

Group Formed to Defeat Marijuana Initiative

by Jerry Garner

The Citizens Against Marijuana Legalization held a press conference Tuesday to announce plans to defeat the Oregon Marijuana Initiative (Ballot Measure 5).

State Representative Margaret Carter, Co-Chair, Citizens Against Marijuana Legalization, argued that Ballot Measure 5 will escalate the use and abuse of drugs. "Oregon is already dubbed as being the gateway and opportunity for drugs. To send this type of message further perpetuates the problems we have in the State for drug activities."

Throughout the press conference, opponents attacked Ballot Measure 5. They said the measure is "intentionally poorly worded" in order to confuse people.

"If Oregonians know what it means, they will vote the measure down in November," said State Representative Paul Phillips. Phillips, who also is co-Chairman of the Citizens Against Marijuana Legalization, said the Oregon Marijuana Initiative would make it legal for anyone 18 and over to grow and possess unlimited amounts of marijuana. Phillips also said, "the marijuana initiative is a built-in defense for the criminals. The law enforcement officers and the courts have the burden of proof." This means unless a person is caught selling and/or distributing, they could claim personal consumption and it would be difficult to disprove."

Opponents of the marijuana initiative said if the Measure passes, it would allow marijuana to be used in restaurants and while driving a car. They said there is nothing written in the initiative to control where this "consumption" will take place.

State Representative, Mike Burton said Ballot Measure 5 will be bad for Oregon's business and higher education. Burton said, "what happens when we tell Japanese businessmen, who we are trying to attract into this State, and when we say come to Oregon because we have the availability of drugs and marijuana? Who's going to hire Oregon graduates from the universities, where we have the availability of drugs to the level it will be if this Measure is passed?"

The panel said Oregonians must join

their efforts to defeat Ballot Measure 5. Alleging proponents of the Measure are spending over a million dollars, plus they said the National Organization for the Reform of Marijuana Laws has targeted Portland. The national organization will hold its annual convention in Portland, Thursday through Saturday.

Citizens Against Marijuana Legalization have been endorsed by just about every politician in the State. District Attorneys in Multnomah, Clackamas, and Washington counties support the group's efforts in opposing Ballot Measure Number 5.



(L-R) Mike Burton, Wendell Wyatt, Margaret Carter, Paul Phillips and Rosanna Creighton at press conference to oppose the Marijuana Initiative. Photo by Richard J. Brown

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Acting Happy Can Actually Help You Feel Happy

Acting the way you wish you felt — happy, relaxed — can help you feel that way, reports the June Reader's Digest.

In a research study conducted at the University of California School of Medicine in San Francisco, psychologist Paul Ekman and two of his colleagues had volunteers make six facial expressions, each signifying a specific emotion: surprise, disgust, sadness, anger, fear and happiness. When the volunteers looked afraid, their bodies reacted as if they were afraid. Their heart rates speeded up and their skin temperatures dropped. For the most part, the same thing happened with the other emotions.

How can we put this principle to work in our own lives? Here are some suggestions:

- **Smile to cheer yourself up.** And make a real effort. A false smile — one that's too sudden, too brief, uses the mouth but not the eyes — doesn't work. Start with a gentle smile and then broaden it into a big, glowing grin. Next, laugh. Think of something funny, or read aloud a humorous passage from a book.
- **Relax to reduce anxiety or fear.** A common body-relaxing technique is to tense the muscles of the hands and gently let go. The same can be done with the muscles of the arms, the face and so on. Picturing yourself in a relaxing place, such as a beach, also helps.
- **Look your best to increase your self-confidence.** Primp, preen, dress up and stand erect. Looking good will help you believe in yourself — and make others believe in you, too.
- **Keep cool in a crisis.** To remain calm, look calm. Keep your movements steady and smooth, and keep your speech crisp but unhurried.

In short, acting the part can not only carry you through difficult times, but help you earn rave reviews from those around you.

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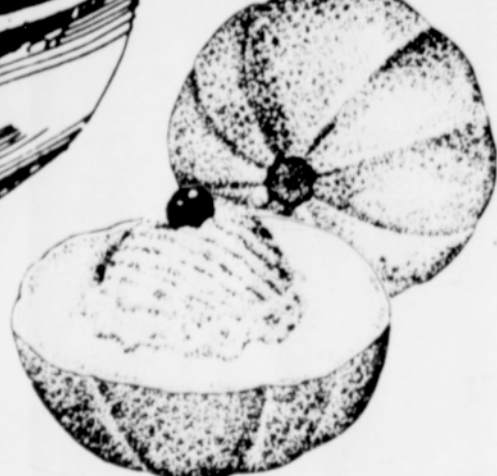


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