



# Choose Life, Not Drugs!

JANUARY 2011

## SPECIAL POINTS OF INTEREST:

- **Smoke Free, New Year**
- **Help control the pet population**
- **Help your teens stay alcohol free**
- **Know the dangers of drugged driving**

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## *New Year, How about smoke free?*

"Wouldn't it feel good to stop smoking"? This is a question the Murray-Calloway County Hospital and the Center for Health and Wellness are asking of those who are in need of a push to quit smoking.

A great way to start of the new year feeling great is to join in on the

Cooper Clayton Smoking Cessation classes. The Cooper Clayton Method is one of the most effective ways to stop smoking, and is available for you!

Classes begin Tuesday, January 4th from 5:30-6:30pm at the MCCH Center for Health and Wellness.

To reserve your spot or for additional information about the program call the center at 270-762-1348.



## 10 Resolutions That Show Your Kids You Care

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you - and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply

- in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be con-

- sistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

# Put the Breaks on Drugged Driving

Drugged driving, or driving under the influence of drugs, is a much bigger public health threat than most Americans realize and unfortunately, it is a growing trend.

According to the first-ever analysis of drug involvement from National Highway Traffic Safety Administration's (NHTSA) Fatal Accident Reporting System (FARS) census, one in three motor vehicle fatalities (33 percent) with known drug test results tested positive for drugs in 2009. The new analysis also shows the involvement of drugs in fatal crashes has increased by five

percent over the past five years, even as the overall number of drivers killed in motor vehicle crashes in the United States has declined.

As part of the National Drug Control Strategy, President Obama has made combating drugged driving a national priority and set a goal of reducing drugged driving prevalence by 10 percent by 2015.

The National Impaired Driving Prevention initiative is an effort aimed at increasing awareness of

the issue and encouraging states to explore policies and laws that can help reduce drugged driving. Community organizations can build on the momentum driven by December's National Impaired Driving Prevention Month and help raise awareness of the issue into the New Year. For facts, toolkits and more resources go to The Department of Transportation's National Highway Traffic Safety Administration's "Drunk Driving: Over the Limit. Under Arrest" Campaign website at [www.stopimpaireddriving.org/](http://www.stopimpaireddriving.org/).

# Don't be a Party to Teenage Drinking



Don't be a party to teenage drinking.

It's against the law.

Parents often mistakenly believe that 'just taking away the car keys' is a risk-free response to teen drinking. However, the dangers of underage drinking extend beyond

the deadly potential of drinking and driving.

- Students who drink are more likely to become sexually active (putting them at greater risk of HIV infection and other sexually transmitted diseases).
- Teen girls who binge drink are 63% more likely

to get pregnant in their teen years.

- Students who use alcohol are five times more likely to drop out of school or to believe that earning good grades is not important.
- For additional Legal, Health and Safety risks associated with teen drinking, [click here](#).

# A Friendly Reminder...



The new year is a time for celebrating and fun family time. The staff at Calloway County Alliance for Substance Abuse

Prevention would like to wish you all a safe and responsible new year.

We hope everyone had a great time off work to spend some family time, or hope-

fully some relaxing time! See you all at the Murray/Calloway County Transit on January 21, at the next CC-ASAP Meeting, 1pm with a Clean Air Murray Meeting to fol-

# Protect your Teens on the Road

Motor vehicle crashes are the leading cause of death for 15- to 20-year-olds. And the use of drugs or alcohol increase teens' crash risks. In a comprehensive study on unsafe driving by high school students, 30 percent of seniors reported driving after drinking heavily or using drugs, or riding in a car whose driver had been drinking heavily or using drugs, at least once in the prior two weeks.

As teens take to the roads, you can take action by talking about the dangers of drugged and drunk driving. Parents are the most important influence on their teen when it comes to risky behaviors, including substance abuse and driving. Teens who

report having conversations with their parents about alcohol and drug use are more likely to stay drug-free, compared to teens who do not talk about substance abuse with their parents.

The National Youth Anti-Drug Media Campaign provides FREE online resources for community leaders and parents of teen drivers to help start the conversation about the dangers of driving under the influence. Please visit <http://www.theantidrug.com/resources/impaired-driving.aspx> to get more information on ways to prevent drugged driving in your community.

## Resources available include:

- **A New Driver's Kit:** Tips, facts, quizzes, and more alerting parents and teens to the dangers of drugged, drunk and distracted driving.
- **Parent-Teen Driving Contract:** Students Against Destructive Decisions (SADD) designed this contract to help facilitate communication between teens and parents about potentially destructive decisions related to risky behaviors and driving.
- \* **Top 10 Tips for Preventing Teen Accidents:** Tips for preventing teen accidents.

## Lost But Loved Clinic

Lost But Loved Animal Rescue is hosting a low cost spay/neuter clinic at the Carr health building on MSU campus. Kevin Finn, D.V.M. and Bobbie Fortney, Practice Manager from Richmond, KY will bring their M.A.S.H. (mobile animal surgical

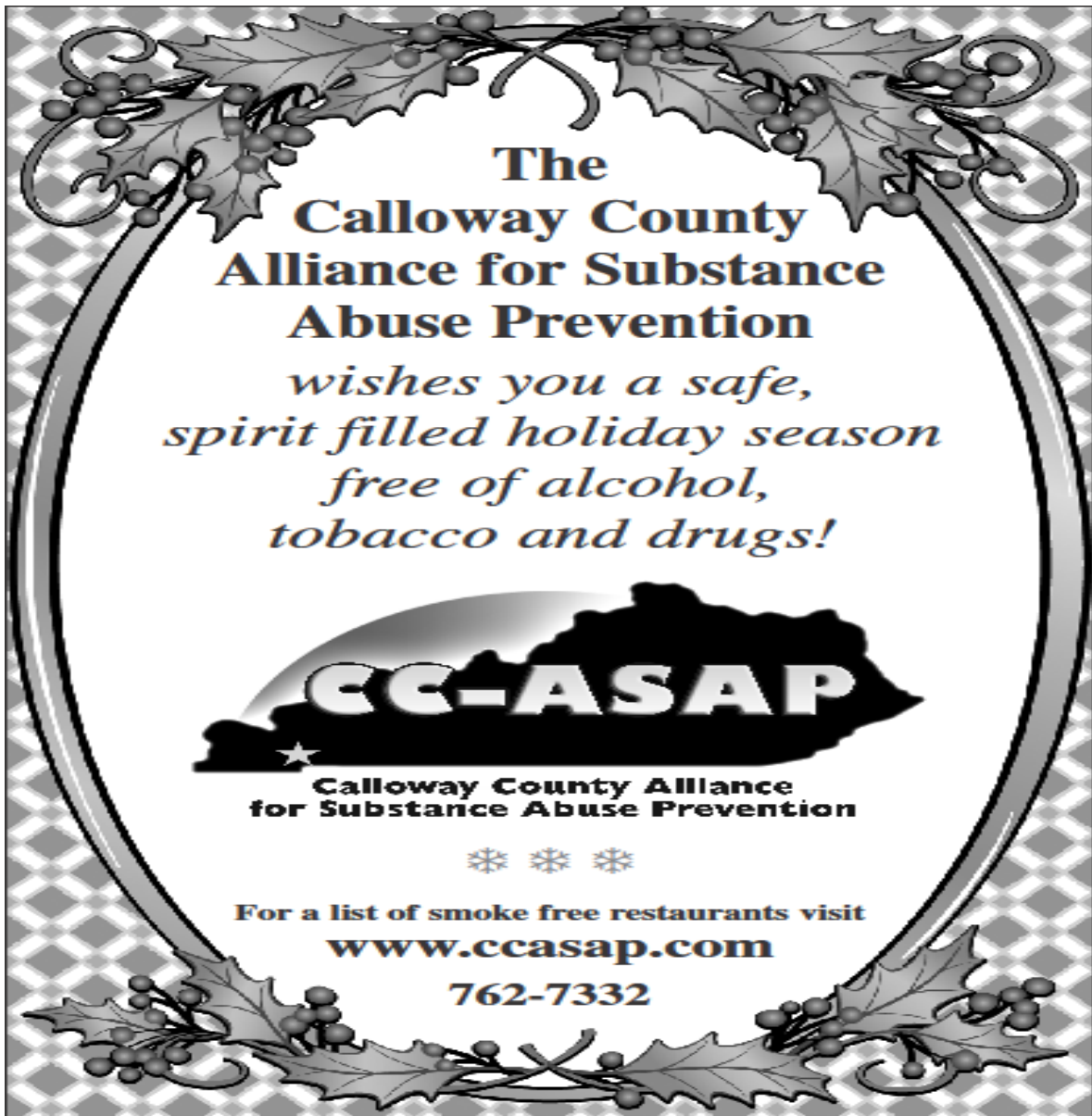


hospital) Unit to Murray to help reduce the numbers of unwanted dogs and cats by offering the low cost spay/neuter clinic.

The clinic will be held on January 15 and 16. The clinic is open to anyone, regardless of income. There are only 90-100 appointments available for spay/neuter surgery. Appointments will be re-



served on a first come, first served basis. To reserve your appointment(s) for your dog(s) or cat(s), call Linda Cherry at 227-0678. or register on line at [www.lblrescue.com](http://www.lblrescue.com) and follow directions.



## Upcoming Meetings/Events

### Happy New Year!!!

1/4-Cooper Clayton  
Classes begin at the  
MCCH Center for Health  
and Wellness 5:30-6:30pm

1/8-Make a Difference  
Day MSU Stadium-9am-  
1pm

1/14-Graves County  
ASAP Meeting 1pm at  
the Graves County  
Health Department-416  
Central Road, Mayfield

1/21-CC-ASAP Meet-  
ing 1pm at the Transit  
Building

1/21-Clean Air Murray  
Meeting 2pm at the  
Transit Building

