

Choose Life, Not Drugs!



Summer in the Park-Lunch and Activities Program



Join Murray and Calloway County family and youth resource centers, Memorial Baptist Church Youth, Big Brothers Big Sisters, UK Cooperative Extension Service 4H and many other community partners starting June 1 through July 15th (except July 1 and 4) at the Chestnut Park Pavilion for Summer in the Park. A nutritious meal will be provided at 11am along with a daily fun activity beginning at 12pm. Everyone is welcome!

June 9 and 23 and July 7 and 14, lunch will be served at Central Park's Playhouse in the Park Pavilion. After lunch, those participating in the lunch program will enjoy swimming at the MCC Parks Pool until 3pm.

Summer in the Park is free for participants 18 and under, and kids under the age of 9 must be accompanied by an adult.

Questions? Contact Murray FRYSC at 759-9592, the Den YSC at 753-6565, Calloway CO FRC at 762-7333 or the 4H Ext Office at 753-1452.



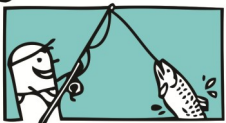
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Important Dates

- 6/4 Hooked on Fishing, Not on Drugs 8-11am Imes Farm
- 6/4 Dash for the Dogs and Cats run and bike ride
- 6:17 CC-ASAP Coalition Meeting 1pm at Transit

Hooked on



FISHING



Not on Drugs

Hooked on Fishing-June 4th

This year's Hooked on Fishing, Not on Drugs event will be held Saturday, June 4th from 8-11am at Imes Farm-641 North. Pre registration is over, but individuals are able to sign up on site as long as they have a parent or responsible adult present to fill out forms. This is a free-community event, lunch will be provided at 10:30 thanks to many wonderful sponsors! Hope to see you all there!





We are now on
Facebook...please
search for

**Calloway County
Alliance for Substance
Abuse Prevention**

and "like" us.

We greatly appreciate
it!!

Encourage parents and
friends you know to
"like" us as well-thank
you for all your help in
getting our page
kicked off!

Study Finds Moderate Levels of Second-hand Smoke Delivers Nicotine to the Brain

Exposure to secondhand smoke has a direct, measurable impact on the brain—and the effect is similar to what happens in the brain of the person doing the smoking. In fact, exposure to this secondhand smoke evokes cravings among smokers, according to a study funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

The study, published in *Archives of General Psychiatry*, used positron emission tomography to demonstrate that one hour of secondhand smoke in an enclosed space results in enough nicotine reaching the brain to bind receptors that are normally targeted by direct exposure to tobacco smoke. This happens in the brain of both smokers and non-smokers.

Previous research has shown that exposure to secondhand smoke increases the likelihood that children will become teenage smokers and makes it more difficult for adult smokers to quit. Such associations suggest that secondhand smoke acts on the brain to promote smoking behavior.

"This study gives concrete evidence to support policies that ban smoking in public places, particularly enclosed spaces and around children," said Arthur Brody, M.D., of the University of California at Los Angeles Department of Psychiatry and Bio Behavioral Sciences and corresponding author for the article.

*CADCA Online

New Beginnings Fundraiser

MAKE PLANS NOW for the 3rd annual **Home of Hope Motorcycle Rally and SILENT AUCTION** to be held at Town and Country Motorsports in Murray on SATURDAY, **Sept. 24** from 9 am to 4 pm. This is a fundraiser sponsored by **New Beginnings Transition Homes, Inc.** All proceeds go to bring a transition home to our area for women coming out of incarceration. Donations may be made at anytime to NBTH, PO Box 1736, Murray, KY 42071. Website info: www.NBTH.org.



Flyball-Lost But Loved, Animal Rescue

Lost But Loved Animal Rescue will host a free flyball exhibition at Central Park on Saturday, June 25 at the practice field located next to the Dog Park. The exhibition will begin at 8 am



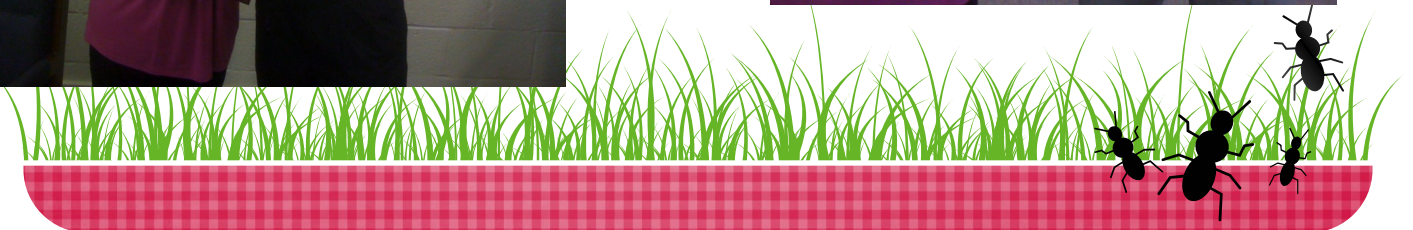
Following the exhibition, spectators will have an opportunity to ask questions about how to train their own dogs to compete in flyball competition with other dogs. They will also have an opportunity to let their dogs go through the fly-

ball lanes to see if their dogs might enjoy this exciting sport designed just for dogs and their pet parents.

Flyball competition is an excellent way for pet parents to interact with and exercise their dogs in a family environment. All dogs, regardless of breed can participate. The Queen City Rollers from Clarksville Tennessee will be putting on the demonstration.

So bring your four legged friends to Central Park to see what its all about. You can also learn more by googling "flyball" If anyone would like to form a Murray chapter flyball team, contact Linda Cherry with Lost But Loved Animal Rescue at 270-227-0678.

Thank you Jean for all your dedication to CC-ASAP, Clean Air Murray, Community ED (and much more). Your hard work has made such an impact on our community! Congratulations and good luck in retirement!



Cooper Clayton Smoking Cessation Classes

The next smoking cessation session will begin on Tuesday, June 21 and will meet weekly through Tuesday, September 13 from 530-630pm.

The Cooper-Clayton method to stop smoking is a 13-week program that provides weekly education sessions in a supportive environment. The program encourages the use of nicotine replacement

therapy and will be held every Tuesday for 13 consecutive weeks.

Registration is required. If you are interested in this class and would like to have your name put on the registration list, please call the MCCH Center for Health and Wellness at 762-1348.

Hookah-a growing trend in our community

A hookah is a water pipe used for smoking tobacco. Hookah tobacco is often flavored with molasses, fruit pulp or honey. This provides it with a sweeter smell and more appealing taste. In a typical hookah bar, patrons can purchase flavored tobacco and rent a water pipe to smoke it.

Hookah smoking is usually a social event that allows the smokers to spend time together and talk as they pass the pipe around. Hookah bars appealing to young adults may sell alcohol as well, although more traditional hookah bars do not. The smoke is made by burning charcoal on top of the tobacco. When the smoker inhales through the tube of the hookah, a pressure difference forces air past the heating source and heats the tobacco, which gives off smoke. The smoke is pulled away from the tobacco and passes through the water and into the smoke chamber, where it is inhaled by the smoker.

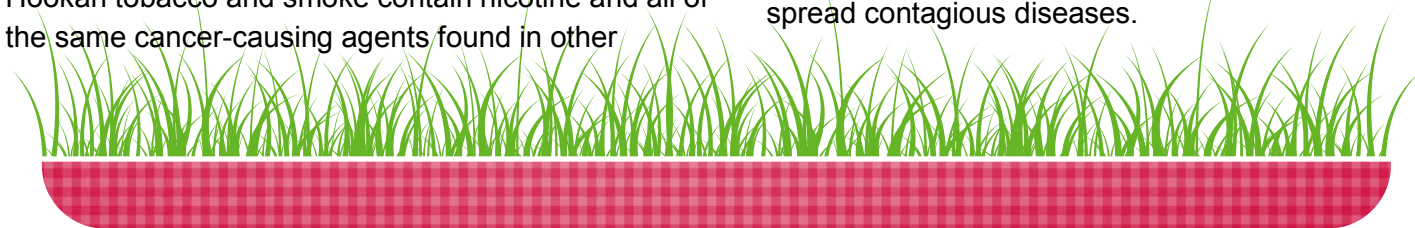
Smoking tobacco from hookah pipes is not safer than smoking cigarettes. During a single session, a hookah smoker may inhale as much smoke as if he had smoked 100 cigarettes.

Hookah tobacco and smoke contain nicotine and all of the same cancer-causing agents found in other

tobacco products.

Some people feel that hookah smoking is safer than cigarette smoking because the tobacco smoke is pulled through water before it is actually smoked. This is not true. Although the smoke may be smoother or less irritating, it contains the same toxic chemicals and carcinogens as any tobacco product and its smoke. In addition, the charcoal used to heat tobacco in the hookah increases the health-risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals. Recent studies have found that hookah smokers actually inhale more nicotine than do cigarette smokers because of the massive volume of smoke they inhale.

A typical one-hour session of hookah smoking exposes users to 100 to 200 times the volume of smoke inhaled from a single cigarette. Just as cigarette smoking, hookah smoking can lead to respiratory disease, heart disease, and various types of cancer. A 2004 American Cancer Society (ACS) study found that men who smoked hookahs had five times the risk of lung cancer as non-smokers. Sharing the pipe with others may also spread contagious diseases.



Drug-Endangered Children

A problem we all need to work together on
(Story from the Drug-Endangered Children Task Force)

A little boy in a skeleton costume sits next to a cop in uniform on a blue blanket draped over the lawn of a house in Colorado. It's late October. Halloween's coming. Nearby, officers are questioning the boy's mother. But the boy is focused on the pad of paper in front of him. A four-year-old who can't count past seven, he's sketching something. The officer realizes it's not a horse or a mommy or an airplane. It's a meth lab. The one in the basement of the boy's house.

The story of this boy, Romeo, is all too typical. It's a reminder that child abuse can go beyond a burn or a broken bone. And while meth is often the drug many associate with drug endangered children, it is important to recognize that children can be exposed and impacted by any type of drug-including prescription drugs.

Romeo had no way of knowing his house was the target of a drug raid that morning. Inside the house they found the makings of a meth lab—chemicals in a hole in a closet, tubing and a hot plate in the downstairs laundry room.

This story of Romeo is a case that is to help people understand that something needs to be done to help kids like him—children that are being put in harms way by drugs.

Tena Phillips, from our local DCBS will be speaking to the coalition at our next meeting on Friday, June 17th to discuss issues very similar to this that affect our own children in Calloway County.

Please try to be in attendance and be ready to hear Tena share her experiences and help us work together to make a difference for these kids.

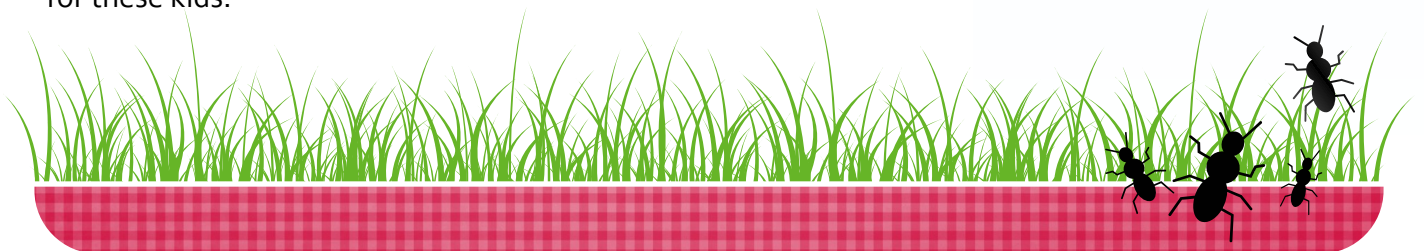


Marijuana and Driving

The effects of marijuana on drivers include:

- ◆ Relaxation, disorientation
- ◆ Altered time and space perceptions
- ◆ Lack of concentration
- ◆ Decreased car-handling performance
- ◆ Impaired time and distance estimation
- ◆ Increased reaction times
- ◆ Impaired motor coordination

Marijuana can impair a driver's abilities for at least one or two hours after use, and residual effects can be found up to 24 hours. Marijuana has also been shown to increase the impairing effects of alcohol.



Upcoming Meetings/Events

6/1-National No Tobacco Day

6/1-Breakfast Show-8am for Hooked on Fishing

6/1-7/15-Summer in the park lunch and activity program-Chestnut Park Pavilion-11am-1pm M-F except July 1 & 4

6/4-Hooked on Fishing-8-11am at Ime's Farm-641 N

6/4-Dash for the Dogs-7am check in and on-site registration-benefits Friends of the Shelter-Humane Society

6/6- Vocal impressionist Michael Kelley presents a program at Lovett Auditorium 7pm- to support CC Needline. Tickets are \$10 for more information contact 753-6333.

6/6-For youth ages 5-13 the Center for Health and Wellness will offer summer youth sports programs on M and W from 330-430pm. Children will receive basic skill training and introduction to a variety of sports. For more information contact them at 762-1348

6/14-Free Monthly Screenings-MCCH Center for Health and Wellness. 8am-11am and 12pm-3pm- Osteoporosis, Blood Pressure, BMI and Diabetes screenings. For an appointment or more information call 762-1348

6/17-CC-ASAP 1pm at Transit

6/19-Happy Father's Day!

6/21-Cooper Clayton Smoking Cessation classes begin-MCCH Center for Health and Wellness 530-630pm. Registration call 762-1348

6/28-Breast Cancer Support Group-MCCH Center for Health and Wellness 630-730pm for more information contact Evelyn Wallis at 489-2462

7/2-Bark in the Park-11am-2pm at the Courthouse Pavilion at Central Park