

## CC-ASAP

### Special Points of Interest:

- Teams needed for "Bowl for Kids Sake 2009"
- Bring your children to this years Eggstravaganza at Murray in Motion April 11
- "Parents Who Host, Lose the Most: Don't be a party to teenage drinking"

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# Choose Life, Not Drugs!

April 2009

## Bop, Hop, and Bowl for Kids Sake!

Big Brothers, Big Sisters (BBBS) of Murray-Calloway County would like to invite you to participate in this year's annual Bowl for Kids Sake fundraiser. BBBS mission is "To enhance the lives of children by providing positive role models who offer hope, support, skills encouragement and friendship that empower children to change their lives." In order to help these children in our community the help of every one of you is needed.

The BBBS program has grown and now serves any child with "a social or academic need" that is enrolled by a parent or referred by a teacher or other agency. Today BBBS of Murray/Calloway County serves over 200 children.

Mentors are carefully screened through a criminal and social background check, three references and an interview and orientation process. Currently around 60 children have mentors and nearly 140 are in pre-matched programs of academic

and social support and recreation, awaiting mentors. The numbers are growing daily. The Buddy Campaign covers about 75% of the cost of the program and this year's goal is \$30,000. It is no surprise that studies conclude that children who are mentored through BBBS do better in school, do better with relationships, and are less likely to get involved with drugs, alcohol and crime and less likely to drop out of school.

We have all been blessed to have been "mentored" by a number of special individuals and that is why we are where we are today. Earlier this month, BBBS kicked off their 13<sup>th</sup> annual Buddy Campaign to raise money to support mentoring in the Murray-Calloway County schools. Bop, Hop and Bowl for Kids Sake is a main fundraiser for this program. We need your help! Join us, April 25 at Corvette Lanes for music, fun and of course, bowling! The



event will take place from 12-4 p.m. Bowling times are from 12-2, or 2-4 p.m., a team of 5 bowlers is \$75, a second team for \$65. Some of the ways you can help this cause is by 1) sponsorship donations, 2) prize donations for event participants, 3) become a mentor for a child or 4) form a team of 5 to bowl on April 25<sup>th</sup>.

Sponsorship or prize donations need to be turned in by Friday April, 10<sup>th</sup> and team registration by Friday April, 17<sup>th</sup>. For more information please contact the event coordinator at [lauran.ballantyne@calloway.kyschools.us](mailto:lauran.ballantyne@calloway.kyschools.us), or 270-762-7333.

## Cooper/Clayton Classes to begin in April

The Cooper-Clayton method to stop smoking will take place in April.

The 13 week session will begin Tuesday, April 21 from 5:30 to 6:30 pm. Those who are interested in quitting smoking, or know someone who needs support in their commitment to quit would greatly benefit from these classes. "The Cooper-Clayton Method is not about

quitting smoking. In this program we never use the work quit, says founders of the Cooper Clayton Method".

The Cooper/Clayton Method is not about quitting smoking, it's about becoming a nonsmoker. This is an important difference." Founders believe that if you follow this program, the chances are very good that you will be a nonsmoker at the end of the

program, and will be a non-smoker a year from now. Take this wonderful opportunity to change your lifestyle for the better!

For more information on the Cooper-Clayton Method program or to sign up for classes contact Melissa Ross at the Center for Health and Wellness, 762-1832.

## Evening of Chocolate Delight



The Kappa Department of Murray Woman's Club invites you to participate in our 7th annual Evening of Chocolate Delight, on April 23. The event will take place at the Woman's Clubhouse at 704 Vine Street from 5:30 to 7:30 p.m.

Tickets are \$5 in advance or \$7 at the door. Tickets are available at the Chamber of Commerce, Loretta Jobs Realty and Kappa Members.

Proceeds are going to Court

Appointed Special Advocates (CASA) of Calloway and Marshall Counties, Inc.



The mission of CASA of Calloway and Marshall Counties Inc. is to advocate for the best interests of abused and neglected children in Calloway and Marshall County Family Court by utilizing committed and trained citizen volunteers from our community and collaborating with other special service agencies as needed.

For additional information please contact Evelyn Wallis at (270) 489-2462.

## Students to be Shown in WPSD Commercial

Wednesday, March 25, 3 students from our community starred in a commercial to be shown on WPSD during the month of April.

April is alcohol awareness month, and this commercial is just one of the many ways we plan to educate our community on the dangers of underage drinking.

Rebecca Raj, Murray High School, Jordan Bumpus, Calloway County High School, and Marsha Crouse, Murray State University did an excellent job highlighting the facts of underage drinking, and telling parents that it is **not ok** to buy alcohol for an underage teen.

Lines such as, "Did you know that my brain will continue to develop until I'm 25 years old" and "Did you know that alcohol, even

a little just one beer, before my brain is fully developed could affect the healthy development of my brain" were used to speak directly to parents of the dangers of underage drinking.

The commercial was filmed in the Hart Thoroughbred Café, on the campus of Murray State University. This was a great location, it was very natural and showcased part of our community. WPSD Producer, Tom Prigge commented that, "The commercial taping went as smoothly as any taping can

go. Our actors were thoroughly prepared and the location was perfect. Plus the message was right on target. If all my tapings went this smoothly, I wouldn't have so many gray hairs!"

*"If all my tapings went this smoothly, I wouldn't have so many gray hairs!"*

They worked really hard and did a fantastic job! Janeann Turner, The Den youth service center and Michelle Cloyd, MSU social work intern, attended the taping and said that, "It was a lot of fun to watch." and "The littlest details seem to make the biggest difference!" Make sure to watch WPSD Local6, to see the production of these students, and pass along the message!

Commercial will be shown 37 times between April 13 and May 6 on Wednesdays, Thursdays and Fridays on Local6 during the 6 am news as well as either the 5 or 6 pm news.

## Eggstravaganza! To be Hosted by Parks Department

April 11, 2009 at 9:30 am, the Murray-Calloway County Parks Department will host the first ever Eggstravaganza Easter Egg Hunt!

The event will be held in conjunction with the 2nd Annual Murray In Motion Fitness Festival at the Regional Special Events Center (RSEC).

The hunt will take place outside on the football practice field between the Wellness Center and the RSEC.



Children ages 2-12 are welcome and the event is free of charge. For children ages 2-5, a tot lot will be provided.

Over 5,000 eggs will be ready and waiting for you little hunter. There will be eggs hidden throughout the field and may be turned in at the fitness festival for *extra special prizes!*

As part of the Murray In Motion activities, the Easter Bunny tells me that there will be a grand prize for participation of a new Wii Fit game system!

Come join the Murray-Calloway County Parks Department and members of the Murray in Motion Fitness Festival for a morning of fun, healthy activities from 9-11 am at the RSEC.

Both events are free admission and everyone is welcome! For more information, please contact Matthew Martin at the parks department at 762-0325.

We hope to see you there!

## Don't Be a Party to Teenage Drinking!

Parents play a major role in their children's choices about alcohol, tobacco or other drugs.

In a recent national survey of parents and teens by the National Center on Addiction and Substance Abuse at Columbia University, one-third of teen partygoers have been to parties where teens were drinking alcohol, smoking pot, or using cocaine, ecstasy or prescription drugs while a parent was present. By age 17, nearly half (46%) of teens have been at such parties where parents were present.

Drug-Free Action Alliance has developed the "Parents Who Host, Lose The Most: Don't be a party to teenage drinking", public awareness campaign to provide parents with accurate information about the health risks of underage drinking and the legal consequences of providing alcohol to youth.

The campaign encourages parents and the community to send a unified message at prom and graduation time and teen alcohol consumption is not acceptable. It is illegal, unsafe, and unhealthy for anyone un-

der age 21 to drink alcohol.

Here are the facts:

\*Parents who give alcohol to their teen's friends under any circumstances, even in their own homes, are breaking the law.

\*Parents who knowingly allow a person under 21 to remain in their home or on their property while consuming or possessing alcoholic beverages can be prosecuted and everything associated with such a violation can be confiscated, including personal property

\*Parents can be sued if they give alcohol to anyone under 21 and they in turn hurt someone, hurt themselves or damage property.

Underage use of alcohol is a serious problem that too often leads to harmful consequences for youth and their families. Parents can protect themselves and their teens by following these guidelines when hosting parties for their children:

\*Host safe, alcohol-free activities and events for youth during prom and graduation

\*Refuse to supply alcohol to children or allow drinking in your home or on your property

\*Be at home when your teenager has a party

\*Make sure your teenager's friends do not bring alcohol into your home

\*Talk to other parents about not providing alcohol at youth events

\*Report underage drinking.

April is "Alcohol Awareness Month" let's all spread the message that, "Parents who Host, Lose the Most: Don't be a party to teenage drinking", and keep alcohol out of the hand of our teenagers!

More information about "Parents Who Host, Lose the Most: Don't be a party to teenage drinking" is available at: [www.DrugFreeActionAlliance.org](http://www.DrugFreeActionAlliance.org)

"Parents Who Host, Lose the Most: Don't be a party to teenage drinking" was developed by and is a project of Drug-Free Action Alliance.



***It is against the law to provide alcohol to anyone under the age 21!***

## MSU Peer Educators

A peer educator is a trained student who provides assistance and understanding to students on campus and in the community regarding various issues related to lifestyle choices.

At Murray State, we trained ten students during the fall who will become mentors for their fellow students.

The goal of the Peer program is to provide assistance to others, but also to become a leader for both the campus and community. We know that they will promote

wellness, well-being and safety among their peers and beyond because they have the unique perspective of being students themselves, therefore they are aware of the many challenges that students face. Through their training they are able to help others develop strategies for facing challenges with confidence and success.

The Murray State group chose as their name the acronym "PEER" which stands for Peer

Educator Encouraging Responsibility.

Their mission statement reads, "To lead by example by living proactively to promote healthy lifestyles through education and awareness." It is the hope of the Murray State Coalition for Alcohol Risk Education and the PEER group that we will have an impact on our campus. We also would like to see others trained on the high school level, so that as the high school peer educators graduate

and come to Murray State or other institutions of higher education, they can jump right in to becoming a leader on campus.

Please let us know if you have questions.

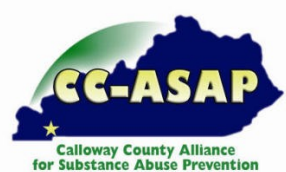
Judy Lyle  
Chair, Coalition for Alcohol Risk Education  
Co-Mentor for PEER

# Calloway County Alliance for Substance Abuse Prevention

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We're on the Web:  
[WWW.CCASAP.com](http://WWW.CCASAP.com)



## Be Drug Free in Calloway County!



Character Counts 2009

## Upcoming Events/Meetings:

### CC-ASAP Meetings:

Public Library,  
Main Street  
@ 1 p.m.

Next Meeting:  
Friday, April 17

### Upcoming Meetings:

Friday, May 15  
Friday, June 19

**April 1**— Women in the Mirror, series continued @ BCM @ MSU, 8:30 p.m.

**April 11**— Murray in Motion Fitness Festival 9-11 am @ RSEC

**April 11**—Eggstravaganza! 9:30 am @ RSEC field

### Happy Easter!

**April 16**—Fashion Revue— 6-8 pm @ Murray Middle School—4-H'ers who made garments will be judged— public is invited

**April 17**— ASAP Meeting 1 p.m. @ Public Library

**April 18**— Bake Sale @ Wal-Mart 9 am—2 pm for the Merryman House, client assistance

**April 21**—Cooper Clayton Classes begin 5:30-6:30 @ The Center for Health and Wellness (13 week session)

**April 23**—Evening of Chocolate Delight 5:30-7:30 pm @ Woman's Clubhouse

**April 25**— Bowl for Kids Sake (BBBS)- 12-4 pm @Corvette Lanes  
**Donations by April 10**  
**Team Registration by April 17**

### April:

- \*Alcohol Awareness Month
- \*Child Abuse Prevention Month
- \*Crime Victims Month

Donations can be made to help establish a transition home for women coming out of prison into our community to: New Beginnings Transition Home, Inc  
[www.NBTH.org](http://www.NBTH.org)  
Po Box 1736  
Ron/Linda Wright  
@ 753-0156