

CC-ASAP

Choose Life, Not Drugs!

July 2009

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Random Student Drug Testing is not a reason to “bust students”, it is a way for schools to provide a deterrent against kids continuing to use, or begin using drugs.

Scientists have recently discovered that the brain is not fully developed in early childhood, as was once believed, but is in fact still growing even in adolescence up to around age 25.

Introducing chemical changes in the brain through the use of illegal drugs can therefore have far more serious adverse effects on adolescents than on adults.

Drug use impairs learning, memory, abstract thinking and problem solving, and it can lead to poor attendance dropping out of school, delinquency and behavioral problems.

A national study found that marijuana compromises the ability to learn and retain information. Learning becomes more

problematic the more marijuana a student uses and they get farther behind.

More than one out of 20 students in grades 9-12 (nearly 6%) smoke marijuana on school property. Almost 14 percent of youth who bought marijuana bought it

on school property.

Based on a longitudinal survey of 1,392 adolescents, ages 16-18, marijuana use was positively related to dropping out of high school. Students who never complete high school spend

more than twice as many years in poverty than do high school graduates. They are twice as likely to rely on public assistance for health care and four times as likely to be incarcerated.

Two-thirds of college stu-

dents who drink alcohol began drinking in high school, and eight percent began in middle school. Two-thirds of college students who use illicit drugs began using them in high school and seven percent began in middle school.

Random Student Drug Testing is one of the many deterrents school kids can have for quitting or never starting to use drugs.

This has become a topic of conversation with the schools in Murray and Calloway County.

Think about how many students would never try drugs in the first place because of the fear of losing an athletic scholarship. This is one more way for kids to say no to peer pressure, they have an automatic “out” because they are in a drug-testing pool, and don’t want to lose the ability to play sports, drive to school or be involved in their club.



Special points of interest:

- Stay safe this 4th of July Holiday
- Join in on the Freedom Fest activities, and enjoy Family Day in the Park
- Know what and who your kids are involved with this summer
- Know how alcohol can effect your brain

Smoke-Free Briggs and Stratton

Effective July 1, Briggs and Stratton will become smoke free on the production floor. Smoking will only be allowed in outside designated smoking areas.

This process began in January when the main entrance and cafeteria became smoke free.

We appreciate Briggs and Stratton so much for making the decision to become smoke free, the employees will feel better and become healthier.

Briggs and Stratton has had two Cooper-Clayton participants to successfully quit smoking. Another class will begin on July 22, and encourage many more participants to make the choice to live a healthier lifestyle, being tobacco free!

Each year secondhand smoke is the result of an estimated 53,000 premature deaths, and is the third most preventable cause of death in the United States. It causes 35,000 -40,000 deaths from heart disease every year, as well as 3,000 lung-cancer deaths among otherwise healthy nonsmokers. Secondhand smoke contains more than 4,000 chemicals, including over 60 cancer-causing carcinogens.

Smoke-free laws benefit businesses of all sizes, and their employees. A number of economic studies show that comprehensive smoke-free workplace laws have a positive impact on businesses by benefiting the health of workers, decreasing absenteeism, reducing janitorial and maintenance costs

and resulting in fewer smoking-related fires. It also may be easier to obtain lower insurance premiums, because many insurance companies look more favorably upon smoke-free workplaces.

Comprehensive smoke-free workplace policies reduce tobacco related illnesses and the costs of treating them, as well as protect our most vulnerable residents.

Let's encourage more of our local businesses to consider going smoke free in order to protect the health of all employees. Everyone has the right to have their health protected in a working environment.

Family Day in the Park

To end *Freedom Fest Weekend 2009*, spend a day with family and friends at *Family Day in the Park*.

This years event will take place on Sunday, July 5th from 3-6pm at the

Murray-Calloway County Central Park, near the amphitheatre. There is



no way any child could be bored between riding the Shriner's Kiddie Train, bouncing on inflatables, visiting with new animals at the petting zoo or enjoying pony rides. Kids will also have the opportunity to get airbrush tattoos.

There will be plenty of activities to keep your children entertained for the whole day!

Free hot dogs and drinks will be provided to all participants!

If that is not enough, you and your family can enjoy the Murray-Calloway County Park Pool for only \$1.

To cap off the night, the annual Gospel Explosion will take place from 6-8 pm in the amphitheatre.



FRIENDS OF CASA!

Friends of CASA is an annual fundraiser for CASA of Calloway and Marshall Counties, Inc. The night will consist of a dinner, silent auction as well as a live auction.

There will be a celebrity guest speaker who will discuss the importance of being good parents and taking the best care of our children.

A video will be shown stating the

"Bringing the Voice of a Child, to the Ears of the Court"

reasons why these children become CASA kids and actual children and real life stories of the CASA kids.

Being planned for August, CASA of Calloway and Marshall Counties

Friends of CASA fundraising event will be held at the Murray Banquet Center.

The event's guest speaker is Frank Wycheck, a Hall of Famer, former Tight End for the Tennessee Titans football team.

For the confirmed date for *Friends of CASA* and additional details for purchasing tickets, please e mail Karen Darnell@casacc@murray-ky.net or call the office at 270-761-0164

Help Prevent Impaired Driving During the July 4th Holiday

According to NHTSA, drunk driving is one of America's deadliest problems. In 2007, 12,998 people were killed in traffic crashes that involved at least one driver or motorcycle rider with a blood alcohol concentration (BAC) of .08 or higher.

However, much of the drunk driving tragedies can be prevented with a few simple precautions:

- Plan Ahead: Whenever you



plan on consuming alcohol, designate your sober driver before going out and give that person your keys.

- If you're impaired call a sober friend or family member to get you home safely.
- Use your communities transportation—transit, taxi etc.
- Promptly report drunk drivers you see on the roadways to

law enforcement.

- If you know someone who is about to drive or ride while impaired, take their keys and help them make other arrangements to get where they are going safely.

Remember, Buzed Driving, is Drunk Driving!

Be safe, and help others stay safe and smart this 4th of July holiday.

Provided by CADCA Coalitions Online.

Keep Your Kids Stay Safe this Summer!

Summer is a time for fun and leisure, but can also be a time that the most mischief can occur. Lets encourage our kids to have a safe summer filled with positive, drug and alcohol-free activities.

Most kids will go to camp, go swimming, maybe play

Summer should be a time for good, family fun!!

on sports teams. Though, some will experiment with the high of household chemicals or try their first beer at an unchaperoned friends house.

Help your kids have a summer filled with fun, and help keep them safe. Find healthy activities for your

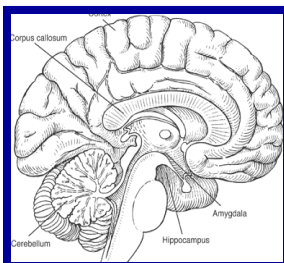
child, ask to talk to parents of the kids they are visiting. Ask questions, be nosy and surprise your children by coming home for lunch or coming home early every so often.

Do anything it takes to keep drugs, inhalants and underage drinking from taking its toll on your precious children.

Summer should be a time for good family fun, so help your kids to stay safe!

The Not so Funny Truth

What we normally see as funny side-effects of those who binge drink are actually quite serious. When we see someone slurring words, not making sense, stumbling and falling down, what we are actually seeing is the alcohol affecting the brain.



How Alcohol Affects Brain Structure and Function:

- * Slows brain activity.
- * As alcohol reaches the outer brain it causes inhibition, euphoria, and distorts judgment.
- * As alcohol reaches the cerebellum it affects coordination, perception and memory.
- * As the alcohol reaches the mid-brain it causes confusion, stupor,

poor reflexes.

* Once alcohol reaches the brain's inner core (medulla) heart rate stops and breathing ceases causing death.

These effects are even more damaging to the teen brain because it is still developing. For more information on brain development and alcohol, please visit www.niaaa.nih.gov.



Calloway County Alliance for
Substance Abuse Prevention
1169 Pottertown Road, Murray, KY

Phone: 270-762-7333
Fax: 270-762-7334

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Be Drug Free in
Calloway County!

We're on the Web:
www.ccasap.com

SOBER CRUISIN'

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Calloway County Alliance
for Substance Abuse Prevention
762-7332
www.ccasap.com

FACE
Resources, Training & Action
on Alcohol Issues

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention

Upcoming Events/Meetings:

CC-ASAP Meetings:

No July Meeting

Friday August 21

@ 12:30pm

Free Luncheon Provided!

@Murray Board Office

**Kip Survey Data will
be shared**

July 1—Briggs and
Stratton will become
smoke free!

July 3,4,5—Freedom Fest
and Family Day

July 6-9—4H Camp

July 11, 18, 25— Free
Sports Physicals for all
athletes in middle and
high school @ **MCCH Out-**
patient Services

***contact Melissa Ross @
762-1348 for more info.**

*All athletes are required to
have a physical, either at the
free clinic or by a physician*

July 23— Back to School
Blast—Call one of the
FRC/YCS for more info.

Summer Feeding and Activities Program:

June—July 17

(Except July 3)

**Monday-Friday MCC
Chestnut Park 11am-1pm**

Mon.—Hazel Community
Center

Tues.—Kirksey Baptist
Church

Wed.—New Concord Fire
Station 11

Thurs.—Dexter Commu-
nity Center