

Getting The Dope On Drugs

Narcotics Hook Quickest

Narcotics usually come from opium, a substance obtained from the juice of the poppy. These "opiates" include heroin, morphine, and codeine — which are the most effective painkillers known to medicine.

They are also probably the easiest drugs to become addicted to.

The group of abused drugs called narcotics work on the central nervous system, reducing sensitivity to pain. They create drowsiness, induce sleep, and reduce physical activity. Side effects include nausea and vomiting, constipation, itching, flushing red, small pupils, and difficulty in breathnig.

Perhaps the most widely abused narcotic drug is heroin, which is made from morphine and is up to 10 times stronger.

Heroin is usually mixed into a liquid solution and injected into a vein. The process is called "mainlining," which produces the most rapid "high."

A "high" on heroin, like most of the other narcotics, brings about a reduction of tension, easing of fears, and a relief from worry. At first there is so little activity that the user may appear semi-conscious or unconscious.

Heroin use reduces hunger, thirst, and the sex drive. Because of this effect, the user often neglects his appearance, personal habits, and diet. As a result, there is danger that he may catch infections more easily than non-addicts, or suffer from malnutrition.

Overdose is also a danger, as is blood poisoning from using dirty needles.

It is relatively easy to get hooked to narcotics, and when that happens, the body requires repeated and larger doses of the drug more and more often.

Even with the body's constant craving for these drugs, it is simpler medically to get rid of the habit than it is to cure the addict's psychological dependence on them. With the use of a synthetic drug called methadone, an addict can withdraw painlessly within one to three weeks.

When he tries to withdraw — or "go cold turkey" — alone, the physical pain is a nightmare.

TURN TO CRIME

It has become commonly accepted that drug addiction has a direct in-

fluence on crime, because addicts who crave a "fix" will usually stop at nothing to get the money needed to buy their drugs. While crime is not a direct effect of the drug itself, crime is usually the only way addicts have eventually to get the money required to buy these expensive drugs.

On the other hand, addicts who have the money, to begin with, almost never would commit criminal acts, because these opiate drugs cause them to be passive, rather than aggressive by nature.

Another drug known in this group is cocaine, which is usually sniffed, or "snorted," causing the membranes in the nose to swell and then to burst. With prolonged use, cocaine produces a constant runny nose.

The dangers from the use of narcotics can not be overemphasized. Death from an accidental overdose, or from blood infections, is always a threat.

Narcotics abusers, like all drug dependent persons, can be helped, and even cured with their own complete cooperation. Rehabilitation is not easy in this drug culture. Professional help is nearly always needed.

(Model Cities' Drug Day Program, located at 803 E. Green Drive, was set up for addicts who want help in kicking a habit. All clients are treated confidentially, and their records are kept secret. Call 882-2125 for further information.)



Opium poppy and crude opium (for smoking), codeine, heroin and morphine.



Forms of heroin.

**Due to the holidays,
the next
What's Happening
will be issued
January 12.**

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The old style incandescent light overhanging this intersection at Tate and Grimes Streets in Macedonia is the kind the city is gradually replacing with new, modern mercury vapor lights. Along some streets, however, there are no lights at all. One is Clay Avenue, at right, a dirt street which has not a single light along its four-block length.

Darkness A Problem In Areas Where Streetlights Not Yet Up

Lighting has long been recognized as a problem in the Model Neighborhood.

Along many of the streets in Macedonia and the Southside, for example — particularly along those dirt roads — nighttime is a dark time.

Early this year a bond referendum made \$75,000 available specifically for street lighting improvements within High Point.

According to Clarence Grubbs of the City's Electrical Division, most of this money has not yet been spent. During this year since the referendum,

most of the money spent on street lighting has come from that department's normal operating budget.

Many streets in the Model Neighborhood have, indeed, received new or improved lights. And each new light costs the city \$150.

While many lights have been installed in the Model Neighborhood within recent months, there is still a problem. And the City is working on it.

Meanwhile, if you go walking at night along Clay Avenue in Macedonia, for example, take a flashlight.

BULLETIN BOARD

Some task forces now meet on the second floor of the First United Methodist Church educational building, 512 N. Main Street. Meeting rooms are accessible through the back entrance on N. Wrenn Street.

Pre-Commission Meeting	December 28
7:30 p.m., City-County Building	
Recreation and Culture Task Force	January 2
7:30 p.m., Model Cities Office, 609 S. Main	
Model City Commission	January 4
7:30 p.m., City-County Building	
Education Task Force	January 8
7:30 p.m., Methodist Church	
Housing and Environment Task Force	January 8
7:30 p.m., Methodist Church	
Health and Social Services Task Force	January 9
7:30 p.m., Methodist Church	
Employment and Economic Development Task Force	January 9
7:30 p.m., Methodist Church	
Crime and Juvenile Delinquency Task Force	January 10
7:30 p.m., Model Cities Office	

Credit Tip

Most families find that January is the toughest month to make ends meet.

How many of us overspend on Christmas gifts and goodies?

The answer is, too many.

It's a common fault for families to think that the things they buy on credit during the Christmas season won't catch up with them in January.

They're wrong.

For this reason, it's a good idea to start thinking now about how you're going to manage those bills that will pile up after the first of the year.

Besides catching up on all your

regular bills, there will be car license tags to buy, and income tax to pay, to say nothing of higher fuel and light bills.

It looks like more than you can handle? Call Consumer Credit Counseling at 885-0041. This Model Cities agency, directed by Barry Boneno, is designed for people like you with money management problems.

Consumer Credit Counseling can't pay off your bills for you, but it can help reduce the amount of your payments each month to a size you can handle.

This year Christmas doesn't have to throw you for a loop!