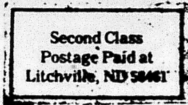


WHITE RIBBON BULLETIN

Litchville, North Dakota 58461

Official Organ of W.C.T.U. of North Dakota

"NOT WILLING THAT ANY SHOULD PERISH"



VOLUME LXXXVIII

USPS 324-450

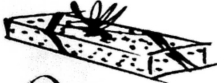
NOVEMBER-DECEMBER, 1985

NUMBER 6

The Most Important Gifts of All....



1. The gift of brotherhood to those discriminated against.



2. The gift of a friendly greeting to strangers.



3. The gift of compassion to strengthen those in need.



4. The gift of patience and love for those who may have opinions differing from yours.



5. The gift of moderation in speech and good example in conduct.



6. The gift of comfort for those in distress.



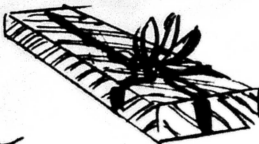
7. The gift of good citizenship to your community.



8. The gift of an understanding and happy home life for your children.



9. The gift of whole hearted response to your duties as a family member, as a worshiper at church or synagogue, an employer and as a citizen of this free country.



10. The gift of daily Thanks to the source from whom all gifts flow.



From the New York State WCTU Paper----

SILENT NIGHT

*Silent night, holy night,
From the sky's golden height
Came salvation to every place,
In revealing the fullness of grace:
Jesus, born as a man—
Jesus, born as a man.*



*Silent night, holy night,
Pouring forth all the might
Of our Father's love and grace,
As Jesus holds in a brother's embrace
All the nations of man—
All the nations of man.*

*Silent night, holy night—
Ever our promise bright,
Since the fathers' gray-dawning age,
That the Lord will spare in His rage
Children all over the world—
Children all over the world.*

MARION'S MEMOS

Finally My Brethren, Be Strong in the Lord and in the Power of His Might. Ephesians 6:10

Dear White Ribboners,

Thanksgiving Day 1985 will no doubt be history when you read these lines.

Everyone I'm sure gave thanks that day as we fellowshiped with loved ones and friends.

We are thankful for our fertile land, for the freedom in which we American people plant our crops and build our industry and ultimately reap the harvest of our labors.

We indeed are thankful for our freedom to worship each in his or her own way and as conscience dictates.

For these and many other rights and privileges and blessings, I trust we all have expressed our fervent gratitude. We are thankful not only on this special day, but every day of our lives.

We are privileged to carry on this great cause, we have enlisted in, freely and unhindered.

White Ribboners in other Countrys are often not so fortunate. Sometimes government interference hampers them in carrying on.

May we appreciate freedom as we continue to work for God and fellow man.

Although we have no membership contest this year it does not stop us from enlisting new members to our ranks. We need to fill the places of

those who have gone on ahead. New members are essential to keep North Dakota WCTU strong.

Let each one of us do our very best- Let us encourage one another to keep on keeping on.

The Blessed Christmas Season will soon be with us. I'm wishing everyone of you a Blessed Christmas day and give you this---

A Christmas Prayer

By Robert Louis Stevenson

Help us rightly to remember the birth of Jesus, that we may share in the song of the Angels, the gladness of the Shepherds and the worship of the Wisemen.

Close the door of hate and open the door of love all over the world! Teach us to be Merry with clear hearts.

Then let us take time this Christmas day to go a little way apart, and with the hand of prayer prepare the house that is your heart. Brush out the dusty fears, brush out the cobwebs of your cares, till in the house that is your heart it's Christmas everywhere.

Light every window with love, and let your light shine through, that they who walk outside may share the Blessed Light with you.

Then all the rooms with joy be bright, with Peace the hearth be blessed, and Christ Himself will enter in to be your Christmas Guest.

James Freeman-

Lovingly,
Marion

P.S. Heard from Dorothy Steffen, Minot Union has two new members, Helen and Norbert Liebelt. Good News - keep up the good work!

State Funds - Per Union

White Ribbon Bulletin Fund.....	\$10.00
State Centennial Fund.....	\$10.00
Booth at NDEA.....	\$ 3.00
State Annual.....	\$ 3.50
	or 2 for \$7.00

National Funds - Per Union

Steven Fund.....	\$ 3.00
Willard Fund.....	\$ 3.00
These two funds are requested from each union. If a union does not send them, State Treasurer must still send \$3.00 per union to national.	
Light Line Union.....	\$11.90

THE UNION SIGNAL

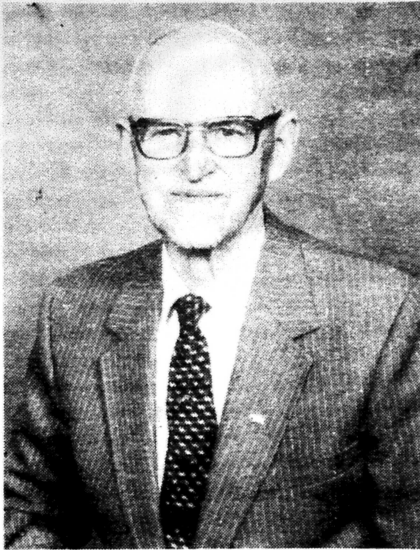
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IN MEMORIAM

My Obituary
In Fact From The Cradle To The Grave



My physical birth was to a young married couple, Willis and Ida Huntley, June 28, 1901, in Waseca County, Minnesota, about two miles south of the little town of Waseca. A year later my parents became aware that there was prairie soil available for homesteading out in north central North Dakota. A young married couple, at least 21 years of age, could file a homestead rite on 160 acres of land. My parents took their few articles of furniture and their young son on a new adventure in search of a home of their own. They discovered that this opportunity consisted of virgin soil with no buildings of any kind or cultivated soil or a well. So this was indeed a new project. There was no government support of any kind available at that time. They had no money and so the only possible way to get funds to build a small home and barn was to get a mortgage on the 160 acres. Existence in early days in North Dakota was very difficult. I was a lonesome little boy. I longed for a little sister as I knew other boys in this growing community had. In 1908 God gave me a little sister. She, Myrtle, was beautiful and lovely. With her arrival came better days. In September of 1912 our family attended an Evangelistic service in our local school house. The four of us knelt at the altar which was constructed of nail kegs and rough planks, and gave our hearts to God, acknowledging the shed blood of Jesus, God's son, our Saviour and Lord in what is known as our Second Birth from Darkness to Spiritual Light and Life, and this New Life proved to be a solution to every problem.

In the fall of 1919 we left the prairies of North Dakota, still in debt, to try a new life in Pine County Minnesota, 23 miles east of the Hinckley Community, on what is now Highway 48 in Ogema Township, on a 60-acre tract of Minnesota soil. There was 11

acres of cultivated soil on which to feed a family of four. My lovely sister stayed with me for twenty-five years of her life, helping me with 27 years as a farmer, and anything else that would bring in a few dollars to live on.

In 1924 I met a lovely Christian girl who was teaching school in Pine County, and June 23, 1926 we were married. We built a small house in the same yard with my family and we attempted to milk cows for a living. Myrtle didn't get married until 1933 to a fine Christian young man and they built a home of their own.

Hazel, my wife, and I continued to farm until the fall of 1946 when it seemed to us that God was saying that He had something else for us to do, and that we didn't really belong on the farm, that He wanted us to go in to Christian work. I had very little education, so I enrolled in a correspondence course in Bible with the Northwestern Bible College in St. Paul, Minn. It was a four year course and that meant many hours of study with midnight oil. I finished the course by correspondence and started looking for a place to serve as an accepted supply with the Methodist Church in North Dakota. November 1, 1946 I preached my first sermon in a small church in Napoleon, North Dakota. That proved to be the beginning of 35 years of service with the Methodist Church in North Dakota. We saw many souls brought to the Lord, and many families build up their faith.

My wonderful wife of 54 years was not only the mother of my two boys, Peter born in June 1927 and Samuel born in June 1928, but she was a wonderful Christian companion. We always went together in all of our calling and church activities. It proved out very successful that way. The last six years of Hazel's life she suffered a great deal of cancer. She had four operations that did not prove successful, and July 22, 1980, she left me to go on to her reward. I thought I would never get over my great loss. It was terrible. In May 1981 I was able to return to Hinckley and rent the whole second floor apartment in my sister's home. So my sister and I are together again. We do not know what the future holds for us, but we are assured from John's Gospel Chapter 14 and verses 1-4 that the best is yet to come.

My dear readers, if you know Jesus as your personal Saviour then this is our hope. If you are not sure of your personal relationship with God through the great sacrifice of His son, please do not neglect this very important event in your life.

This obituary was written January 16, 1984.

Emery J. Huntley

Emery J. Huntley died on Sunday, September 29, 1985 at the Sandstone Area Hospital at 84 years of age. He is survived by two sons: Peter J. Huntley of Jackson, California and Samuel E. Huntley of Piedmont, South Dakota; 8 grandchildren; 6 great-grandchildren; and 1 great-great-grandchild. Also

CONTINUED ON NEXT PAGE

White Ribbon Bulletin
Official Organ of the North Dakota
Woman's Christian Temperance Union

November-December, 1985
 Published by-monthly by **The Litchville Bulletin**
 Litchville, North Dakota 58461

Single Subscription Price
 One dollar (\$1.00) per annum

POSTMASTER:
 Please send all notices
 of non-delivery to:
 Mrs. Oscar Johnson,
 Harwood, N.D. 58042.

Second Class Postage Paid At
 Litchville, North Dakota 58461

Editor-In-Chief..... Mrs. LeRoy Bartle, Box 35, Dickey, N.D. 58431; 778-5171
 Managing Editor..... Mrs. Robert McCleary, Box 71, Dickey, N.D. 58431; 778-5411
 Circulation Manager..... Mrs. Oscar Johnson, Route 1, Box 231, Harwood, N.D. 58042; 282-3868

All matter for publication must reach the Managing Editor by the 5th day of the months of February, April, June, August, October and December.

General Officers:

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surviving are his sister, Myrtle Irons of Hinckley, and nieces and nephews.

Services were held on Wednesday, October 2, 1985 at the First Presbyterian Church in Hinckley with the Rev. Edd Cathey officiating. Music was by organist Janet Sikkink and soloist Leon Nedegaard. Serving as casket bearers were Delmar Benson, Robert Kramer, Stuart Sikkink, Gene Bassett, Herb Sikkink and Ralph Kerchoff. Honorary casket bearers were Pat Holmes, Bill Johnson, Lyle Doe, and Jack Grace. Burial followed in the Lutheran Memorial Cemetery, Hinckley.

WINIFRED ERDMAN

Winifred Erdman, 103, Minot, died Thursday at her home. Her funeral was Tuesday, November 5 at First Lutheran Church, Minot, with burial at Rosehill Memorial Park, Minot.

Winifred Guthrie was born September 24, 1882, in Carroll County, Ind. She moved to North Dakota in 1904 to teach at rural school in McHenry County and homesteaded in 1907 in Writing Rock Township in Divide County. She married Adolph Erdman in 1908. They farmed at Willow Creek and later near Riga before moving to Minot in 1938. She earned a diploma at Minot State College in 1949. Her husband died in April, 1950.

She was a member of First Lutheran Church, the Minot Senior Citizens League, and a charter member of the Souris Valley Genealogical Society.

Survivors: daughters, Elinor Musgrave, Decatur, Ga., Irene Malcom, Brockway, Mont., Jean Stoddard, Littlefield, Ariz., Margaret Junkert, Minot; sons, Lehre, Quartzsite, Ariz., Vernard, Manteca, Calif., Donald, Kodiak, Alaska; 23 grandchildren and 33 great-grandchildren.

MRS. MARGARET VANCAMP

Margaret VanCamp, 94, of Minot, died Saturday in a Minot hospital. Her funeral was Tuesday, October 22, 1985 at the Assembly of God Church, Minot, with burial to follow at Rosehill Memorial Park.

She was born September 5, 1891 at London, Ontario, the daughter of William and Rachel Shaver. Her family moved to a farm near St. John in 1892 and shortly thereafter moved into St. John. She was a member of the first graduating class of St. John High School in 1912 and attended two all-school reunions during the past 10 years.

She married Roy David VanCamp June 19, 1912 at St. John, where they made their home until moving to Minot in the early 1900's. He died February 11, 1964.

She was a member of the Assembly of God Church, the Women's Christian Temperance Union and the Railroad Evangelistic Association.

Survivors: Daughters, Sylvia and Clara, both Minot; sister, Mrs. Irene Johnson of Richardson, Texas.

MRS. LEONA DELORES JOHNSON

Mrs. Leona Delores Johnson was born July 21, 1918, in Ruso, North Dakota. She passed away January 11, 1985 in Phoenix, Arizona. Services were held at the Faith United Methodist Church in Minot, N.D. on Tuesday, January 15, 1985, at 2 p.m. with Reverend Ronald Hartung officiating. Interment was at the Benedict Methodist Cemetery, Benedict, N.D.

CONTINUED ON NEXT PAGE

TREASURER'S REPORT

October 5, 1985 to November 20, 1985

DUES:

Women- Crosby 1, Dickey 10, Belfield 6, Fargo 24, Hettinger 15, Jamestown 8, Prosper 11, Steele 14, Minot 4.

Members-At-Large - 9

Honorary Men - Dickey 2, Fargo 5, Hettinger 6, Jamestown 4, Minot 4.

LILLIAN STEVENS FUND:

Jamestown \$3.00, Steele \$3.00.

FRANCES WILLARD FUND:

Jamestown \$3.00, Steele \$3.00.

STATE REPORTS:

Dickey \$3.50, Jamestown \$5.00, Steele \$5.00.

WHITE RIBBON BULLETIN:

Dickey \$3.50, Jamestown \$5.00, Steele \$5.00.

Y.T.C. CAMP:

Steele \$5.00.

N.D.E.A. BOOTH:

Jamestown \$3.00, Marion \$5.00, Steele \$5.00.

CENTENNIAL FUND:

Dickey \$10.00

MEMORIALS - In Memory of Emma Gorder: \$10.00 by Mrs. Chester Molm, \$10.00 by Mrs. Gilbert Johnson. In Memory of Rev. Charles Grile: \$10.00 by Mr. and Mrs. Fred Kulish. In Memory of Margaret VanCamp: \$5.00 (Y.T.C. Camp) by Joan Hiller, \$5.00 by Luella Oler, \$10.00 by Dorothy Steffen. In Memory of Winnifred Erdman: \$5.00 by Minot Union, \$10.00 by Dorothy Steffen. In Memory of Rev. Huntley: \$5.00 by Mrs. LeRoy Bartle.

Respectfully Submitted,

Mrs. Oscar Johnson (Treas.)

Total Membership From September 1, 1985 to November 20, 1985: Women 146, Men 32.

NOONTIDE HOUR OF PRAYER

"It is always noontime somewhere, and across The awakening continents from shore to shore Somewhere our prayers are arising evermore."
"Lift up a standard for the people." - Isaiah 62:10

QUICK! WHERE'S AN ORDER BLANK?

I Love Not Smoking Coloring Book

(clever, happy characters - fine illustrations)

75 cents (plus postage, please)

"Alcohol & Human Physiology"

16 mm film- Superb 23½ min. color motion picture with detailed description of what alcohol does to the body, emotions, driving skill, FAS, etc. - \$475.00 (no postage charge)

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Straight forward, matter-of-fact, terse showing of actual scenes of persons experiencing cocaine withdrawal.

Should be viewed by every young person, but alerted in advance - it pulls no punches. - \$440.00 (no postage charge)

How Much Is Drunk? No. 3122

(Revision of "What's in a Drink?")

subhead is "Stages of Intoxication"

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(Postage & handling included in above kit prices)

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12 for \$4.75; 50 cents singly)

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May the spirit of
 Christmas brighten
 your holiday.

MEMORIAM

CONTINUED FROM PAGE 4

Mrs. Johnson is survived by her husband, Everett N. Johnson; one daughter and son-in-law, Marilyn and Jay Mitchell; and one son and daughter-in-law, Gordon and Elizabeth Johnson; four grandchildren, Chris and Valerie Mitchell, and Brian and Stephanie Johnson; three sisters, Mrs. Anton (Hazel) Stumvoll, Mrs. Mildred Auck, Mrs. Fern Keyser; two brothers, Lorry and Harold Jensen; and several nieces, nephews and cousins.

Mrs. Johnson was preceded in death by her parents, Alfred and Mary Jensen; a daughter, Beverly Johnson, and brothers, Lee, Clarence, and Elmo Jensen.

MINOT WCTU

The Minot WCTU met in the Community Room of the Minot Public Library for their October meeting. There were 20 people present. Dorothy Steffen, president, presided. Genevieve Dubovoy was the hostess, and Pearl Warner was in charge of devotions. Rev. Charles McClain gave a very inspirational and challenging message. Following our meeting our hostess served a delicious lunch and we enjoyed a time of fellowship.

--Reporter

On October 22nd our Minot Union was invited by the Max-Benedict Union to the home of Annie Novelschesky Nelson in Sawyer for a Prayer Breakfast, a fall institute, and later a brunch. In messages given by Rev. Franklin, Rev. Rayencamp, and others we were challenged to go forth with the work of the WCTU. We appreciated the good program and the delicious food served by our hostesses.

--Reporter

In October we lost two long-time members of our Minot WCTU. Mrs. Van Camp served as secretary for our union for many, many years. Both were ardent workers in the WCTU before they developed health problems. Mrs. Van Camp was 94 years old when she died, and Mrs. Erdman was 103 years old when she passed away. Obituaries for these two precious ladies are enclosed.

--Reporter

Our Minot WCTU met in the Community Room of the Minot Public Library for our November meeting. There were 21 present. Jake Steffen had the opening prayer, Katie Schmidt led the group singing with Mina Triebwasser serving as pianist, Ann Sukumlyn was in charge of devotions, and Victoria Nelson was our hostess. We all enjoyed the fantastic film shown by Delvin Stemen on the eruption of the volcano, Mount St. Helens, plus some slides portraying the beauty of nature right here in our own state of North Dakota. Several leaflets from Signal Press were read and others were distributed to the group. Some report having sent letters as suggested by the leader of our Citizenship-Legislative Department. The closing prayer and table grace were given by Serge Dubovoy. Our hostess served a delicious lunch and we enjoyed a time of fellowship following our meeting.

-Mrs. Jake Steffen,
Reporter

I would like to report that we have another "Member-At-Large" in our Minot WCTU. Her name is Anne Hornberger.

-Mrs. Jake Steffen

MAX-BENEDICT UNION

The Max-Benedict Union held their Prayer Breakfast on October 22nd at the Annie Jenson home in Sawyer.

Pastor Howard Franklin of Minot gave the devotions.

On November 14th the Max-Benedict Union held their meeting at the Velva Nursing Home.

Lois Kankowsky gave the devotions at the November meeting and lunch was served to all at the home.

Dear Co-Workers,

May the Grace of God be with you as we begin the work of the WCTU during the winter months.

So far I've only received one blank from Advance Unions. I'm hoping that many are striving to get all their dues in before November 30th.

A new idea from our National Promotion Secretary from 1985 is to appoint each member of your local union responsible for one goal during the year. Maybe you could have a contest to see who reaches their goal first. Competition is always good.

The readers list for the coming year is inside the Program Manual. It would be wonderful if each union would have 100 percent of members finishing the reading course. I just finished reading the life of Fanny Crosby. It is very interesting and has easy reading. There was one book that should be on the list under "Tobacco" which was omitted. It is "Smoking and Your Heart". This book is used in the March meeting. Write a short report and send it to me, Promotion Secretary.

Please try to be Vanguard Union. This is the highest goal. Some reach this goal, but don't get the report to me before June 30th.

May God Be With You,
Mrs. Lyle (Vivian) Trapp,
Promotion Secretary



FOURTH PLACE - HONORABLE MENTION WHO ARE THE CHEMICAL PEOPLE?

By Donna Beine

Grade 10, Hatton High School

The wife of a prominent businessman was admitted to a hospital for observation for possible alcoholism after her family and friends sensed a dramatic disorder in her behavior.

Her husband was appalled at the news. "How can she be an alcoholic? She has only an occasional social drink. I've never seen her drunk in all my life!" On the doctor's insistence, he searched their house for empty liquor bottles. He found many of them, hidden in places where he would never have noticed them.

She is just one of 12 million "chemical people" who suffer from Jellinek's disease, or alcoholism, which ranks with heart disease and cancer as our country's three major health problems. The average victim is in his or her forties, and has a job and family. This disease has no preferences. It will demolish the life of any person unfortunate enough to be captured in its fatal grasp. With help from family and friends, they may recover, although only five to ten percent are ever completely cured.

Indeed, this disease is fatal. More than 200,000 people a year are dying because of alcohol consumption. Half of all traffic deaths involve alcohol. Just imagine how many thousands of helpless people would be saved every year if not for alcohol.

Alcohol is a habit-forming drug that is toxic to human tissues and organs. Not many people realize the full extent of alcohol's strength. A wad of cotton dipped into pure grain alcohol and then pressed against the inside of your cheek will leave the mucous membrane fiery red. Just imagine that coating your throat every time you take a sip of "devil's brew"!

An astonishing one out of every ten social drinkers becomes a problem drinker or an alcoholic. Dr. Nicholas A. Pace, assistant professor of clinical medicine at the New York University School of Medicine says, "With a lot of drinking and a little neglect, almost anyone can develop the disease we call alcoholism, just as any of us can contract pneumonia by foolishly exposing ourselves to its causes. While some people are more susceptible than others, it is dangerous for anyone to hope for some kind of built-in immunity."

There has been startling evidence pointing to a hereditary link between alcoholics and their offspring, who are more likely to become alcoholics than children of nonalcoholic parents. Research conducted at the University of California at San Diego by Dr. Marc A. Schuckit proved this to be true. Two hundred UCSD students, each a drinker but not an alcoholic, were studied. One hundred were the sons of alcoholic fathers, one hundred were the sons of nonalcoholics. Each individual was given three strong drinks in quick succession.

Next, they endured five hours of mental and physical testing.

No difference was observed in how fast the alcohol entered the bloodstream, but there were marked differences in the levels of acetaldehyde, the substance that alcohol converts into to produce harmful effects in the body. The sons of alcoholic tended to have higher levels of acetaldehyde from the same amounts of alcohol than sons of nonalcoholics. This may indicate a hereditary connection to alcoholism, but researchers say that more tests will be needed.

Other studies have shown that alcoholism is indeed a disease that is either genetically predetermined or brought on by abusive drinking. In the words of Kathleen Whalen Fitzgerald, a victim of alcoholism, "It is easier to control diarrhea than to assert the will over alcoholism." Recent research headed by Harvard epidemiologist David D. Rutstein-- and including biochemists at the National Institute on Alcohol Abuse and Alcoholism (NIAAA) in Rockville, Md., and the Centers for Disease Control in Atlanta, Ga. -- studied alcoholics and social drinkers and discovered that nearly 80 percent of the alcoholics has elevated blood levels of a chemical called 2,3 butanediol; only one nonalcoholic showed this effect. These results are consistent with the idea that alcoholics metabolize ethanol using a different sequence of biochemical steps than those normally involved in alcohol metabolism. If this occurs, the brain is particularly susceptible to damage from alcohol. This defect in enzymes normally involved with alcohol metabolism could be genetic or caused by chronic consumption of alcohol.

There are groups of people who have higher risk of alcoholism than most. Among these are heavy smokers, those with a family history of alcoholism, and those who come from homes with much parental discord. Drinkers who repeatedly over-indulge have a great danger of becoming alcoholic no matter how low risk their group.

The innocent, unborn children of men and women who drink must bear the consequences. Fetal Alcohol Syndrome (FAS), which can cause the fetus to have permanent brain damage, mental retardation, and physical deformities, has been receiving increasing attention in recent years. When a pregnant woman drinks, alcohol crosses the placenta to harm the unborn fetus. Alcohol easily penetrates cell membranes so that the concentration of alcohol in the fetal blood is the same as that in the mother's blood. If the mother drinks during pregnancy, she increases the child's risk of low birth weight, subnormal length, a small head, and poorly developed limbs, among other misfortunes. A father who drinks heavily may be responsible for other physical and emotional problems that aren't apparent until years later.

Not all alcoholics are adults. Teenagers, who cannot legally buy alcohol in most states, make up

25 percent of the alcoholics in the United States. "Frequent alcohol use has reached as low as the eighth grade," according to a study of ten thousand Minnesota youth. The study consisted of a 122-item questionnaire given to eighth, tenth, and twelfth graders in private schools. Eighty-five percent of the eighth graders polled admitted using alcohol at least once. Of the seniors polled, 46 percent reported having had "five or more drinks in a row on one occasion or more during the last two weeks." The mental ability of these children is affected by such "light" beverages as wine and beer. If the alcohol-consumption of teens continues, they may be headed for a dreadful awakening to alcohol's poisons in a few years.

There is help for all of these people, but only if they really want to be helped. The Betty Ford Center, Alcoholics Anonymous, HOW (Honesty, Open-mindedness, Willingness) Foundation and many others offer group-therapy counseling. Al-anon is a counseling group especially for the families of alcoholics. In San Francisco help for alcoholics is listed in the yellow pages. At the top of the page containing the ads is a quiz consisting of seven questions designed to give the doubtful reader enough information to determine for himself the extent of his drinking problem.

"Chemical people" are people from all walks of life. They are rich, poor, black, white, young and old. Alone, they can't help what they are, but if someone will reach out to them, they can change. Unborn children haven't got a chance to help themselves. They have no control over their parents' actions. Teenagers drink because they think it makes them grown-up. If only they would look at themselves, they would see what a terrible thing they are doing. They have the rest of their lives to drink, if that is their decision. They should use this time now to enjoy being young -- and sober!

Anyone who drinks is putting his life, and the lives of his loved ones, in jeopardy. Stop now--before it's too late!

Dear Lillian,

Greetings from warm western North Dakota. Just a quick note to tell you that I typed the five essays written during Camp. They don't exactly follow the directives outlined by National, but they are a start. Perhaps you'll want to judge these at the State Convention in September. Here are the addresses of these 5 campers--

"Smoking" - by Laura Sherva, Junior High, Northwood, N.D. 58267.

"Alcohol" - by Michelle Korsmo, Senior in High School, Northwood, N.D. 58267.

"Marijuana" by Paula Sherva, Junior High, Northwood, N.D. 58267.

"Drinking" - by Marcy Hannestad, Junior High, Northwood, N.D. 58267.

"Tranquilizers" - by Tanya Enger, Junior High, Northwood, N.D. 58267.

I'm enclosing several copies of the camp paper so you can share them with your members there.

Thanks again for your part in this endeavor.

In His Love,
Cleo

PUBLISHER'S NOTE: The essays that do not get printed in this issue of the White Ribbon Bulletin will appear in an upcoming issue.

ALCOHOL

According to the best and latest estimates, possible susceptibility to alcohol is such that one in eight who begins to drink occasionally or moderately becomes a heavy drinker or an alcoholic. Fifty to sixty percent of America's annual automobile toll of 56,600 dead can be chalked up to drunken drivers. Even with these two startling facts, people still drink. No one knows why people are tempted to drink; however, there is speculation that some drink to be a "cool cat". Others use the excuse that drinking helps them to forget their problems.

I am from a small school where there are as many pressures from friends to use alcoholic beverages as there are in the larger schools. In fact, it is the only thing young people often find to do. Because the parents in these smaller places seem to think it is a safer place to be, they do not become involved with the kids so that more wholesome activities may become a part of the kids' lives. Parents seem to forget that when they were kids, drinking wasn't accepted as a social activity. Now, drinking is the accepted social "in-thing". Since alcohol is the most abused drug in our society, I'd like to say that this school kid sees it as a "useless, life-stealing beverage" that I can live without.

MARIJUANA

Marijuana is one hundred times more damaging than alcohol or cigarettes, a leading medical investigator believes. This is because marijuana can destroy the user in a few years. Marijuana harms the body in several ways...

According to Dr. Gabriel Nahas of Colombia University, marijuana interferes with the body's production of genetic material which controls cell division. This weakens the body's immunity to disease.

Another area of the body that marijuana damages is the lung. Dr. Tennant conducted research involving United States military personnel in Europe who used hashish, a concentrated marijuana product. According to his report, sick call was filled with soldiers each day who had sore throats, sinus trouble and coughs. These difficulties were highly increased in soldiers who used hashish regularly.

Knowing that marijuana, the drug that is held out as the one that should be legalized, can do all these damages, I want to say, "DRUGS ARE NOT FOR ME".