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NAIROBI NEWSLETTER



BLACK GI FROM VIET NAM

J. STEVEN JONES



Menlo Park VA Hospital.

Both brothers gave the same reason for finally winding up in a Drug Rehabilitation Program. They had lost everything behind narcotics. Everything. Brother Benny had tried a couple of other drug programs before ending up at the Menlo Park Vetran Hospital. The philosophy and structure of the program suited his personality. "Here its entirely up to you if you make it or not. Nobody guarantees you anything. Pure self-motivation.", said Benny.

Both brothers came to the realization that they were sick. "You have to be sick to do something self-destructive. A lot of brothers don't want to admit that, but it's true, a heavy drug scene is self-destructive", Red added. Both men also see a definite need for more black people in drug rehabilitation programs. Both those who need help and those who can help. No matter how sincere a white is there are certain areas where only another black person can get through to a black patient.

The length of time you're in the program depends upon you. Yet, there are four phases everyone goes through regardless of the amount of time. Pharse one is your orientation pharse. You are somewhat restricted during this pharse as you are soaked in the programs "rules" and philosophy. Then there is pharse two when you actually attack the problem that has led to your alcohol or whatever. This is the longest and most difficult pharse. The third pharse invovles finding a job but are allowed to live at the hospital until you have enough money to make it. In pharse four you're on your own but can still come back anytime you have a

For one it began at Fort Dix, New Jersey in the early sixties, for the other it was before he ever entered the Army. For both it has ended at the drug rehabilitation program in the Menlo Park V. A. hospital. Both are black brothers from the Bay Area.

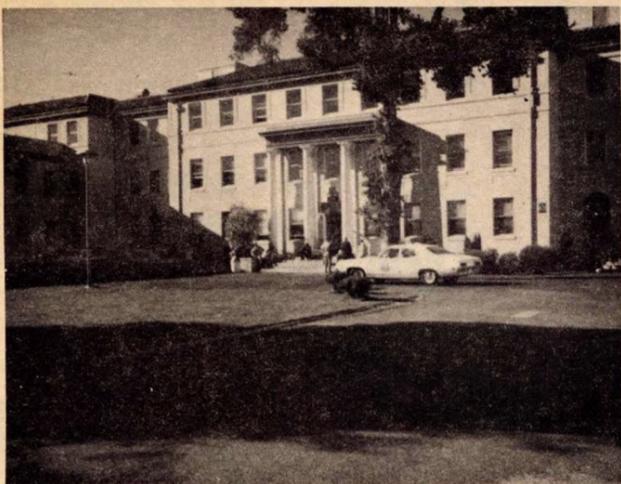
Their real names are not being used because the reality of the situation is that too many people believe "once a drug addict always a drug addict". For all the many implications of this type of thinking they will be referred to as Brother Red and Brother Beeny.

Brother Red first got involved in drugs at Fort Dix. "it cost only a dollar for the ride between Philly and New York. At that time you could get just about anything but crystal." Stationed in Europe with the Army Brother Red found all kind of drugs easily avalible and very inexpensive. Stationed in Germany he was only an hour from the French border and heroin. Brother Red left the Army in 1964 and for the last 7 years it's been an on and off thing concerning drugs.

Brother Benny had snorted heroin before entering the Army in 1966. Once in Vietnam he snorted heroin a few times but found a new thing for his taste...opium. Brother Benny kicked opium before he left 'Nam and the service in 1968. Since then it has been a state side 'smack' scene. Brother Benny has been at the Menlo Park V. A. for 3 months. Just recently he was elected program co-ordinator by his group and he'll soon be going to Fort Ord as a drug counselor.



Drug rehabilitation wing.



Main entrance of drug wing.

problem. Here is the "contract" you sign when you enter the program:

"Having realized that prior to my acceptance by this group, I have led a self-destructive "life-style" by "conning" myself and others around me to approve of my irresponsible and destructive actions, I will, from this date, conform with the will of this group in the correction of my character.

I understand that there are rules and regulation governing my life while in this treatment program. Among them are: no alcohol or drugs in the program, no physical violence, and the need to totally involve myself in the treatment process.

Upon disobeying these or any of the regulations required of me by the group I am thereby saying I don't want any help and may be discharged immediately."

The VA programs at Palo Alto and Menlo Park are definitely worth checking-out. If you yourself or someone you know is messed-up behind drugs tell them about the Veterans Administration program.

For more information phone 326-5600.

DRUG ABUSE & USE

JUNE, 1970 -- TABULATION OF RESPONSES SECURED FROM STUDENT

POLL REGARDING DRUG USAGE -- SAN MATEO COUNTY, CALIF.

WORKSHEET #1 TOTAL OF ALL HIGH SCHOOL CLASSES BY SEX AND USAGE INDICATED. NUMBERS AND PERCENTS

Since 1967 there has been surveys in the local schools, from the 7th grade thru the 12th grade. The surveys were formed in order to find the percentage of students that're using drugs. The drugs in question are: marijuana, LSD, amphetamines and barbiturates.

Now to fill you in on the statistics of what drugs were predominately being used in San Mateo County schools between the years 1969 and 1971.

THE USE OF ALCOHOLIC BEVERAGES, TOBACCO, MARIJUANA, LSD AND AMPHETAMINES AS REPORTED BY SAN MATEO COUNTY CALIFORNIA HIGH SCHOOL STUDENTS--1968-1969-1970 THREE SURVEYS USING SIMILAR DEFINITIONS AND METHODOLOGY COMPARED.

Percents of each grade reporting use of the above substances "at least once during past year", "ten or more times during past year" and increase or decrease in usage between 1968 and 1969 surveys, and between 1969 and 1970 surveys.

TABLE I--BOYS

	ANY USE DURING PAST YEAR					TEN TIMES + DURING PAST YEAR				
	Date of Survey			Difference		Date of Survey			Difference	
	1968	1969	1970	1968-1969	1969-1970	1968	1969	1970	1968-1969	1969-1970
Marijuana										
Freshmen	26.8%	34.9%	34.1%	+8.1	-0.8	14.3%	20.2%	19.6%	+5.9	-0.6
Sophomore	32.3	41.7	45.5	+9.4	+3.8	18.1	25.7	29.3	+7.6	+3.6
Junior	36.9	45.5	48.9	+8.6	+3.4	22.5	30.3	34.1	+7.8	+3.8
Senior	44.6	50.1	50.9	+5.5	+0.8	25.6	33.9	34.2	+8.3	+0.3
* Average				+7.9	+1.8				+7.4	+1.8
LSD										
Freshmen	8.1%	11.0%	10.9%	+2.9	-0.1	2.6%	4.5%	4.3%	+1.9	-0.2
Sophomore	11.1	16.9	16.4	+5.8	-0.5	4.2	7.2	6.1	+3.0	-1.1
Junior	14.6	19.2	18.5	+4.6	-0.7	5.7	8.5	7.3	+2.8	-1.2
Senior	16.6	23.0	17.4	+6.4	-5.6	6.6	10.5	6.9	+3.9	-3.6
* Average				+4.9	-1.7				+2.9	-1.5
Amphetamines										
Freshmen	12.0%	14.9%	13.8%	+2.9	-1.1	4.0%	5.0%	4.2%	+1.0	-0.8
Sophomore	15.8	19.1	18.5	+3.3	-0.6	5.6	7.2	6.0	+1.6	-1.2
Junior	17.9	22.1	20.7	+4.2	-1.4	7.0	9.5	8.2	+2.5	-1.3
Senior	20.5	25.7	18.8	+5.2	-6.9	8.5	11.5	7.2	+3.0	-4.3
* Average				+3.9	-2.5				+2.0	-1.9

Number of Responses	1968	1969	1970
Freshmen	2,349	3,129	3,161
Sophomore	2,332	2,826	3,183
Junior	2,064	2,579	3,019
Senior	1,799	2,034	2,352

* Average of four differences

THE USE OF ALCOHOLIC BEVERAGES, TOBACCO, MARIJUANA, LSD AND AMPHETAMINES AS REPORTED BY SAN MATEO COUNTY CALIFORNIA HIGH SCHOOL STUDENTS--1968-1969-1970 THREE SURVEYS USING SIMILAR DEFINITIONS AND METHODOLOGY COMPARED.

Percents of each grade reporting use of the above substances "at least once during past year", "ten or more times during past year" and increase or decrease in usage between 1968 and 1969 surveys, and between 1969 and 1970 surveys.

TABLE II--GIRLS

	ANY USE DURING PAST YEAR					TEN TIMES + DURING PAST YEAR				
	Date of Survey			Difference		Date of Survey			Difference	
	1968	1969	1970	1968-1969	1969-1970	1968	1969	1970	1968-1969	1969-1970
Marijuana										
Freshmen	22.9%	31.8%	31.9%	+8.9	+0.1	10.6%	18.0%	16.2%	+7.4	-1.8
Sophomore	28.1	35.5	42.1	+7.4	+6.6	14.9	21.2	26.6	+6.3	+5.4
Junior	31.7	38.3	42.6	+6.6	+4.3	16.7	23.3	26.2	+6.6	+2.9
Senior	31.9	38.0	40.3	+6.1	+2.3	17.4	22.3	24.1	+4.9	+1.8
* Average				+7.3	+3.3				+6.3	+2.1
LSD										
Freshmen	6.9%	11.2%	9.2%	+4.3	-2.0	1.9%	3.5%	2.2%	+1.6	-1.3
Sophomore	8.3	12.8	15.0	+4.5	+2.2	2.5	4.4	4.8	+1.9	+0.4
Junior	9.2	13.0	12.4	+3.8	-0.6	3.6	4.6	3.3	+1.0	-1.3
Senior	9.4	10.8	11.7	+1.4	+0.9	3.3	3.7	3.2	+0.4	-0.5
* Average				+3.5	-1.2				+1.2	-0.7
Amphetamines										
Freshmen	12.9%	19.5%	17.3%	+6.6	-2.2	3.7%	6.3%	5.4%	+2.6	-0.9
Sophomore	16.1	20.1	24.4	+4.0	+4.3	6.1	8.3	9.4	+2.2	+1.1
Junior	17.1	21.5	22.3	+4.4	+0.8	6.4	8.1	8.3	+1.7	+0.2
Senior	16.1	19.8	19.9	+3.7	+0.1	6.7	8.2	7.5	+1.5	-0.7
* Average				+4.7	+0.8				+2.0	-0.1

Number of Responses	1968	1969	1970
Freshmen	2,526	3,156	3,378
Sophomore	2,473	2,920	3,053
Junior	2,205	2,850	3,004
Senior	1,892	2,287	2,632

* Average of four differences

	TOTAL		BOYS
	Number	Percent	
STUDENTS USING MARIJUANA	11,053	42.9	5,274
Once or twice	2,030	7.9	920
Three to nine times	2,039	7.9	913
Ten to forty-nine times	2,797	10.9	1,189
Fifty or more times	4,187	16.3	2,252

STUDENTS USING AMPHETAMINES	5,141	20.0	2,121
Once or twice	1,776	6.9	758
Three to nine times	1,459	5.7	609
Ten to forty-nine times	1,111	4.3	404
Fifty or more times	795	3.1	350

STUDENTS USING LSD	3,707	14.4	1,861
Once or twice	1,380	5.4	614
Three to nine times	1,051	4.1	522
Ten to forty-nine times	817	3.2	448
Fifty or more times	459	1.8	277

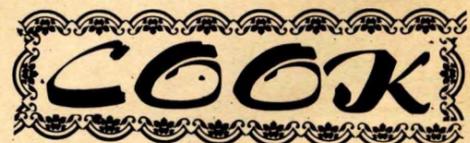
STUDENTS USING BARBITURATES	4,157	16.1	1,814
Once or twice	1,620	6.3	725
Three to nine times	1,117	4.3	481
Ten to forty-nine times	792	3.1	305
Fifty or more times	628	2.4	303

Percentages may not add because of rounding

	GIRLS		SEX NOT SPEC.	
	Percent	Number	Percent	Number
	44.5	4,860	40.0	919
MARIJUANA	7.7	963	7.9	147
	7.7	974	8.0	152
	10.0	1,390	11.4	218
	19.0	1,533	12.6	402
	17.9	2,565	21.1	455
LSD	6.4	906	7.5	112
	5.1	726	6.0	124
	3.4	608	5.0	99
	3.0	325	2.7	120
	15.7	1,475	12.1	371
AMPHETAMINES	5.2	633	5.2	133
	4.4	429	3.5	100
	3.8	296	2.4	73
	2.3	117	1.0	65
	15.3	1,954	16.1	389
BARBITURATES	6.1	764	6.3	131
	4.1	530	4.4	106
	2.6	421	3.5	66
	2.6	239	2.0	86

Study designed and carried out by Research and Statistics Section of the San Mateo County Department of Public Health of volunteers from the 17th District Parent Teacher

TABLE III, continued on page 3



COUNTY FAIR

DEBRA PORTER



This is one of the Exhibit Halls.

The San Mateo County Fair is in action again. The fair began July 26th and is to continue until August 7th. The fair grounds open at 12 a.m to 12 p.m. The admission for Adults is \$1.50, for ages 12-16 is 50¢ and 11 and under are free. There is a lot of excitement and enjoyment for all ages. There are rides known as the Tilt-a-Whirl, Trabant, Bumper cars, Hammer and many others. Also many displays there are for the whole family to see. You can also lose your money at the fabulous horse races which are across from the fair. The horse races are daily from 1 p.m until 5 p.m except Sundays.

So don't you and your friends forget to attend the San Mateo County Fair.



This ride is called Turbo

MENLO PARK CITY COUNCIL

KATHY PRICE

The City Council meeting on August 3rd, was not together at all. There were statements and arguments made between the Menlo Park City Council and the public. The greatest issue was the \$15,000,000 allotted to the Chamber of Commerce for the Menlo Park Expressway. One man shouted angrily, "As a tax paying citizen I don't want my money turned against me!"

The meeting went on in this manner - men opposing the way Chamber of Commerce were handling business. The few who did agree with the Chamber of Commerce, readily voiced their approval. Finally the President of the committee began answering questions that had been raised. However this attempt seemed futile. The arguments continued in a haphazard way. Maybe the next meeting will be congenial for everyone, public included.



Ravenswood City School District Board of Trustees

IT HAPPENED!

ROY ADGER

The Board of Trustees finally did something good for the community. They have actually reduced the tax rates 49 per cent to every \$100.

The Board of Trustees meetings for the Ravenswood City School District was held Monday night at 7:30 p.m at Menlo Oaks Jr. High School Gym. What happened to the public? There were only about 20 people who attended the meeting. Most of them were white.

The tax rates last year was \$3.91 for every \$100 in the budget, which the budget was \$5,603,982. Now the tax rate is \$3.42 for every \$100, which makes the budget \$5,546,139. This decrease in tax rates has provided over \$200,000 more in reserve funds and an increase in employees benefits from \$6 to \$35 per month.



A caption of the Fun House

SUMMER JOBS

RICKY MILLER

At Stanford University there is a program that will provide summer jobs for students. The program has been in progress for three years. The students will be given a job throughout the University. There will be training classes such as Medical Science Training and Technician Training Program. The ages range from 15 to 18 years of age. There will be 200 students that will be hired. They will be selected on three bases finance, income and skills. The funds that are being used come from private donations, San Mateo County and Santa Clara County, N.Y.C and other governmental agencies. The jobs are Lab assistant, typist, secretary, receptionist, groundmen and mechanic training. The University will provide transportation for those who don't have it.

F R E A K

TABLE III

DIFFERENCES IN PERCENT OF USAGE - 1969 AND 1970 STUDIES
"ANY USE" AND "TEN OR MORE TIMES USAGE"
BY SCHOOL GRADE AND SEX

	BOYS						GIRLS					
	Any Use			Used 10+ Times			Any Use			Used 10+ Times		
	1969	1970	Difference	1969	1970	Difference	1969	1970	Difference	1969	1970	Difference
Marijuana												
7th Grade	10.9%	9.9%	- 1.0	4.1%	2.7%	- 1.4	10.7%	7.2%	- 3.5	1.7%	1.4%	- 0.3
8th Grade	23.9	22.5	- 1.4	11.6	10.3	- 1.3	21.8	16.6	- 5.2	7.4	6.9	- 0.5
* Average			- 1.2			- 1.4			- 4.4			- 0.4
Amphetamines												
7th Grade	5.1%	3.7%	- 1.4	1.7%	0.6%	- 1.1	5.9%	2.8%	- 3.1	1.1%	0.4%	- 0.7
8th Grade	11.8	9.5	- 2.3	3.4	2.8	- 0.6	10.4	8.2	- 2.2	1.5	2.1	+ 0.6
* Average			- 1.9			- 0.9			- 2.7			0.0
LSU												
7th Grade	2.8%	1.3%	- 1.5	0.2%	0.2%	0.0	2.1%	0.9%	- 1.2	0.4%	0.1%	- 0.3
8th Grade	8.7	4.9	- 3.8	2.4	0.9	- 1.5	6.0	4.0	- 2.0	1.3	0.8	- 0.5
* Average			- 2.7			- 0.8			- 1.6			- 0.4

Number of Responses	BOYS		GIRLS	
	1969	1970	1969	1970
7th Grade	530	2,268	523	2,356
8th Grade	553	2,215	597	2,166

* Average of two differences.

TOP TEN BOOKS

1. BLACK MOTHER
BY Davidson, Basil
2. BLACK CARGOE
BY Mannix, Daniel P.
3. THE NEGRO MOOD
BY Benneth, Lerone Jr.
4. BLACK POWER
BY Carmichael & Hamilton
5. REUNION AND REACTION
BY Woodward, C. Vann
6. WHITE REFLECTIONS ON BLACK POWER
BY Fager, Charles
7. STRANGE CAREER OF JIM CROW
BY Woodward, C. Vann
8. THE BLACK BOURGSOISIE
BY Frazier, E. Franklin
9. WHO SPEAKS FOR THE NEGRO
BY Warren, Robert Penn
0. SLAVERY
BY Elkins, Stanley

POETRY

DEBRA PORTER

What it is?
It isn't eating cold cornbread and chilli beans,
If you ever have you know what I mean.

What it is?
It isn't getting a beating for staying out all night;
When you were just in the back yard having a fight.

What it is?
It isn't losing your one and only girl,
When it seems she's the only one in the world.

What it is?
Yeah, that's what I forgot to say,
What it is, is coming your way.

STAFF BOX

EDITOR
Martini Griffin

STAFF
Roy Adger
Kathy Price
Debra Porter
Ricky Miller
James S. Jones

LAY-OUT
Roy Adger

TYPIST
Debra Porter

PHOTOGRAPHER
Oru Beroeña
Debra Porter
Roy Adger

INFO CENTER
1849 Bay Road
Nairobi, Calif.

TOP 20 RECORDS

- | | |
|------------------------------|----------------------|
| 1. HOT PANTS | James Brown |
| 2. WHAT YOU SEE | Dramatics |
| 3. SPANISH HARLEM | Aretha Franklin |
| 4. TIRED OF BEING ALONE | Al Green |
| 5. MERCY, MERCY ME | Marvin Gaye |
| 6. STOP, LOOK AND LISTEN | Stylistics |
| 7. SMILING FACES | Undisputed Truth |
| 8. WHAT THE WORLD NEEDS NOW | Tom Clay |
| 9. TREAT HER LIKE A LADY | Cornelius Bo. |
| 10. LOVE THE ONE YOU'RE WITH | Isley Bros. |
| 11. YOU'VE GOT A FRIEND | R. Flack/D. Hathaway |
| 12. I DON'T WANT TO DO WRONG | Gladys Knight & Pips |
| 13. I LIKES TO DO IT | Peoples Choice |
| 14. FUNKY NASSAU, Part 1 | Beginning of the End |
| 15. IT'S THE REAL THING | Electric Express |
| 16. MR. BIG STUFF | Jean Knight |
| 17. YOU'VE GOT TO EARN IT | Staples Singers |
| 18. OVER THE HUMP | Simtec & Wylie |
| 19. K JEE | Nite Liters |
| 20. BREAKDOWN | Rufus Thomas |

CALENDAR

MONDAY
MUNICIPAL COUNCIL
Meetings first and third Monday
Time: 7:30 p.m.
Place: 2650 Pulgas Street, E.P.A

RAVENSWOOD CITY SCHOOL DISTRICT BOARD
Meetings second and fourth Monday
Time: 7:30 p.m.
Place: Menlo Oaks, Menlo Park

TUESDAY
BOYS TOWN
Meetings second and fourth Tuesday
Time: 7:30 p.m.
Place: 735 Green Street, E.P.A

MENLO PARK CITY COUNCIL
Meetings first and third Tuesday
Time: 8:00 p.m.
Place: Civic Center, Menlo Park

RAVENSWOOD RECRESTION & PARK DISTRICT
Meetings second and fourth Tuesday
Time: 7:30 p.m.
Place: 550 Bell Street, E.P.A

WEDNESDAY
WELFARE RIGHTS ORGANIZATION
Meetings twice a month on a Wednesday
Time: 7:30 p.m.
Place: Francisquito Library, E.P.A

SEQUIOA UNION HIGH SCHOOL DISTRICT
Meetings second and fourth Wednesday
Time: 7:30 p.m.
Place: 840 James Street, Redwood City

THURSDAY
YOUTH COUNCIL
Meetings every Thursday
Time: 7:30 p.m.
Place: Martin Luther King Center



WE CAN PLEASE EVERYBODY CAUSE WE TRY

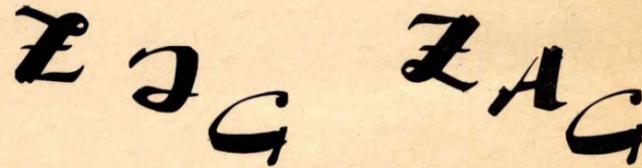
THE LOGE BARBER SHOP

SPECIALIZE
IN
NATURALS AND NATURAL WIGS

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HOROSCOPE

- LEO** Watch out, don't let night catch you.
- VIRGO** Take it easy this is the day you've been looking for.
- LIBRA** Don't let financial problems worry you take them to a friend.
- SCORPIO** Your work shall go good today but use a little self confidence.
- SAGITTARIUS** Anyone who tends to help you ask-but don't demand.
- CAPRICORN** Today might be your last so baby take it cool.
- AQUARIUS** Make your own plans or otherwise you will wish you had.
- PICES** Keep in touch with those good old friends they just might come in handy.
- ARIES** Keep that money in your pocket but make sure there are not any holes.
- TAURUS** Don't use to much of your intelligence you'll need it.
- GEMINI** Dig you now plant you later get the message.
- CANCER** You will experience the most fun you've ever had.



Love, Peace,

Happiness

S C R E W