

Choose Life, Not Drugs

Ghost-Out and Mock Crash/Trial

On April 17th and April 24th Calloway-County High School and Murray High School provided dramatic programs to their student bodies regarding the dangers of drinking and driving.

These events were put on by the Kentucky Office of Traffic Safety, Calloway-County High School and Murray High School. CCHS participated in "Ghost Out" on Friday, April 17, which is a program that has the grim reaper taking a student out of class every 30 minutes. That time marks how often a person is killed in an alcohol related car accident.



CCHS Ghost Out

Photo Provided by Calloway

At the end of the day, those students' obituaries were read to the general assembly. The reaper snuffs out the student's life, and he or she is laid under a white sheet. This presentation really affected the students because it brought the reality home to them that any of them could be under those sheets. One Calloway student told a teacher that she: "Wanted to

thank whoever did this for the students because usually the adults lecture us all the time but this put things in true perspective and makes it seem real".

Another student thought: "It was very realistic and very emotional. Especially when the obituaries were being read and they said...she is survived by her older sister, and then that's when it hit me, that could be my little sister. I will never drink and drive". The staff and principal were very moved by the idea that their students could face such consequences.

One student was quoted as saying: "Teachers are always talking at us; this really showed us what could happen."

MHS chose to do a mock car crash on Friday, April 24, in the morning, and a criminal trial in the afternoon.

The crash scenario was—two couples were coming from a prom party, on the way to another prom party, and the driver crashed into another vehicle that was driven by Principal Speed who was leaving the high school after cleaning up from prom. The accident left Mrs. Speed's son, who was a passenger in her vehicle and a passenger

from the other vehicle dead. Mrs. Speed was left paralyzed and others suffered injuries.



MHS Mock Crash

Photo Provided by Britney Eckles, Murray High School WMHS TV 13

Fire and Rescue as well as EMS participated in working the scene. KSP and Murray Police Department controlled the accident reconstruction.

The coroner pronounced the dead and they were taken away in hearses.

During the trial, the Defendant, the drunk driver, was found guilty of one count of murder and one count of second-degree manslaughter, as well as lesser offenses. The jury was made up of high school students.

Overall, most students took these projects and presentations seriously. They thought about the upcoming events of prom and graduation. Hopefully they will make the connection that no one should drink and drive. Lets keep educating our youth on the importance of traffic safety, and that drinking and driving is NEVER ok!

CC-ASAP

May 2009

Special Points of

Interest:

- *Smoke should be kept away from pets as well as people*
- *Help keep our youth safe on the roads this prom season*
- *Support Drug Court—Attend "Run for Recovery"*
- *Big Brothers, Big Sisters—Buddy Campaign continues*

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How Does Mentoring Effect a Child?

As the Big Brothers Big Sisters (BBBS) "Buddy Campaign" continues through May, I thought it was fitting to share stories of what mentorship has done in the lives of two children in our community.

First, lets meet Dillon: Dillon was a 2nd grader when his grandmother signed the paperwork to enroll him into the BBBS program. Due to some special circumstances in his past, Dillon was not an easy child to match. The volunteer needed some specific skills. Finally, as a third grader, Dillon was matched. Because of the new MHS Lunch Buddy Program, a mentor was found that would be perfect for Dillon!

On the day that he was matched, he burst into the room to meet his Big Brother and said, "This is the best day of my life!" This is the reason we do this and need this program! Dillon and his big enjoy a great

relationship centered around eating lunch together and playing at recess. Next is a story from a mother: I am writing to talk about how important BBBS is to my son and myself. In short, there has been an absence of male figures in Tanners life.

All of that changed when Tanner was matched with a Big Brother. What a blessing it was for him to meet his "Big", and to have a "BIG" come into his life, bringing fun, laughter and a lightness of spirit. That was EXACTLY what Tanner needed. To have someone in his life that contacts him regularly, that takes a sincere and caring interest in him, that is reliable, dependable and who makes it clear by what they say and do that they truly want to spend time with him – well, that is, quite simply, one of

life's greatest treasures. It has been, and continues to be, a gift beyond measure

for Tanner to have a Big Brother. "Big Brothers are

as good as gold". They are my heroes. And they are my son's heroes, too. I can't thank you all enough.

For more information about this year's "Buddy Campaign", how to donate or how to become a mentor, contact Suzy Crook @ 759-2227.



Big's and Little's enjoying a day at the park.

Drug Court—Run for Recovery!

"National Drug-Court Month is an opportunity for the Drug-Court field to celebrate 'Twenty Years of Drug Court: Restoring lives, reuniting families and making communities safer.' In the last twenty years, Drug Courts have become the most effective justice strategy in the nation for combating substance abuse and crime".

For 20 years Drug Courts have saved millions of lives, reunited thousands of families and helped make communities all across the country safer. There is no greater opportunity for systemic social change in the American Justice System. There is no greater opportunity to reunite families and make communities safer for everyone.

The 42nd Judicial Circuit Court of Marshall and Calloway Counties, along with the Voices for Substance Abuse Recovery, (VSTAR) are

pleased to announce that the 1st ever "Run for Recovery" date has been set! The event will take place on Saturday, May 30, at Mike Miller Park's Soccer Pavilion.

Registration for the event will begin at 9am and the walk/run is set to begin at 10am. Pre-registration will be available and encouraged as well. There will be a 20 dollar registration fee that will cover participation and a t-shirt!

All proceeds will go to a fund to support awareness, education and emergency assistance of those in recovery from addiction in the Marshall and Calloway County communities.

The primary goals of the event are to raise awareness in the community of the struggle of addiction and to remove the associated stigma.

Please join us throughout the month of May as we celebrate the hope and success that Drug Courts bring to our families and communities.

In addition to hosting the Run for Recovery on May 30th, a publication of a cookbook entitled *Recipes for Recovery* is scheduled to go out later this month. All proceeds from the cookbook sales will be shared amongst three agencies selected by the participants of Drug Court. Those agencies are; Needline, Merryman House and New Beginnings.

Please join in the efforts to support these individuals, their families, and our community! For more information contact Vicki or Jeanie at (270) 753-2414 or e mail vickiterrell@kycourts.net and jeaniecearson@kycourts.net.

Parental Alcohol Prevention

Taking actions on alcohol issues...

What you can do:

In order to generate actions that yield results in reducing youth access and underage drinking, parents and other adults need to begin by understanding the issue.

Additionally, community groups and professionals that work with alcohol-related problems affecting youth, need to look at the contributing factors that generate problems.

Contributing factors include laws, ordi-

nances, environmental conditions, policies and practices.

Take Action:

Love as a parent, not as a friend.

Set rules—voice them and follow them.

Never buy alcohol for kids because you think it's safer, too many problems can and will occur.



Don't be swayed by what other parents are doing.

Curfews work—enforce them.

Limit alcohol at your own parties—kids are watching!

Never look the other way when alcohol is being used by underage youth.

Face it—as a parent, you will be the bad guy sometimes.

Refuse to provide or ignore the use of alcohol by people under 21 in your home or on your property.

National Youth Traffic Safety Month

Nationally, in 2006, 4,842 passenger vehicle occupants, ages 16-20, were killed in motor vehicle crashes, and 58% (2,813) were unrestrained at the time of the fatal crash.

These preventable tragedies must be stopped, and can be. Working together we can increase awareness among youth and communities about steps we can take to increase traffic safety and reduce the loss of more youth's lives to traffic crashes.

During May, National Youth Traffic Safety Month, lets educate the youth of our community on the importance of traffic safety.

May and July are the two deadliest months of the year for youth.

The most known tragedies are a result of impaired driving. According to NHTSA, 31% of teen drivers killed in 2006 had been drinking. Of those, 25% had a blood alcohol concentration of .08 or higher. It is estimated that 24,560 lives have been saved by minimum drinking age laws since 1975.

According to the National Highway Traffic

Safety Administration (NHTSA), every 30 minutes an American dies because of an impaired driver and every two minutes someone is injured. Also according to NHTSA, motor vehicle



Distracted Driving

Some of the forgotten reasons for fatal crashes are distracted driving and drowsy driving.

According to a landmark 2006 NHTSA and Virginia Tech Transportation Institute study, nearly 80% of crashes and 65% of near-crashes involve some form of driver inattention within three seconds before the crash.

Each year, an estimated 284,000 distracted drivers are involved in serious crashes, according to a study by the University of North Carolina Highway Safety Research Center.

According to SADD (Students Against Destruc-

tive Decisions) and Liberty Mutual Insurance Group, instant and text messaging lead the list as the biggest distractions while driving, and I know that it is not only youth who are guilty of this!

Drowsy Driving is more dangerous than many believe. Young people are the largest at-risk group for fall-asleep crashes. Of all drowsy-driving crashes, 55% involved drivers 25 years and younger. Each year drowsy-driving crashes result in at least 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses.

Be good to yourself and make time for sleep. Experts recommend 8.5-9.5 hours of sleep for teens and 7-9 for adults.

Only 20% of adolescents get the recommended 9 hours of sleep on schools nights, and nearly one-half (45%) sleep less than 8 hours on schools nights.

Each of these situations is easily preventable. Talk about the importance of traffic safety. It is known that parents have the greatest influence on the decisions of teens!

Summer Feeding Program

The Summer in the Park Feeding Program will again be held this year!

This wonderful program provides a free lunch for children, ages 2 thru 18. The Feeding Program will be provided from June 2nd—July 17th, (except July 3) on Monday through Friday.

Families and youth are invited to join the Murray and Calloway Co. Family Resource Centers, Big Brothers, Big Sisters and 4-H for a great meal and fun activities.

Eating starts at 11:15 a.m. and the activities will begin at 12:00noon. The program will be held at the Chestnut Park Pavilion.

There is no income guideline for this program. The Feeding Program is so important because it not only provides food for kids, it also provides social interaction.



Summer Feeding Program 2008

This is important for teens and preteens who might be spending time by themselves while parents work, etc.

For a calendar of activities, a menu, to volunteer or present a program, please contact Julie Stone at 759-9592 (Murray FRC), Suzy Crook at 759-BBBS or Michelle Hansen at 762-7333 (Calloway Co. FRC).

Second-Hand Smoke and Your Pets

A major health issue that many may not realize is the dangers of second-hand smoke and pets.

*Dogs who live with smokers are more likely to get lung cancer and nasal cancer than dogs who live with nonsmokers.

*Dogs with shorter noses (such as boxers) have the highest risk of lung cancer, this being because their shorter nasal passages are not as effective at accumulating the inhaled second-hand smoke carcinogens. This results in more carcinogens reaching the lungs.

*Dogs with longer noses (such as greyhounds) have a higher risk of nasal cancer. These nasal passages have a greater surface

area on which carcinogens may be deposited before reaching the lungs.

Also, since a longer nose has nasal passages with a greater number of cells, there is a greater chance that one of these cells can be mutated by carcinogens into a cancer cell.

Dogs may also have a reaction to second-hand smoke that is similar to flea or food allergies—causing them to scratch or chew their skin.



Cats living in a home with smokers have more than twice the risk of feline lymphoma and higher rates of oral cancer.

Since cats groom themselves quite diligently, cats in smoking households can lick up carcinogens that have been deposited on their fur. Daily grooming over a long period of time expose the delicate skin in the mouth to hazardous amounts of carcinogens.

Always remember, and tell a friend if they have a pet that may be being harmed from such carcinogens, that pets are in danger too.

CC-ASAP

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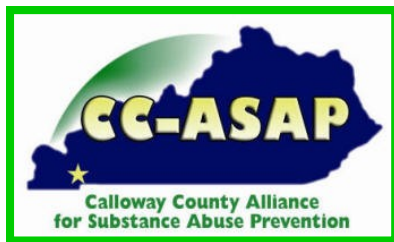
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We're on the Web:
www.ccasap.com

*Be Drug Free in
Calloway County*



Coalition Booth at Murray in Motion



**Parent Survey on underage
drinking at Murray in Motion**



**Bowl for Kids Sake 2009—
Big Brothers, Big Sisters Fundraiser**

Upcoming Events/Meetings:

May:

- **Drug Court Month**
- **National Youth Traffic Safety**

1-2 —Relay for Life @ MSU

3— 4H Camp and Scholarship forms due to extension office

5— Baby Expo—4:30-6:30 pm
@ the Curris Center Ballroom

8— CC Domestic Violence Task Force mtg. 12pm @ Ellis St. Community Center. Lunch provided

9— Jazz in the Park—Central Park

9— MSU Graduation

9—Stamp Out Hunger, Food Drive @ Murray Post Office

HAPPY MOTHERS DAY!

14— Spring Screen— Developmental Assessment for children 0-2 years

15—ASAP Mtg. @ library 1pm

30— “Run for Recovery” 10 am @ Mike Miller Park

CASA Volunteer Advocate Training during the month of May. Contact Cindy Graves or Karen Darnell @ casacc@murray-ky.net or 761-0164.

Parenting Classes via video conference—

Birth-5-May 4 & 6 @ 9am-12 pm

Ages 6—12— May 6 & 8 1-4 pm

Teens— May 20 & 27 9:30 am—
12:30 pm

Contact: Ellen Walsh— 442-8039