



# Choose Life, Not Drugs!

FEBRUARY 2011

## SPECIAL POINTS OF INTEREST

- Make Super Bowl ad's a teachable moment
- Be the Wall between your teen and alcohol
- Drive safe this winter

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# Be the Wall

We know you would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak it in the front door?

\*Utilize a location that has clear entrances and exits, such as your home or a community center. If there are multiple exits, block off all exits you don't want used or utilize other chaperones to block exits.

\*Work with your teen to decide on a guest list ahead of time. Set a limit to the number of people that may attend and make a contingency plan for politely turning away party crashers.

\*On the event invitation, clearly state the beginning and ending time, what to bring and what NOT to bring.

\*Ask teens to leave purses or backpacks in their locked cars or at the front door. Discourage teens from going back and forth from your home to their car.

\*Lock up any alcohol in your home before the party. Ask adults that may be attending the party to leave their alcohol at home for the event.

\*Provide plenty to keep them entertained. Utilize the TV, swimming pool, video games, karaoke machine, etc. Remember different things may entertain different teens.

\*Provide plenty of space for them to just "hang out" com-

fortably where you can see them but not "hover" over them.

\*Utilize single-serve cans instead of disposable cups, DO NOT use a punch bowl or pitchers.

\*Monitor behavior by circulating around the home and interacting with teens. If you are suspicious of any particular person, don't single them out. Work with your teen ahead of time to agree upon a course of action should such a situation arise.

\*Never let a teen you believe to be impaired leave your home

For this information and more on "Be the Wall" please visit [www.bethewall.org](http://www.bethewall.org).

## The Campaign...

We are very excited to be a part of this Florida based campaign titled "Be the Wall". The campaign encourages parents to "Be the Wall" between their teen and alcohol. Parents are asked to "Be Clear, Be Firm and Be Consistent" with their children, what they need more than ever is you!

We have purchased several items from the campaign and are rolling them out thanks to nearly 50 sites around the community.

We have around 95 sets of posters currently hanging up around town, and will begin shortly with our tshirts, stick-

ers, window clings and parent pledge cards.

Please let us know if your organization would like a set of posters to display at your place of employment, church, favorite restaurant, etc.

\*See poster 1 on events page\*

# Safe Winter Driving



With possible, snow, ice, rain etc in the forecast this winter, we want to urge drivers to be careful on the roads-particularly young people.

Here are some weather tips from the National Highway Transportation Safety Administration regarding parental supervision of young drivers.

When the weather outside is frightful, it's more impor-

tant than ever to make sure your teen driver is under your influence. Remind teens to buckle up above all. Decrease your speed and leave extra room between vehicles.

Warn your teen that bridges, overpasses, and ramps will freeze first and that even if roads are just wet and temperatures are above freezing, they may still encounter ice in shady areas or on exposed road

ways like bridges.

Limit night time driving.

Encourage teens, and yourselves that being distracted by extra passengers, texting, radio or talking on a cell phone makes already hazardous road conditions even more dangerous.

Enforce that it's never OK for a teen to drink alcohol and remind them to never ride with anyone who has been drinking.

# Active Parenting Now!

Join the U.K. Cooperative Extension Service for the series titled "Active Parenting Now". The purpose of APN 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.

LaDawn Hale and Cathy Smith from the CC Extension Office will facili-

tate the classes at the CC Extension Office at 310 South Fourth Street, Murray, KY.

Classes will be held on February 17, 24 and March 3, 10,17 and 24 from 530-8pm.

The program costs \$25 per person or \$35 for a couple.

If you are interested in more information please contact LaDawn Hale at [ladawn.hale@uky.edu](mailto:ladawn.hale@uky.edu) or 270-753-1452.

*Happy Families aren't born...they're made!*

# Healthy Living Health Fair

WPSD Local6 and Kentucky Oaks Mall will again be hosting the Healthy Living Health Fair at Kentucky Oaks Mall, Monday, February

21, 10 a.m. - 5:30 p.m. This is a free event where attendees receive various free testing such as

cholesterol screening, balance testing, etc.

For more information contact Karen Purvis at 270-415-1919.

# Reality Store

This years Reality Store will be held Feb 16 and 17 at the Curris Center at Murray State University. High School and middle school students will be



able to participate in a real life scenario of managing a family

and budget. Students have the chance to “purchase a home, car, utilities and make decisions on how to budget and spend their money”.

The event helps students recognize the importance of education, money management and how they pertain to real life.

This is a collaborative event sponsored by the-

Calloway Co 4H, Murray FRYSC, MHS The DEN YSC, Calloway Co Anchor YSC and Calloway Co Harbour YSC.

For more information or to volunteer for this event you may contact Ginny Harper at 753-1452 or any of the collaborative partners.



## Not Your Average "Bath Salts"...

Officials in 25 states are growing concerned about alarming numbers of adolescents and others ending up in emergency rooms and mental hospitals after intentionally snorting, injecting or smoking "fake cocaine," a powder legally sold as "bath salts," and are proposing bans.

Sold under such names as Ivory Wave, Red Dove, Bliss and Vanilla Sky, law enforcement officials and poison control center staff say the effects of the stimulants the powders often contain (mephedrone and methylenedioxypropylrovalerone, also known as MDPV) are a central nervous system stimulant that is not approved for medical purposes in the United States, and provide for users a cocaine-like high.

The chemicals in these bath salts can

cause hallucinations, paranoia, rapid and irregular heartbeats and suicidal thoughts, authorities say. The chemicals are in products sold legally at convenience stores and on the internet as bath salts and even plant foods. A small packet of the chemicals typically costs around \$20.

Mississippi lawmakers this week began considering a proposal to ban the sale of the powders, and a similar step is being sought in Kentucky. In Louisiana, the bath salts were outlawed this month by an emergency order after the state's poison center received more than 125 calls in the last three months of 2010 involving exposure to the chemicals. Dr. Mark Ryan, director of

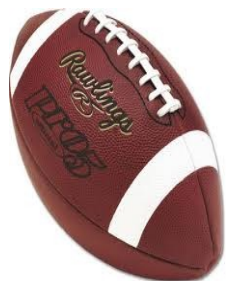
Louisiana's poison control center, told *The Huffington Post* that calls about the chemicals have dropped sharply since Louisiana's ban. Two other states have also taken steps.

North Dakota's Board of Pharmacy banned MPDV and related chemicals, and legislation has already been put forward in Kentucky to outlaw MPDV. Abroad, the Great Britain banned these so-called bath salts last April when several people died after ingesting it. The stimulants aren't regulated by the U.S. Drug Enforcement Administration, but they are studying it as a "drug of concern."

Drug Enforcement Agent Gary Boggs will give us the latest information on bath salts on the next CADCA TV show Feb. 24. [Watch it live from 1-2 p.m. EST or anytime after Feb. 24.](#) Viewing is available via satellite downlink or by webcast.

\*CADCA Coalitions Online

## Super Bowl Survey...



Murray and Calloway County Schools will take part in the Big Bowl Vote 2011, a Super Bowl survey asking questions to youth regarding advertisement. We hope that building knowledge about advertising will help make it a

teachable moment for everyone! As millions of underage youth watch the Super Bowl each year, they see more ads for alcohol than any other single product. Studies show that the more youth are exposed to alcohol advertising, the

more likely they are to drink to excess and drink more often. Take time during the Super Bowl to make these ad's a talking time, a teachable moment to discuss the dangers of underage drinking and the effects advertising has on young people.



# WHAT A TEEN SHOULD SEE WHEN IT COMES TO ALCOHOL.

A TEEN'S BRAIN IS REWIRING AND DEVELOPING UNTIL THEIR MID 20S. UNTIL THEN, THEY'RE GOING TO TRY NEW THINGS, TEST BOUNDARIES, AND DRIVE YOU CRAZY. WHEN IT COMES TO ALCOHOL, BE CLEAR, BE FIRM, BE CONSISTENT, BE THE WALL — BECAUSE THEY NEED YOU NOW MORE THAN EVER.

BE THE  
WALL™  
WWW.BETHEWALL.ORG

[www.ccasap.com](http://www.ccasap.com)

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## Upcoming Meetings/Events



**2/1**-Chamber Breakfast 730am at the Curris Center

**2/2**-Murray in Motion Meeting 830am at MCCH Wellness Center Conference Room

**2/6**-Super Bowl Sunday

**2/7**-Super Bowl Surveys-MMS,CCMS,MHS,CCHS

**2/7-2/11**-CADCA Conference in Washington DC

**2/11**-Graves County ASAP 1pm at the Graves County Health Department-Mayfield

**HAPPY VALENTINES DAY!**

**2/15**-Calloway County Fiscal Court Meeting 5pm at the Calloway County Judicial Building

**2/16-2/17**-Reality Store at the Curris Center-Murray and Calloway County

**2/17**-Community Education 745 at Murray Board of Education

**2/18**-CC-ASAP Meeting 1pm at MCC Transit

**2/18**-Clean Air Murray Meeting 2pm at MCC Transit

**2/21**-Healthy Living Health Fair 10am-530pm at KY Oaks Mall



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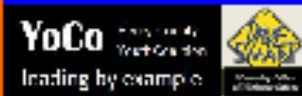
# Youth Leadership Symposium

Capital Plaza Hotel  
Frankfort, KY—June 27-June 28, 2011

## Hosted By:



In collaboration with:



Please join us for this 2 day Youth Leadership Symposium offered in Frankfort, Kentucky.

This year, Keynote Speaker Joe Elswick, a University of Kentucky Student Ambassador will deliver an engaging and informative message to inspire youth not only toward good decision making skills but also how to share that philosophy and message with their peers.

### Topics include

- ◆ Teaching to a "T"
- ◆ Texting & Teens
- ◆ Dangers of Drugs & Alcohol
- ◆ Interactive Driving Displays

Registration begins at 9:00 a.m. on Monday, June 27, 2011, followed by the opening session at 10:00 a.m.

A Leadership Banquet including dinner and a dance mixer will be held on Monday night from 5:00—8:30!

Kentucky National Guard & Vendor Displays Each Day!

UNDERAGE DRINKING ADULT CONSEQUENCES



[KentuckyYouth@yahoo.com](mailto:KentuckyYouth@yahoo.com)