



Choose Life, Not Drugs!

FEBRUARY 2010

SPECIAL POINTS OF INTEREST:

- Learn how to be part of this years Reality Store
- Youth ball sign ups are underway, get your early -bird rate
- Learn what just a short time in a smoking environment can do to your health

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Monitoring the Future

The 2009 Monitoring the Future Survey, released by the National Institute on Drug Abuse and the University of Michigan, showed that while there were slight decreases in the use of cocaine and methamphetamine among youth, marijuana and prescription-drug abuse showed no signs of slowing down. In fact, marijuana use among adolescents increased gradually over the past two years after years of declining use; and past-year rates of Vicodin and OxyContin abuse increased during the last 5 years among 10th graders and remained unchanged among 8th and 12th graders. Several drugs showed signs of increasing with attitudes softening for drugs such as marijuana, ecstasy, inhalants and LSD. For example, the percentage of 8th graders who view occasional marijuana use as potentially harmful dropped to 44 percent, compared to 48 percent last year. In addition, the perception of "great risk" associated

with marijuana use declined among 8th and 10th graders.

The 2009 Monitoring the Future survey is a wake-up call to all of us. It shows that our teens still don't understand the dangers of abusing prescription drugs, such as Vicodin and OxyContin; and they don't realize the harm that marijuana use can cause.

Beliefs and attitudes about these drugs are going in the wrong direction. The decreases of perception of harm around marijuana and inhalants are especially concerning, as that often leads to an increase in use.

The Calloway County Alliance for Substance Abuse Prevention, along with many community partners, plays a critical role in addressing drug abuse in Murray, KY and in implementing strategies to change attitudes and availability. But we need to increase our investment in substance abuse prevention in order to make a dent in these problems. More young people need

to get the message that these drugs are harmful if we are to reverse these trends, but our coalition can't do it alone. We need the help of everyone in the community.

The coalition met January 15, to discuss an action plan for the upcoming year. We discussed strategies to effectively educate and prevent substance abuse in our community. We came out with great ideas and will continue to request your input. This can not be done by any one person, it takes a community to create change. If you were not able to attend, please feel free to contact any of the staff or executive committee for details. Also, let us know your ideas on how we can work as a community to effectively reduce substance abuse in our community.

More information on the 2009 Monitoring the Future Survey is available at www.monitoringthefuture.org. As always, visit our coalition's website at www.ccasap.com for tips and resources.

Are You Ready for Some Football?



The Super Bowl is known for its commercials almost as much as it is for the game itself. Yet the type of products being advertised and the audience viewing those advertisements are of great concern.

Results from the *Drug-Free Action Alliance Super Bowl Survey 2009* revealed that two of the top three “most memorable” commercials, according to middle and high school students, were beer commercials. This falls in line with the studies that

suggest alcohol companies are targeting youth in their advertising.

Through research, we know that the more youth are exposed to alcohol in advertising, the more likely they are to consume alcohol underage.

Some Murray and Calloway County students will be participating in the **Drug-Free Action Alliance Super Bowl Survey 2010**.

Through a simple, three-question, student survey given Monday morning

following the Super Bowl, middle and high school students share their thoughts on what advertisements they remember seeing and which commercial takes their top vote. This information is then collected, summarized and shared. We will share results in the March Newsletter.

This valuable, local information can then be used to educate parents, students, lawmakers and the media about the effects of alcohol advertising on youth.

Reality Store

Every year high school sophomores and middle school 7th graders have a unique opportunity to visit the real world by participating in a program called the Reality Store. It is a collaborative effort through the Extension Office, Murray State University, Calloway County and Murray School Systems, as well as different businesses and agencies in the community.

Students are given an occupation and a salary.

The students are then required to visit various booths and pay bills based on their monthly income. This includes paying a mortgage, insurance, groceries, basic needs, as well as any other bills that a typical person or family would encounter throughout a month.

The idea is to prepare students for the world of work and for students to better understand the correlation between staying in school and higher paying jobs.

The Reality Store takes place at the Curris Center on MSU Campus. Sophomores participate on Monday, February 8th and seventh graders participate on Tuesday, February 9th.

Time to Play Ball!

Spring is just around the corner, what better way to spend the time than to play youth baseball and softball at the park!

The Murray Calloway County Park will be accepting early bird registration now thru March 1.

The early bird rate is \$45 per child, with discounts for multiple children. After March 1, the price will increase to \$55.

If you have children or know those who do (ages 4-16), that might be interested in playing ball this spring, contact

the park office at 762-0325.

Scholarships are also available for families needing assistance, a referral from a social worker or counselor is required.



Are You Exposed?

Working a shift in a smoky place is like smoking a pack of cigarettes.

5 MINUTES OF EXPOSURE
to secondhand smoke stiffens the aorta
as much as smoking a cigarette.

20-30 MINUTES OF EXPOSURE
causes blood clots and fat to build up in
the arteries, increasing the risk of
heart attack and stroke.

2 HOURS OF EXPOSURE
increases the chance of irregular heart beat
that can be fatal or trigger a heart attack.

There's no such thing as a

NO SMOKING

section

***No Amount of secondhand
smoke is safe!***

Here are some unexpected ways you may
breathe secondhand smoke every day:

- Sitting in the "no smoking" section, even if it doesn't smell smoky
- Riding in a car while someone else is smoking, even if a window is open
- Being in a house where people are smoking, even if you're in another room
- Working in any restaurant, warehouse, or building that allows smoking inside, even if there is a filter or ventilation system

Secondhand smoke
It hurts you. It doesn't take much. It doesn't take long.

Tiger Christmas

We would like to thank each of you who participated in the Tiger Christmas program by helping to make Christmas brighter for our students and families. To those of you who sponsored a student or family, contributed items, made a monetary donation, or helped FRYSC/YSC in preparing the gifts to be picked up, we sincerely thank you. It is much appreciated. The project would not be successful without your support. We wish you a happy, healthy and safe 2010. Julie Stone, Murray FRYSC and Janeann Turner, MHS The Den YSC.

Santa Project

Oh behalf of the Calloway County Family Resource Youth Service Centers, we would like to thank all our wonderful donors and sponsors who helped make this years Santa Project a success. Thanks for the prayers, gifts, donations and volunteer time spent helping make sure each child in Calloway County would have a very special Christmas.

The need this year was greater than the years past, but thanks to the communities generous donations and support, the Santa Project was made possible.

THANK YOU!

12-Step Spiritual Recovery

In January 2009, the University Church of Christ opened its doors to a group of local Christians on a special mission.

This group of Christians, who also just happened to be recovering from alcohol and chemical addictions, was searching for a setting in which to share Bible study and experience genuine fellowship and worship.

The group, spearheaded by a team of AA friends, had been meeting in one's local home until the need for more space made them determined to find a comfortable meeting place. They found wide open doors at the University Church of Christ building and now the two are inseparable. After a year, the group has remained strong and effective in sharing God's love and power as the answer to life's problems. Most participants are members of local AA, NA, Al-Anon and SAA groups, all bonded by the force of finding God and Jesus Christ to be their "Higher Power."

Many are also local "graduates" of Discovery Place, a Christ-centered recovery facility near Nashville, TN. Many are members of various local churches representing all different denominations, while many of the men and women are newcomers to the "church" setting, simply anxious to find a new way of living. The group also includes many members of the University Church of Christ congregation who simply seek the intense study and pleasure of spiritual growth. The leaders of the group are solid as the humble and steady pillars, while others who are searching and growing, find that they remain a welcomed part of the church even while dealing with relapses and handling various consequences of their problems. All are valuable citizens of our community who represent all ages and all walks of life.

One integral mission of the group is community outreach - to reach others with similar needs who are searching for practical support and a steady hand of hope. Most local contacts are made by word of mouth - persons helping persons as they cross paths in the community. The outreach of the group is based upon simply sharing this higher power with all those whose addictions have made their lives unmanageable. Almost every day or night of the week will find at least one recovery group meeting at the church building:

The Sunday morning Spiritual Recovery class (9:00-10:00 am) is always casual. A warm welcome is there for anyone with addiction problems, a family member with addiction problems, friends with addiction problems, or just anyone at all who wants to experience spiritual study and develop their relationship with God. A study in this particular class has just been completed using the Bible, the *Twelve Steps of Alcoholics Anonymous*, and John Ishee's *In Spiritual Recovery*. An upcoming study will be using the Bible to apply principles of the *Twelve Steps of AA* and Rick Warren's *The Purpose Driven Life* to recognize God's will for our personal lives.

Each Monday night (6:30- 7:30) is a closed group meeting in regular AA format. An open AA meeting is each Wednesday evening 7:00 – 8:00pm. Monday night of each week (6:30 – 7:30) offers Al-Anon, specifically for individuals and families dealing with the addictions of loved ones and friends.

Private counseling is also available by contacting the church office, and other regular meetings address vari-

ous other addictions with information upon request.

The group also hosts a monthly spiritual based AA meeting for clients from the Fuller Center in Mayfield.

On the first Friday night of each month, the church hosts a dinner and open AA meeting focusing on Discovery Place and its connection to the local area. Attendees come from as far as Nashville and surrounding counties to meet with friends and to maintain vital and supportive connections with each other.

One member of the group recently remarked, "I've always know about God - why, I even grew up in a church. Until now, I've never understood or experienced what God's really all about. Until now I've never felt that I could walk back into a church after all I've done and feel His forgiveness."

One of the shepherds of the University Church expressed his feelings by saying, "The bottom line is that God's purpose for us is to share His love with each other while we live here on this earth. Alcohol and chemical addictions are quite simply a profound problem of our world. Addiction problems affect our entire Murray community as well as specific members of all of our community's church families. God is here as a practical and loving solution, and He uses us (his children) to do His work here in Murray. How can we not share His hope with each other? We're humbled to find this experience to be such a blessing- we not only minister, we are ministered to!"

Upcoming Meetings/Events

Next CC-ASAP

Meeting:

Friday, Feb. 19
1-2pm

@ Calloway
County Board
of Education

2/8-2/9—Reality Store @ MSU
Curris Center

2/10—CARE Coalition mtg. &
webinar 1pm @MSU Tennessee
Room

2/11—Evening of Chocolate De-
lights. 5:30-7pm @ the Murray
Woman's Clubhouse

\$5 in advance, \$7 at the door

2/14—Happy Valentine's Day!

2/15—WPSD Healthy Living
Health Fair 10am-6pm @ Ken-
tucky Oaks Mall

2/17—Ash Wednesday

2/17—Madea Faith will be the
Key Note Speaker @ MSU Cam-
pus Wide Student Worship Con-
ference

2/22—Grandparents Raising
Grandchildren Support Group-
12pm @ the Calloway County
Board of Ed.—Murray and
Calloway County Grandparents
welcome—RSVP to Murray or
Calloway Family Resource Cen-
ter—Lunch will be provided

2/24—CUBS Mtg. 12pm @ Glen-
dale Road Church of Christ

2/25—Community Education
7:45am @ Murray Board of Ed.

2/26—20 Behavior Therapy Inter-
ventions for Childhood Problems
and Disorders 8:30am-12pm con-
tact Four Rivers Behavioral
Health @270-442-7121 for more
info

Parenting Classes

*Newborn—age 5

Feb. 9 & 16

Age 6—Age 12

Feb. 12 & 19

*Age 13—Age 18

Feb. 11 & 18

(*classes available via video
conference at Four Rivers
Behavioral Health of Murray)
9am—12pm—\$15 per series

Contact Christy at:
270-442-7121 to make reserva-
tions or for more information

Free Warming Center

Open 6pm—8am every night
this winter @ St. John's Episco-
pal Church—1620 Main Street

To volunteer or for more infor-
mation contact the church at
(270)-227-9109.

No pre registration required.

*Sponsored by Community
Concerns and Needs*



February Health Promotions

LAP-BAND® Support Group

Date: Thursday, February 4
Time: 5:30 PM—6:30 PM
Location: Center for Health and Wellness Classroom

For more information, contact Amanda Dunn, Bariatric Solutions, @ 762-1547

Nutrition Kickoff to Change

Date: Thursday, February 11
Time: 12:00 PM—12:30 PM
Location: Center for Health and Wellness Classroom

Join Rebecca Wright, Registered Dietitian, for the first in a series of monthly discussions of some simple strategies that you can use to begin your transition to a healthier lifestyle.

Look Good...Feel Better

Date: Monday, February 15
Time: 6:00 PM—8:00 PM
Location: Center for Health and Wellness Conference Room

This is a free, non-medical, brand-neutral national public service program to help women offset appearance-related changes from cancer treatments. For more information, call Angie Hutching @ 435-4455 or 435-4614

Wellness Center Blood Drive

Date: Tuesday, February 24
Time: 9:00 AM—4:30 PM
Location: Center for Health and Wellness Classroom

Give the gift of Life. The Center for Health and Wellness and The Murray Calloway County Hospital Blood Donor Center are hosting a blood drive

Fitness Kickoff to Change

Date: Thursday, February 25
Time: 12:00 PM—12:30 PM
Location: Center for Health and Wellness Classroom

Join Michelle Wiltse Gesell, Certified Fitness Instructor, for the first in a series of discussions of some simple strategies that you can use to begin your transition to a healthier lifestyle.

