

Your legs ten times to the right, pause, then ten times to the left. Lower your legs slowly.

THE LEG KICK

Lie flat on the floor with your hands behind your neck. Raise your legs six inches above the floor, the same as with leg lifts. Alternately kick your legs up and down at an easy pace without touching the floor. Keep your legs straight and locked at the kneecaps. Lower your legs slowly.

THE PUSH UP

Do them any way you want to. Ten— if you can. If not, do what you can — *but do them*.

Do one set of each (minimum) then take a walk. Come back, take a shower, talk to yourself in the mirror, have breakfast, take your vitamin and boogie on down the road ready to perpetuate a good time on one and all —*yourself included*.

That's it. Unless you want to do it again later — before you go to sleep. This is no big deal in itself, but it does get you into the habit of getting physical every day. This is a starter set — like the training wheels on your bike.

DID YOU KNOW?

At least 50% of the drugs on the street are misrepresented? This means that half the time you buy something you're not getting what you think you've bought. You *can* be sure that whatever you're getting is ten times worse than whatever you thought you were buying. People don't cut dope with things that are good for you. People cut dope with things that make them money. Rat poison, battery acid and/or PCP are a lot cheaper than vitamin B powder.

If you're allergic to cocaine you can die from snorting a single line. This can happen the first time you try it — or five years later. Cocaine isn't usually included in the scratch test you get to check out your allergies. The only way to find out if you're allergic to cocaine is to try it – *then it's too late*. And so are you. Your first high could be your last.

There are over 400 active chemicals in marijuana and only one of them gets you high. No one is sure what the other 399 do but it probably isn't good for you. Smoking one joint is the equivalent of smoking five cigarettes. Even if you're a health freak non-smoker, smoking a couple of joints a day is like smoking a half a carton of Camels a week.

Crack is cocaine from which the salts and sugars have been removed. This causes the cocaine to vaporize at a lower temperature so you can smoke it. It causes heart disease, lung disease, mental disease, broke disease, divorce disease, incarceration disease and worse. If you're into convulsions smoking coke is right up your alley. Hit the pipe too hard and you fall over dead.

It's instantly addicting. One pull on the pipe and you're history. It tweaks the pleasure centers of your brain making eating, sleeping, making love, your job, your boyfriend, your girlfriend, your wife, your husband and kids, your dog or anything else that comes to mind a thing of the past. Pretty soon you become a thing of the past with everything else.

Smoking cocaine is definitely not your long term type of project. Six weeks, if you live that long, is more than enough time to do the trick. Just leave a little something for the kids and spouse. Mutual of Omaha doesn't pay off if you cremate yourself because you hit the pipe once too often. With crack, ***once is too often***.

As Frank Zappa so aptly stated, "SPEED KILLS!" It's the same today except the drugs are deadlier. Speed, or Crystal or Ice

or Crank is a very powerful central nervous system stimulant. It follows the law of relativity. The higher you go – the harder you come down. Sometimes you come down six feet under.

Crystal induced psychosis can develop within a few weeks. All of your body functions accelerate to a pace your body can't handle. It causes about the same end results as crack except you don't stay in your room for the rest of your life. You vibrate out the door and tend to commit violent mayhem on anyone available, thereby ruining not only your own life, but the life of anyone who happens to cross your path. This makes it a social drug of sorts. It's like running the Boston Marathon when you're fifty and out of shape, reaching the finish and not stopping. ***You run til you die.*** Your body literally burns itself out. It's not a fun drug – especially if it's been cut with PCP, which it frequently is.

PCP is the most misrepresented drug on the street. This is because it's sold as anything and everything. On a one to one basis, it's the most dangerous and versatile drug out there. In low doses it acts as a stimulant so it's used to cut cocaine or crank. In medium doses it acts as a depressant so it's sold as a downer. In high doses it acts as a hallucinogen and is palmed off as LSD or mescaline. It causes long-term psychological problems. ***It stays active in your body for up to ten years — even if you only use it once.***

With PCP violent flashbacks are a thing of the past, present and future. It can be smoked, snorted, eaten, drunk or taken intravenously — a drug for all seasons. The effects aren't uniform depending on how it was made and whose garage it was made in. ***You never know if you are going up, down, sideways or out.***

PCP is a painkiller. That's why people can break handcuffs when they are high on PCP. Of course they break their wrists too, but they don't usually find that out until they come down – if they come down. Police and other people often have to shoot someone who's freaking out on PCP since it's the only way to

get their attention.

PCP is a *very* nasty drug. With PCP there's no foolin' around with Mr. In-Between. Once you've had it, you've had it. Maybe forever. It doesn't go away.

Designer or bathtub drugs are the riskiest to use up front. They're manufactured with absolutely zero quality control under totally un-sterile conditions in someone's garage or motel room or in the back seat of their Honda. You never know what you're taking or what the dosage is. The guy who made it doesn't know so why should you. And for sure he doesn't care if you live or die. You are literally taking your life in your hands every time you pop, snort, smoke, shoot or eat one of these little rascals. I'd go on, but I'm sure you've got the drift.

Alcohol is a nasty depressant. Cocaine is a nasty stimulant that turns into an even nastier depressant. Alcohol brings out all the finer aspects of your personality. It enables you to turn a normal conversation into a brawl without even realizing you're doing it.

As far as relationships go alcohol is tops. It practically guarantees that whomever you live with, want to live or used to live with is terrified of you at all times. You don't remember what you say — *but they do*.

Alcohol is simply marvelous for your appearance. Every drink has enough calories to keep an escort class aircraft carrier going for a week. Six months of heavy drinking and you start looking like Orson Welles with a thyroid condition — unless you're doing coke or crank along with it. If this is the case, you probably won't put on the tonnage. You'll start resembling something that springs up overnight under your porch after a heavy rain.

You snort to go up – you drink to come down. Up! Down! Up! Down! You're trying to achieve some kind of mystical balance. ***Like being straight.*** Think about it.

Here's one of my personal favorites – the old “hair of the dog” trick. You feel so lousy after being out all night having “*fun*”