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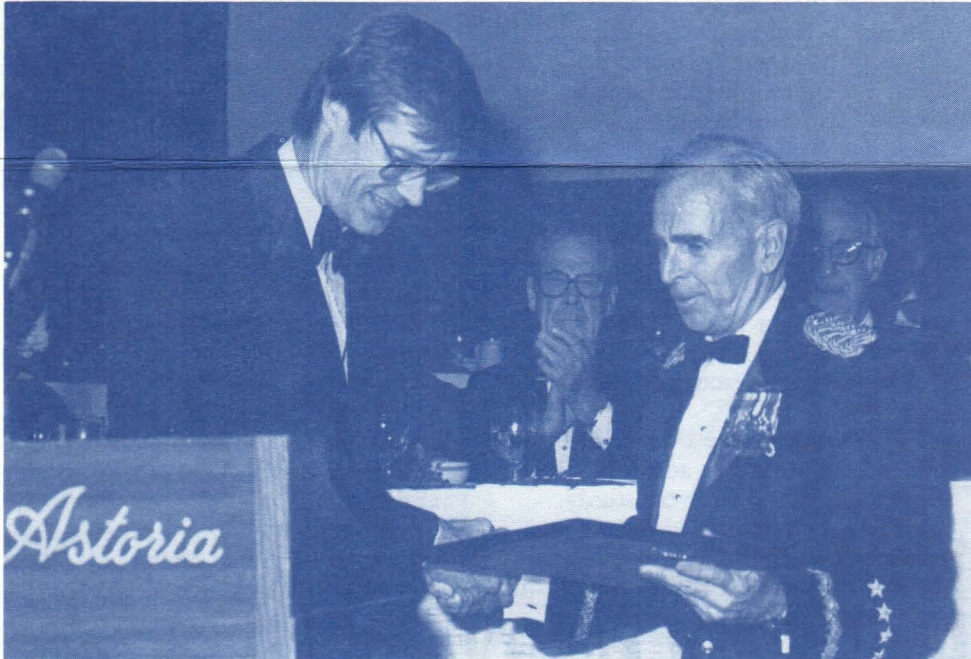
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ACM NEWS

The American Council
on Marijuana
and Other Psychoactive
Drugs, Inc.

Volume 5/83
Issue 1



PREVENTION AWARD... General John W. Vessey, Jr., Chairman, Joint Chiefs of Staff, accepts 2nd annual Drug Abuse Prevention Award from ACM President Robert L. DuPont, M.D., in New York City on November 3, 1982.

ACM's Prevention Award Goes to General Vessey

General John W. Vessey, Jr., Chairman of the Joint Chiefs of Staff, received the 2nd annual Drug Abuse Prevention Award from ACM President Robert L. DuPont, M.D., in November.

In congratulatory remarks, Dr. DuPont said the U.S. military, the largest employer of young workers in the country, has faced up to drug abuse prevention by implementing new policies that include testing to determine the presence of marijuana.

"The U.S. Armed Services, after more than a decade of frustrated and uneven responses to the drug problem, have in the last year reestablished the firm leadership and high standards that are the only basis for effective programs to prevent drug abuse," he said.

The problem does not belong to the military alone, Dr. DuPont stressed. In fact the problem among the armed forces is no more severe than use by the civilian workforce, which should imitate the U.S. Armed Forces' commitment to ending drug abuse.

Under General Vessey's leadership, ACM's president said, "The U.S. military services are now fulfilling their vital mission of combating drug dependence with a new spirit of dedication and effectiveness."

The effects may last long after stopping." (ARNIE) "Marijuana is like a stranger who offers you a ride: you don't really know if he's going to take you home. I'd really tell kids, 'Don't bother taking the ride.'" (ANNOUNCER) "If you've been looking for a good reason to say NO to marijuana, you've just heard one. A message from the American Council on Marijuana."

(Continued on page 5)

Radio Spots Reach Large Audience

Radio stations throughout the U.S. used three drug prevention public service announcements, developed by ACM, more than 73,000 times during the summer of 1982; about 30,000 airings were expected.

Generous support from the Heckscher Foundation for Children made possible production of the spots, which emphasized the very real physical and psychological danger of marijuana smoking. In the spots, young people themselves related their experiences to get across three themes: peer pressure; mental and emotional problems associated with use; and the fact that when the "fun" stops, important relationships and activities are negatively affected. Each spot combined one of the three themes with the latest scientific research. In order to maintain authenticity, the young people who told their stories in the spots were selected from a drug abuse rehabilitation program.

Here are two of the 60-second spots:

(ARNIE) "My name is Arnie, and I'm not an actor. For several years I smoked a lot of marijuana. It really messed up my life. In school my grades went down—I just couldn't concentrate or think clearly. And it caused a lot of emotional problems. I had wild mood changes. I'd either be really withdrawn or else very angry and aggressive: then I'd hit my brother or sister, or smash things, or fight with my parents. I just couldn't have decent relationships."

(ANNOUNCER) "Arnie's experience isn't unusual. Research shows that marijuana smoking can impair health and mental functioning. And it can also cause serious emotional problems."

Anti-Drug Youngsters Gain From Lawyer's Career Switch

Michael Winchester is a young man from Council Bluffs, Iowa, whose interest in drug abuse prevention began after he was graduated from law school, but—fortunately for many youngsters—before he went off into the world of torts, courts and briefs. We say fortunately, because Mike's interest in drug abuse prevention, initiated by his experience of trying to stop a friend from using, has evolved into a full-time job directing innovative programs and creating publications that really get the anti-drug message across by speaking to youngsters in their language.

Mike is currently president of Parents-Peers-Prevention, Council Bluffs, and also Youth Involvement Chairman, PRIDE—Omaha, Inc. He is also one of the youth leaders on a committee that is advising ACM on a forthcoming publication, "A Guide to Drug Abuse Prevention for Volunteer Youth Leaders" (watch for more news about this publication in the next ACM Newsletter). ACM is developing the Guide under a grant from ACTION.

On a recent visit to the committee in Omaha, Executive Director Dogoloff watched Mike in action. Under Mike's guidance, a group of high school students put on a skit they created for elementary school youngsters and their parents. After the presentation, Mike went out of the room with the children to answer their questions, while parents' questions were fielded by anti-drug parent group leaders. The elementary youngsters appeared fascinated by the skit. And they laughed, too, because the high school "actors" had obviously picked up a few of Mike's antics, which he amply demonstrated in his introduction to the skit. As they left that evening, both youngsters and their parents were busily chattering about the program they had seen.

Mike recently told ACM about a proposal for his group of 130 trained high school freshmen and sophomores, who are "chomping at the bit," to take over the drug education program in the Council Bluffs elementary schools. Calling themselves "Keep Off the Grass"(!), they plan to work with 4th, 5th and 6th graders, emphasizing education "so the kids will be learning something about drugs and why they shouldn't use them."

Mike's success is due largely to his

staccato, attention-getting, humorous presentation methods. He's a "live wire," whose enthusiasm is catching. He shared one of his publications with us, and we in turn would like to describe it to you; its content and style give clues as to why his programs are so popular and why his messages can be expected to get through to youngsters. The publication, "*Pick a Future*," is nothing fancy—just a few pieces of hand-written material. There's a cover: the title "*Pick a Future*" separates two groups of headlines; one group negative ("Adolescent Suicide on Rise"; "Slain Girl, 13, Was Street-Wise and Troubled"; "Apathy, Drugs, Jobs Top List of Problems"), and the other group positive ("Teenagers 'Sick of Pot'"; "'Peer Pressure in Reverse' to Fight Drugs"; "Youths Spread Anti-Drug Message").

Here are some excerpts from the text:

"Teenagers are Powerful People! Believe it or not, adults get really 'turned on' by bright-eyed, sturdy, confident, competent kids. More important, though, is the example you set for younger people. Just think, if it suddenly became very 'uncool' for high school kids to smoke pot, do you think junior high kids would still toke? And, if junior high and high school kids stopped doing drugs, do you think many elementary school kids would be experimenting? If you're a teenager, you can make a big difference with younger kids. If you can't, who can? If you don't, who will?"

Here are some of Mike's ideas on how youngsters can start an anti-drug group (notice the abundance of "Do's" and the scarcity of "Don'ts"):

1. **"Stalk your game.** If you think you can influence friends your own age, think about how you'd handle certain situations. If you're going to go after junior high kids, hang around your old junior high. If you want to work with elementary kids, ask a former elementary teacher if you can sit in on one of her classes. Look! Listen! Learn! The purpose? To help you appreciate just how influential you can be!

2. **"Get some bodies.** Strength lies in numbers. Talk to people who feel the same way you do. See if they're willing to help. Especially if you're going to be working on your own peers.

Members... We Still Need You!

Many of you have received your membership renewal forms, but some of you have not sent them in so that you can receive the Newsletter and word of ACM's activities. Let's hear from you, **please**. If you have already sent in your form (and check), won't you please find a friend who would like to join, too? AND...does your school have ACM's School Library Kit?? If not, see the order form elsewhere in this issue to order the kit, which includes the complete series of 13 ACM monographs.

You'll need some support. Stick together. Make it clear that you're not 'Narcs.' You have an important **mission**—to make kids better informed about drugs.

3. **"Brainstorm with your friends about what you think you can accomplish and how you can go about doing it.** Whatever you decide to do, come up with a plan you can present to interested adults.

(Remember, adults love to shuffle papers, so write some things down to show to them.)

4. **"Get some adults in your corner.** Select an administrator, counselor, teacher or other adult you respect. Meet with that person and discuss your plan. Enlist his/her help and support. He/she can help you set a **time, place and format for your first meeting.** Just remember, this is **your** program.

5. **"Plan your first official meeting.** Invite a speaker. Plan a fun activity to follow your meeting. Make sure your second meeting is planned before you have your first.

6. **"Before your first meeting, recruit more members.** Welcome anyone who is willing to work for drug-free living. If possible, former users should be recruited.

7. **"Put your new knowledge to work.** Put together a folder of materials on drugs for your school library. Tell your friends what you're learning. Become known as an 'expert.' Above all else, set a good example. Start making it cool to be **against** dope!

8. **"Don't give up!"**

You can be sure we will be hearing more about Mike Winchester.

ACM Responds—I

In reply to an editorial by Peter Passell in *The New York Times* on November 29, 1982, ACM President DuPont wrote the following (which *The Times* printed on December 12):
To the Editor:

Peter Passell argues in his Nov. 29 Editorial Notebook article for "regulation and taxation" of marijuana. Legalization would, he writes, produce tax revenues of up to \$2 billion a year and provide uncontaminated and even "low tar" pot.

Many readers may have wondered "Why not?" There are answers.

Before getting to them, however, several facts need to be understood. In the last decade, the catalogue of negative health effects of marijuana—once thought to be a "harmless giggle"—has grown alarmingly, to include serious damage to the lungs, brain and reproductive organs as well as a wide range of behavioral toxicities whose ultimate effects range from decreased school and work performance to highway fatalities.

Along with the growing awareness of these serious health effects, marijuana use among the young, which had risen relentlessly for two decades, peaked in 1978 and now appears to be declining. Public support for legalization and even the less extreme "decriminalization" also peaked in 1978 and is now declining. No state has decriminalized marijuana possession since 1978.

Still, marijuana use remains unacceptably high. In 1979, four million of the nation's 12- to 17-year-olds smoked marijuana, while "only" 2.8 million smoked tobacco cigarettes. In 1981, 7 percent of American high school seniors smoked an average of 3½ marijuana cigarettes a day; "only" 6 percent of this group drank alcohol daily.

When considering legalization of marijuana, it is well to remember that the arguments favoring it apply to all other drugs, including cocaine, PCP and even heroin. If we are willing to legalize pot to provide possible tax revenues and to give the users a "pure" product, why not do the same for other drugs? It was once believed that marijuana was significantly less toxic than other illegal drugs. This comforting thought has been shown to be dangerously wrong.

What would the effect of legalization of marijuana be on the levels of use in our society?

For those who think legalization will not increase use, the American ex-

perience with repeal of Prohibition is instructive: Levels of alcohol use and the health problems associated with that use have risen steadily since 1933.

How many more children are we willing to lose to marijuana to get that hypothetical \$2 billion tax windfall? How many more families will we wreck? How much less productivity, how many more highway fatalities?

Any thought of legalizing marijuana leads to thoughts of our national experience with the two traditional legal drugs, alcohol and tobacco.

While these drugs are so common as to seem almost trivial, as a physician concerned with the public health I cannot dismiss the fact that fully 30 percent of all American deaths in 1982 will have been premature because of these two drugs. Is that a precedent we should follow with another drug, a drug that appears to be more toxic than either alcohol or tobacco?

But one answer to the question "Why not?" stands out beyond all others: Why give up the effort to turn around the epidemic of marijuana use in the U.S. just as it is, for the first time, declining?

I can think of only one reason: the marijuana lobbyists are desperate. The "reforms" of permissive marijuana laws touted in the 1970s are now politically dead, so all pretense of compromise is being dropped. With it goes the one best argument the pro-pot forces had, namely that legalization is inevitable.

Mr. Passell makes this argument clear when he concludes, "...marijuana is here to stay. Some day, some way, a prohibition so unenforceable and so widely flouted must give way to reality." Would he use the same argument in regard to highway speed limits, which are surely more "widely flouted"?

It is unlikely that marijuana will be eliminated from the American scene, but major reductions in its use, and in the problems caused by that use, are now being achieved. Why quit while we're winning?

Robert L. DuPont, M.D.
President, American Council on
Marijuana and Other
Psychoactive Drugs
Washington, Dec. 3, 1982

ACM Responds—II

Newsweek's cover story in the October 25, 1982 issue, elicited the following response from ACM Executive Director Dogoloff:

October 21, 1982

The Editor
NEWSWEEK
444 Madison Avenue
New York, New York 10022

Dear Sir:

By choosing to devote two percent of your cover story on marijuana ("Guns, Grass and Money," October 25) to the drug's negative impact on our nation's health, you have performed an egregious disservice to Americans and the country. If this sounds over-reactive, consider this: in 1981, nearly 80,000 people sought treatment in federally funded drug centers for problems associated with marijuana use; drug-related emergency room admissions approach 10,000 a month; Americans pay over \$20 billion a year for lost productivity, accidents, and treatment services related to drug abuse; and, the cost of illicit drug use to industry in 1981 is pegged at \$16.4 billion.

Relegating the health issue to what is essentially a footnote to your story ignores the fact that parental attitude and public policy clearly deplore the use of marijuana, not just because it is illegal, but because of its deleterious effects on the human mind and body. Those effects are not suspected, as your one paragraph on the health issue suggests, but known, based on well-documented scientific evidence. We know that marijuana impacts negatively on the brain, heart, and reproductive system. We know THC, the principal ingredient in marijuana, impairs memory, reduces coordination and slows reaction time. Moreover, we know that using marijuana causes a short-term increase in heart rate while at the same time decreasing blood supply to the user's heart. While the history of marijuana use in this country is too brief to actually see cases of marijuana-induced lung cancer, it is known that marijuana smoke contains more of the same carcinogens that are present in tobacco smoke. Judging by the extent of marijuana use described in your story, scientists will have all the time they need—and unfortunately more than enough users—to prove the long-term effects of the drug. But enough is known now to have con-

vinced high school seniors in increasing numbers of the drug's threat to health—and that knowledge is spreading.

President Reagan stated that marijuana is dangerous. Hawaii County Police Chief Guy Paul, as you reported, recognizes the importance of "[leaving] marijuana to the health people." True, marijuana is a tremendous cash crop; but any economic relief reaped by growers is offset many times over by the price paid for using it in terms of the user's health. Marijuana in actuality is just as menacing to health as the ersatz farmer on your cover is to would-be raiders of his illegal crop.

Sincerely

Lee I. Dogoloff
Executive Director

ACM Responds—III

Harvard Business Review, in its January-February 1983 issue, included the following letter from Executive Director Dogoloff, commenting on an article by ACM Board Member Peter Bensinger in the *Review's* previous issue:

Peter B. Bensinger's article "Drugs in the Workplace" [November-December 1982] raises one of the most crucial issues facing the business community today. The use of illicit drugs by the work force is pervasive; it takes its toll on the entire company and affects the economy of the country. Americans pay an estimated \$20 billion a year for treatment services, accidents, and lost productivity related to drug abuse.

Part of the problem stems from the

regrettable misunderstanding that marijuana and cocaine are not harmful. There is now indisputable scientific proof that such drugs produce deleterious effects on the human mind and body.

Marijuana, for instance, has an ingredient that impairs memory, reduces coordination, and slows reaction time—THC. Using marijuana causes a short-term increase in the heart rate and decreases the blood supply to the heart. A person who tries marijuana even once carries traces of its chemicals three to four weeks later. Unlike alcohol, which the body rapidly excretes, marijuana chemicals stay for long periods in the lungs, reproductive organs, and brain.

The high school and college students who smoked marijuana in the school parking lot and lavatory now "do drugs" in the plant parking lot, the office garage, the executive washroom. The student whose concentration, learning ability, and memory were dulled by marijuana use is now perhaps a forklift operator, a school bus driver, a computer programmer, a pilot, a surgical intern.

Society becomes the victim—the unwitting buyer of the poorly wired stereo or the Friday afternoon car, the exasperated employer facing mounting security violations, the insurance company plagued with ever-increasing accident claims. Think of the effects illicit drug use has on quality control, productivity, and safety.

America's corporations have recognized the problem of alcohol abuse in the workplace for some time and have set up many programs to deal with it.

Now they must heighten their awareness of the illicit use of drugs on the job. Some progress has been made: according to the 1982 *Federal Strategy for the Prevention of Drug Abuse and Drug Trafficking*, 50% of Fortune "500" companies have employee assistance programs to help people with alcohol and drug problems.

NEW FILM FROM PRIDE

PRIDE (Parent Resources Institute on Drug Education) is offering HOW DO YOU TELL?, a new 16mm color/sound motion picture for elementary and junior high school youngsters.

The film combines live footage and animation to deal head-on with peer pressure and the ability to say "No!" to smoking, drugs and alcohol. It not only heightens awareness of the very real dangers of drug and alcohol use and abuse, but also acknowledges that there are always choices available. Aimed at the young people who are at the most vulnerable age for initiation into substance abuse patterns, the presentation encourages youngsters to connect with "If it isn't healthy, then don't do it."

The film, which is accompanied by a Leader's Guide that presents discussion questions, sells for \$295. Rental is \$50, applicable toward the purchase price within 90 days. A companion piece for this film is PRIDE's enlarged and revised BE FANTASTIC drug education piece. Designed for fourth and fifth graders, it provides the basis for a lively classroom discussion about marijuana and its harmful effects on growing bodies. Leaders receive special instructions, which include a lengthy list of resource material plus a folder, DRUGS IN A NUTSHELL, that gives brief but complete descriptions of the major psychoactive drugs that may involve the adolescent child.

For more information, contact PRIDE at its national toll-free information number—800-241-9746.

Letter to Share

Among the many letters ACM receives from students requesting information, the following one is very special:

"I have a friend, very special to me, who used marijuana for a year; he was rude, stubborn, hateful, careless, absolutely intolerable at times. I had not seen him for quite a while since we live so far apart, but when I ran into him the other day I discovered a completely new, different, certainly better person. The first thing he said was, 'Guess what? I don't smoke that stuff (pot) any more—I figured when you yell at your Mom and brothers for no reason, it's time things were changed.' At one time, it seemed like he had no feelings for anyone, and did not care how anyone else felt; now he is dating a very beautiful young girl who is just

as much of a lady as he (now) is a gentleman. I can say I am very proud of him—now he is trying to kick his cigarette habit, and doing very well. His attitude has gone from tough, rude bully to a kind-hearted, kind-worded person who everyone loves to be around. He said that besides realizing how he was treating his family, he learned that his mistakes could affect his children or grandchildren, and being such a favorite with children he couldn't stand it any longer. I seriously don't think his friends could have taken it much longer either—I am so proud of him. I hope others will learn what he has learned before it's too late."

Sonia Lankford
Franklin High School
Franklin, Tennessee

Conference? Meeting?

ACM will provide catalogs, which list available publications, films, and kits, for distribution to your group.

Just let us know how many you need.

ews Views News Views News View

Dallas Morning News, October 10, 1982:

"Chronic marijuana smokers are responsible for a 'silent epidemic' of auto accidents in Dallas, according to a joint toxicological study conducted at Parkland Memorial Hospital and the Southwestern Institute of Forensic Sciences.

"Both physicians who treat auto accident victims at Parkland's emergency room and forensic pathologists who investigate traffic fatalities at the medical examiner's office say they are certain that marijuana users who drive while 'stoned' cause a significant number of Dallas traffic accidents."

* * *

USA Today, October 22, 1982:

Reporting on the spread of cocaine use, Susan Thomas notes that the number of cocaine users admitted monthly to federally funded treatment centers tripled between 1977 and 1981. "And that figure doesn't tell the full story. At prices of \$2,000 an ounce and up, most cocaine users—estimated at more than 15 million—are young and affluent and seek private medical help."

An official of the U.S. Drug Enforcement Administration points out, "It's no longer just a rich man's drug. We're finding cocaine abuse all around the country among different kinds of people. It is widely available everywhere."

* * *

The New York Times, October 26, 1982:

"Narcotics agents with helicopters and machetes... made eight arrests and seized 2,200 high-grade marijuana plants and 1,100 pounds of dried marijuana in their fourth annual harvest-time raids on illegal plantations in northern California.

"State narcotics spokesmen, however, ... expressed doubt that the operation will have much overall effect on marijuana production in the state, which they estimate is worth \$1 billion annually."

New York Magazine, December 13, 1982:

In his feature article, "*There's No Business Like Drug Business*," author Nicholas Pileggi reports, "The cost to New York City of its largest cash crop is incalculable." Pileggi notes that gross revenues from illegal drugs are estimated at \$45 billion, almost double the gross revenues from the retail trade (\$24.5 billion, according to the latest New York City figures).

The article also quotes Inspector Dennis Ryan, head of the New York City Police Department's Narcotics Squad, as saying "About 90 percent of those arrested selling marijuana around schools—and we're mostly talking about elementary schools—are not students but either truants or recent dropouts."

* * *

The Washington Post, January 5, 1983:

Following the lifting of a ban 13 months ago on U.S. involvement in foreign paraquat operations, the U.S. will help foreign governments eliminate their marijuana crops with the herbicide. The State Department, which prepared an environmental impact statement saying the benefits of using paraquat outweighed the potential risks, estimated that "foreign supplies could be cut by up to 70 percent under the programs." "This would be particularly important with regard to school-age children who would be less likely to afford a drug price increase," State said.

* * *

Readers!!!

Send us articles or related items that you would like to share. They will be considered for inclusion in the *News Views* column.

RADIO SPOTS...

(Continued from page 1)

(STEPHANIE) "My name's Stephanie, and I'm not an actress. I started smoking marijuana because my friends were, and I wanted them to like me: I didn't believe in myself. Marijuana made me self-centered. I stopped caring about other people—my family, my friends. All I cared about was getting high. I think smoking marijuana stunted my emotional growth. It locked away all the feelings I should have had—love, anger, sadness. All it gave me was the feeling of getting high. That was the limit of my experience. When I stopped smoking, I had a lot of growing up to do." (ANNOUNCER) "Many kids start smoking marijuana to be cool, to be liked. But they often find that marijuana can cut them off

from friends, family—and from their own feelings." (STEPHANIE) "You don't have real feelings when you're smoking marijuana. It just cuts you off from yourself and other people. So why even get started?" (ANNOUNCER) "If you've been looking for a good reason to say NO to marijuana, you've just heard one. A message from the American Council on Marijuana."

The 60-, 30- and 10-second spots sent to 1,000 radio stations were accompanied by a card requesting information on the number of times the spot was broadcast. Calculations based on the returns of the cards provided the estimate of total airings. National Television News, producer of the spots, estimated their worth at more than

\$700,000 in commercial air time. More important, the gratifying response shows that radio stations are receptive to youth-oriented drug prevention messages.

RADIO SPOT CASSETTE is available for \$15.00 postpaid. Includes a transcript and tape of three different messages in 60-, 30- and 10-second versions. Your group could arrange with a local radio station to air the messages as a public service. A good project! Please allow 3-4 weeks for delivery. Send orders to ACM, 6193 Executive Blvd., Rockville, MD 20852.

ACM Order Form

PLEASE be sure to provide name and address.

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Scientific Monographs			
Cocaine Today		\$ 2.50	
Marihuana Today: A Compilation of Medical Findings for the Layman		3.00	
Marijuana Smoking and Its Effects on the Lungs		2.50	
Marijuana and Reproduction		2.50	
Marijuana: The National Impact on Education		2.50	
Marijuana and Alcohol		2.50	
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The Marijuana Controversy: Definition, Research Perspectives and Therapeutic Claims		2.00	
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A Pediatrician's View of Marijuana		2.50	
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Marijuana and You: Myth and Fact		.45	
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Some Unsettling Thoughts About Settling in with Pot		.30	
Marijuana: Biomedical Effects and Social Implications, Conference Transcript		5.00	
Kits			
Physician's Kit		15.00	
School Library Kit		26.00	
Postage and Handling			
1-5 copies.....		1.75	
6-15 copies.....		2.50	
		SUBTOTAL	
Film			
"Danger Ahead: Marijuana on the Road"	<input type="checkbox"/>	Purchase	225.00
	<input type="checkbox"/>	Rental/Five Days	25.00
PREFERRED DATES FOR SHOWING ARE:			
FIRST CHOICE	SECOND	THIRD	
Membership/Donation			
TOTAL**			\$ \$

* Quantity discounts are available on request.
 ** Educational institutions may be invoiced; payment must accompany all other orders. **Checks/money orders should be made payable to: The American Council on Marijuana.**

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