

You Know You're A Foster Parent When...

You open the garage door and passing cars stop thinking all of the bikes, toys and baby furniture mean "Garage Sale!"

You get your exercise from walking or carrying the kids to time out!

You do Roll Call in the car every morning.

You overhear that the reason you became a Foster Parent was because you weren't ready to be a REAL parent!

You just have to hear the initials ADD, ADHD, ODD, etc...and they are enough to make you groan!

You wind up talking to the therapist longer than the kids do!

You spend more time talking to your social worker than your spouse!

You take apart or put together beds at three o'clock in the morning!

Your mother is coming to visit and asks "How many do you have this week?"

Your local grocer tells you that if you ever move, he would like advance notice because he would have to lay off three employees.

When you have to count heads before setting the table every evening.

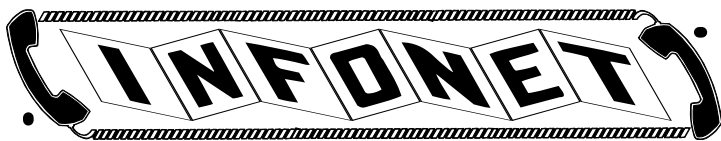


Honorable Max W. Cleland (D)
United States Senate
Washington, D.C. 20510-1001
E-mail: senator_Max_Cleland@cleland.senate.gov
Web: www.senate.gov/~cleland

Honorable Paul Coverdell (R)
United States Senate
Washington D.C. 20510-1004
(202) 224-3643
(202) 228-3783 (Fax)
Web: www.senate.gov/~coverdell

Or The Governor!

Roy Barnes
203 State Capitol
Atlanta, Georgia 30334
(404) 656-1776
Web: www.state.ga.us/governor/



The T.V. TRAP

Family Study: Kids who watch TV and music videos are more likely to start drinking
by Eric Fidler, Associated Press Copyright 1998 by The Associated Press. All Rights Reserved.

CHICAGO (AP)--High school students who watch lots of television and music videos are more likely to start drinking alcohol than other youngsters while those who rent movies are at less risk, according to a new study. The Stanford University survey of 1,533 ninth-graders also showed that playing video and computer games had no effect. Watching TV and videos made no difference in the drinking habits of those who already drank. The findings are not surprising given research that shows alcohol is the most common beverage shown on television, the study's lead author, Dr. Thomas Robinson, said Monday. "The great majority of drinking on television is by the most attractive and most influential people, and it is often associated with sexually suggestive content," said Robinson, who works at the school's Center for Research and Disease Prevention.

The study found that each increase of one hour per day of watching music videos brought a 31 percent greater risk of starting to drink over the next 18 months. Each hour increase of watching other kinds of TV corresponded to a 9 percent greater risk. Each hour spent watching movies in a VCR corresponded to an 11 percent decreased risk. Computer and video games had no effect either way. The study, reported in this month's edition of the journal *Pediatrics*, looked at 2,609 ninth-graders in San Jose, Calif., and followed 1,533 of them for the 18 months. They reported their activities--how many hours playing video games, for example--and were asked how many drinks of alcohol they had ever had and how many they had in the previous month. Over the next 18 months, 36.2 percent of 898 nondrinkers began to drink. Television habits had no effect on the 635 students who already drank.

Alyse Booth, spokeswoman for the National Center on Addiction and Substance Abuse at Columbia University, said the results of the study did not surprise her.

"There is a tremendous glamorization of the use of alcohol."

Family Study: Pediatricians Suggest Limits on Television

by Eric Fidler, Associated Press Copyright 1998 by The Associated Press. All Rights Reserved.

CHICAGO (AP) _ Children under 2 shouldn't watch television at all, not even "Barney" or "Sesame Street," the American Academy of Pediatrics recommends. And older children should not be allowed to have televisions or computers in their bedrooms, the 55,000-member academy said in a report in this month's issue of the journal *Pediatrics*.

The academy said research shows direct interaction with parents and other caregivers is necessary for babies' and toddlers' healthy brain growth and the development of social, emotional and cognitive skills. Watching television may interfere with that interaction, the report said. TV viewing also can affect the physical health of young people, the academy said, and pediatricians should take a "media history" of patients to go along with the traditional medical history. The medical organization is giving its members a questionnaire for young patients, asking about their time spent on movies, computer games and the Internet. The pediatrician could then counsel parents about areas of concern, the report said.

"The importance is to get the message out to people that TV and media consumption has significant health effects on children," said Dr. Miriam Bar-on, chairwoman of the academy's committee on public education, who helped write the study.

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