the program, and several have organized inter-church events. In Acton, St. Joseph's, St. Alban's Anglican, Knox Presbyterian, Acton Baptist, Trinity United and Churchill Community Church will be holding a panel discussion of the theme "Earning a Living". The panel will include representatives from management and labor, big and small businesses and Canada Manpower, and will discuss alternatives in earning a living.

Knox Presbyterian and St. Alban's Anglican Church in Acton will be hosting two visitors from Guatemala. The man is a laborer who was too active in trade unions to suit the Guatemalan government, and so he was exiled. The young woman accompanying him as a translator is the daughter of a Canadian woman and her Guatemalan husband. The couple will visit St. Alban's at 10 a.m. Feb. 3, and Knox at 11 a.m. They will also be visiting St. John's in Georgetown the same day.

Makekolo Mahlangu, who has been exiled from South Africa, will be a guest speaker at Norval United Church Feb. 1 and at Trinity United Church in Acton. Miss Mahlangu was active in the Soweto Committee of 10, the Soweto Action Committee, People United to Save Orphans, the Industrial Feeding Scheme, Youth Alive and other organizations in Soweto. She is a born-again Christian and will be speaking of her faith.

Information on services being offered at the various churches is available by contacting the church.

Plans to develop downtown centres

With a draft maintenance and occupancy standards bylaw ready for circulation, the town planning board will have consultants prepare redevelopment guidelines for the Acton and Georgetown downtown business cores. The board accepted a staff recommendation last Tuesday night to hire one of four consulting firms whose applications were all endorsed by downtown boards of directors for both downtown Business Improvement Areas (BIAs) last month.

Drug abuse forum's turn-out reflects greater concern here

By LORI TAYLOR
Herald Staff Writer
Georgetown area parents seem more concerned about the dangers of drug abuse than do their counterparts in other areas of the region, Addiction Research Foundation community consultant Dick O'Brien said.

Mr. O'Brien and Marlene Swarbrick, who is also a community consultant with ARF, addressed a group of over 100 people at Georgetown District High School Thursday about drug and alcohol use and abuse. Mr. O'Brien said that he had spoken to groups across the region, but never before to such a large group. He said it showed the concern of parents in the area about drugs and alcohol.

Mrs. Swarbrick was responsible for compiling the controversial survey of drug and alcohol use among students at Oakville-Trafalgar High School. The study showed most high school students have used alcohol, almost half have used marijuana and slightly over one-third have smoked at least once.

Mrs. Swarbrick said the results of the survey are similar to those of a survey conducted among high school students across Ontario by ARF in 1979. Another study, the third since 1979, is underway, and, combined with the other two, should show trends in drug use, she said. By the time students have reached Grade 10, those who are going to be introduced to alcohol or drug use have been, Mrs. Swarbrick said. Researchers are most concerned now about those students who are smoking regularly by the time they are in Grade 6, because studies have shown this indicates future problems, she said.

LATER PROBLEMS
"Students who smoke regularly before Grade 7 are exhibiting a deviant behavior for their age group, which indicates drug problems could occur later on."

Out of the sample of 1,300 students, 100 felt they were having problems with the use of alcohol, and about 50 felt their drug use had become a problem, Mrs. Swarbrick said. Two-thirds had been on one or more weekend drinking sprees, involving drinking Friday, Saturday and Sunday.

A smaller group of students from the original survey was re-surveyed six months later, and for every drug, there was an increase in the number of students using them in the second study, Mrs. Swarbrick said. There was also a decrease in the number of students who were unfamiliar with different drugs and their availability.

Mr. O'Brien talked about the different drugs and their effects, and the reasons why adolescents use drugs.

"We are a chemophile society—that means we love drugs," he said. "You know who the chemophiles are? You are. We have woven into our society the daily use of chemicals. There isn't a person in North America who doesn't feel they have to go through the morning routine of putting chemicals in their body."

"We're coming into the idea that no matter what kind of problem you have, there's a chemical to solve it."

The media are adding to the problem by spreading the message of living better chemically, Mr. O'Brien said. Most adults have enough experience to view ads realistically, but adolescents don't, and when their friends tell them drugs are great, "they buy into it lock, stock and barrel."

DRUG POWER
"We're mystifiers—we have a tendency to attribute to drugs a power they not only never had, but that no drug ever had," he said. He cited the examples of ads which promise to make a 40-year-old woman look 15 overnight, and certain beer commercials

which imply that by drinking a particular beer, a man will become tougher.

"Lifestyle commercials are the biggest example of mystification. Take a look at your lifestyle. What's wrong with it? You're drinking the wrong beer."

The scare tactics adults used in the 1960s about the bad effects of drugs backfired

'We're a chemophile society - that means we love drugs.'

You know who the chemophiles are? You are.' - ARF spokesman

because teenagers now reject good information about drugs, Mr. O'Brien said. It's up to parents and teachers to demystify drugs, he said.

Drugs are divided into a number of categories, according to how they affect the body. Psychoactive drugs, those which affect the central nervous system and the brain, are the ones being used by adolescents. They fall into three categories: depressants, stimulants and hallucinogenics.

Depressants are "drugs which slow a person down," Mr. O'Brien said. There are three kinds of depressant: opiates, alcohol and sedatives. Opiates include opium, morphine, codeine and heroin.

Most people don't consider alcohol a depressant because it appears to act as a stimulant in small doses. "Alcohol has a tendency to depress out inhibitions, and the little fool that lives in everybody's head comes out and dances on a table," Mr. O'Brien said.

Stimulants speed up the function of the central nervous system. Someone who is taking a stimulant will talk incessantly, and their blood pressure will go up. Stimulants aren't a serious

problem to young people today, although the popular stimulant, caffeine, poses something of a problem to those adults who drink it in large quantities, Mr. O'Brien said.

Hallucinogenic drugs distort the brain and the person's perception of reality. Three basic hallucinogens in use, in Acton and everywhere else,

are LSD, PCP and marijuana. LSD is a colorless, odorless, tasteless drug, one drop of which can produce a hallucinogenic experience lasting four hours.

The drug is sold either in the form of a tiny pill known as a microdot, on a piece of blotter paper, or on a piece of soluble celluloid.

Mr. O'Brien said that from his standpoint as a clinician, LSD has two major difficulties. The person is "in no contact with reality", and therefore is unable to protect themselves from "something which might harm them. There is also the problem of an anxiety attack, or "bad trip", when the person has had a bad reaction to the drug.

The other major problem is known as flashback, where a person who has taken LSD can re-experience the hallucinogenic experience at some later period without taking the drug again.

ANGEL DUST
PCP is also known as Angel Dust or Hog, because it's a large-animal tranquilizer.

"When the amount of PCP given to a 900-pound animal is given to a 115-pound adolescent, he gets an overdose and has a reaction," Mr. O'Brien said.

The drug comes in tablet or powder form, but because it has a bad reputation on the street it is often sold as "T" or "T", he said. The average price for a "hit" of LSD or PCP is \$3, "which is well within the reach of most adolescents."

Cannabis is the name of the plant from which marijuana is produced. Marijuana is the leaf of the cannabis plant, while hashish comes from the flowering top of the plant. The THC content in a "joint" is between three and six per cent, THC being the active ingredient of the drug.

Hashish usually comes in cake form, and is yellow-green or black in color, Mr. O'Brien said. It is smoked in a hash pipe or a water pipe, and has a THC content of between 30 and 40 per cent.

Two forms of oil also come from the cannabis plant, grass oil and hash oil. Grass oil is made by boiling the leaves into a liquid, while hash oil is made by boiling hash into a liquid.

The THC content of grass oil can be as high as 60 per cent, while in hash oil, it can be up to 80 per cent.

The oil is laced into cigarette paper, and the paper rolled into a cigarette using either grass or tobacco. The cigarette or joint can also be dipped in the oil.

Drugs provide a sense of belonging for some adolescents, a sense of identity and a feeling of relaxation.

"In talking to someone who uses drugs, I ask them what benefits they're getting," Mr. O'Brien said. "I want to help them realize they can get those benefits through other alternatives."

Mr. O'Brien said those adolescents with lots of other activities and accomplishments are unlikely to use drugs.

"Of all the adolescents using drugs in North America, 90 per cent don't have a drug problem, they have an adolescent problem. If they deal with and resolve the problem, they will grow up to be a normal, healthy person."

Parade prize helps projects

The town of Halton Hills was the winner of the prize for best overall float in the 1980 Acton Santa Claus parade. The float committee donated the prize money to the Halton Hills Library Cultural Centre and to the Restoration of the Acton Town Hall Fund.

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DRUG POWER
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