

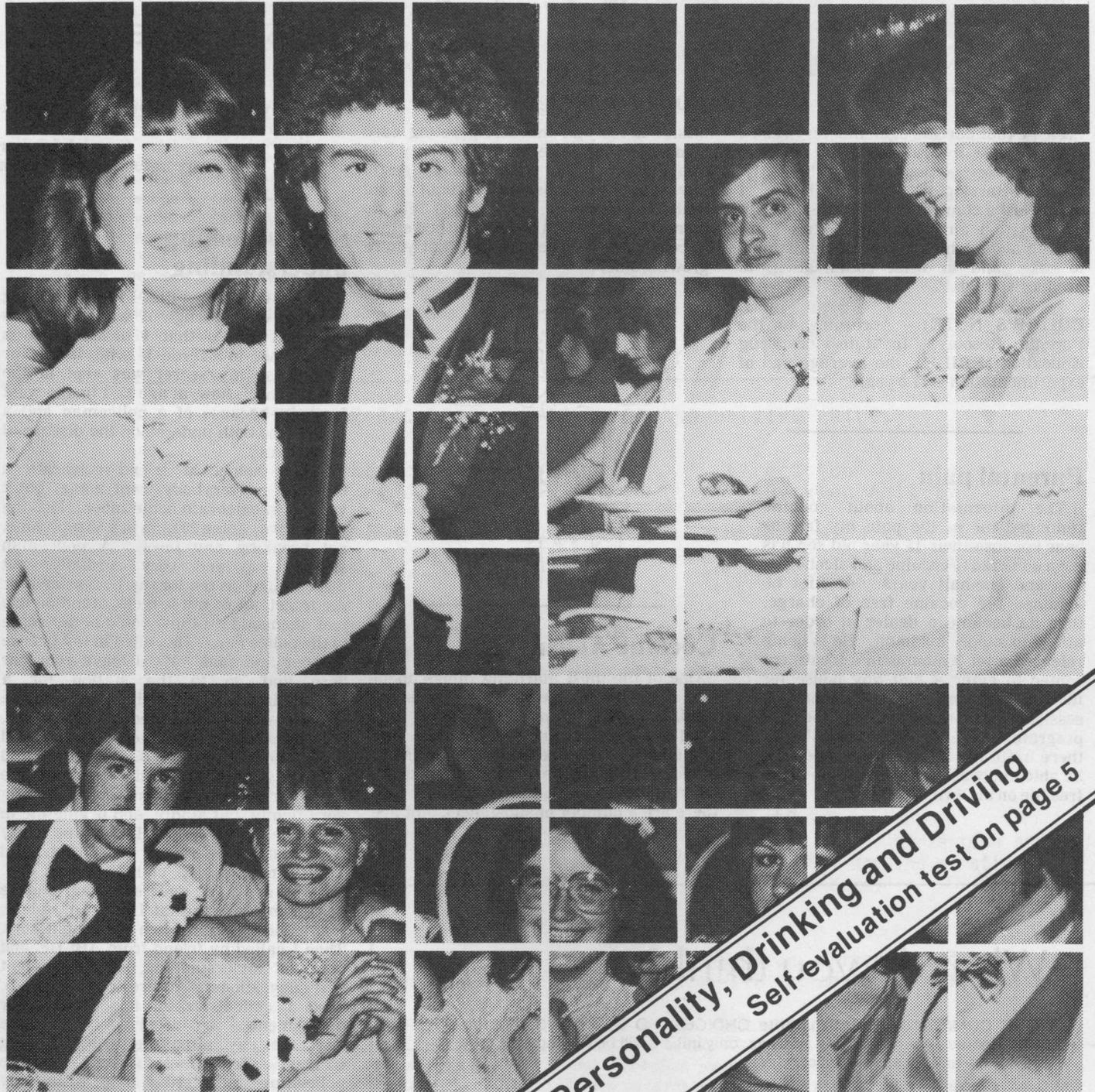
INSIDE :

- Teen tells car crash horror
- Community Intervention Summer Workshop
- Prom Time tips

CHOICES

A publication of ABCDE
Alliance of Barrington Communities for
Drug Education

SPRING 1985



Personality, Drinking and Driving
Self-evaluation test on page 5

LETTERS TO THE EDITOR

ALLIANCE of
BARRINGTON COMMUNITIES
For DRUG EDUCATION



ABCDE is a community effort to reduce school-age alcohol-drug abuse. Through its newsletter, CHOICES, ABCDE promotes education and awareness to achieve that goal.



ALL KINDS OF PEOPLE WRITE US

Hear this

...I hope that parents of elementary school children are aware that they need to become informed about drugs. Recently, at the Barrington Public Library, I overheard a conversation between two 6th graders and an older boy. They were talking about which non-prescription pills to take, and in what combination, to produce a "high."

J.G.

EDITOR'S NOTE: According to the Parents Resource Institute for Drug Education (PRIDE), the average age of experimentation is 11.6 years.

Parental pain

...The information about cocaine reminded me of the pain my friends bear because their 15 year old son has been addicted to cocaine and alcohol for two and one-half years. At first he obtained the cocaine free of charge, then he became a dealer in order to afford to supply his habit. He is being released after 3 months in a treatment center to enter a half-way house for further treatment and peer counseling sessions such as seen in the TV program, "Not My Kid." He'll stay there until age 18 and then, hopefully, be able and willing to maintain a drug-free life on his own.

R.C.

Boozy messages

...Isn't it too bad that the greeting card companies don't use more creativity and imagination instead of boozy messages to "live it up." It's especially difficult to find really humorous birthday cards that do more than invite you to get smashed either to celebrate or forget the fact that you're growing older.



G.G.

extremely difficult to overcome once the addiction is real.

John Fuller
Barrington Youth Services

Secret Weapon: understanding

...I knew deep down that I had a drinking problem even though it was mostly on week-end binges that I drank. I was careful not to overdo it with family or friends, so my secret was kept in the closet. This is how, at age 25, I finally went for help--because of a policeman and a friend who both understood the disease of alcoholism.

I had helped a friend celebrate a birthday. Everybody went home, but I wanted to celebrate some more. Driving home, I was going 20 mph in a 50 mph zone, not breaking any laws. A policeman stopped me and very cordially, but businesslike, asked for my license and for me to get out of my vehicle, stand on one foot, then said, "I think you'd better come to the police car." He called in my license number and said, "We'll leave your car here and go to the station for a breathalyzer test..." which turned out to be .23. He asked if I wanted to call anyone, but I was too embarrassed. I was asked for a \$100 retainer for a \$3,000 bond. I had \$90 in my purse, the policeman gave me the other \$10 and took me home, talking very firmly, but kindly, and urging me to get some kind of help. He took me to my door, handed me over to my parents, and wished me luck. He called the next day. He was firm, yet understanding, and he helped me realize that I had a problem, just as his wife did when she sought help. Then I called by friend from ABCDE and received understanding, encouragement and suggestions of where to go for help. Next I called for an appointment for assessment -- and received it the same day, the day after the drunk driving incident. Treatment followed. As the policeman said, getting help is the only answer.

S.L.

What do you think?

YOUR COMMENTS PLEASE...Write CHOICES, PO Box 768, Barrington, IL 60010. Include your name and address; only initials will be printed. We reserve the right to edit for space and clarity.

Alcohol's trip through the body

Alcohol passes through a person's body the same way every time he or she drinks it. Here is the order in which alcohol reaches the various parts of the body. Although alcohol reaches the brain last, it gets there within minutes after it has been drunk.

1. **MOUTH.** Alcohol is drunk.
2. **STOMACH.** Alcohol goes right into the stomach. A little goes through wall of stomach and into bloodstream, but most goes down into the small intestine.
3. **SMALL INTESTINE.** Most of the alcohol then goes through the walls of the intestine and into the bloodstream.
4. **BLOODSTREAM.** This carries the alcohol to ALL parts of the body (including brain, heart, liver).

5. **LIVER.** As the bloodstream carries the alcohol around the body, it carries it through the liver where it is changed to water, carbon dioxide, and energy (called oxidation process). The liver can oxidize only about one-half ounce of alcohol an hour. This means that until the liver has time to oxidize all the alcohol, the alcohol keeps on passing through all parts of the body, including the brain.

6. **BRAIN.** Alcohol goes to the brain almost as soon as it is drunk and keeps passing through the brain until the liver has had time to oxidize it.

Therefore, strong coffee, cold showers, or fresh air cannot cause a person to become sober; only the time needed for the work of the liver can do this job.

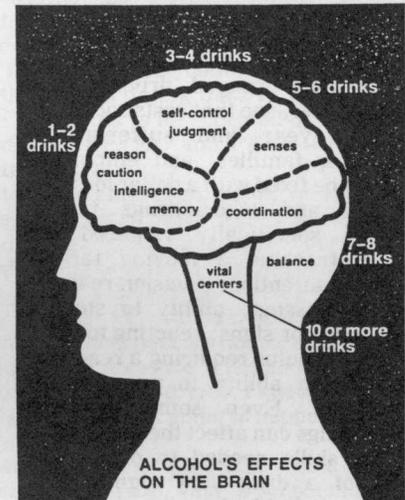
For Your Information

ALCOHOL: refers to ETHYL ALCOHOL in beverages, a central nervous system depressant drug that slows activity of the brain and spinal cord. ONE-HALF OUNCE OF ETHYL ALCOHOL is found in 12 oz. of beer, OR 5 oz. of table wine OR 3 oz. sherry or port wine OR 1 to 1 1/2 oz. of hard liquor.

ALCOHOL CONTENT: beer and ale 4-7%; table wines 9-14%; dessert wines 18-21%; hard liquor 40-50% (80-100 proof)

BLOOD ALCOHOL CONTENT (BAC): the percentage of alcohol in a person's blood. When the concentration of alcohol in one part of the body is known, the amount in any other part can be calculated. The concentration of alcohol in the blood can be measured by chemically testing any of the tissues or fluids in the body, such as blood, urine, breath, spinal fluid and saliva. The first three are mostly commonly used.

TOLERANCE: the body's resistance to alcohol or other drugs because of repeated use. As a result of this tolerance, the person must drink more and more alcohol or use more and more of the drug to get the same effects as earlier. Sometimes this physical tolerance includes a "psychological tolerance" or the "acquired capability" of not appearing to be as drunk or high as the person really is.



EFFECTS OF BAC LEVEL ON BEHAVIOR AND DRIVING ABILITY

Number of Drinks*	BAC	Effects on Feeling and Behavior	Effects on Driving Ability
1	0.02	Absence of observable effects. Mild alteration of feelings, slight intensification of existing moods.	Mild changes. Most drivers seem a bit moody. Bad driving habits slightly pronounced.
2-3	0.05	Feeling of relaxation. Mild sedation. Exaggeration of emotion and behavior. Slight impairment of motor skills.	Drivers take too long to decide and act. Motor skills (such as braking) are impaired. Reaction time is increased.
5-6	0.10	Difficulty performing gross motor skills. Uncoordinated behavior. Definite impairment of mental abilities, judgment and memory.	Judgment seriously affected. Physical and mental coordination impaired. Physical difficulty in driving a vehicle.
7-8	0.15	Major impairment of all physical and mental functions. Irresponsible behavior. Euphoria. Some difficulty standing, walking, talking.	Distortion of all perception and judgment. Driving erratic. Driver in a daze.
15-20	0.40	At this point, most people have passed out.	Hopefully, driver passed out before trying to get into vehicle.

* 12 oz beer, or 5 oz table wine, or 1-1 1/2 oz hard liquor

This chart does not take into consideration the person's health, amount of food ingested, weight, mood, other drugs taken, etc. Some people "pass out" or lose consciousness with fewer drinks; increasing coma may progress to death. Chronic abusers

and alcoholics may survive very high levels of BAC where tolerance is extremely variable at different stages of abuse. Drunk drivers who have a BAC of .20 and above are almost always in need of treatment for chemical dependency.

Drugs, driving don't mix

...Every day about 70 people die in America because of drunk drivers.

...Approximately 55% of fatal crashes involve a driver who has been drinking.

...Teenagers are involved in 44% of the accidents involving alcohol, even though they make up only 22% of all drivers.

...In 1983, 2,588 youths ages 16-20 were arrested for driving under the influence in Cook, Lake, McHenry, and Kane counties. 1,652 of them were age 19 or 20.

...The leading cause of teenage deaths is alcohol related accidents. EVERY DAY 14 TEENS DIE IN SUCH AN ACCIDENT.

Drunk and drugged driving is a serious matter, one that costs society \$5 billion a year and suffering to individuals, families, and employers that can't be fixed with a dollar loss.

Alcohol and other drugs impair functions specifically required for driving: tracking a moving target; sustaining attention; decision-reaction time for passing; ability to stop at traffic lights or signs; reacting to more than one stimulus requiring a reaction; memory and ability to process new information. Even some over-the-counter drugs can affect the mental and physical skills needed to drive. The effects of a drug vary significantly from one individual to the next, and even vary in the same individual at different times. The driver's age, sex, weight, emotional state, the amount of drug and when it was taken, are all factors which influence the ability to drive safely.

It is dangerous to mix drugs, particularly if one of them is alcohol, because they can produce a combined effect much greater than is expected. Alcohol works as a sedative, a central nervous system depressant, and it increases the sedative effect of tranquilizers and barbituates (sleeping pills), while affecting coordination and judgment.

Stimulants such as amphetamines, cocaine, caffeine (in coffee or an ingredient in some cold tablets and cough syrups) combined with alcohol result in drivers who feel more alert and have a FALSE confidence which makes them feel they are in better shape to drive than they really are (a wide-awake drunk!). They are not functioning any better than a driver using alcohol alone.

Many marijuana users have this same illusion, that marijuana increases their awareness and therefore improves driving ability. Scientific tests disprove this claim and studies show that 3 to 5 hours after smoking one marijuana cigarette, users are more easily distracted, their coordination decreased and their ability to judge distances, speed or time is adversely affected. Unlike alcohol, which is water soluble and more rapidly excreted from

the body, marijuana's chemical components are stored in fatty tissue (lungs, reproductive organs, brain) and remain there for long periods of time. Research clearly indicates that normal levels of driving performance are not regained for at least 4-6 hours after smoking a single marijuana cigarette. When marijuana and alcohol are combined, the impairment to driving is greater--reaction time, manual dexterity, perception, and psychomotor coordination suffer the most.

Another interaction when drugs are combined has to do with the way our bodies chemically process them (metabolize). Drugs are transformed into other substances which are eventually eliminated through normal body functions in the metabolic process. The more rapidly a given drug is metabolized, the less impact it has. When drugs are forced to compete with alcohol for processing by the body, one or both are metabolized more slowly. As a result, the effect of the alcohol and/or the drug is exaggerated because it remains active in the blood for a longer time. Some drugs, combined with alcohol, frequently result in a higher blood alcohol content (BAC) because the drug enhanced the alcohol absorption rate. Carbonation, including that in beer, enhances absorption of alcohol in the blood stream while food in the stomach retards absorption of alcohol.

If using alcohol alone or another drug alone can impair physical and mental driving skills, then clearly combining alcohol with another drug (or combining drugs other than alcohol) is more dangerous.

'I'd never be that stupid'

Students in Barrington High School driver education classes may see an award winning film, "Kevin's Story". In the film, Kevin told his audience that one-half will be involved in an alcohol-drug related accident before they die.

Kevin was seventeen years old when he "partied" one night with friends, using a fake ID and drinking champagne. Late that night, friends tried to discourage him from driving, but to preserve his macho image, to uphold the idea that "we drive better when we're drunk," and to prove that he was really in control, he drove away to an occurrence which will haunt him forever. He hit and killed a senior high school girl, depriving her of her future. His recurring nightmare plays over and over. The night of the accident before he left his girlfriend at her house, she cautioned him to be careful. It is his reply that haunts him, "Don't worry about me. I'd never be that stupid."

COMMON SIGNS OF ALCOHOL-DRUG IMPAIRED DRIVING

Here is a summary of the list of driving errors that highway patrol officers use to spot alcohol-drug impaired drivers.

...Unreasonably high speed or inconsistent driving speeds (slow, then fast, then slow, etc.)

...Frequent lane changing at excessive speed

...Improper passing with insufficient clearance; slow driving or excessive swerving when overtaking and passing

...Narrowly misses colliding with oncoming traffic

... Begins breaking for stop signs or lights at much too great a distance or at the very last minute, or disregards signal altogether

...Driving at night without lights, delay in turning on lights when starting from a parked position, fails to dim headlights when meeting oncoming traffic

...Driving in lower gears without apparent reason, or repeatedly clashing gears, or jerky starts or stops

...Driving too close to shoulders or curbs, hugging the center line or edge of road, or weaving from side to side of roadway

...Driving with windows down in cold weather, or with head completely out of window

...Slumps over steering wheel or apparently has difficulty keeping head erect and looking straight ahead

If you have a CB radio you can report suspected drunk drivers on channel 9, which police sometimes monitor, or drive to the nearest phone and call police. Under no circumstances should you attempt to personally stop a suspected drunk driver.

Don't think that you can drive when alcohol-impaired and avoid detection by not doing what is on this list. If you are under the influence of alcohol or other drugs, you won't be able to avoid all of these things even if you think you ARE avoiding them.

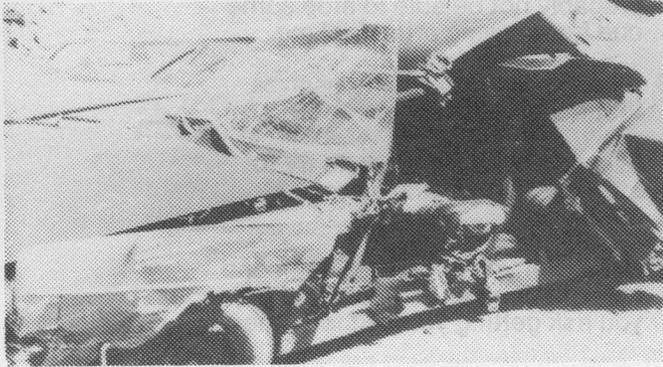


For a copy of "What to do ... If You Are the Victim of A Drunk Driver" by Wendy Muchman, a lawyer and a victim, contact: The Alliance Against Intoxicated Motorists (AAIM), P.O. Box 10716, Chicago, IL 60610, (312) 441-6313

NOT ME!

An afternoon talking with Mike fills you with pity and sorrow, admiration and love, while his loneliness is reflected in his wistful talk about wanting to meet new friends. He lays it out up front, though, and you wish his statement were not true: "Four years ago I would have read this story, stopped half way through, said, 'Big deal,' and turned the page."

The chart in Intensive Care Unit 3 read: "Patient is a 19 year old white male who was involved in a single car accident at about 3 a.m. on April 7, 1981, when he hit a tree. He was unconscious at that time... his alcohol level was .222. Admitted through Emergency Room." Neurosurgeon, orthopedic surgeon, pulmonary specialist, general surgeons and other consulting doctor reports were attached. Diagnosis: severe brain stem contusion, compound fracture of left tibia (leg), airway obstruction. The brain stem (which Mike's doctor calls "The Pilot Light of Life") injury would have serious after-effects if Mike survived. He was in a coma for three months. His breathing was done by a machine. After that, countless hours of rehabilitative therapy brought improvement that no one could predict-- in his speech, legs, arms, sight. It was a miracle that he was alive.



Now, his speech is less of a monotone and he laughs when his tongue won't work if there are too many t's and d's close together. He can write and feed himself with his right hand; his left hand doesn't respond well yet. He can walk fairly well though the spasticity in his left arm and leg sometimes throws him off balance. His left peripheral visual field is cut off.

Through weightlifting classes and other Harper College services, Mike is getting job-career testing and meeting new friends. But his social life isn't very exciting. His greatest loss is independence; Mike can't drive a car. His friends don't come to visit and he is lonely. He misses the fun. He loves to play Pac Man and Monopoly, but plays mostly alone or with his family. He watches a musician friend play at "gigs" and wishes he had a girlfriend. The magic number seven sticks in his head--that is the goal in years when he wants to be close to "normal" in his recovery.

Mike experimented with alcohol a little in middle school and was looking forward to high school when he would have more freedom to party, to do more of what he wanted to do because other kids were doing it. His recurring comments are about the group he hung out with, several dating back to 7th grade, and that he drank because he wanted to be accepted by his friends. He spits out the words ACCEPTED and PEER PRESSURE because he let that dictate his behavior.

Mike wants to talk to other kids, even though he knows that some of his old friends didn't learn much from his tragedy and are still drinking and driving. "If I could help one person stand up to peer pressure and avoid the drinking-driving accident that could cost a life or a future, I would feel useful." See, Mike knows that he was looking for an excitement that was completely opposite from what his parents taught and he agreed with. Instead, he bowed to peer pressure. "The sad part is that I said I would never do that (drink and drive). I knew I was doing wrong, but accidents like that weren't going to happen to me."

(Ed. Note: If you would like to have Mike talk with a junior or senior high school group, Scout troop, church school class, or a friend, write MIKE, CHOICES, P.O. Box 768, Barrington, IL. 60010.)

Seven-tenths of a second

A teen reader of Ann Landers sent a reading assignment from her criminal justice class to Landers (Sun-Times, January 5, 1984) which the teen thought might save some lives if printed. The title is "Heaven Can Wait".

"It takes seven-tenths of a second to kill a person in an automobile crash. Studies at Yale and Cornell universities provided a dramatic split-second chronology of what happens when a car rams into a tree at 55 m.p.h.

At 1-10th of a second, front bumper and grillwork collapse.

At 2-10ths of a second the hood crumbles, rises, smashes into the windshield and grillwork disintegrates.

At 3-10ths of a second the driver is sprung upright from his seat, his broken knees pressed against the dashboard, the steering wheel bends under his grip.

At 4-10ths of a second the front of his car is destroyed and dead still, but the rear end is still plunging forward at 55

m.p.h. The half-ton motor crunches into the tree.

At 5-10ths of a second the driver's fear-frozen hands bend the steering column into an almost vertical position and he is impaled on the steering wheel shaft. Jagged steel punctures his lungs and arteries.

At 6-10ths of a second the impact rips the shoes off his feet. The chassis bends in the middle and the driver's head is slammed into the windshield. The car's rear begins its downward fall as its spinning wheels churn into the ground.

At 7-10ths of a second the entire body of the car is twisted grotesquely out of shape. In one final agonizing convulsion, the front seat rams forward, pinning the driver against the steering shaft. Blood spurts from his mouth. Shock has frozen his heart.

He is now dead. Grisly to contemplate, and all so unnecessary. The difference between death and

arriving at your destination safely is simply a matter of thinking about the consequences."

Drinking and-or drugged driving increases accident risk.

FRIENDS DON'T LET FRIENDS DRIVE DRUNK OR DRUGGED.



16-YEAR-OLD DRIVERS AVERAGE 1.3 PASSENGERS PER VEHICLE.

STUDIES SHOW THAT PEOPLE BETWEEN AGES 16-19 ARE MORE LIKELY TO BECOME PASSENGER FATALITIES.

How much do you know about drinking and driving?

A Self Evaluation for Teenagers prepared by the U.S. Department of Transportation, National Highway Traffic Safety Admn.

Certain personality traits have been shown to affect drinking and driving decisions. Alone, each trait means very little. In combination, they can mean the difference between life and death. The following test was created to let people see where

they stand on this "danger" scale. Each statement describes an attitude teenagers sometimes express about drinking alcohol, driving, or doing both at the same time. Some will appear to be more directly related to drinking and driving than others. Show how you feel by using a number to represent your answer, as follows:

- STRONGLY AGREE write in number 1
- AGREE, BUT NOT STRONGLY 2
- NEITHER AGREE NOR DISAGREE 3
- DISAGREE, BUT NOT STRONGLY 4
- STRONGLY DISAGREE 5

SET 1

1. If a person concentrates hard enough, he or she can overcome any effect that drinking may have upon driving. _____
2. If you drive home from a party late at night when most roads are deserted, there is not much danger in driving after drinking. _____
3. It's all right for a person who has been drinking to drive, as long as he or she shows no signs of being drunk. _____
4. If you're going to have an accident, you'll have one anyhow, regardless of drinking. _____
5. A drink or two helps people drive better because it relaxes them. _____

TO GET YOUR SCORE FOR SET 1:
ADD the column of numbers and write the sum in the line to the right.

SET 2

6. If I tried to stop someone from driving after drinking, the person would probably think I was butting in where I shouldn't. _____
7. Even if I wanted to, I would probably not be able to stop someone from driving after drinking. _____
8. If people want to kill themselves, that's their business. _____
9. I wouldn't like someone to try to stop me from driving after drinking. _____
10. Usually, if you try to help someone else out of a dangerous situation, you risk getting yourself into one. _____

SET 2
TO GET YOUR SCORE FOR SET 2:
ADD the column of numbers and write the sum in the line to the right.

SET 3

11. My friends would not disapprove of me for driving after drinking. _____
12. Getting into trouble with my parents would not keep me from driving after drinking. _____
13. The thought that I might get into trouble with the police would not keep me from driving after drinking. _____
14. I am not scared by the thought that I might seriously injure myself or someone else by driving after drinking. _____
15. The fear of damaging the car would not keep me from driving after drinking. _____

TO GET YOUR SCORE FOR SET 3:
ADD the column of numbers and write the sum in the line to the right.

SET 4

16. The 55 mile per hour speed limit on the open road spoils the pleasure of driving for most teenagers. _____
17. Many teenagers use driving to let off steam. _____
18. Being able to drive a car makes teenagers feel more confident in their relations with others their age. _____
19. An evening with friends is not much fun unless one of them has a car. _____
20. There is something about being behind the wheel of a car that makes one feel more adult. _____

TO GET YOUR SCORE FOR SET 4:
ADD the column of numbers and write the sum in the line to the right.

SET 5

- 21. I usually do things that everybody else is doing. _____
- 22. What my friends think of me is the most important thing in my life. _____
- 23. I would ride in a friend's car even if that person has been drinking a lot. _____
- 24. Often I do things just so I won't feel left out of the group I'm with. _____
- 25. I often worry about what other people think about things I do. _____

TO GET YOUR SCORE FOR SET 5:
ADD the column of numbers and write the sum in the line to the right. _____

SET 6

- 26. Adults try to stop teenagers from driving just to show their power. _____
- 27. I don't think it would help me to go to my parents for advice. _____
- 28. I feel I should have the right to drink if my parents do. _____
- 29. My parents have no real understanding of what I want out of life. _____
- 30. I wouldn't dare call my parents to come and take me home if either I or a friend I was with got drunk. _____

TO GET YOUR SCORE FOR SET 6:
ADD the column of numbers and write the sum in the line to the right. _____

SET 7

- 31. I can't help getting into arguments when people disagree with me. _____
- 32. If people annoy me, I am apt to say what I think of them. _____
- 33. At times, I have a strong urge to do things that may be harmful or shocking to others. _____
- 34. I usually take a person up on a dare. _____
- 35. I easily become impatient with others. _____

TO GET YOUR SCORE FOR SET 7:
ADD the column of numbers and write the sum in the line to the right. _____

SET 8

- 36. I often act on the spur of the moment without thinking things through. _____
- 37. I tend to change my mind abruptly. _____
- 38. From time to time, I do things that are really reckless. _____
- 39. Often I don't consider the consequences before I do things. _____
- 40. There have been times when I felt like smashing things. _____

TO GET YOUR SCORE FOR SET 8:
ADD the column of numbers and write the sum in the line to the right. _____

NOW TO FIND OUT WHAT YOUR SCORES FOR EACH OF THE SETS MEAN, READ THE DESCRIPTIONS ON THE NEXT PAGES.

CHECK THE MEANING OF YOUR TEST RESULTS

SET 1. RATIONALIZATION; FOOLING YOURSELF; MANUFACTURED REASONS FOR DRIVING AFTER DRINKING.

Most people find themselves in situations at one time or another where they have been drinking or are invited to be a passenger with a driver who has been drinking. When this happens, persons with scores between 13 and 25 tend to be realistic in facing up to these situations rather than finding excuses to mix drinking and driving.

Persons with scores of 5 or 6, on the other hand, more often manufacture reasons to excuse combining alcohol and cars. Making up reasons why it is all right to do this may be dangerous because many times people are not able to judge whether their driving ability is impaired. The result can be an accident or worse.

SET 2. TAKING RESPONSIBILITY FOR OTHERS; CARING ABOUT PEOPLE.

To what extent should a person take responsibility for the actions of others? Are we "butting in" or just being a good friend when we try to keep someone from driving drunk? If you scored between 15 and 25 on Set 2, you are not as likely to just mind your own business when you know that a friend, or even an acquaintance, is headed for trouble.

A score between 5 and 9 says you wouldn't take steps to keep a friend who was drunk from driving a car.

Stopping a drunk is *everyone's* business to end the numerous deaths on the highways due to drunk driving. And it may not just be your friend's life you will be saving. It may be your own.

SET 3. CONSEQUENCES OF DRINKING AND DRIVING; FACTORS AFFECTING DECISION TO DRINK AND DRIVE

Persons who get a score between 12 and 25 on Set 3 hesitate to drive after drinking for a variety of reasons, including possible involvement with the police or killing or injuring someone.

A score between 5 and 7 indicates that you do not take these consequences seriously, and therefore would not consider them a deterrent to driving after drinking.

Statistics show that this is not wise, because many teenagers do end up killing themselves or other people when they drink and drive.

SET 4. PERCEIVED PSYCHOLOGICAL BENEFITS OF DRIVING; WHAT DRIVING DOES FOR YOU

Persons with scores between 19 and 25 on Set 4 do not believe that cars are all that important in their personal lives, other than simply as a means of transportation.

For those with scores between 5 and 14, however, automobiles serve far more than just transportation needs, including the need to appear grown-up, or to experience thrills that might come from driving with excessive speed.

Using cars to satisfy psychological needs rather than simply as a means of getting from one place to another may not alone cause problems, but when cars are associated with alcoholic beverages, the combination may be deadly.

SET 5. PEER PRESSURE; INDEPENDENCE OF VALUES

Most teenagers need to have a sense of belonging; some carry it so far as to worry excessively about what others think of them and even do things they know are wrong, just to go along with the crowd. A score between 16 and 25 indicates that, although you may care about what others think of you, you don't necessarily act against your own beliefs and values.

If you feel that it is more important than most anything else to go along with the crowd, even when you are pretty sure you shouldn't, you will generally score between 5 and 10 on this set.

It's not wrong to want to identify with a group you like. But, those with low scores on this Set may wish to ask themselves when is it more important to hold on to your own beliefs and values than to give them up and go along with the group. The stakes can be especially high when going along with the group involves drinking and driving.

SET 6. PARENT PRESSURE; ADULT CONTROL OVER TEENAGE BEHAVIOR

Some teenagers feel that persons in authority, particularly parents, do not understand them and therefore impose unrealistic demands on them, such as not allowing them to drink at all, or allowing them to drink only moderately, or insisting that they drive within speed limits.

A score between 18 and 25 on Set 6 means you are more willing to listen and often accept adult and parental responsibility and concern for your safety.

A score between 5 and 10, on the other hand, means that you tend more often to reject that concern and advice.

Teenagers naturally resent parental or other adult control, since adolescence is a time when need for independence develops. But teenagers need to understand this and to measure adult advice and controls in terms of whether or not they are really in the teenagers' best interests. When it comes to drinking and driving (considering the number of deaths on the highway) they often are.

SET 7. REACTING WITH HOSTILITY TO OTHERS

A teenager who tends to be patient with

others and calmer in reacting to them scores between 17 and 25 on this Set.

Scorers with between 5 and 11, however, tend to be impatient, sometimes feel like smashing things and may tell people off. Many people feel this way occasionally, but teenagers who feel this way *often* may become dangerous drivers—particularly when they drink. They may become angry with another driver and are likely to take a risk to "get back at" someone they think has pushed them around. Scorers between 17 and 25 will more often control these more aggressive reactions to other people. Teenage is a time to learn control over this type of hostility which, if unchecked, can lead to an act whose consequences can be shattering to everyone involved. At the least, people who tend to be impatient with others should recognize that adding alcohol and cars may be tempting fate.

SET 8. LOOKING BEFORE YOU LEAP

If you obtained a score between 19 and 25 on Set 8, you are likely to think before you act, to go more slowly in planning your actions.

If you obtained a score between 5 and 12, however, you probably tend to do things impulsively, without stopping to think, and may go to the point of being dangerously reckless.

Thinking ahead may take just a few seconds, but it can save a life. Ask yourself: ***If I drink and then drive, what could happen? Is it worth the chance? Is there a better way—a safer way?***

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Teen driving privileges: Suggestions for parents

Parents can impress upon their teens that driving is a privilege, not a right, by setting guidelines for use of the family car. A parent extends the use of the family car to his child (a courtesy!) because he has confidence in his child's ability to use the vehicle with judgment, safety, prudence, and a courteous manner. This privilege is not extended because of what other parents in the community may do.

It is important for the family and the future driver to agree upon a set of rules regarding driving privileges before the driver's license is issued. Parents recognize that knowing how is not enough to ensure a good driver. Here is an abbreviated list of suggestions from "Rules for Use of the Car for New Teenage Drivers" distributed by North Shore Driving School, Chicago.

1. **Successful completion of a driver training course** from a high school or professional driving school.

2. **Supervised practice** as follows:

(a) For first 500 miles or 20 hours, supervised practice in light or medium traffic with one parent in the car. (b) Next 400 miles or 16 hours, supervised practice with one parent in the car on specific driving skills. (c) Evaluation of skills.* (d) Family-In-Car supervised practice, 200-500 miles or 8-20 hours. No teenage friends may accompany the new driver during the supervised practice phase, while other family members are permissible.

3. **Pass State Driver's License Road test.**

4. **Limited solo driving**, short errands of 10-20 minutes.

5. **Personal use of car** permitted (up to 4 hours at a time). For at least the first year the car will be used only to transport people to specific places for specific purposes, never for just "riding around" or "cruising".

6. **Car use privileges suspended** for 30 days for: (a) traffic tickets, (b) show-off driving, (c) car used without permission, or for longer than agreed upon, (d) an accident or near-accident, (e) complaints from parents, neighbors, school or police.

7. **School grades** must be maintained at pre-driving level or higher or car privileges are suspended.

8. **Dates and social affairs** upon completion of supervised practice and meeting all prerequisites in points 1-7, e.g., number of times and what hours

car use is permitted during school week.

9. **Arrangements for driving** the family car to school need to be worked out by the family for when, how many times a week, etc.

10. **Care of car** by teens who use it for personal use, including replacement of fuel and share in cleaning and maintenance.

11. **Additional cost of insurance** agreements between parents and teen on an equitable way of covering the additional premium.

12. **Accessories and decorations** must be agreed upon (decals, horns, bumper stickers, etc.).

13. **Body damage** to car occurring while teen has the use of the car must be immediately repaired at the expense of the teen or as agreed upon.

14. **ALCOHOL and OTHER DRUGS** will not be used; consequences outlined if teen does drink or use drugs (car use suspended).

These guidelines help parents emphasize the responsibility that goes with the privilege of using the family car, as well as emphasize responsibility for safety of passengers.

*"Safe Driver Performance Evaluation" form available by sending self-addressed stamped envelope to CHOICES, or at ABCDE Resource Center, see page 15. Also available at the Resource Center is a booklet, "How To Tell...Will your Youngster Crash the Car?"



- FAMILY AGREEMENT -

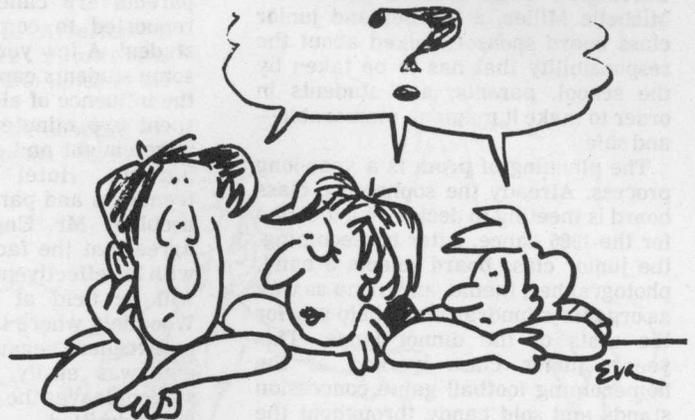


WE THE _____ FAMILY AGREE TO THE FOLLOWING:

The Family Agreement

This activity provides an opportunity to discuss acceptable and unacceptable behavior in serious situations before they arise. The family discusses behaviors related to alcohol and other drugs and each member is asked to think in terms of being (1) a driver; (2) the host of a party; (3) a guest at a party; (4) a minor; (5) in school; and (6) at home. Group the behaviors into three categories: responsible, undecided, and irresponsible. The family then discusses the possible results of behaving in a responsible or irresponsible manner as well as identifying alternatives. Then write the family's "don'ts" with associated penalties and a list of accepted (responsible) behaviors. All sign the agreement, parents, too. Post it for a reminder.

SIGNED, _____



... EXACTLY WHAT IS A PARTY??

What is a party? Chicago Tribune columnist Bob Greene (February 29, 1984) wrote of the interesting replies he got to that question when a teen suggested to him that "partying" means drugs, sex and alcohol. Note the change from a noun meaning a social gathering to a verb with many meanings! Some said "to party" meant to smoke pot (marijuana), others equated it with vomiting, as in "to party til you puke," while others didn't think it had anything to do with alcohol and other drugs but that, "...you might go out with some friends and have a few beers and dance, and then later you might smoke some pot, which is as far as it usually goes unless someone has some cocaine." Then there was the reply from some young men from a western suburb which described ways to be a "Party Animal".

Obviously, "a" party or "to" party needs a definition on an individual basis. Try that out at the next family council meeting!

Some parents will, some parents won't

Parents need to know about the teen social picture and the kind of peer pressure a teen faces, that pressure born of the inherent NEED to be accepted. However, some of the pressure also comes from differences among families which is due to differing values, skills, or experience with the parenting of an older child. In matters related to teens, **SOME PARENTS WILL:**

- ...ignore their own values because they want their child to be accepted by the "popular" group
- ...blame others (school, police, friend, other parent) for their teen's problems
- ...let their child's crises come between them (mom and dad) and further complicate the child's situation
- ...always be upset by loud music, often a help to a teen's roller coaster ride through adolescence
- ...approve of frequent, unplanned "sleepovers"
- ...leave their teen "in charge" while they are out-of-town
- ...believe that their child would never

lie to them
...be "blackmailed" by a teen's favorite arguments--"but you don't trust me," "everybody will be there," etc.
...be offended by another parent's inquiry concerning the party at their home

ON THE OTHER HAND, SOME PARENTS WILL:

- ...listen and talk about alternatives instead of just giving advice
- ...compromise in matters which don't affect health and safety
- ...expect some responsibilities to be fulfilled, with logical consequences prescribed
- ...help their child learn from a mistake or bad experience
- ...risk friction with their teen or another parent when they set and enforce family rules concerning social guidelines
- ...suspect that drinking and other drug use could be the "norm" at many parties

- ...be there when there is a party in their home
- ...call to thank and offer help to another parent whose child is hosting a party, also to check on ground rules about supervision
- ...know that their teen has other fun options than either staying at home or going to a drinking party
- ...join other parents in providing teen activities
- ...understand that KIDS network to find out where the party site is to be and object if their PARENTS network too
- ...find "quiet" ways to check if their teen was drinking or using other drugs
- ...be responsible for sharing transportation needs
- ...negotiate and agree on curfew, especially for special occasions, with parents of their child's friends
- ...limit the duration of a party to avoid the hyperactivity which comes from energy generated when kids are "on a roll"
- ...call the police to assist if a party gets out of hand or with uninvited guests

P*R*O*M

By PAIGE BOHANNON

Prom can be magical and memorable for all involved and yet it can also add up to a lot of responsibility. In a recent interview, Mr. Volker Engel, vice-principal for student activities at Barrington High School, and Mrs. Michelle Miller, a teacher and junior class board sponsor, talked about the responsibility that has to be taken by the school, parents, and students in order to make it magical, memorable--and safe.

The planning of prom is a year-long process. Already the sophomore class board is meeting to decide on a location for the 1986 dance. After homecoming, the junior class board selects a band, photographer, theme, and menu as well as organizes fundraisers to help pay for the costs of the dinner-dance. This year's junior class worked at the homecoming football game concession stands and sold candy throughout the year; they worked hard and deserve a lot of credit.

The school concerns itself with the safety of about seven hundred students while they are attending the dance. Some students believe that since the function is not held on school property it is not a school activity and school discipline policies are not in effect. However, this is a misconception. School disciplinary code will be followed and necessary action definitely will be taken when needed. When students enter the hotel parking lot, they are considered to be AT the prom. To help alleviate problems which may arise, the school provides supervision by faculty chaperones and the high school administration. Last

year an off-duty Schaumburg policeman was hired to monitor the parking lot for students who arrived under the influence or were drinking in their cars.

Most incidents at previous proms have involved alcohol and-or other drugs. If a teenager is found under the influence of alcohol or other drugs, the parents are called immediately and requested to come and pick up the student. A few years ago, for instance, some students came to the prom under the influence of alcohol. They had only spent two minutes inside before they were caught and sent home with their parents. Hotel room renting by teenagers and parents also has been a problem. Mr. Engel and Mrs. Miller agree that the facility has a lot to do with the effectiveness of security. Prom will be held at the Hyatt-Regency-Woodfield where last year it proved to be excellent because the entrance and exit was easily monitored. Once a student leaves the prom, he-she will not be readmitted.

Success depends not only on the careful planning but also, as Mr. Engel believes, on the relationship that parents have with their children. Parents can help make it a special

evening by setting ground rules and standards, especially where pre-prom and post-prom activities are concerned. The school controls events only from 7 p.m. to midnight during the dinner and dance. It is the parents' duty to know what their teens do before and after that time. To continue the respectability that BHS proms have gained from various hotel managements, and because of the long commitment in planning by junior class board and sponsors, it is necessary for parents and students to plan appropriately for prom weekend.



Michelle Miller
Teacher, Jr Class
Board sponsor

The student's responsibility is to adhere to the school policies and to make mature decisions when planning all aspects of prom. Mrs. Miller stated that it is a great treat for the faculty to see young people dressed up and that a large majority do come with their best foot forward.

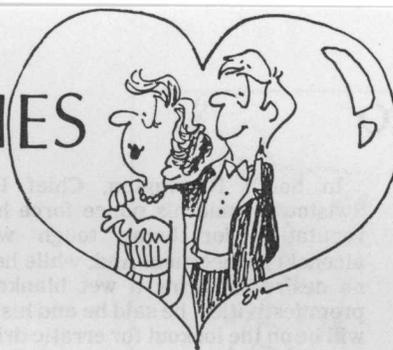
Prom is something that cannot be duplicated by any other school activity. The excitement can cause both the students and adults to get swept up in it. Saturday, May 11, 1985, may become the biggest night of the year for many students and also one that allows them to show their maturity.

(Ms. Bohannon is a senior at Barrington High School.)



Volker Engel
Vice Principal

PROM MEMORIES



In the year 2005 these will be the "good old days" memories of our 17-19 year olds. Many of us are out of touch with today's prom life. CHOICES asked for good and not-as-good prom memories of the past two years and these written replies by BHS seniors and several college freshmen were given.

--This is the biggest night of my life. I'm having the best time. The band is awesome and everyone is actually dancing!

--I can't believe they had to get water glasses instead of wine glasses! (as a prom favor) This stupid community awareness is driving me crazy.

--Who cares? It just looks like a big beer mug and you can fit twice as much wine in it and get drunk twice as fast!

--Anybody got any weed? (marijuana)

--Kids always feel like it's a time to spend "big bucks" and a lot of times they get really carried away and rent limos with bars, go all-out on their outfits, and buy cocaine.

--One thing I really liked about the actual prom is that people got together in a civilized atmosphere and enjoyed each other's company.

--It's too bad they had to come smashed. I don't feel like having a drunken idiot crush my toes.

--This is the best prom ever. The most people, the prettiest, the fanciest, the best band, the food is awesome, and, "Thank God they finally turned on the air conditioning."

--Some people feel like "coke" is the drug for the occasion.

--I can't believe he has a curfew! I thought it was the girls who always had to be home on time. I can stay out until 3 a.m.

--I don't even have to go home.

--I can't believe that he drank so much. His friends are helping him clean himself off. What a waste of \$50 tickets.

--The third time he stepped on my dress, his date was so embarrassed she said, "Let's sit down. You've had too much to drink."

--My parents are so stupid. I stole 3 bottles of wine and they'll never even notice. I could come home, throw up, tell them I have the flu, and they'd believe me. It's great. They'll never suspect me of doing anything.

--Please don't cry. I know exactly how you feel. My date slammed my dress in the door and we almost hit a woman on the way here, he was so drunk. It took all the fun out of the dance.

--It's fun to get dressed up, and see your friends and their dates. It's something to look forward to.

--Some kids checked into the hotel where the prom was held and other hotels--for the night.

--Some people went to pre-prom parties where alcohol was served.

--Pre-prom was never a big thing with me. It made the dance seem anti-climatic.

--When the mother of the hostess poured me a glass of strong punch, I wanted to tell her how awful that was and how uncomfortable it made me feel. But, I was taught to respect my elders and be polite to the hostess.

--The picnic tomorrow is going to be so much fun.

--Post-prom is a "crazy" time because when kids aren't dressed up they tend to get a little carried away.

--It's great that his parents went out of town on the weekend of prom. It's gonna be the biggest bash of the year, 3 kegs and BYOB if you want anything else.

--I was really impressed by all the breakfasts that took place because parents would get together to make it a special time. It was really the only time during the whole weekend that people weren't drinking.

--Large numbers of kids go to Lake Geneva because many families have cottages in the area.

--Others go to: Great America, Indiana sand dunes, downtown Chicago.

--There are so many risks involved on post-prom because kids take the chance of having open alcohol in the car and driving a long distance after being up late the night before.

--We had fun at Great America. It rained, but we ate submarine sandwiches and listened to tunes in the car.

--After Great America we shopped for dinner fixings (we all paid) and had a cook-out.

--We went swimming in the rain and barbequed steaks on the grill. Both were a blast for us, without getting drunk.

--Sex is sometimes a problem during prom weekend because a lot of guys feel that if they pay all the money for the girl she should give him something in return.

SOME PARENTS COMMENTED TOO

--My son and I had a big row. He had curfew, but his date didn't. (ditto, two other Moms)

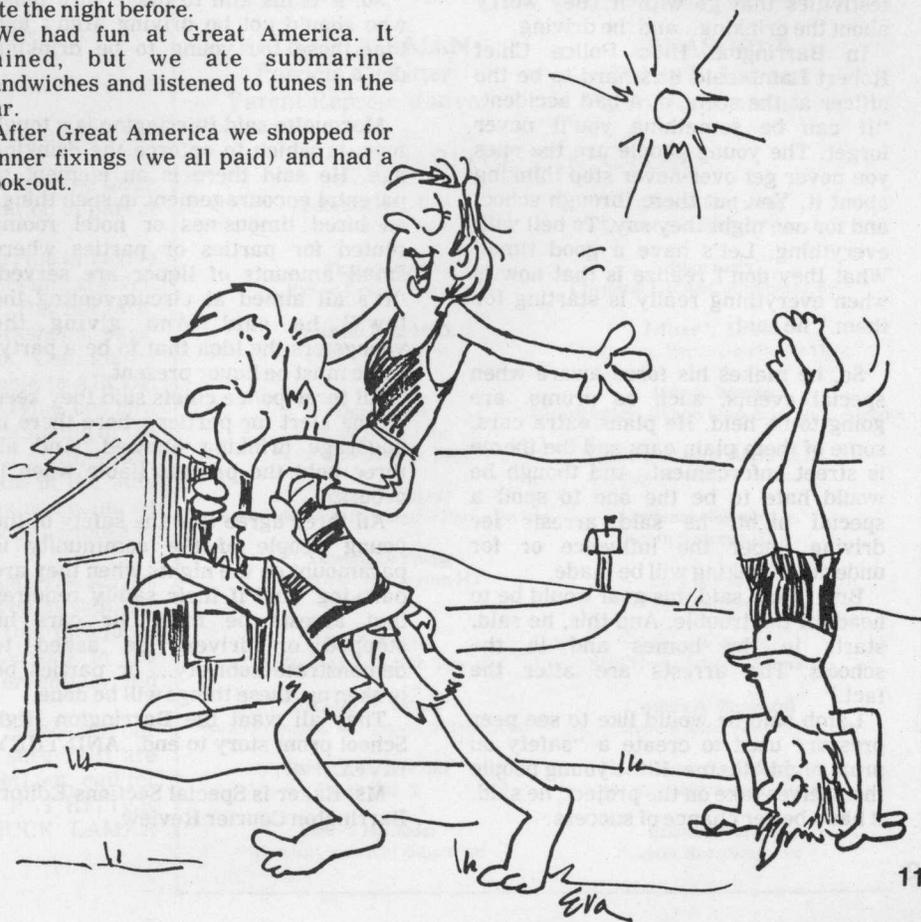
--One parent served unlimited quantity of champagne punch to students before sending them on their way. It was a well planned, "by invitation only" party.

--I found out that when a student talks about smoking, they mean smoking pot, not cigarettes.

--Parents rented rooms in the hotel under their name and then stocked it with alcohol so that the kids could go to the suite after prom and continue to party. No adult supervision was available and kids were not discouraged from driving home.

--I felt angry, upset, and frustrated that my value system seems to be so different from that of other parents. I trust my teen to be a teen, not 45 years old, when decisions about resisting offers of alcohol during prom are made.

--These are good parents with successful kids. I trusted them without asking any of the right questions.



Police Worry, Too

By GAY BAKER

Some stories make the national press...They make the Sunday magazine sections...Often they are tragedies...Some start out "The senior class at Podunk High School is in shock — the aftermath of a prom night accident in which two young men and one young woman were killed. A second young woman lies critically injured in the hospital in a nearby town. The driver of the car in which they were traveling apparently failed to stop at a stop sign...There was evidence that the driver had been drinking..."

The reason these stories are so widely publicized is that 1) people love to read about tragedies (other people's) and 2) there is a hope that in the telling something may be learned, so similar tragedies will be averted.

Barrington Police Chief Jeff Marquette does not want to be part of such a story. He has been already. On the night of his senior prom back in Solon, Ohio, a good friend was killed in an accident. He had been drinking. "What a way to end it. What a waste," Marquette said.

They worry about the drinkers...and the driving.

So, he and other police chiefs in the area worry about the young people of the community as they complete high school and enjoy the proms and festivities that go with it. They worry about the drinking...and the driving.

In Barrington Hills Police Chief Robert Lamb said it is hard to be the officer at the scene of a bad accident. "It can be something you'll never forget. The young people are the ones you never get over-never stop thinking about it. You put them through school and for one night they say, 'To hell with everything. Let's have a good time.' What they don't realize is that now is when everything really is starting for them," he said.

So, he makes his force aware when special events, such as proms, are going to be held. He plans extra cars, some of them plain cars and the theme is street enforcement. And though he would hate to be the one to spoil a special night, he said arrests for driving under the influence or for underage drinking will be made.

But, Lamb said, his goal would be to head off the trouble. And this, he said, starts in the homes and in the schools. "The arrests are after the fact."

Lamb said he would like to see peer pressure used to create a "safety on prom night" theme. If the young people themselves take on the project, he said, it has a better chance of success.

In South Barrington, Chief Peter Swistowicz said his police force has a reputation for being tough where alcohol is concerned. And, while he has no desire to throw a wet blanket on prom festivities, he said he and his men will be on the lookout for erratic driving or other signs of drunk driving.

"If they're under 17, we'll call the parents and refer the case to a juvenile officer. But if they're over 17, they'll be treated as adults and sit in jail if they can't come up with bail. And it doesn't matter where they live," he said. And he said, the judges are getting tougher all the time.

Swistowicz also said that it used to be only the driver would be arrested when open liquor was found in a car, but that under current law, all the occupants can be arrested.

An agreement between the youngsters and their parents is what Swistowicz said is needed. "The kids agree to call their parents if they or someone else has been drinking and should not drive. And the parents agree to go get them, no matter where or what time," he said.

Marquette said his force tends to be more tolerant of minor offenses on prom night. But safety of lives and property are his responsibility. And the police who may stop a driver who has been drinking and lets him or her go, has a certain liability if later that driver is involved in an accident, Marquette said.

So, it is his aim to make sure those who should not be driving aren't and that those too young to be drinking don't.

Marquette said Barrington is a tough town in which to enforce the drinking age. He said there is an element of parental encouragement in such things as hired limousines or hotel rooms rented for parties or parties where small amounts of liquor are served. "It's all aimed at circumventing the law," he said. And giving the youngsters the idea that to be a party, there must be liquor present.

All three police chiefs said they keep on the alert for parties where there is underage drinking allowed. And all three hold the parents liable when it occurs.

All three agree that the safety of the young people of the community is paramount on the nights when they are partying. And if their safety requires that arrests be made...or cars be stopped...or drivers be asked to demonstrate sobriety... or parties be broken up, these things will be done.

They all want the Barrington High School prom story to end...AND THEY LIVED.

Ms. Baker is Special Sections Editor, Barrington Courier Review

How do you say 'no' to a drink? Any way you want!!!

Saying "no" to a drink or pot isn't always easy. Sometimes it is very difficult and requires a lot of thought, practice, and support. Here are some suggestions that might be helpful. Try out a few, see which works best and is comfortable for you to use.

- No, thanks, I want to stay in control.
- No, thanks, I want to be in the driver's seat.
- No, thanks, I don't want to get into trouble with my parents (teachers, friends, grandparents, etc.).
- No, thanks, if I drink I'll lose my privileges (e.g., use of the car).
- No, thanks, I don't like the taste.
- No, thanks, I don't drink.
- No, thanks, it's just not me.
- No, thanks, I've got to study later (or pick up a friend, or get up early)
- No, thanks, I want to keep a clear head.
- No, thanks, I usually end up embarrassing myself.
- No, thanks, drinking makes me tired.
- No, thanks, I don't want to gain weight.
- No, thanks, I'm in training.
- No, thanks, what else have you got?
- No, thanks.

Develop your own refusal skills and you may wish to get support from your friends, parents, teachers. Being able to say "no" often takes courage and shows that you value yourself, your relationship with your family, and that you are handling things in an adult manner. Asking for help is also a very mature thing to do.

When 40 million people believe in a dumb idea....



it's still a dumb idea!!!

What are you doing July 22-26? Take a break -- AT HOME!

IF you are concerned about young people,
IF you believe that young people can have fun without alcohol-
drugs,
IF you want to prevent and intervene upon adolescent chemical
use, abuse, dependency,
IF you work with youth in your job or as a volunteer,
IF you are willing to make a personal commitment of time and
energy,

THEN, ABCDE has an offer you can't refuse! Its Board of
Directors has contracted Community Intervention, Inc., to
present its basic training workshop, "Alcohol and Drugs:
working with adolescents in schools and the community," to
about 75 persons at Barrington Middle School, July 22-26.

ABCDE board members echo its chairman, Clyde Slocum,
who said, "While all of the possible tasks of ABCDE have not
been undertaken, we are pleased that so much has been
accomplished to help young people. To continue and to
undertake other tasks, particularly in the area of prevention, we
need more persons trained in the basic workshop. We find that
trained persons have more motivation, confidence, credibility,
and a common frame of reference." To-date, thirty parents,
school district 220 and Barrington Youth Services staff
members have completed this training program IN
Minneapolis. Twice that number of people can be trained
HERE in Barrington at the same cost.

Taking part in the workshop will be added school personnel;
however, we need more involvement from all areas of the
community:

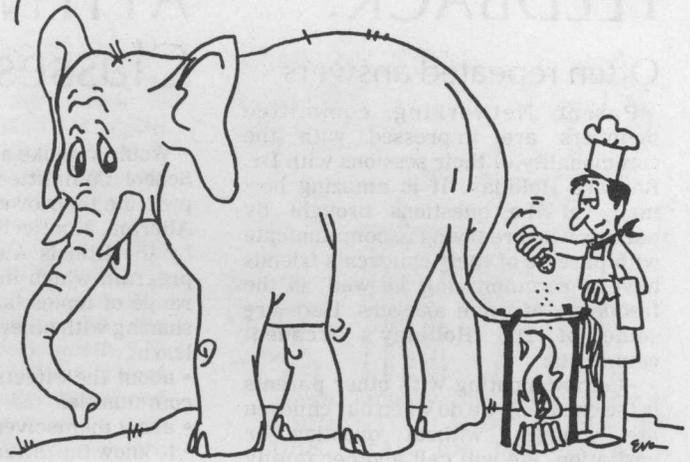
- ...parents, especially those with elementary and middle school
children
- ...church personnel -- pastors, youth leaders and teachers
- ...police
- ...community youth activity leaders -- Scout groups, 4-H, Junior
Achievement, etc.
- ...athletic team leaders, park personnel, Little League and other
sport coaches

...EVERYONE who can contribute to ABCDE committee tasks
of community education and awareness, mobilization of parent
communication, and support of school programs.

A week is a large commitment of time; however, the intensive
workshops are led by highly capable staff members and are well
presented. Barrington Middle School counselor, Pat Steward,
who has attended basic and facilitator workshops says,
"Nothing is done in a mediocre way at Community
Intervention." The CI training has been invaluable to ABCDE
volunteers and school staff in initiating and carrying out new
ideas as well as providing information and understanding of the
disease of chemical dependency. Others who work with young
people or their families are urged to participate in the July
workshop so that the information and insights gained could be
helpful to them in carrying out their tasks as well as those of
ABCDE.

There will be no cost to participating individuals. The \$25,000
cost of bringing the workshop here will be covered by ABCDE
fund raising efforts in order to broaden the base of our task force
with representation from a cross-section of persons in the
community who are willing to work in intervention and
prevention activities.

This investment in young people and the future of our
community is worthwhile and fulfilling. Make sure YOU are
among those that "make it happen." Don't get left out, call for
more information and to register. CONTACT: PAT RITTER
(381-7253), TOBEY LANNERT (381-2093), CHUCK LAMAR
(382-6172).



...You can't eat an elephant in one bite ...

...but you can take a bite! Help ABCDE fight
drug use and abuse by school-age youth, take
part in this workshop!

**"ALCOHOL AND DRUGS: Working with adolescents in
schools and the community"**

JULY 22-26, BARRINGTON MIDDLE SCHOOL
Mon.-Wed. 8 a.m.-9 p.m.
Thurs.-Fri. 8 a.m.-5 p.m.
Meals included

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Superintendent, District 220

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Cynthia A. Sheppard
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Hon. Henry C. Tonigan III
Assoc. Judge, Lake County

Erika A. Toren
Student Representative

FEEDBACK:

Often repeated answers

Parent Networking committee members are impressed with the commonality of their sessions with Dr. Barbara Holliday. It is amazing how many of the questions brought by parents who are trying to communicate with parents of their children's friends have a common ring as well as the frequency of some answers. Here are some of Dr. Holliday's frequent comments:

--Communicating with other parents is the one thing we do when our children are younger, without question or hesitation. We will call another family to see if they are home before our seven year old walks over to their house. However, when the child becomes a teen we are hesitant to use the same parenting techniques even though we still need information about the types of activities in which our child will be participating.

--When making a difficult call, consider it as a means of obtaining information about an environment rather than a means to change another family's values or judgments. You are not trying to change the behavior of other people; rather, you are gathering information so that you can be knowledgeable about the circumstances in order to make your own parenting decisions.

--The most difficult part of communicating with other parents is facing the differing value systems. Accept that you can't change the values of others, but at least you know where the other parents stand on issues which could affect your family.

--If permission is denied a child to attend a function, give him-her choices of alternative activities: have friends over, stay home with you for a special, planned fun time, go to a movie with you or with friends, etc.

--Sometimes teens need to make decisions in order to develop their own feeling of self worth. If it is a wrong decision, logical consequences must be allowed to happen. Saving a child from logical consequences only permits him-her to continue to make the same mistake and prevents the growth process.

--Logical consequences are not an acceptable alternative when health and safety are the issue because the logical consequence could injure the child permanently. When health and safety issues are involved parents must determine what behaviors are acceptable and then do their best to insure the child's cooperation.

Dr. Holliday and members of the Parent Networking committee meet the second Wednesday of each month, 9-11 a.m., at the Barrington Public Library.

ATTENTION

Classes of 1987 and 1988!

Would you like a week at camp FREE? ABCDE and the Barrington High Home-School Committee are offering THREE scholarships to students who want to promote their own personal and social growth while having a good time at Camp Allerton, Monticello, Illinois, the site of Illinois Teenage Institute (ITI). Sponsored by the Illinois Alcoholism and Drug Dependence Association, ITI is a six-day program which includes general sessions and mini-workshops covering a broad range of topics later discussed in small groups; this is the heart of ITI -- teens sharing with other teens in small groups. This outstanding experience helps teens learn:

- about the effects of alcohol and other drug abuse on individuals, families and communities
- about themselves; developing healthy self-concepts and self-awareness
- to know the difference between attitudes and facts
- to express their thoughts and feelings
- about decision making, communication, leadership and problem solving
- they are responsible for themselves

Three full scholarships (\$165 each) are available to sophomores and juniors (school year '85-86) with passing grades, a willingness to attend ITI for its FULL duration and to serve in a youth leadership and-or prevention resource role in the school or community. Application and scholarship information is available at the BHS Dean's Office, Barrington Youth Services, or write CHOICES. Completed scholarship applications must be returned by MAY 24, 1985. A personal interview is included in the screening process.

Applicants may chose to attend session 1 (July 15-20) or session 2 (July 22-27). If you want to talk to someone who has attended, call Cindy Sheppard ('85) at 381-3139.

Training at Community Intervention

"Facilitating Student Support Groups"

Five persons attended this week-long workshop in March bringing the total number of facilitators to eleven. Recently trained facilitators are: Pat Steward, Kay Ryan (BMS); Pat Kelly, Rick Bremer (BHS); Barbara Meyer (ABCDE). Two facilitators are needed to lead each support group.

"Working with Athletes"

BHS varsity football coach, Tony Rasmussen, and his team tri-captains for the '85 season, Quinn Kearney, Jerry Willis, and George Olszanski, were special guests at the March ABCDE Board of Directors meeting when they reported on their February 25-26 workshop experience. The students reflected their surprise that their school was the only one represented at the workshop with a discipline code which did not suspend athletes from team participation for alcohol-drug violations if they opted to take part in the alternative to suspension program. They stated that they liked the new rule which would help a teammate who is caught violating the code rather than impose a punitive action.

ALLIANCE OF BARRINGTON COMMUNITIES FOR DRUG EDUCATION
P.O. BOX 768 Barrington, IL 60010

Yes! I would like to participate in fighting drug use-abuse by school-age youth. I WILL:

- WORK ON A COMMITTEE (Please send committee information)
- SUPPORT EFFORTS WITH A TAX-DEDUCTIBLE DONATION
- Membership (adults \$5.00, students \$1.00)
- \$ _____ check enclosed

Name: _____ Address: _____

City: _____ State _____ Zip: _____

Home Phone: _____ Office Phone _____

Participation is not limited to financial supporters. EVERYONE can take part in as active a role as is possible.



Residents are working to achieve ABCDE goals in the areas of:

PREVENTION

GOALS: To encourage alternatives to youth social activities oriented to alcohol and other drugs.

The Prevention Alternatives committee focuses on encouraging young people to organize and attend activities which are not oriented to alcohol and other drugs, as well as recruits couples to chaperone "gym jams" at Barrington High School (guidelines provided). Publicity suggestions are given to agencies who provide activities for students and a Kids Kalendar helps publicize activities available to students during school holidays.

CONTACT: Joan Toren (381-2589), Julie Perry (381-0384), Barbara Raymond (381-1677) publicity information.

Youth event needs good publicity

The difference between a successful and a failed youth event may well be determined by the quality of the publicity. One of the tasks of the ABCDE Prevention committee is to help sponsors of youth events carry out publicity which would come to the attention of young people. Barbara Raymond worked out a publicity plan that is available to church, scout, and other youth group leaders who want a copy as well as a diagram and instructions for a telephone tree. Send a stamped, self-addressed, long envelope to Publicity Information, ABCDE, P.O. Box 768, Barrington, IL 60010. If you have other publicity questions, include your telephone number and help will be on its way.

LEGAL AND GOVERNMENT LIAISON



GOALS: To communicate with local police, courts and governments.

In addition to developing a court watching program, which requires volunteers to take a one day training session in Chicago, this committee is developing an alternative to sentencing program for juveniles who are arrested for drug and-or alcohol violations.

CONTACT: Judge Henry Tonigan (382-1623), Lt. Jeff Lawler (381-2141), Barbara Meyer (381-3074).

PARENT NETWORKING

GOALS: To inform parents about alcohol-drug use and abuse by Barrington youth, reinforce parenting roles and responsibilities, and urge parents to communicate with parents of their children's friends.

This committee gives presentations to any school, church or other

organization that is interested in better communication among parents. Special presentations were made to parents of students entering Barrington Middle School and High School in September. Parents of elementary age students are urged to become aware of early prevention techniques.

PARENTS WHO ARE TRYING TO COMMUNICATE WITH OTHER PARENTS ARE INVITED to the Barrington Public Library on the second Wednesday of every month, 9-11 a.m. Here Dr. Barbara Holliday, a local psychologist, offers suggestions and communication techniques which help individuals make that first phone call, deal with responses of other parents, or other needs brought to the session.

CONTACT: Vicky Allard (381-6879), Suzy Palmer (382-3055), Rae Turcotte (381-1359).

INFORMATION

GOALS: To develop resource materials (literature, films, speakers), to publish a periodic newsletter (CHOICES) for the purpose of community awareness and education, as well as keep the public aware of ABCDE activities.

CHOICES is mailed to about 14,000 households and business establishments in School District 220, as well as distributed to police, school staff, and new homeowners.

Drug information, film and speaker lists, and other resources are available at a newly organized Resource Center, at Barrington Youth Services, 412 W. Main Street. (Tues & Thurs 9-11 AM)
CONTACT: Faith Semla (381-2094), Carol Shaw (381-7197) Resource Center Information.

FUNDRAISING

GOALS: To raise funds to pay for programs, information materials, newsletter (CHOICES), and prevention and intervention training.

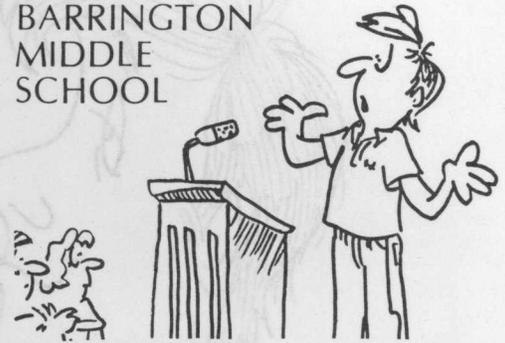
Individual and group donations are needed for the regular activities of ABCDE.

CONTACT: Bruce Bell, M.D. (381-3000), Tobey Lannert (381-2093).

BARRINGTON HIGH SCHOOL

The high school team continues to implement the alternative to suspension program for students who violate school alcohol-drug rules. Two additional group facilitators received training in March; after the spring break all seven high school facilitators were involved with a support group.

BARRINGTON MIDDLE SCHOOL



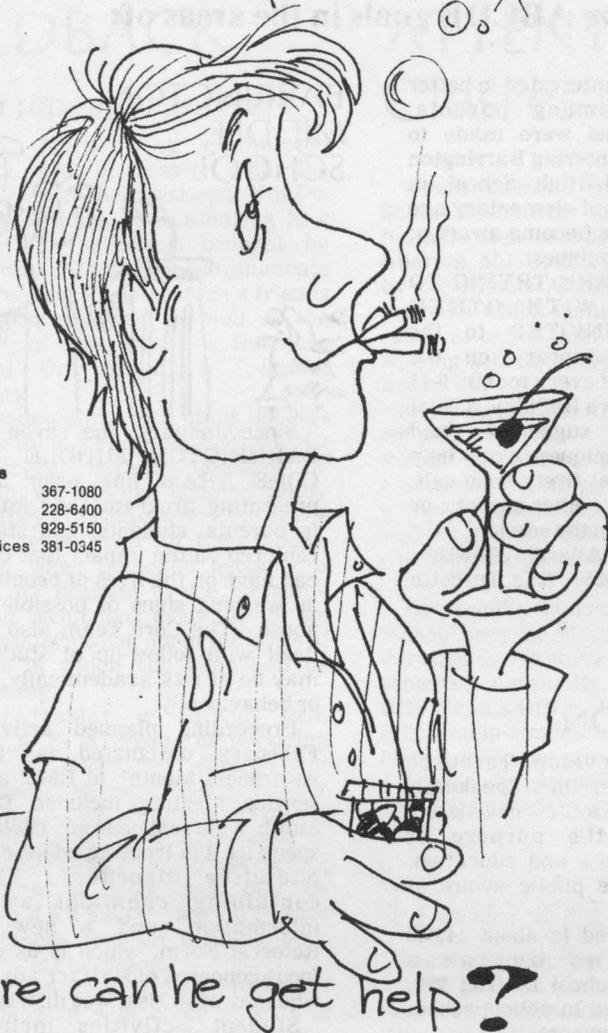
Since January, the seven member BARRINGTON MIDDLE SCHOOL CORE TEAM has been active in presenting programs and information to parents, students, and staff which centered on the impact that chemicals can have on the lives of people, as well as warning signs of possible use and abuse. The Core Team also concerns itself with follow-up of students who may be at risk academically, socially, or behaviorally.

Preceding planned activities for February, designated as "Chemical Awareness Month" at BMS, a staff in-service meeting included Dr. Vann Smith, a clinical neuropsychologist who specializes in treating adolescents with addictive disorders. Packets containing chemical awareness information, and a new Student Referral Form, which is used to help focus concerns of staff for any students who may be at risk, was distributed.

Student activities included an opportunity to hear eight students who are in the process of recovery share their story of how chemicals effected their lives. The following week a film, "Wasted," was viewed. A special bulletin board was created on which was posted pertinent information about the impact of chemicals.

Evening meetings for parents and students were planned which also included invitations to all elementary school parents and their children to attend. Dr. Vann Smith spoke in February. The ABCDE Parent Networking Committee made a brief presentation in March which emphasized the parent role in issues which the audience identified that would become concerns with them and their children. Some concerns of parents were curfew and appropriate activities, while students identified issues of going into town, friends, and others. This was followed by a panel of four recovering students who told step-by-step how they became involved with chemicals and how it affected their parents and siblings. The ensuing audience-panel discussion was helpful to both parents and students. An April presentation to parents whose sixth graders will be at Middle School next fall was made by the ABCDE Parent Networking committee which explored the importance of and helpful ways to keep in touch with other parents.

my friend has a problem



24-Hour Crisis Hotlines
CONNECTION 367-1080
 Talk Line 228-6400
 Metro Help 929-5150
 Barrington Youth Services 381-0345

... where can he get help?

MAKE SURE THE HELP YOU SEEK MATCHES THE NEED

Individual and/or Family Counseling
 Barrington Youth Services (fee on sliding scale or free) 381-0345
 Family Services of South Lake County (fee on sliding scale) 381-4981

Private Counselors, see Yellow Pages under "Psychologist"

In-Patient and/or Out-Patient Care for Chemical Use, Abuse, Dependency
 Alcoholism-Drug Dependence Program (A.D.D.) Rolling Meadows 394-9797
 Alexian Brothers Medical Center, Alcohol and Drug Treatment Unit, Elk Grove 981-3524
 Community Concern for Alcohol and Drug Abuse (C.C.A.D.A.) Elgin 742-3545
 Forest Hospital, Des Plaines 827-8811
 Gateway House 356-8205
 Highland Park Hospital 432-8000
 Interventions/Contact Youth Clinic, Wauconda 526-0404
 Lake County Health Dept., Substance Abuse Program, Waukegan 689-6770
 Lovellton, Elgin 695-0077
 Lutheran General Hospital Alcoholism Treatment Center, Park Ridge 696-7715
 Northern Illinois Council on Alcoholism, Waukegan 244-4434
 Parkside Lodge, Mundelein 634-2020

Other care facilities, see Yellow Pages under "Alcoholism Information and Treatment" or "Drug Abuse and Addiction Information..."

Support Groups for Persons with Chemical Dependency Problems
 Alcoholics Anonymous (person with problem must make the call):
 Barrington 359-3311
 Carpentersville 741-5445
 Cary, Fox River Grove, Wauconda (815) 455-3311
 Hoffman Estates, Bartlett 893-2300
 Narcotics Anonymous 346-9043
 Self-Help Group, 115 Lincoln Ave., Barrington before 6 p.m. 381-0524
 Cocaine Anonymous after 6 p.m. 639-1667
 583-4433

Support Groups for Family and Friends of Persons with Chemical Dependency
 Al-Anon (family) 358-0338
 Al-Ateen (teen-age relatives or friends) 358-0338
 Al-Ayoung (relatives or friends ages 19-23 years) 358-0338
 Families Anonymous (family and friends of drug abusers) 848-9090
 Adult Children of Alcoholics 929-4581

Support Group for Person with Chemical Dependency AND Family and Friends
 New Wine Christian Club, 209 S. Main, Wauconda 526-5200 or 381-2986

Parent Support Group for families in crisis because of unacceptable adolescent behavior
 Tough Love 577-3733
 Parental Stress 427-1161

*There are at least sixteen AA groups in the Barrington Area, while numerous Al-Anon groups meet in Barrington or surrounding villages daily, day or evening. To learn more about AA or Al-Anon, attend an open meeting at Langendorf Park, Barrington, EVERY SATURDAY, 8 p.m.

This educational material is sent through the courtesy of School District 220, postage paid for by ABCDE

Barrington Community Unit School District 220
 310 E. James Street
 Barrington, IL 60010

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