

# Choose Life, Not Drugs!

## April is Alcohol Awareness Month!

While communities are faced with a number of substance abuse issues, underage drinking continues to be among the most pervasive ones, with nearly 11 million underage drinkers today. That's why April is designated as Alcohol Awareness Month, an annual public awareness campaign that encourages local communities to focus on alcoholism and alcohol-related issues.

According to the Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health, 51.6 percent of Americans age 12 and older had used alcohol at least once in the 30 days prior to being surveyed; 23.3 percent had binged (5+ drinks within 2 hours); and 23.3 percent reported drinking heavily (5+ drinks on 5+ occasions). In the 12-17 age range, 14.6 percent had consumed at least one drink in the 30 days prior to being surveyed; 8.8 percent had binged; and 2 percent drank heavily.

Locally, during alcohol awareness month, we will spread the word about our "Be the Wall" campaign. Be watching for new posters that will be hung around our community, an upcoming t-shirt campaign, parent pledge cards, pizza box stickers, and many other promotional items. We will need assistance from coalition members to make this campaign successful, be watching for information on ways you can assist!

Thank you for all your help you have given us thus far to kick off "Be the Wall"!



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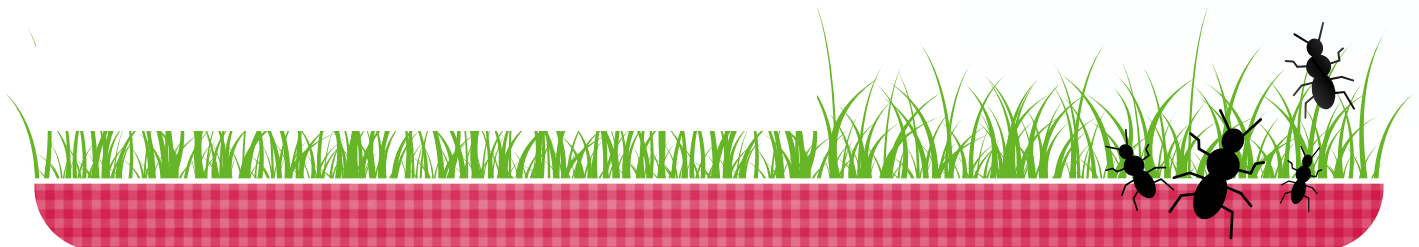
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### Important Dates

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- 4/15 CC-ASAP 1pm Transit
- 4/23 First Loves Murray-HOF Registration Begins

### April is Alcohol Awareness Month



## Active Parenting Now!

The purpose of Active Parenting Now is to support the development of human potential through the family structure by providing parents with the information and skills to foster in their children the qualities necessary for thriving in a democratic society: cooperation, courage, responsibility and self esteem.

**Cost:** \$25/person or \$35/couple

### **Facilitators:**

Michelle Hansen-CC Family Resource Center

Jennifer Polo- Dept. for Community Based Services

**Location:** To be determined

**Dates:** April 11, 18, 25 & May 2, 9, 16

**Times:** 5:30-8pm

**Call 753-1452 to register.**

If you need financial assistance with the registration fee, please call the FRYSC of your school and they will determine if you may be eligible for assistance.

If you know of families that could benefit from these classes, please spread the word!



## SHREDDING THE STAGE

The Chestnut Skate Park Association will be hosting a benefit concert to raise money for the future construction of a community skate park that will be built in Murray.

The event will be held Friday, April 22 from 6-9:30pm (doors open at 5:30pm). Four bands will take the stage at the Dome Auditorium at the Hope Harbor Church (2771 HWY 94E, Murray.)

Beverages and snacks will be available for purchase as well as band merchandise.

Tickets can be purchased in advance for \$4 at Murray Middle, Murray High, Calloway High and Gear Up Cycles. Tickets can also be purchased at the door for \$5.

\*\*\*Flyers are available if you are able to display them to help advertise!\*\*\*



## FuNtAsTiC FaMiLiEs!

Several community partners are joining together to provide **free monthly parenting opportunities and children's activities.**

**Funtastic Families** will be held at the Adult and Family Education building at 92 Chestnut Street, next to the railroad tracks. Classes will go from 5:30-6:30 pm on the 3rd Monday of every month!

It is not necessary to attend each month, families may choose to attend according to topic interest.

Pre-Registration is encouraged by calling 270-762-7333 or 270-759-9592.

**April 18- Stress Management**

**May 16- Positive Discipline**

**June 20- Social Networking**

**July 18- Boundaries & Routines for Young Children**

**August 15- Peer Pressure**

**September 19- Communication**

**October 17- Single and Co-Parenting**

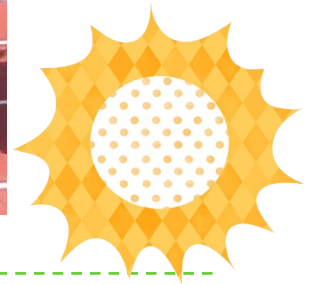
**November 21- Anger Management**

**December 19- ADHD**





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*It's time to START SOMETHING-help keep mentoring alive in our community!*

## **Buddy Campaign-Help bring a mentor into the life of a child!**

**"START SOMETHING!"** Yes...you! Did you know that it just takes one person doing the right thing to make a difference? You can be that person. START a child on his way to becoming a person of character, going to college, being a productive citizen. Right now! START by volunteering your time, your money, and your resources. YOU can be that one person that reaches out to children in our community, encouraging them to stay in school, get along better with others, make better grades, avoid violence and illegal activities and see a brighter future! For more than 100 years, Big Brothers Big Sisters has operated under the belief that inherent in every child is the ability to succeed and thrive in life. As the nation's largest donor and volunteer supported mentoring network, BBBS makes meaningful, monitored matches between adult volunteers ("Big's") and children ("Littles"). Here in Murray/ Calloway County, BBBS has continued that tradition for over 15 years. But it won't continue without your help.

Yes, times are hard, but it's my belief that in times like

these, people in our community dig a little deeper and help agencies like BBBS to continue to provide the services that benefit the children and families in our backyard. So, as we begin our Annual Fundraiser, the Buddy Campaign and you are asked to give, please do so generously and knowing that you did START SOMETHING! START SOMETHING by joining with our Community and Campus Chairs to raise the funds needed to continue what was STARTed here. Bill and Kathy Kopperud (Community Chairs) and Bonnie Higginson (Campus Chair) encourage you to START SOMETHING by sending your donation today! START investing in the life of a child. START investing in your community and schools. Here is your place to START SOMETHING now. Will you join us?

**Suzy Crook– Director/Case Manager**  
**270-759-2227 [bbbs@murray-ky.net](mailto:bbbs@murray-ky.net)**

**Donate online at [www.bigbrosgigs.org](http://www.bigbrosgigs.org)**



# Setting the Standard Health, Beauty and More

New beginnings Transition home would like to invite you to participate in their Spring 2011 Fund-raiser.

This charity event for NBTH will be held Saturday, April 16, from 10am-4pm at the Westside Baptist Church Gym and Fellowship Hall. The location is at 207 Robertson Road South, in Murray, KY.

The event will consist of entertainment and refreshments:

Silent Auction 10am-130pm

Vendors 10am-130pm and 3-4pm

Fashion Show 2pm-Fellowship Hall

Door Prize Drawing 330pm

## How you can help:

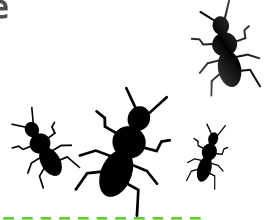
**\*Vendor**

**\*Presenter**

**\*Attendee**

Contact NBTH for more information, [www.NBTH.org](http://www.NBTH.org).

Lets help NBTH provide a home of hope for women coming out of incarceration!



*"The liver can handle at a rate of one drink per hour, any alcohol over that amount remains in your body waiting to be metabolized."*

## How alcohol effects Your Body!

Almost all of us have heard that alcohol is a drug, but many of us don't think of the act of drinking alcohol as putting a drug into our bodies. It is important for people to understand that alcohol abuse impairs their judgment and their peripheral and central nervous system. Alcohol also affects different people in different ways. Some of the characteristics that determine the way alcohol affects you include:

- \*Gender**
- \*Mood**
- \*Body Weight**
- \*Use of Medication or Other Drugs**
- \*Type of Alcohol**
- \*Full/Empty Stomach**
- \*Speed of Consumption**

But for most people, the effects of alcohol are determined by simple volume.

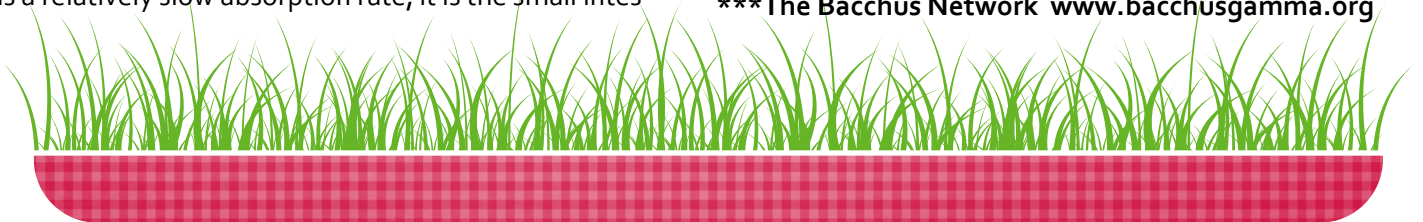
How Does impairment happen?

When a person drinks alcohol, it can enter the bloodstream as soon as you begin to drink. The molecular structure of alcohol is small, so the alcohol can be absorbed or transferred into the blood through the mouth, the walls of the stomach and the small intestine. The stomach actually has a relatively slow absorption rate, it is the small intes-

tine that absorbs most of the alcohol. That's why we want to keep the alcohol in the stomach as long as possible by eating food, which dilutes the alcohol and keeps it from entering the small intestine so quickly. Once alcohol gets into the bloodstream it moves through the body and comes into contact with virtually every organ. However, some of the highest concentrations, and certainly the highest impact, are caused by the alcohol that reaches the brain.

We need to know that the body is quite efficient when it comes to dealing with alcohol. The liver is designed to metabolize the alcohol as we drink it. Enzymes break down the alcohol into harmless products and then it is excreted. However, the liver can only handle so much alcohol at a time. For a person of average weight and body type, the liver and small intestine can handle at a rate of one drink per hour. If a person drinks at a faster rate, the alcohol simply stays in the body, waiting its turn to be metabolized. Since there is more alcohol in the body than can be metabolized, the result is increasing levels of intoxication.

\*\*\*The Bacchus Network [www.bacchusgamma.org](http://www.bacchusgamma.org)



## Is your Teen Stressed Out? - By Claire Kelly-Mother of two teen girls

Many teens will be taking midterms and SATs this month. Others are visiting colleges -- or deciding which college to attend. Pile on a varsity sport, a few school projects, nightly homework, a part-time job, a social life...and well, I'm getting stressed just thinking about it.

According to a recent report, there is a record level of [stress among college freshmen](#). A large share of the students said they had frequently felt overwhelmed with all they had to do as high-school seniors.

The recent documentary [Race To Nowhere](#) explores this very issue.

And I see it every day with my own daughters.

As co-captain of spirit week for her sophomore class, my 15 year old is busy writing a skit, rehearsing a step performance and overseeing the production of hallway murals. Not to mention two big school assignments, a just-added Italian class and the upcoming regents exams. And that's just this month.

My 13 year old loves to dance, sing and swim, but she was feeling stressed so my husband and I decided to scale back her activities to relieve some of the pressure. Now we just have to figure out where she's going to high school next year (in New York City we have the option of applying to a mere 600 high schools) and help her navigate the not-always-kind social dynamics of middle school. Sigh.

But the good news is she recently developed a love for cooking and it's turned out to be a fun -- and relaxing -- outlet for her.

We all know stress can take a toll on our teen's physical health. But stress is also associated with initiation of alcohol or drug use. In fact, our national research study showed the number one reason teens use drugs is to deal with school stress.

Science shows that transitions -- moving, starting a new school, puberty -- are particularly stressful periods for kids. And they are more likely to experiment with drugs and alcohol at those times.

(Kids in military families face more significant transitions -- and therefore more stress -- than kids in most other families. [Here are resources specifically for military moms and dads.](#))

It's important for us to pay attention to our kids' stress levels and help them learn how to cope in healthy ways. Here are a few tips from our guide [Helping Teens Slow Down and Stress Less](#)

**Discuss How You Deal With Pressure.** *Have frequent conversations, giving your child details from your own life like, "I'm really worried about getting this proposal in by tomorrow. Do you get anxious like that about school?" Or ask, "Are your friends stressed?" Then you can follow up with, "What about you? How are you dealing with it?"*

**Make Time to Connect.** *Schedule family dinners or get-togethers every week and set it in stone just like sports practice. Use the time to catch up on what's going on in your kid's life, including what's not going well. Stressed kids may feel isolated, which can lead to experimentation with drugs and alcohol. Let them know you love them too much to see them risk getting hurt by experimenting or using.*

**\*From the Partnership at drugfree.org.**

## Buzzed

By: **Cynthia Kuhn  
Wilkie Wilson**

\*The amount of nicotine in a typical cigarette is enough to kill a child or make an adult very sick, but because not all of it gets into the blood through the lungs, most of it is lost in exhaled or uninhaled smoke.

\*Adolescents who are smokers are twice as likely as nonsmoking adolescents to suffer an episode of major depression and that teens with long-term depression are more likely to be smokers than teens without depression.

\*A smokers skin is thinner than a nonsmokers skin. Smoking can decrease the blood supply to the top-most layer of the skin and thus damage it.

\*Children of fathers who smoke, are more likely to develop childhood cancers than children of nonsmoking dads.



# DOES YOUR TEEN KNOW YOUR RULES ABOUT ALCOHOL LIKE THEY KNEW YOUR RULES ABOUT RUNNING WITH SCISSORS?



When you talk to your teens about alcohol, be clear, be firm, be consistent, **BE THE WALL.**



762-7332  
www.ccasap.com

**BE THE WALL™**

## Upcoming Meetings/Events

**April is**

**Alcohol Awareness Month!**

- 4/4-4/8-Murray and Calloway Spring Break
- 4/14-Community Education 7:45am
- 4/15-Hooked on Fishing planning meeting gam at Wal-Mart
- 4/15-CC-ASAP 1pm Transit
- 4/15-Clean Air Murray 2pm Transit
- 4/16-Murray's First Ever 1/2 Marathon



4/18- Grandparents Raising Grandchildren Support Group, 12pm at the Murray Board of Education

4/18- Funtastic Families-Stress Management class from 5:30-6:30pm at the Calloway County Adult and Family Education Building

4/18-4/24-National Turn off you TV week-a challenge for families to spend time together without the TV

4/20-Murray High School Health Fair

4/22- Shredding the Stage-Skate Park Benefit Concert 6-9:30pm at the Hope Harbor Church

4/23-First Loves Murray gam-12pm at First Baptist-outdoors  
*HOOKED ON FISHING REGISTRATION TO BEGIN AT EVENT!*

4/29-4/30-Relay for Life

**April is Child Abuse Prevention Month.**



**HAPPY EASTER!**

