



Choose Life, Not Drugs!

DECEMBER 2009

What is Inhalant Abuse?

SPECIAL POINTS OF INTEREST:

- Thank you students for participating in our Social Norm's Surveys
- Make sure to visit the Festival of Lights
- Have a safe and Happy Holiday!!!

INSIDE THIS ISSUE:

- A Different Drug Problem 2
- Donation 2
- Surveys 3
- Festival of Lights 3
- Mtgs./Events 4

Inhalant Abuse is the deliberate inhalation by "sniffing" or "huffing" fumes, vapors or gases from common household and commercial products for the purpose of "getting high." To achieve this "high," more than 1,400 household products are misused—products that are found under your sinks, in your cabinets, in your garage, and throughout your house. These household products are chosen because they are inexpensive, easily accessible and legal to purchase.

Inhalant abuse is a less-recognized form of substance abuse than use of marijuana, club drugs, cocaine and others, but it is no less dangerous. Inhalant users can die the very first time, or any time they inhale a substance. The number of children who are involved in this danger-



ous activity is alarming: nearly 26% of both 6th and 8th graders in the U.S. have experimented with some form of Inhalant. In addition, the age of

initiation to Inhalants is younger than for any other substance, with reported cases of

Inhalant users as young as six-years-old.

Reporting, however, involves some significant challenges and, as a result, the true magnitude of the problem can only be estimated at this time. Parents are often completely unaware of Inhalant Abuse or refuse to believe or admit that their child might be involved in this activity—"Not my child!" Many of the symptoms can be easily confused with usual

teenage behavior and may go undetected. Emergency rooms and doctors offices usually have no standard review criteria, or intake protocol, that helps determine if the problems of a young patient arose from Inhalant Abuse. This lack of knowledge, open recognition, and documentation of the disastrous results of Inhalant Abuse enables the problem to continue unchecked among our youth today.

While there was a decrease in Inhalant Abuse during the 1990's as a result of targeted prevention efforts, recent abuse and attitude surveys done by the Partnership for Drug-Free America indicate that the current perceptions of youth have shifted, reflecting a very dangerous resurgence. And the number of reported cases—so deadly, and tragic to unsuspecting families—has begun to increase.

Information provided by the Alliance for Consumer Education

Happy Holidays!!!

The Calloway County Alliance for Substance Abuse Prevention would like to wish each and every one of you a safe, sober, spirit filled holiday season!

Parents, remember that you're still the greatest influence in your child's life.

Help your kids have a safe holiday season, talk to them about the dangers of underage drinking.

"What parents may not realize is that children say parental disapproval of underage drinking is the key reason they have chosen not to drink."

—Charles Curie (SAMHSA)

Different Drug Problem



“Those drugs are still in my veins and they affect my behavior in everything I do, say or think!”

The other day, someone at a store in our town read that a Methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, “*Why didn’t we have a drug problem when you and I were growing up?*”

I replied, I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather. I was drug by my ears when I was disrespectful to adults. I was also drug to the wood-

shed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn’t put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in mom’s garden and flower beds and cockleburrs out of dad’s fields. I was drug to the homes of family, friends and neighbors to help out some poor soul

who had no one to mow the yard, repair the clothesline, or chop some firewood, and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say or think. They are stronger than cocaine, crack, or heroin; and, if today’s children had this kind of drug problem, American would be a better place!

Submitted by a concerned citizen

*From an e mail forward

Donation-CC FRYSC

“Masonry Matters”



A few members of the Murray Masonic Lodge #105 F & AM present a \$250 check to Ms. Barbara Hendon, Director of the Calloway County

High School Youth Services Center as part of “Masonry Matters,” a community outreach and support program. The Murray Lodge recently voted to donate \$250 to Calloway County High School from the proceeds from their Ham Breakfasts. The Lodge would like to thank the community whose patronage made this donation possible. The funds

are to be used to assist students at the discretion of the school for such items as clothes, shoes, event tickets, lunch money, uniforms, etc. Pictured (back row – Darren Moore, District Deputy Grand Master; Max Rogers, Ambassador to the Masonic Homes of Kentucky; Bob Saunders, Tyler; Michael Wetherholt, Senior Warden; front row – Hendon; Randall Scott, Treasurer and Tom Warren, Senior Deacon).

Social Norm Surveys

Jeanne' Carroll, the Alcohol Education Coordinator for the Calloway County Alliance for Substance Abuse Prevention Coalition recently developed and administered an anonymous survey for local middle schools and high schools. Between Calloway Middle School, Calloway High School, Murray Middle School and Murray High School, approximately 1,000 surveys were completed.

The information gathered will help to develop strategies for delaying and minimizing underage



drinking. Shown in the picture are the students taking the survey at CCHS. Students that participated in the surveys were

provided with coupons for free food at 4 local restaurants, Matt B's Pizza, Mugsy's, Pagliai's and Victors Sandwiches.

Surveys should prove to be an excellent resource for alcohol use information as well as the media that

is frequented by the youth of our community to help determine which media outlets are most effective.

Festival of Lights

The Christmas season is upon us which can only mean one thing...Christmas in the Park!!



through this winter wonderland from 5:30-9:45 pm, November 27—January 3. Martin stated that there is

In addition to the numerous light displays the park offered last year, you will see a Monkey Jungle, Pirate Ship, Old Man Winter, Big Rock Candy Mountain, and a Peppermint Windmill! This year, Matt Martin, Director of the Murray-Calloway County Parks estimates over 500,000

lights total. Martin said several displays are still open for sponsorship, contact the parks office at 762-7325 if you are interested.

Pack up the car and drive

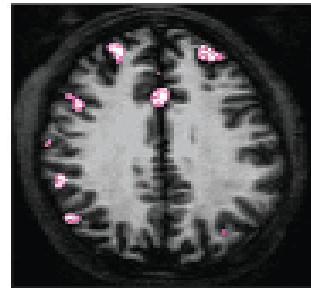
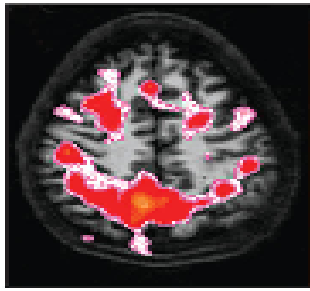
no admission fee although a donation of cash or canned goods is suggested.

Canned goods will be donated to Needline of Murray/ Calloway County, and cash donations will go towards raising money for the new Water Playground to be located near the parks pool in Central Park.



PARENTS

You're still the greatest influence in your child's life.
Help your kids have a safe Holiday season.
talk to them about the dangers of underage drinking.



These images show functional activity levels in the brain of a healthy 15 year old male non-drinker (left), and that of a 15 year old male heavy drinker (right). (The red indicates amount of brain activity.)



762-7332

www.ccasap.com

Upcoming Meetings/Events



No December CC-ASAP Meeting

Next Meeting:

Friday, January 15

Murray Board of Education

11/27—1/3—Festival of Lights,
Central Park

12/5—Rotary Country Ham
Breakfast—Buy your tickets
from any Rotary member (\$5)

12/5—Rotary Christmas

Parade—10am

Dec—Playhouse in the Park,
“The Best Christmas Pageant
Ever”

12/12—Breakfast with Santa—
9:30—11:30 Contact Murray
Woman’s Club for

tickets or information

12/12—MSU Graduation

Contact any of the
Murray or Calloway
County Family
Resource/Youth Service
Center Coordinators

to help with this
years Christmas!

Volunteer
time, gifts,
money or
prayers!

