

Help available for substance abusers

Although you can count on the stable procession of the years, the seasons, and the ticking of the clock, no one can rely on unchanging lives. Everything changes and, hopefully, with everyone's guidance, for the better.

Already, some people are taking a stand against alcoholism, trying to rid themselves of a disease that is the number one health problem on the North Slope.

Some people are receiving help from friends, employers,

pastors, and us here at the Substance Abuse Treatment Services. They are learning the physical, mental, and social ill effects of substance abuse. These people have met the challenge to make changes, but many more need to meet it.

The Substance Abuse Treatment Services is challenging the problem and helping to change it through the Friendship House. It has a competent staff offering counseling, alcohol information, referral, education, employee assistance, and out-

reach. The telephone number is 852-4673 (hope) for the hours Monday through Friday 8:30 a.m. - 5:00 p.m. and Tuesday through Saturday until 12:30 a.m. Please call if you have a problem, want to talk, or feel the need to help yourself make a change for you, your family, and the North Slope Community.

Pamela Flory is our Prevention Specialist and Village Therapist. She would like to get into the schools to talk with kids and talk with anyone else in the villages - so - you can get hold of her through your Community Health Aide.

To meet the Substance Abuse challenge the Barrow Alcohol Program is undergoing some changes too. First of all, we have changed our name to Substance Abuse Treatment Services, which has enabled us to deal with a wider scope of substances and does not bind us to just alcohol. The program is under the guidance of the new Deputy Director of the Health Department's Social Health Services, Carl Hild. With his hand we will be able to smoothe out any rough transitions in the changes.

Ellen June Cloud is our new Alcohol Safety Action Program Coordinator and Hank Jacoby is the new Administrative Assistant/Data Coordinator for the Substance Abuse Treatment Services. We know that these new additions will help us strive for a healthier North Slope Community.

I'm Hank Jacoby. I started working for the Substance Abuse Treatment Services on October 12t, and I am currently filling the position of Administrative Assistant/Data Coordinator. I'm from the "outside" or the "lower 48." I was born in Bridgeport, Mass-

achusetts, but soon I started moving around with my parents. I spent two years in Tripoli, Libya, 7 years in Wilmington, Delaware, 2 years in Underhill, Vermont, 4 years in Middletown, Delaware, six months in Marietta, Ohio and back to Underhill before I met Barrow.

I am really excited about the challenge and the opportunity to help people. Coming from a long line of "people-oriented" relatives, I guess that is in my blood. I look forward to working with the people of the North Slope to hurdle the problems that we face. Thanks for the warm welcome, Barrow!

I have had some idea hit-

ting my desk concerning alternatives to alcoholic drinks. If anyone has a good idea, please send it in and we will try to print it here. Here is one that is a favorite at my home. Try it . . .

RUSSIAN TEA

1 cup dry, unsweetened instant tea
1 large Jar of Tang
2 tablespoons lemonade mix
1 cup sugar
1 teaspoon ground cloves
1 teaspoon ground cinnamon
Mix thoroughly and store in airtight container (will keep indefinitely). Use 2 teaspoons Russian Tea to 1 cup boiling water. May also be served chilled.

