

Drug Education Just Isn't Talking About Drugs

By Stephen Newman
Special To The Post

Drug education isn't just talking about the illegal drugs that we all hear so much about like heroin, cocaine, marijuana and L.S.D. As a matter of fact the people working at the Charlotte Drug Education Center don't talk very much about drugs at all.



EASTOVER SIXTH GRADER RANDY TATE ...Going through obstacle course.

Why would a drug education program want to talk about drugs in the first place? Well, if it was true that people who get into problems with drugs don't know much about the drugs they are using it might make sense to explain the facts about the drugs so others wouldn't make the same mistake. The trouble is that many of the people who do use a lot of drugs know more about them and their effects than folks who have nothing to do with drug use.

The programs carried out by the Charlotte Drug Education Center (D.E.C.) are not programs about drugs, they're programs about people. We feel it's more important to teach students how to make decisions than to teach them the effects of heroin and its potential for causing addiction. We also feel it's more important to teach parents how to listen to their children when they have problems than how to discover if they are smoking marijuana by checking their eyes or going through their pants pockets.

The D.E.C. has a course called ombudsman that it teaches in the Charlotte-Mecklenburg Schools. It is presently being taught by D.E.C. staff members at West Charlotte High School, Windsor Park Elementary School, Charlotte Country Day School and Selwyn Elementary School. In the past year it has also been taught at Myers Park High School and Eastover Elementary School.

The ombudsman course meets every week for an entire semester and it is taught in three phases. The first phase involves a series of exercises designed to give the individual student an opportunity to learn more about him or herself and to discover how very special and worthwhile he or she is. The second phase teaches group skills in communication, decision making, problem solving and goal setting. The third phase is the project outreach phase. During the last phase the students in the class pick a project to carry out within their own school or community. This project gives the students the opportunity to experience the reward of reaching out and helping another person.

During the second or group phase of ombudsman each class spends a day going through the obstacle course run by Woody Woodward, director of Open House's Straight-Up program. Under the expert supervision of Woody all of the students go through the entire course including the twelve foot high wall, the fif-

teen foot cargo net, the tire walk and the "life raft."

The day at the obstacle is, for many students, the high point of the ombudsman program and, while they are having a good time, they are also learning some important human lessons. They are teaching that when people work together they can often accomplish more than when they work separately and that

when an individual test his or her limits by sticking to a task he or she will, more often than not, succeed.

Drug education used to mean education about drugs. It doesn't any more. It now means providing individuals with the self esteem and personal skills necessary to deal with life in a constructive way and to face problems without having to depend on drugs.

Red Cross Schedules

Parenthood Classes

Home Nursing and Preparation for Parenthood classes have been scheduled by the Red Cross for April and May.

The Home Nursing course will be taught each Monday and Wednesday, from April 12 through May 3, from 10 a.m. until 12 noon. Classes will be held in the nursing classroom of the Red Cross building, 2425 Park Road. There is no charge for the course.

Home Nursing teaches how to maintain a family's good health, as well as how to care for a sick family member-giving the best possible care with minimum effort. Students are taught to take temperatures, administer medications, maintain records, change the bed when the patient is bedridden and other skills required to care for the a sick family member. Certificates will be issued following completion of the course.

Evening classes in Preparation for Parenthood have been scheduled for April and

May. The first course will be taught each Monday and Wednesday, beginning April 21 and continuing through May 10, from 7 p.m. until 9 p.m. The second course will be taught each Tuesday and Thursday, beginning May 11 and continuing through May 27, from 7 p.m. until 9 p.m. There is no charge for this course, which also is being held in the nursing classroom at Red Cross.

Preparation for Parenthood covers both the pregnancy and basic skills in the care of the newborn. Expectant fathers are urged to attend.

For registration and further information call Red Cross 376-1661, ext. 231.

Keep your out-of-town friends informed on what's happening in Charlotte by sending them a copy of the Charlotte Post each week. The cost is only \$8.00, plus tax per year.

Happiness Through Health

Baby Sitters Need Training

by Otto McClarrin
Special To The Post

Baby-sitting is a time-honored way for teen-agers to put some extra spending money into their pockets. Many look on it as simple work during which they may read, use the telephone, watch TV, and snack a bit while keeping an eye on the kids. No sweat.

But being a sitter and hiring a sitter both carry responsibilities that are all-important to the safety and well-being of helpless babies and immature youngsters. The good sitter needs basic training and experience in child care; the parents will have to provide it and assure themselves the sitter has the judgement to handle the job.

Many schools and your organizations offer basic training for sitters, including first aid. Such courses will give both the sitter and the parents assurance that the teen-ager can cope with accidents and manage the house and children in their absence.

Health, Education and Welfare Public Health Service specialists in accident prevention have developed some suggestions for sitters, all built around the motto: "Your Main Job Is To Watch The Child."

Tips for Baby-Sitters
The sitter should have in writing where the parent can be reached and also the name and number of the child's doctor, of a friend in the neighborhood and of emergency numbers for fire, police and ambulance.

A young teen-ager breaking into the sitting game will soon learn that the children are not made of glass and can take

their fair share of bumps and scratches. But the careful course is to scout out and minimize any booby traps in the house: hot stoves, electrical appliances, gas jets, medicine cabinets, open windows, stairways, small objects with sharp edges; usually it's best to make basement shops, storage sheds and garages off limits. The parents should warn of any special precautions.

Water and fire are the major threats. Keep matches and cigarette lighters an inflammable fluids away from children's reach. No baby should be left even for a moment in the bathtub or wading pool.

The sitter also needs a clear understanding of what the young charges are to eat (and what not to eat), where the food and equipment are kept, and how to prepare it. Don't

forget a quick run-through on how to operate the stove.

With experience, the sitter will find these responsibilities and precautions to become second nature; he or she also will develop a "bag of tricks" that will keep the children calm and happy as well as safe and sound.

There's one footnote to safety in the baby-sitting business that's often neglected, and that is the protection of the sitter. The sitter (and the sitter's parents if possible) should know something about the family employing the sitter.

The sitter should lock the doors, particularly at night, and make sure of any callers before opening the door. After a late job, the sitter should always be escorted home, even if only a short distance. (NNPA).

Diabetic Workshops Set

Four diabetic workshops will be held this spring by the Community Health Association in the United Services Building, 301 S. Brevard St.

The free workshops will be held April 6, 13, 20 and 27. Interested individuals, especially those with diabetes or those who have family members who are diabetic, are urged to attend, said a recent statement from the association. Registration requests are being accepted by telephone. Call Trevis Heagans at 372-7170, ext. 205.

"Foot Care of the Diabetic" is the topic of the first workshop scheduled for Tuesday, April 6 from 10 a.m. to noon. Dr. Arthur Rockey, a podiatrist, will speak.

The second workshop will be held Tuesday, April 20, also from 10 a.m. to noon. The topic, "Children With Diabetes," will be discussed by Dr. Robert Schwartz, assistant chairman of Pediatrics at Charlotte Memorial Hospital and Medical Center.

Nurse Judy Outlaw of the association will lead a discussion on the topic, "Stress, Our Friend and Our Foe," Tuesday, April 20, from 10 a.m. to noon.

The fourth and final workshop will be held Tuesday, April 27, from 10 a.m. to noon. "Diabetic Menus Plus a Meal Planning," will be discussed by Karen Hauersperger.



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