

CC-ASAP

CHOOSE LIFE, NOT DRUGS!

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The Truth About Alcohol

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As you read this article, you are using your brain to process information. Your brain is a vital nerve center with different parts that direct all kinds of processes in your body. Many of these occur without you even being aware of it, such as breathing, talking, walking, eating and sleeping. Your brain is also responsible for helping you learn new skills such as how to ride a bike or play an instrument. Drugs and alcohol can confuse your brain to the point where it has trouble making your body work the way it is supposed to. That's why people who drink too much alcohol have trouble walking and talking. But there are much worse things happening inside the bodies of people who habitually abuse drugs and alcohol. Much of the damage can't be seen until it's too late.

So what's so bad about alcohol? It's legal right?—at least for those 21 and older. But there are reasons for a legal drinking age. Parents you should know, kids who drink before the age of 15 are four times more likely to have alcohol problems when they are adults than those who begin

drinking after the age of 21. Research shows that the younger you begin using alcohol, the more likely you are to become an alcoholic. Parents, make sure you start talking to your children, before they start drinking.

Alcohol is involved in nearly half of all violent deaths involving teens. According to the Department of Health and Human Services, "In 2005, 29% of teens rode with a driver who had been drinking alcohol, and 10% had driven after drinking". Also, 31% of teen drivers killed in 2006 had been drinking according to the NHTSA. Suicide attempts are higher among teens that drink than among those who don't. Drinking alcohol can even be fatal if too much is consumed in too short a time. Consuming five drinks in any one occasion is considered binge drinking.

Like many people, you might be thinking, "I can try it once. I won't get addicted." But guess what? You're not in control. Your brain is. When you use alcohol—just once—your brain's pleasure center is

alerted. That can set up a craving for more that can negatively affect ones life. Parents, your child's brain is not fully developed until around age 25, and studies have shown that even a small amount of alcohol can effect how the brain will develop.

When risk is not perceived about alcohol, there is a greater chance of alcoholic tendencies to occur. Based on the results of a 2006 survey of Murray-Calloway County students, 7% of 6th graders, 11% of 8th graders, 16% of 10th graders, and 14% of 12th graders perceived "no risk" of drinking one or two drinks of an alcoholic beverage nearly every day. It is of the utmost importance to educate the children of our community on the risks of consuming alcohol at an early age.

Always remember to talk to your children before the possible path to addiction begins, "Start Talking, Before They Start Drinking"!

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Special points of interest:

- Your brain is not fully developed until around age 25, any alcohol consumption before that can negatively effect how the brain will develop
- Parents: "Start Talking, Before They Start Drinking"
- Next ASAP Meeting will be Friday, March 20 in the Public Library @ 1 p.m.

Dr. Thomas Cooper, D.D.S- Method to Quit Smoking

Monday, February 23, and Tuesday, February 24, 2009, Dr. Thomas Cooper, D.D.S. visited the Murray community to discuss nicotine addiction and the Cooper Clayton Stop-Smoking Method. Dr. Cooper was able to meet and educate over 70 people from our community face-to-face. Dr. Cooper smoked heavily for 36 years and was only able to

become a non-smoker after developing and implementing a nicotine replacement therapy regimen.

Dr. Cooper never knew the problem he faced until he witnessed a man having trouble breathing from smoking. The man had an identical pattern of smoking, was the same age of 53, had been smoking for 36

years and smoked an average of 30 cigarettes a day. It was then that Dr. Cooper had an epiphany, if this man was the same age, had been smoking the same number of cigarettes for the same number of years, and was in this bad of health, he realized this could easily

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2nd Annual Murray in Motion

The second annual Murray in Motion (MIM) – Fitness Festival is scheduled for Saturday, April 11th from 9 a.m.-11 a.m. at the Regional Special Events Center (RSEC) on the campus of Murray State University.

Numerous free health screenings will be provided as well as a wide variety of health information will be distributed. In addition, many fun activities are planned to promote healthier lifestyles including a bike ride (registration separate), a rock climbing wall, disc golf demonstrations, and inflatable's. Children ages 2-12 also will not want to miss the Eggstravaganza Easter egg hunt to be held on the practice field next to the RSEC at 9:30 a.m. This co-event, sponsored by the Murray Calloway County Parks and Recreation, is sure to

be exciting.

If you or your organization would like to provide a free service that promotes or encourages healthy lifestyle behaviors, please contact Cathy Morris (cmorris@ci.murray.ky.us) to receive an application to participate then reserve booth space.

All applicants will go through a screening process by the committee to ensure the information or service being disseminated promotes or encourages healthy lifestyle behaviors (For example, no promotion of tanning services, fried foods, etc. will be allowed).

For more information on the Metric Century bike ride, contact Lance Allison (lallison@mymurray.com).

For general information about Murray in Motion, contact Amelia Dodd at 270-809-6463 or amelia.dodd@murraystate.edu.



Come enjoy inflatable's among many other fun activities!

Dr. Cooper Cont.

turn into him. He knew he had to quit. It was then he began working with Richard Clayton, Ph.D., an internationally recognized expert on drug addiction, to get Dr. Cooper off cigarettes.

Since then, they have worked together to get over 1,200 people to quit smoking. Dr. Cooper's steps to be successful in quitting smoking are to be realistic, re-

"I Felt better at 78 as a non-smoker than I did at 53 as a smoker"

ceive adequate nicotine from Commit lozenges, or the Nicoderm patch to prevent withdrawal, trust the nicotine replacement, have realistic expectations, use the replacements long enough to break your dependence,

recognize anxiety, and keep your anxiety in check. Being a non-smoker has turned Dr. Cooper's world around, "I always thought I felt like a normal 53 year

old, but I felt better at 78 as a non-smoker than I did at 53 as a smoker". One main element he wanted people to understand was to never expect someone to quit "cold turkey", that is "inhumane". Dr. Cooper wants to encourage those interested to be a part of his program, it really does work!

Anyone interested in starting this program, or for more information contact Jamie Smith with the Kentucky Cancer Program @ jamiesmith@vci.net, by phone at 270-442-1310, or visit them on the web @

www.kycancerprogram.org

2009 CASA Volunteer Advocate Training

CASA of Calloway and Marshall Counties, Inc. announces the upcoming spring 2009 Volunteer Advocate Training!

Bringing the voice of a child to the ears of the Court is a tremendous responsibility.

We need your help!

CASA of Calloway and Marshall Counties, Inc., will be holding the new CASA Spring 2009 Volunteer Advocate Training during the month of March.

If you or someone you know is interested in joining us in making a significant difference in the lives of abused/neglected children, please email Cindy Graves

or Karen Darnell at casacc@murray-ky.net or phone 270-761-0164 for more information.

Our CASA office is located in The Maple Center, 300 Maple Street, Suite 107.

We are looking forward to hearing from you!

“PURPOSE” Program- Madea Faith

“Purpose”, is a drug prevention program aimed at students from kindergarten through grade twelve. It is designed to reach students and teach that each and everyone has a value and purpose in this world and any kind of drug use interferes with this purpose. Scientifically we know that the impact of a session about drug abuse lasts only about 48 hours for students, therefore this program is designed to be repeated and implemented in different ways to have a greater impact on the students decisions to use or not to use drugs. I have found that as a person realizes they have a purpose in their life, they are less likely to use drugs, or even try them. These children do not understand this and many of them have friends, relatives and yes, even parents that have convinced them that their lives do not serve a valuable

“I have found that as a person realizes that they have a purpose in their life, they are less likely to use drugs, or even try them”

purpose. As a speaker, I talk about the value and purpose of each individual and how drugs will greatly impact that value until, eventually; the drugs take away any sense of purpose and turn this valuable person into an addict. I truly believe that as a person recognizes that they have a purpose they will not want to interfere with this purpose. It is making them believe this in their hearts that is the challenge, and I am passionate about showing them their important value. My job is to lead them to seek and understand that they are valuable and have a purpose for good. They don't need to know what that purpose is in order for them to realize it is there and begin to seek it. Through

sessions with personal testimony, scientific facts, and passionate teachings, I encourage students to recognize their value and purpose. I encourage them not to make any decision that would interfere with this, specifically drug use. My goal is to greatly impact their thoughts about even trying that first drug. The answer is in their value and we, as concerned leaders in this anti-drug movement need to make every effort possible to get them to realize that they have a tremendous purpose in life! Student, parent, teacher and staff presentations have been designed through the use of weekly lesson plans or activities that are grade level appropriate. For more information or to schedule your school presentation, contact Madea Erickson at madeaf@gmail.com, or call 270-293-1256.
Help every student in your school know they have a value and purpose!

Greetings From Your Project Director!

As we kick off our very first newsletter, I wanted to take just a couple of minutes to say, thank you to each of you for your dedicated, persistent work to reduce substance abuse in our community. Never forget that each person, agency, parent, healthcare worker, social service provider, family re-

source youth service center coordinator, educator, government official, law enforcement officer, treatment provider, volunteer and more, is what makes this coalition work and what will eventually, over time, make this a completely different community. The work is hard, but rewarding in the end when lives are changed.

Thank you for allowing me to assist you in doing what you all do best. God bless you everyday as you labor to make a huge difference. We hope you enjoy this newsletter each month and will become regular contributors.
Thank you again!
Dottie Kraemer

Character Counts Celebration to be Held in March

This years annual Character Counts Celebration will be held on Saturday, March 21, 2009. The event will take place at the Calloway County High School Gymnasium from 9-11 a.m. This years theme is, Responsibility, Winning the Game of Life. You are invited to share in this community-wide event as we celebrate the importance of good character and recognize students chosen for their good character. Anyone interested in booth participation, please complete a booth registration form and return to Linda Avery by March,2 2009. If there happens to be bad weather, the

event will be held the following Saturday. “We need lots of involvement from our community so that we can demonstrate to our youth that good character is essential! Games and character building activities will be presented by local businesses and organizations along with presentations of Character Counts Awards to students from each grade level from each school. Come support this community-wide event! We hope to see you there!





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ALLOWAY COUNTY ALLIANCE FOR SUBSTANCE ABUSE PREVENTION

Be Drug Free in
Calloway County!

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

CC-ASAP strives to develop a data driven, long-term community strategy that is designed to reduce the incidence of substance abuse among youth and, over time among adults, by utilizing research-based principles in prevention, intervention and treatment and by promoting collaboration among coalition members and community partners.

We are committed to creating and supporting a community where all people are valued and welcomed in an environment that encourages them to be drug free and healthy instead of feeling pressured to use alcohol, tobacco and illegal drugs.

CC-ASAP believes drug abuse is a preventable behavior and drug addiction is a treatable illness. We will partner with schools, law enforcement, businesses, religious organizations, parents, youth, city/county government, social agencies, organizations, and other community members in recognizing problems, identifying potential solutions, and implementing those strategies. We will include key community leaders as essential sources of influence and resources, greatly enhancing the coalition's ability to develop and implement its vision.

A special thanks to all our dedicated partners!

None of Us is as Strong as All of Us!

Upcoming Events/Meetings:

CC-ASAP Meetings:

**Public Library,
Main Street
@ 1 p.m.**

**Next Meeting:
Friday, March 20**

Upcoming Meetings:

Friday, April 17
Friday, May 15
Friday, June 19

Events/Meetings in the Community:

March 4- Women in the Mirror-Your Body- His Temple series- 8:30 p.m. @ BCM on MSU campus

March 9- Murray in Motion Meeting-8:30 a.m. @ the Chamber

March 14- Make a Difference Day @ MSU Stadium, 9-11- Recycle!!

Happy St. Patrick's Day!

March 17- Clean Air Murray Meeting- 12 p.m. @ Gloria's

March 19- Community Education Meeting- 7:45 a.m. @ Murray Board Office

March 20, ASAP Meeting- 1 p.m. @ Public Library

March 21- Character Counts- 9-11 a.m. @ CCHS Gym

March 26-27- 4th Grade Career Fair

March 28- Touch-A-Truck 11-1 @ Chestnut Park (no fee)

Now thru March 31- Youth baseball and softball registration- Murray-Calloway County Parks, forms available @ www.murrayparks.org

Parenting Classes @ Murray FRBH Office

Newborn-5- March 11, 18
1-4 pm

Parenting Power- Ages 6-12
March 2, 9

9:30 a.m.- 12:30 p.m.

Parenting Teens- March 4, 11
9:30 a.m.- 12:30 p.m.