

Choose Life, Not Drugs

CC-ASAP

June 2009

Special Points of Interest:

- Get outside and walk for a good cause
- Join MCCH for free Men's Health Screenings
- Lets help our restaurants and businesses make the switch to becoming smoke free
- Dispose of any unused RX drugs to the Sheriffs Office
- Join us for Hooked on Fishing 2009

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2009 Hooked on Fishing, Not on Drugs

Summer is on the way, which means it is almost time for the annual Hooked on Fishing, Not on Drugs, Catch and Release Fishing Event! Preschoolers thru age 15 are welcome to join the many community partners on Saturday, June 13, from 8am—11am at the Imes Farm for food, fun and of course, fishing! (Imes Farm is located at 4064 Highway 641 N, just past Rolling Hills Nursery). This year's event will have FLW Outdoors Fishing Professionals on-site for special surprises! Walk-in's are welcome, though the first 200 that pre register will be given a free t-shirt and tackle box. Lunch will be provided at 10:30 am, thanks to our wonderful sponsors! Bait will be provided for the fishers, though participants will need to bring their own fishing pole, as well as lawn chairs, blankets, sunscreen etc. that you would need for a morning outdoors. If you do not have a fishing pole, some will be available, though not many so make sure if able, bring your own

fishing pole.

All participants must be accompanied by a responsible adult and life jackets will be available and should be worn by kids under six-years-old, and must have a registration form with written parental consent before being allowed to fish. Registration forms are available at the front office of your school, Wal-Mart Sporting Goods, Murray-Calloway County Parks Office and the Family Resource, Youth Service Centers, and should be turned in by June 6, with the final drop off at either the Calloway-County Family Resource Center, parks office or the Wal-Mart Sporting Goods Department. Forms may also be downloaded at www.murrayparks.org. In the chance of a rain out, the event will be held the following Saturday, June 20 at the same time, same place. For more information contact the Calloway-County Family Resource Center at 270-762-7333, or the Murray-Calloway



County Parks Office at 270-762-0325.

This event is sponsored by Calloway County ASAP, BBBS, Wal-Mart, Murray FRYSC, Calloway County FRC, Little Lakers FRC, Calloway County Middle Youth Service Center, FLW Outdoors, Murray-Calloway County Parks and Recreation, Kentucky Department of Fish and Wildlife, and Calloway County 4-H.

Character Counts Olympics

Join the family resource and youth service centers on Saturday, June 27, 2009 for this years Character Counts Olympics! The event will take place from 9-11 am at Quest Fitness Center located on Coldwater Rd.

On site registration will begin at 8:30am. Though, those submitting registration forms by June 15, will receive a complimentary

Character Counts t-shirt!

During the event there will be fun games for everyone, and Medals for Event Winners! A free lunch will also be provided for each participant.



Registration forms will be sent home in students folders or they can be picked up at each school, the Family Resource, Youth Service Centers, at Summer in the Park Program or the Calloway County Judicial Building.

For more information please contact Julie Stone at the Murray FRYSC at 759-4906.

Dash for the Dogs and Canter for the Cats!



Leadership Tomorrow Alumni are holding a fundraiser, "Dash for the Dogs, and Canter for the Cats!"

This event will be a 5k run or 3k walk, in addition a 15/40 Bike Fun Ride will be held.

The walk/run will be held on June 6th at Calloway County High School (2108 College Farm Road) to benefit the Humane Society's Friends of the Shelter and Good Samaritan Program.

Worried about leaving your beloved pets at home? Well no problem, bring your dogs along with you and enjoy a day outdoors with mans best friend!

Registration begins at 8am, and the race will begin at 9am.

At the race headquarters:

*Dogs to adopt

*Humane Society members to answer questions

*Pictures of cats available for adoption



*Information on emergency procedures for hurt animals

For registration please contact The Humane Society of Calloway County at 759-1884, they are located at 607 Poplar Street Suite A-1.

Or contact:

Jean Bennett at 753-4363

Tatum Dale at 293-0048.

Donating sponsors that contribute \$50 will have their name/company on the race

t-shirt.

Alcohol and the Brain

When teens go on a binge drinking episode, they may be doing serious damage to the sensitive "white matter" in their brain, a new MRI-based study suggests. White matter is involved in relaying information between brain cells, the researchers said. This means that damage caused to the developing brain by bouts of heavy drinking could affect thinking and memory, even lowering school performance.

Although white matter impairment has been seen in the brains of adult alcoholics, "we were somewhat surprised that these adolescents who had histories of binge drinking showed significantly poorer quality of their white matter," said lead researcher Susan F. Tapert. The cause of the damage is not fully understood, Tapert said. "It could be that episodes of binge drinking during the teenage years, when their brain is still developing, could have adversely influenced the brain's white matter development," she said.

Heavy drinking among adolescents remains a major problem. Tapert's team used a type of MRI imaging called diffusion tensor imaging to look at the brains of 28 teenagers. Among these individuals, 14 had a history of binge drinking, which is defined as having consumed four to five drinks in a day. Although some of the teens had a history of binge drinking, they did not meet the criteria for alcohol abuse or alcoholism, the researchers noted.

According to the MRI scans, teens with a history of binge drinking showed damage to their brain's white matter -- specifically, a lower "coherence" of white matter fibers, which suggests poorer white matter health, Tapert said. White matter is a main part of the central nervous system and is necessary for passing messages between different areas of gray matter within the nervous system.

Tapert noted that if this damaged white matter was just an image on a scan, it wouldn't be a problem. "But we have seen in other studies reductions in thinking and memory ability in adolescents who had histories of heavy drinking," she said.

In those studies, teens with a history of heavy drinking retrieved about 10 percent less information compared with teens who were not binge drinkers, Tapert said. "We have also seen that if you start drinking heavily in adolescence, you are more likely to go downhill on other measures of thinking and information processing," she said. Although this study is only a snapshot of a small number of teens, Tapert takes the results seriously.

Free Men's Health Screenings @ MCCH



In celebration of national Men's Health Month, the Murray-Calloway County Hospital, the Kentucky Cancer Program and Urology Associates are sponsoring a free men's health screening event.

This event will take place on Saturday, June 13, in the outpatient services area at the Murray-Calloway County



Hospital from 11am to 4pm. Men can have their blood pressure checked, as well as PSA's, prostate exams and hemocults will be offered.

Screenings will be available by appointment only. Appointments can be made by contacting Melissa Ross at: (270) 762-1832 now through June 10.

Smoke-Free Restaurants—Success of Sirloin

Currently a majority of the restaurants in Murray are smoke free. Though, quite a few still allow smoking. This is a problem primarily for the employees that are working in these environments. Working an eight hour, smoke-filled shift is equivalent to smoking up to a pack and a half of cigarettes.

Each year secondhand smoke is the result of an estimated 53,000 premature deaths in the US, and is the third most preventable cause of death.

In Helena, Montana, the number of admissions for heart attacks fell by 40% in just six months after implementation of the smoke-free law.

Smoke-free ordinances do not

restrict smokers from smoking. They simply restrict smoking in places where others breathe the air. Given what we now know of the dangers of secondhand smoke, if personal responsibility were taken seriously, no one would smoke in public places where others have to breathe that air.

One restaurant that took the leap to becoming smoke free is Sirloin Stockade. Adam Carver, owner, made the switch from allowing smoking in part of his restaurant, to becoming completely smoke free in Feb. 2007. Like many other restaurant owners, Carver was nervous about becoming completely smoke free. When he finally decided to make the switch, he said, "It become the best business decision I have ever made,

though it was not intended to be a business decision, I did it for the health of my employees and guests, which happened to help business as well."

Carver's primary objective for the switch was for the health of the employees and guests. Sirloin Stockade is a good family environment, which brings in families, kids and elders as well as young college students, it was important to try to protect these customers and employees. When Carver made the switch, he did his best to accommodate the smoking customers and handle any situation that arose, they lost some customers, though the majority of them gradually came back to dine. "I have no regrets what so ever,

business has been fantastic ever since." Carver said that servers never liked working in the smoking section, the section had ventilation to help clear the air but ultimately did not make a difference, and the employees are much happier being in a smoke-free environment. Carver mentioned, "Since becoming smoke free, business revenue increased as well as seating availability, and praise was incredible for becoming smoke free."

Lets encourage our businesses and restaurants to join the majority and become smoke free!

It's not about the smoker, its about a healthy, clean air environment for everyone!

CASA Volunteer Advocate Training

Bringing the voice of a child to the ears of the court is a tremendous responsibility and Court-Appointed Special Advocates (CASA) needs your help!

Would you like to be a person who makes a fundamental difference in a child's life?

Would you like to monitor a case

in the Family Court System and help children have a life of hope and the safe, permanent and nurturing home that all children deserve?

You can be the one who makes a difference.

The 30 hour National CASA Curriculum will be imple-

"Bringing the voice of a child to the ears of the court"

mented through independent studies, panel discussions, small group instruction along with court observations during the month of June.

If you or someone you know is interested in making a significant difference in the lives of abused or neglected children, please e mail Cindy Graves or Karen Darnell at casacc@murray-ky.net.

It's Medicine, so how can it be bad for me?

A new trend we are seeing across the country is the rise in prescription drug abuse.



Prescription and OTC medications are legal medicines that provide real benefits when taken as directed, but when abused, these medicines have devastating consequences.

The most-abused prescription drug class

is painkillers. They are meant to be used for a short time, continued use will cause a person to become dependant on them since opiates affect the brain and spinal cord.

According to the KIP data, a majority of students are not abusing, though we still are concerned about those who are.

5% of 6th, 11% of 8th, 27% of 10th and 22% of 12th graders claimed to have abused narcotic drugs in their lifetime.

A small percent have also reported abusing Oxycontin and speeders/uppers.

Taking prescription medication not prescribed for you, or allowing someone else to take your prescription medicine, is not only against the law— its dangerous.

Some ways to help keep prescription drugs out of the hands of kids, friends, neighbors or others are:

- * Dispose of unused and expired RX drugs to the local Sheriff's Office
- * Keep all medications secure and out of the hands of a child, teen or guest
- * Keep track of your medications, routinely count your pills
- * Talk to children and teens about the dangers of RX drug abuse
- * NEVER take medications that were not prescribed to you

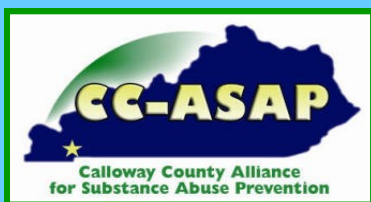
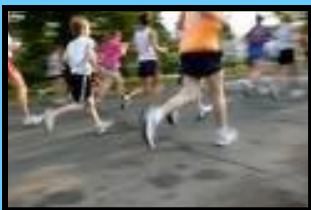
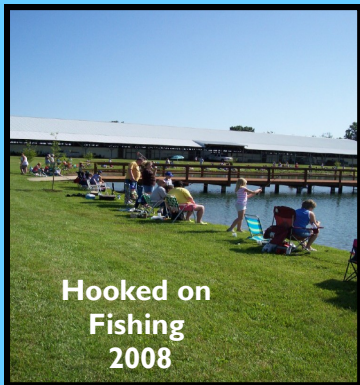
The majority get RX drugs from their own home, or friends homes

**CALLOWAY
COUNTY ALLIANCE
FOR SUBSTANCE
ABUSE
PREVENTION**

1169 Pottertown Road
Murray, KY 42071
Phone: 270-762-7333
Fax: 270-762-7334

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frankie.carroll@calloway.kyschools.us
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**We're on the web:
www.ccasap.com**



Be Drug Free in Calloway County!

SOBER GRAD



Upcoming Events/Meetings:

**CC-ASAP
Meetings:**

Public Library,
Main Street
@ 1pm

Next Meeting:
Friday, June 19

*There will be no July
meeting*

Upcoming Meetings:

Friday, August 21
*Free luncheon provided
Presentation of Kip Data*

June 5-7— 4H Horse
Camp and District

Horse Show (June 7)

June 6— Dash for the
Dogs, Canter for the
Cats—run/walk 8am

@ CCHS

June 9— Clean Air
Murray mtg. 10am
MCCH Wellness

Center

June 13— Hooked on
Fishing, Not on Drugs
Imes Farm 8-11am

(rainout date June 20)

June 13— Free Men's
Health Screenings
MCCH outpatient ser-
vices—11am-4pm

Happy Fathers Day!

June 27—Character Counts
Olympics @ Quest Fitness
Center from 9-11am

June— *CASA Volunteer Advo-
cate Training*—

casacc@murray-ky.net

Summer in the Park

Lunch and Activity Program

Murray-Calloway County

Chestnut Park

June 2-July 17

Monday-Friday

11am to 1pm

(Anyone ages 2-18 welcome)