



Choose Life, Not Drugs!

NOVEMBER 2010

SPECIAL POINTS OF INTEREST

- Check out what's new with **BBBS**
- Join **4H** in an overnight lock in
- Learn about new initiatives to help teens live above the influence
- Interested in the **MPD Academy?**

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American Medicine Chest Challenge

An alarming number of youth are intentionally abusing prescription medicines to get high.

The 2007 study by the National Study of Drug-Use and Health found that 70% of people who abuse prescription-pain relievers say they got them from friends or relatives. A recent study on drug use of teens by the Partnership for a Drug Free America (PDFA) found that one in 9 children are abusing prescription pain relievers to get high.

To help combat this growing threat to our nation's children, the United States Senate has deemed October, 2010 as National Medicine Abuse Awareness Month. Here in Murray/ Calloway County, we're taking things even further by hosting the American Medicine Chest Challenge (AMCC) on November 13, 2010. Residents can bring unused or expired prescription or over-the-counter medications to the Local Sheriff's Office on Olive Street from 10am-2pm. AMCC a

nationwide public health initiative that challenges residents to take the five step Medicine Chest Challenge:

- Take inventory of your prescription and over-the-counter medicine.
- Lock your medicine chest.
- Dispose of your unused, unwanted, and expired medicine at an American Medicine Chest Challenge Disposal site (Sheriff's Office).
- Take your medicine(s) exactly as prescribed.
- Talk to your children about the dangers of prescription-drug abuse.

This effort is being spearheaded by the Calloway County Alliance for Substance Abuse Prevention (CC-ASAP) and the Calloway County Sheriff's Office.

Prescription-drug abuse is a growing problem in our country, and the easiest way to combat it is to properly dispose of your old

or unused medicine. "This Challenge will raise awareness about the dangers of abusing prescription drugs and reduce the availability of potent drugs that lead kids down a path to addiction," explained American Medicine Chest Challenge Chief Executive Officer Angelo M. Valente. "With the American Medicine Chest Challenge we are calling on residents to see their medicine cabinets through new eyes -- as an access point for potential misuse and abuse of over-the-counter and prescription medicine by young people," explained Valente. AMCC is the best way to do just that, so on November 13th dispose of your unused, unwanted or expired medicine at the Calloway County Sheriff's Office from 10am-2pm. For more information, please visit

www.americanmedicinechestchallenge.com or call CCASAP at 762-7333. Visit us on our website, www.ccasap.com

Plain Tobacco Packs Discourage Teen Smoking

According to a new study presented at an international conference in Sydney, Australia, plain packaging of tobacco may discourage teens from smoking.

Preliminary findings from focus group interviews with 14 to 15 year-olds in Auck-

land, New Zealand, show that plain packs increase attention to the graphic warnings; increase overall perceptions of smoking harm; and reduce the social appeal of smoking. "This suggests that the combination of graphic warning labels and plain cigarette packaging would

send a clear and consistent message about the harm and unacceptability of cigarette smoking and therefore, has the potential to further reduce smoking uptake among adolescents," University of Auckland lead author Lisa Webb said about their research.

*Cadca Coalitions Online

BBBS



What a wonderful time of the year! Fall leaves bring in a new season for making memories. Here at BBBS, we're watching the leaves change and lives change as volunteers visit their Littles and help to make a difference in their lives.

BBBS of Murray/Calloway County sponsored the Children's Play area for the 4th year during the Hazel Days Celebration on Sat. Oct. 2nd from 10 am to 2 pm. The kids enjoyed pumpkin painting (BBBS), making fruit sundaes (4-H); Pick up a Duck for prizes (Merryman House), petting a puppy and coloring sheets (Humane Society), and getting fingerprinted for the Lost Child Project (Woodmen of the World). This year the kids bounced away in three bouncers (Hazel Days Committee and Hazel Baptist Church/BBBS). Without the help of our agency partners, this would not have been possible.

Recently Dr. Long introduced

BBBS to the men of Kappa Alpha Psi Fraternity at MSU. On October 14th from 5:30 to 7:30 pm, the group a "Boys Night Out" activity for our male students. Since it was a first time event, we purposely chose a small number of boys to participate. It was an overwhelming success! They played dodge ball, basketball, flag football and enjoyed getting to know each other while chowing down on pizza and drinks. We hope this partnership continues to grow and develop throughout the year.

BBBS Director/Case Manager Suzy Crook attended an invitation only reception for Jackie Joyner-Kersey on October 20th at Alexander Hall

tury. In a casual question and answer time, D/CM Crook asked the guest speaker this question, "From your work as a Mentor, what would be the best advice you could give me to pass along to the mentors in our program?" Her response was simply to "stick with it no matter what, because even if you give a child a few minutes, that could make a difference to that child."

Upcoming events for BBBS include the Halloween Party hosted by AOPi/Lambda Chi Alpha on Tuesday, Oct. 26th and the Trail of Treats at the Park with help from MOTA (Ministry Open to All) on Sat. Oct. 30th.

We continue to recruit volunteers, accept children by referral or parent en-



Auditorium on the MSU campus. Six time Olympic medalist Joyner-Kersey is considered one of the greatest athletes of all time and was named by Sports Illustrated for Women as the Female Athlete of the 20th Cen-

rollment, and match volunteers with children. Please call Suzy at 759-2227 or email at bbbs@murray-ky.net for additional information.

Submitted: Suzy Crook



Health Rocks!

Lock-In

November 1

8 pm to 7 am

Main Street Youth Center

Calloway County 4-H is sponsoring a Lock-In for 8th grade and up.

Call to sign up by October 29th

Healthy Choice Activities and games will be taught and youth will have opportunities to be leaders and teach younger youth in winter and spring in after-school settings in Murray and Calloway County. Great fun, food and activities!!!

Completed Permission forms and Medical Release forms must be brought to

Lock-In

753-1452 or 293-1558

Bring \$5.00 and a pillow

Above the Influence

Our Coalition and community has been chosen as one of 20 communities in America to participate in the evaluation of the National Youth Anti-Drug Media Campaign's Engaging Local Communities project.

The evaluation will explore the effectiveness of the project in changing youth's knowledge, attitudes and behaviors related to influences and drugs, as a type of in-

fluence. I encourage each of you to visit the following website:

www.abovetheinfluence.org to



the "Tag It" classroom curricu-

learn more about Above the Influence. Our youth will be participating in

lum with several classes in our local schools. We have over 60 students signed up to participate in the evaluation in three schools.

The classroom sessions begin this week and will end the second week in November. Watch for the outcomes of "Tag It" as we receive our local evaluation results. Way to Go – Murray-Calloway County, you are a great place and the ONDCP recognized you again !!!!!

Drug Court Graduation

Drug Court Graduation is slated for Nov 30th at 6:00pm at the Wrather Museum on Murray State Campus with a reception following. There are 6 graduates at this time with

3 from Marshall Co. and 3 from Calloway Co. Everyone is invited to attend and will be blessed as those that are graduating have successfully reclaimed their lives.



Drinking and partying have a way of coming between you and your dreams.

*Alcohol will always leave you behind.
Stay ahead by staying Sober.*

Parents, talk to your kids about the dangers of underage drinking. For tips and resources visit www.ccasap.com



MPD Citizens Police Academy

I cordially invite you to attend the Murray Police Department Citizens Police Academy. Understanding and cooperation between law enforcement and citizenry is vital to the mission of all law enforcement agencies. I believe you will be impressed with the skill and knowledge of the men and women of the Murray Police Department and will leave with a better feel for the job they do to protect and serve everyday. You may pick up an application at department headquarters at 407 Poplar Street in Murray or you may request an [application online](#) (PDF). I look forward to working with you in the future to continue to make the City of Murray one of the safest communities in the country. Classes will be held on Monday evenings from 6:30 to 8:30 p.m. over a 8 week course period.



Chief Jeff Liles
Murray Police Department
407 Poplar Street
Murray, Ky 42071
270-753-1621
Email: jliles@ci.murray.ky.us

Upcoming Meetings/Events

11/2-Election Day

11/12-Graves County ASAP Meeting
1pm- Graves County Health Department 416 Central Road in Mayfield

11/13-American Medicine Chest Challenge-Sheriff's Office-10am-2pm

11/18-Great American Smoke Out



11/19-CC-ASAP Coalition meeting
1pm at the Murray Calloway Transit Authority

11/19-Clean Air Murray meeting
2pm at the Murray Calloway Transit Authority

11/19-Benefit concert for Amy Rose (young mother of 2 diagnosed with cancer), Sponsored by V-STAR and Hope Harbor Church. Will be held at Hope Harbor Church from 6-9pm

Happy Thanksgiving!

11/30-Drug-Court Graduation-6pm
Wrather Museum-Murray State University-Reception to follow

Contact any of the Family Resource or Youth Service Centers in Murray and Calloway County to help with this years Santa Project, and Tiger Christmas!

