



Healthwatch

by Steven Bailey N.D.

Cocaine in America

Part 1

Cocaine addiction is a problem that has faced the United States since before the turn of the century. Called cocainomania in the old medical literature, the dangers and addictive nature of cocaine long ago removed this drug from common medical use. Today its only accepted use is as a topical anesthetic with the safer analogs procaine and lidocaine being the drugs of choice for most topical applications.

The recent tragic deaths of Len Bias and Don Rogers have focused our eyes on the extent of the problem and emphasize the extreme dangers of a new form of cocaine called "Crack" in the east or "Rock" on the west coast. This new form of cocaine is considered more addictive and much more dangerous than the powdered form that greeted this century. Until the early 80's cocaine was primarily ingested by "snorting" or inhaling powdered cocaine into the nose where the drug enters the body through the mucus membranes. A small percentage of cocaine users injected the drug into their bloodstream. Now about half of the nation's cocaine users are smoking the drug as "crack" or "free base".

When the drug is smoked it is delivered into the body via the lungs, and the speed and concentration of drug entry is much greater than the older forms of ingestion. This rapid intensified "high" is responsible for the greater addictive nature of "crack" and for the greatly increased number of deaths due to cocaine overdose.

Actions and Toxicology:

The effects of cocaine include those of other anesthetics in that it interferes with nerve action by decreasing sodium action at the nerve membrane (sodium is the initial electrolyte or charged particle that produces

nerve cell firing). What differentiates cocaine from procaine and lidocaine is that cocaine enhances the action of our adrenal hormones (adrenalin and nor-epinephrine). This increase in adrenal influence gives the user the feeling of enhanced strength, energy and when coupled with the anesthetic qualities of the drug produce a high that is extremely stimulating and addictive. The actions as an adrenal enhancer can result in what is called cardiac fibrillation or a heart attack, as was the suspected cause of death for Len Bias.

Long term abuse of cocaine results in a number of broad conditions. Heavy users lose their appetite and it is not unusual to see 20 to 30% normal body weight loss in one month's time. I have seen users who were so malnourished that their hair had fallen out, and they were skin and bones while in their early 20's. Other symptoms include nervousness, rapid heart rate, nausea, vomiting, delusions, antisocial and violent behavior and in toxic dose may include coma and/or respiratory failure.

Even though the damage of cocaine abuse can be so great, we are seeing a near epidemic increase in cocaine use in the U.S. The National Institute on Drug Abuse (NIDA) estimates that 5 million Americans are regular cocaine users. They estimate that half of these people are using "crack" as their form of the drug. Crack is most popular in the inner-city, among men ages 20 to 35, with half the users being minority populations. While we have waged an ever-increasing battle against drugs, the increases of cocaine-related deaths grows even faster. Next week I will discuss some of the current theories of why people abuse and become addicted to drugs.

Leaving Your Job With Pension In Hand?

Then, "Rollover Beethoven" May Be Your Song

According to the Employee Benefits Research Association, Americans change jobs an average of ten times during their adult working years. And when they leave one job for another, or opt for retirement, many are in for a lot of money — and a HUGE tax bill.

But there may be a way to avoid the bad news. To paraphrase an old popular song, "Rollover, Beethoven," there's an IRA made especially for people like you. Here's how it works:

When you make a career move or retire, you become eligible to receive your share of your employer's pension or profit-sharing plan. And that could be a substantial sum. In fact, it could be the largest sum of money you'll ever receive at one time.

Unfortunately, you could be forced to pay taxes on the entire amount (either at your ordinary income tax rate, or using a special calculation known as ten-year forward averaging) unless you know your options. And one of the most attractive choices available may be to "rollover" the money into an IRA.

An IRA Rollover account offers several benefits. First, you can avoid paying tax on your employer's distribution all at once. You can also defer all taxes on interest or capital gains until you begin making withdrawals. And, there's no upper limit on the amount you can roll over, whether it's \$500 or \$50,000. One stipulation, however, is that the amount has to represent at least half of the total distribution you received.

How does this affect your regular IRA contribution for the year? It doesn't. You can still put up to \$2000 in a regular IRA in addition to the amount of your Rollover IRA.

One thing to keep in mind is that timing is extremely important. For example, if you choose to roll the money over into an IRA, you have only sixty days to act. Once the sixty days are up, you'll be taxed on the entire amount.

So, when the farewell party is over and you pick up that big check,

Meeting Scheduled

The next regularly scheduled meeting of the Board of Commissioners of the Housing Authority of Portland will be held on July 30, 1986 at 6:00 p.m. in the Hollywood East Board Room, 4400 N.E. Broadway, Portland, Oregon 97213.

you may want to take a cue from the wordsmiths of rock — and rollover!

For more information on the options, the rules and procedures, there's help at hand from Fidelity Investments, one of the nation's leading investment companies. Fi-

delity has prepared a non-promotional booklet called "A Guide to Retirement Plan Distributions." It's available free by calling 1-800-544-6666.

Fidelity Investments manages more than \$55 billion for more than 3 million investors nationwide.

CELEBRATION

The Allen Temple C.M.E. Church will be celebrating their 25th annual Mammoth Tea on Sunday, July 27, 1986, from 3:00 p.m. to 5:00 p.m. at the St. Andrews Parrish Hall, 4940 N.E. 8th and Albert.

The theme of this year's tea is "Roots and Wings, A Living Memorial". A musical concert will be presented by the Allen Temple Choirs. Highlight of the celebration will be the inducting of members into the Allen Temple's Living Memorial Hall of Fame.

Rev. Phillip S. Nelson is the pastor.

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 Sunday Worship 11:00 a.m.
 Christian Youth Fellowship 6:00 p.m.
 (second and fourth Sundays)

Phillip S. Nelson (Pastor)

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John H. Jackson, Minister, M.Ed., M.D.
 9:30 A.M. Church School
 11:00 A.M. Congregational Worship
 5:00 P.M. Vesper Service
 10:00 A.M. Baptism Fourth Sunday
 11:00 Communion Each First Sunday

The American Baptist Convention, American Baptist Churches of Oregon; Lott Carey Foreign Mission Convention; National, Oregon, Portland Ecumenical Ministries, American Bible Society, M. & M. Board.

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the Bible says:
Follow peace with all men, & holiness without which no man shall see the Lord

Tuesday	Bible Band	7:30 p.m.
Thursday	Choir Rehearsal	7:00 p.m.
Sunday	Sunday School	9:15 a.m.
	Morning Worship	11:15 a.m.
	Y.P.W.W.	6:30 p.m.
	Evangelistic Worship	8:00 p.m.
Tuesday-Friday	Noon Day Prayer	
Friday	"The Pastor Speaks"	7:30 p.m.
Saturday	Morning Prayer	9:00 a.m.

Showers of Blessings (Invitation)
 Sunday morning, 10:00 A.M.
 Simon KAAR 188AM Day

COMMUNITY CHURCH OF GOD

202 N.E. Skidmore
 281 5678
 284 5559

Services:
 9:45 a.m., Sunday School
 11:00 a.m., Morning Worship
 7:00 p.m., Evening Worship
 7:00 p.m. Wednesday, Prayer Meeting

Victor R. Brown, B. Theology, Pastor
 Dr. Hazel L. Brown Sr., D.D., Assistant Pastor

SMILE — GOD LOVES YOU

ATTENTION

The Community of Portland and Bethel A.M.E. Church cordially invite all of you and your families to attend a free Banquet, honoring Bethel's pastor and wife, Rev. and Mrs. Matthew A. Watley, at the church, Wednesday, July 30, 1986, at 6:00 p.m.

This is to be a semi-formal affair. There will be tremendous displays of talents. So come out and spend an enjoyable evening.

Donations will be accepted.

Mary Jean Berry
 Program Director
 The Community
 Appreciation Night

South Africa Expels Reporter

A "Newsweek" correspondent was expelled from South Africa June 23, after the magazine published a cover story that was critical of the South African government, according to "The Washington Post."

Richard Manning was the second foreign journalist expelled since the South African government declared a state of emergency June 12 and implemented rigid restrictions on the press. Earlier, Wim de Vos, a Dutch citizen working for CBS as a cameraman, was expelled.

According to "The Post," the June 23 issue of "Newsweek" did not appear in South Africa because distributors were fearful they would be held liable under the new guidelines prohibiting dissemination of "subversive" material. The penalty for violating the restrictions is a fine of up to \$8,000 and a prison sentence of up to 10 years or both.

The first photograph of a President in office was taken of President James Polk in 1849.

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Saturday, August 9, 1986
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For more information:
 Prison Ministries, Inc. 284-7563
 Maranatha Church, 288-7241