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Can something be done about it?

It can be about anything, the political scene, our family life, school system, anything. I am sure we have all thought about this question many times, possibly more so these days than ever before.

I started thinking about it the other day since the question was posed in what I was reading by the author, L. Ron Hubbard, who continued to say how there is always *something* that can be done about it and also how

thinking or believing that nothing could be done is the worst state of mind to be in. I mean that would be apathy, right?

Imagine you, or a family member or a close friend are out of a job and you feel nothing can be done about it. Or that you or a loved one are in some kind of trouble and nothing can be done about it. That the world is full of cruel people and there is nothing that can be done about it. That would be a very sad state of mind to be in.

Imagine if Mahatma Gandhi had shared that same viewpoint. He led a peaceful revolution and freed India from British rule – that is unfathomable these days. But he believed something could be done about it and he went ahead and did it!

Now we are not all Mahatma Gandhi unfortunately but we all *can* do *something*, no matter how small or big, about any situation in our lives we may not like.

But what can we do when we feel things are happening that are just out of our control and there seems to be nothing we can do? Well, the wrong



thing to do is to do nothing as that always comes back and gets us. You can't know something is wrong and turn your back on it and do nothing – that is just the way the universe works.

Then what should we do?



It can be anything, a smallest step to help the situation will be better than doing nothing. I met a lady a couple of weeks ago who worked as a volunteer in a homeless shelter and she helped one of the young girls in that facility finish high school while working, who then got accepted to Yale on a scholarship and is now there studying to become an attorney. And her goal is to come back here and help others who are in the same situation she was in.

Miracles like this do happen and are actually happening all around us and the reason they *are* happening is because “ordinary” people are helping and doing *something* about it!

As the first step I think we need to become more aware of our surroundings and the people in it and the situations around us. We need to *look* and see what is going on, so look at your kids, your families, your friends and your communities and really see how they are doing and what is going on.



**Are your friends becoming more distant from you?**

**Are your kids spending too much time on social media?**

**Are they talking less & less to you?**

**Are they spending more and more time alone in their rooms?**

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Go talk to them and find out how they really are doing.

More often than not, it is these feelings of seclusion and loneliness and having only “social media” friends that cause depression in our youth which can lead them to drugs or even worse, suicide.

So look around you and if you see something you don't like (and there seems to be plenty to choose from these days) find out what it is, no matter how small, that you can do about it and then do it.

Find a group in your community that is pushing a cause close to your heart and volunteer there. For me, volunteering with the Foundation for a Drug-Free World has been really a blessing as I have loved educating kids and parents on the Truth About Drugs and have met some wonderful people along the way. And it is funny how when you help someone, the person who will benefit the most is you!

There is *a/ways* something you can do about it, no matter how bad the situation may seem! Let's keep that in mind as we close out 2021 and start the new year and let's start it with this quote in mind which is another favorite of mine:



“ What would you attempt if you knew you could not fail? ”

- Robert H. Schuller

Have a Merry Christmas!

Koko



## Pop Quiz

Who drinks more, men or women?

[VIEW THE ANSWER >](#)



## Myth Buster

**Myth:** Drinking helps a person relax and so helps with anxiety.

**Truth:** Alcohol in fact makes anxiety worse and here is why. Alcohol is a depressant and so initially may help a person feel calm and relaxed which it does by changing levels of serotonin and neurotransmitters in the body

but once the relaxed feeling and the effect of alcohol wears off, the anxiety can come back worse than before.

## The Truth About Alcohol



Through this interactive course you will learn the truth about alcohol. Get straight talk about alcohol in its many forms from those who overcame addiction.



[START THIS FREE COURSE >](#)

## Press Release



### Award Ceremony Held at Church of Scientology Honoring Local Heroes Fighting Drug Abuse

**The Heroes of Los Angeles award ceremony held at the Church of Scientology of LA recognized those making positive change with effective solutions to drug abuse and homelessness, through the Foundation for a Drug-Free World.**

The last weekend of October saw the first annual Heroes of Los Angeles Celebration honoring a group of Angelinos who have dedicated their lives to helping others and who are making real change in the world. The event was held at the Church of Scientology Los Angeles hosted by Betsy Davis, the Director of Public Outreach for Drug-Free World Los Angeles.

The event was a celebration for Red Ribbon Week, the nation's oldest and largest drug prevention awareness program. It also marked the 15th anniversary of the Foundation for a Drug-Free World and commemorated fifteen years of dedicated drug education and drug abuse prevention activities internationally.



The event opened with this welcome, from Mrs. Davis, “Tonight, we are addressing the issue of drugs and their effects, and the inextricably connected problems of hunger and homelessness right here in Los Angeles. But, as you'll soon see, you, and everyone else here tonight, are not just talking about the issues. All of you are do-ers. You see the problems we have in our city, and you are doing something effective about it.”

A partner in this event was Mr. David Sanchez from Strike Out Against Drugs. He presented the awards to Greg Cullen, Hope for the Hurting; Everett Pickens, Power Consultants; LA Door; Augustus Charles, U.i.BEAM; Edward Ovalle, Sponsor-Nsponsee; Brenda Villanueva, Pueblo Y Salud and Frank Kelly, No Drugs America.

The keynote speaker was Mr. Michael DeLeon, a relentless advocate helping the addicted since the year 2000. In those 21 years, he has dedicated himself to a mission to educate youth to stay on the right path when it comes to serious life issues, especially drugs, gang involvement, and associated criminal activity.

He founded the non-profit Steered Straight, with a program that reaches out to children, teens, and young adults with a message of reality about life choices and the importance of consequential thinking so that they understand there are consequences to their actions.

DeLeon explains, “Reaching out to the youth of our communities is a duty

we all share, but especially for the ex-offender. So few men and women come back from that path to help guide the young travelers of today. Steered Straight accomplishes that goal for both parties: the messengers of hope and the ears and eyes of youth.”



Top, left to right: Minister Tyrone Potts, David Sanchez and Yukon with others | Michael DeLeon with retired NFL Player Everett Pickens | Ms. Betsy Davis, Director of Public Outreach DFW LA | Gospel Rapper Yukon

# Start an Online Classroom



WELCOME TO THE  
**DRUG-FREE WORLD**  
**ONLINE EDUCATION**

THE FULL CURRICULUM ONLINE

No one questions the severity of the drug problem and its devastating impact on youth. Academic maladjustment and, even worse, drugs undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.

The Truth About Drugs education curriculum is the ideal supplemental aid for teachers, instructors and drug prevention specialists. The curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and anytime.

[Learn more >](#)

**IPAD DRUG EDUCATION APP**

The full Truth About Drugs curriculum is now available on the iPad with full access to the education curriculum right at your fingertips.

Download it now from the App Store.

 [Learn more >](#)

**IPHONE DRUG EDUCATION APP**

The Drug-Free World Truth About Drugs Education iPhone App, with this app, you will be able to review and grade your students' lessons right from your phone, with the information fully synchronized with your other mobile devices.

Download it now from the App Store.

 [Learn more >](#)

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SIGN UP AS TEACHER     SIGN UP AS STUDENT

E-mail Address:   
 Password:   
 Repeat Password:   
 First name:   
 Last name:   
 Country:   
 Language:

Enter Class Name:

Start a Class Today! →



## Pop Quiz Answer

Who drinks more, men or women?

Women! The latest U.S. data from 2019 shows that women in their teens and early 20s are drinking and getting drunk at higher rates than their male peers. And unfortunately, alcohol has a more damaging effect on women's bodies than on men's. Women are at greater risk for hangovers, blackouts, liver disease, alcohol-induced cardiovascular diseases and certain cancers.

Women generally have [less body water](#), which dissolves alcohol, than men of the same weight. That means the same number of drinks leads to higher concentrations of alcohol in the blood, and their body tissues are exposed to more alcohol per drink.

Interested in volunteering?  
We'd love to work with you!

[Join Us →](#)

Have questions? We'd love  
to hear from you.

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