

It is not always the fault of teenagers that there is an increase in sexual activity and statistics show it happens at younger ages than pre-World War Two. Teens are stimulated by advertisers to buy more—and to want more. Advertising suggests that the way to be popular is to rev-up the sex appeal. Sex screams from the billboards. Cigarette ads show kids lolling in the grass. The hi-fi and stereo ads show kids on the floor. The sun lotion ads show kids in the sand. Everybody is laying down with someone.

Is it any wonder that our teenagers get a cockeyed view of morality when such garbage can find a ready market in some of America's "best" newspapers and over TV. These are the gods and goddesses their elders have given them to worship.

The young girl of today matures physically earlier than the previous generation. She looks older and at times her sophistication leads one to expect greater maturity than she is capable of having at this stage. She has opportunities for boy-girl relationships which her mother was never allowed.

One of the major developmental tasks and problems an adolescent girl must resolve in order to become an adult is to make choices which determine what kind of a feminine person she is going to be.

A car today is more than transportation. It is a status symbol and a passport to freedom. Six gallons of gas can propel a couple of teenagers into another world. A car can become a portable bedroom—even with those crummy bucket seats.

Today's car has all the comforts of home, plus privacy. The radio provides mood music. The glove compartment can accommodate a few cans of beer or bottle of booze. If it's cold outside, you can turn on the heater. If it's hot outside, you can turn on the air conditioner.

Natures wonders can be glorious and stimulating. Safe in a car you can watch the stars twinkle in the heavens, listen to the howling wind or gentle patter of the rain. With a set up like this, it's not surprising that half the kids who get in trouble say it happened in a car. Even the most disciplined boy or girl is battling against brutal odds when he parks in the moonlight—'Just to talk'.

Some rules to follow:

1. "Don't overmatch yourself". Unchaperoned moonlight beach parties, for example, are loaded with dynamite. So are unchaperoned picnics, hunting and fishing excursions—anything that brings two people together close to nature and takes them a million miles away from the eyes of civilization and stills the voice of reason.

2. Beware of accepting an invitation to your boyfriend's house when you know his parents are away. It is wise not to invite your boyfriend to your home under similar circumstances.

3. If your parents have not set a curfew for you, then set one for yourself. The girl who can stay out late as she pleases invariably stays out too late. Fellows will gripe about "strict" rules and regulations, but in truth, a first-rate boyfriend has little respect for a date who can be picked up at the corner drugstore and dropped off at a girl friend's home at any hour. A girl puts a cheap price tag on her company if she is available for as long as the boy wants to keep her out.

4. A couple of adults, or at least one parent, should be somewhere under the roof when a teenage party is in session. Not in the center of activities but at least on the premises and the kids should know it too.

5. Babysitters should not be allowed to entertain their boyfriends while they are working. The babysitters responsibility is the children and should not be allowed to have anyone or anything distract them from this responsibility. If your babysitter insists that her boyfriend be allowed to visit, get another babysitter because she could be using this job as an excuse to see her boyfriend away from parental restrictions.

6. Try to double date as much as possible, this is pretty good insurance that the couple in the back seat or front seat are not going to get carried away and go too far.

Some activities for keeping yourself out of trouble are:

First accept your sexuality, you have been sexual from the day you were born and have progressed through the years taking on values that are to be part of your personality. Don't try to deny it, and don't be ashamed of it. It's good. Just understand that sexual drives create physical tensions. These tensions build up and become more insistent in their demands for expression. Dampening up tension produces anxiety, frustration and even physical discomfort. Physical tensions can be worked off. Try scrubbing the floors, it's good for the figure, good for the floors and good for the soul. Sports work off a lot of physical tension as do hobbies that take a great deal of concentration. Activities as such will not cure interest in the opposite sex and it shouldn't. The old-fashioned idea that boys and girls who are kept busy would forget about each other is a lot of eye-wash.

If you have a question and need someone to talk to or answer a question, please, don't hesitate to call me at 358-2272, ext. 202 or write to me and I will answer your letter promptly. On October 19th and 26th I am holding classes 2 and 3 of my series of workshops in the Community Building-upstairs classroom from 7-9 pm. After attending the three workshops participants will receive a certificate of completion. Next scheduled classes are for November 2nd, 9th and 16th, same time, same room. I would like to see more teens committing 2 hours a week for three weeks to supplement what they are picking up in area schools and home. Please call Rita Swamp for counselling if you are faced with a difficult situation.

THE CHEMICAL PEOPLE

The Health Services people of the Mohawk Tribe in Hogsburg, are part of the Chemical People Program that is being organized in Northern New York to raise the awareness of community people about the problems of drug and alcohol abuse among our young people.

Locally, WNPI-WNPE Channel 16-18 and WCFE Channel 57, are launching a community outreach program designed to combine the impact of television with the power of community action, to fight juvenile drug and alcohol abuse. On Nov. 2nd and 9th at 8 p.m., Channel 16-18 and 57 will air THE CHEMICAL PEOPLE, two one-hour specials designed to be viewed at "town meetings" and to motivate further community action against drug abuse.

The first program, "A Chemical Society" will detail the prevalence among school age youth, of drug and alcohol abuse, as revealed in a recent nation-wide University of Michigan study, sponsored by the National Institute of Drug Abuse. The program will examine the chemical epidemic with an emphasis on the widespread denial of the problem.

The second program, "A Call To Action", will offer guidelines to communities for possible follow-up activities. In each community, a committee and chairperson is needed

along with a host of volunteers to develop plans for the two town meetings. Their responsibilities include: dissemination of information to the local media and the public; organizing the town meetings; creating a panel for discussion at each meeting; organizing the continuing Task Force.

The goals of these town meetings are: to provide concerned citizens with the opportunity to meet and discuss the problems of substance abuse; and to establish task-forces that would include members from all parts of the community, operating under a formal structure and planning for ongoing activities and projects.

CONTACT: Health Services, Maggie Terrance in Hogsburg at the Community Building. There will be local meetings announced to bring together all members of the community to start organizing discussion groups and to plug into the National CHEMICAL PEOPLE PROGRAM. Anyone concerned with drug and alcohol abuse should plan on attending these meetings to give much needed community response to all efforts at education and local action.

CHEMICAL PEOPLE
MEETING ON OCT 26
6:00 pm STAFF LOUNGE
ST. REGIS MOHAWK
SCHOOL

Local group formed and
panel people selected,
come join the discussion.

Produced by WQED-Pittsburgh for broadcast on PBS November 2 and 9, 1983, at 8 P.M. ET.
A television outreach project of the National Center for Youth, their Families, and Society
Funding by the Richard King Mellon Foundation and Metropolitan Life Foundation.

CHEMICAL INFORMATION CHART* from "THE CHEMICAL PEOPLE"

DRUG/COMMON NAME	DESCRIPTION	TOXICITY	
		SHORT TERM	LONG TERM
Alcohol booze, brew, spirits	Depressant	slows reaction time, impairs memory and judgment	physically addictive, liver, heart and brain damage, accident related, overdose fatal
Cocaine blow, C, coca, coke, flake, girl, heaven dust, lady, mujer, nose candy, paradise, perico, polvo, blanco, rock, snow, white	Stimulant	increased alertness, excitation, euphoria, dilated pupils, increased pulse rate and blood pressure, insomnia, loss of appetite	agitation, increase in body temperature, hallucinations, convulsions, possible death
Amphetamines beans, bennies, black beauties, black mollies, copilots, crank, crossroads, crystal, dexies, double cross,	Stimulant	increased alertness, excitation, euphoria, dilated pupils, increased pulse rate and blood pressure, insomnia, loss of appetite	agitation, increase in body temperature, hallucinations, convulsions, possible death
Barbiturates barbs, block-busters, blue-birds, blue devils, blues, Christmas trees, downers, green dragons, Mexican Reds, nebbies, nimbies, pajaro	Depressant	Slurred speech, disorientation, drunken behavior without odor of alcohol	Shallow respiration, cold and clammy skin, dilated pupils, weak and rapid pulse, coma, possible death
Methaqualone quaalude, quads, quas, soapers, sopos, sopor	Depressant	slurred speech, disorientation, drunken behavior without odor of alcohol	shallow respiration, cold and clammy skin, dilated pupils, weak and rapid pulse, coma, possible death
LSD acid, blotter acid, California Sunshine, haze, microdots, paper	Hallucinogen	illusions and hallucinations, poor perception of time and distance	longer, more intense "trip" episodes, psychosis, possible death
Peyote/Mescaline buttons, cactus, mesc, mescal, mescal buttons	Hallucinogen	illusions and hallucinations, poor perception of time and distance	Longer, more intense "trip" episodes, psychosis, possible death
PCP angel dust, crystal, cyclone, hog, peace pill,	Hallucinogen	same as above	same as above
Marijuana Acapulco Gold, Colombian, ganga, grass, griffa, hemp, J, joint, mary jane, mota,	Cannabis	euphoria, relaxed inhibitions, increased appetite, dis-oriented behavior	fatigue, paranoia, possible psychosis
Hashish Goma de Mota, hash, soles	Cannabis	same as above	same as above
Heroin big h, boy, brown, brown sugar, caballo, chiva, trap, estuffa, H, heroina, hombre,	Narcotic	euphoria, drowsiness, respiratory depression, constricted pupils, nausea	slow and shallow breathing, clammy skin, convulsions, coma, possible death

PARTRIDGE HOUSE

As has been publicized, the Partridge House is now a full time residential treatment center. One of the primary concerns in a treatment center is the privacy of the individual resident. Entering treatment is a big decision in anyone's life and it is our responsibility to insure confidentiality. We welcome the community's interest in the facility but we request that visits be cleared first by a phone call. This will prepare the residents for the visit and allow those who wish to remain anonymous to do so.

If you have an alcohol or drug related emergency during regular working hours, weekdays between 8 a.m. and 4 p.m., please call the Human Services Department at 358-2272. Weekends and nights between 4 p.m. and 8 a.m. please call 358-2223 and a counselor will be called to help you with your emergency. We have counselors who will be available during these times to meet with you.

FOOD DISTRIBUTION PROGRAM

St. Regis Mohawk Reservation
Hogsburg, New York 13655
Phone 518-358-2272 Extension 218

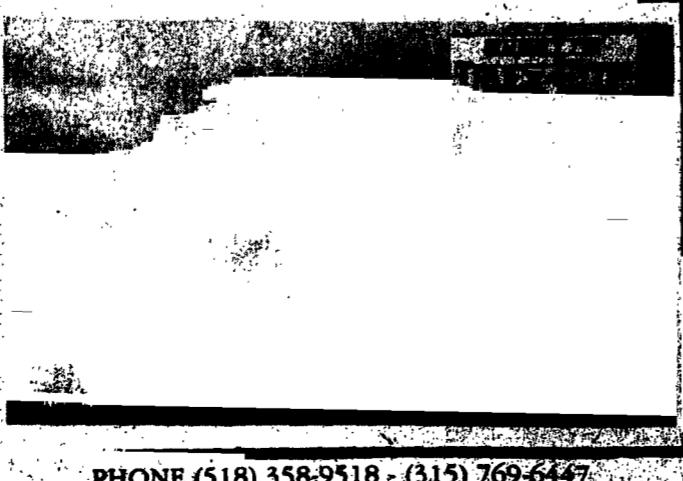
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