



My Point of View

By Donita Lincoln

IT'S NOT WORTH IT

Why do people choose to drink and drive? Leaving home with a drinker is not smart, and the best alternative is to find another way home. In reading an advertisement touching on the subject of drinking and driving, there is a lot to be learned. An advertisement was in the October 1991 issue of Seventeen magazine shows a young lady arriving home late at night, a cab brought her home because her date drank too much. "If your date drinks, go home with another man," is what the advertisement said. The other man was a sober taxi cab driver. This seemed to be the safest way to arrive home after an individual has been out with someone who is not capable of driving home.

People are greatly affected by alcohol, which depresses the activity in the central nervous system (Psychology in Perspective II edition pg. 127). While drinking the reticular activating system in the brain is affected. This system is responsible for alertness, attention, and the regulation of the cerebral cortex.

It is not good to drink because alcohol affects the conscious state of a person. The individual's ability to be alert is altered by the amount of alcohol consumed. Vision and reflexes are impaired as well. The drunk driver's inability to react on time could cause a major accident. Alcohol impairs the individual's attention span. If a person is depressed before he or she starts drinking, the alcohol can cause a greater amount of depression during and after drinking. This can greatly affect someone's ability to concentrate and be alert. This is not any shape for a person to be in, let alone while driving.

The regulation of the cerebral cortex is responsible for learning, remembering, analyzing, planning, and performing fine motor functions. Alcohol alters the cerebral cortex, making it difficult to regulate its functions. If an individual has been drinking, he or she cannot remember or plan things out carefully. It appears obvious that whoever it is, that a drinker cannot think rationally enough to know whether or not to drive.

Alcohol has a tendency to make individuals feel more relaxed, and more sexual, and act more aggressive. Drinkers may sometimes feel they are able to do anything and everything. Anyone riding with someone who has been drinking needs to be responsible for making a bad situation as safe as possible. The potential for physical and, or emotional pain is incredible. An alternative plan such as taking a cab, or bus or riding with a friend needs to be enacted. The consequences of the drunk driver could be the killing of innocent people. The benefit is making responsible choices in life. More ads like the one mentioned in the beginning of this article need to be up on billboards in place of cigarette and alcohol ads with sexy men and women. If this change were made, it would raise the consciousness of everyone. Maybe it would make them more aware of the seriousness of the problem. It would save lives...



Advertise in Portland's **METROMOTION** magazine

AMERICA'S YOUTH

Together We Can Make a Difference

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open houses and volunteer programs, must be continued and strengthened wherever and whenever possible. 5). parents should be members of school policy and oversight organizations. 6). Parenting classes must be provided for parents as well as required for high school students. 7). Schools should be willing to utilize the skills of the adults in their communities regardless of age.

BUSINESS & SCHOOL PARTNERSHIPS: In order for our students to be competitive in the future schools must develop partnerships with businesses.

SELF-ESTEEM: Healthy and productive citizens requires positive, and realistic self esteem. Students self-esteem is enhanced by successful learning coupled with appropriate rewards. 1). Self-esteem is built upon successfully achieving high standards. 2). Under no circumstances should race or gender be used to pre-determine or limit a students ability. 3). Schools must develop recognition programs that reward student effort and achievement. 4). Teachers must help students build self-esteem by sincerely caring for them, and guiding them daily toward genuine success.

TEACHER TRAINING: The symposium suggested the following elements are essential for providing teachers with the skills they need to become effective: 1) Teacher trainees must receive more on site experience. 2). Teacher trainees should be taught by practicing master teachers and successfully intern for one year with an experienced master teacher before being certified. 3). Teacher trainees must receive formal training in classroom management. 4). Outstanding retire master teachers should be able to work with school districts to act as trainers and mentors with out jeopardizing their retirement benefits. 5). Each school and school district provide a strong staff training program, based on locally assessed needs. 6). Teaching leadership trainers should be recognized at each school. 7). A rotating cadre of master teachers should be assigned for training in-services statewide. 8). Practicing teachers should be released and given paid sabbaticals for renewal training at least once every five years. 9). Staff supervision should be conducted by master teachers. 10). Teachers should be trained to teach writing, thinking, decision-making, and application of learning theory throughout the curriculum.

FOREIGN LANGUAGE INSTRUCTION: A second language become mandatory for all students about to enter an interdependent world. 1). A designated second language should be incorporated in all curricular areas, beginning in the primary years and continuing through high school graduation. 2). Additional language should be offered at the middle and high school levels. 3). By sixth grade students should be able to listen, write, speak, and read in a second language. Su Lin; President, China International Intellectual Resources Tapping Center for Children said, "By introducing foreign language at the beginning of education we are trying to bring up a generation who have a global perspective. So as to be able to understand culture in other countries. So as to communicate with people all over the world. I think that is the idea education, that bring up children who love peace, love friendship, and like to cooperate with people all over the world."

In answer to the beginning question what will the world be like for young people twenty years from now, that depends on what is done today to equipped them for a better tomorrow. "The world is waiting for our kids to finish school the question is are our kids ready for the world, before our kids can step into the work place and do their jobs our educational system must make sure its done its job." (James DePreist-Music Director Oregon Symphony).