

REMEMBERING ADAM

TELLING OUR STORY SO NO MORE DIE



VOLUME 7

2007

REMEMBERING ADAM JOINS FORCES WITH CAMBRIA COUNTY DRUG AND ALCOHOL

We are happy to announce that Remembering ADAM has become a prevention provider for Cambria County Drug and Alcohol. This venture will enable us to increase our prevention efforts with our children and adults across the County. The ultimate goal of Remembering ADAM is to providing substance abuse prevention education. Check out our programs at RememberingADAM.org and if you or someone you know is in need of a private or organizational prevention education program, contact us at

preventionservices@rememberingadam.org or call us at 1-877-767-ADAM.



DRUG ADDICTION DISEASE OR CHOICE?

The highs and lows we experience are a natural part of life. They are actually the very fabric of our being, the things that give meaning to our lives. We seek those experiences that give us those natural intense feelings of pleasure. The Steelers winning the super bowl, your baby's first laugh, an unexpected check in the mail, a song playing that reminds you of your first love...ahhh the joys of dopamine flooding our limbic system. Euphoria. This is what we live for.

One of the main reasons people abuse drugs is to create that same feeling. They are doing it however, in a most unnatural and harmful way. Forcing the flow of neurotransmitters into the limbic system immediately brings about changes in the brain. Dopamine receptors are diminished and/or less dopamine will be produced. The neurons using the dopamine also will die off in the toxicity of the drug. All of which mean

there will be less dopamine available for use by the brain. No longer will those naturally occurring experiences in life bring about a sense of well-being, happiness or satisfaction.

There is no way to know how many times a person may use a drug before the brain becomes chemically altered. Teens are especially vulnerable to addiction as their young brains are still in the developmental phase. Early drug use is a very strong indicator that the person is more likely to have many more serious problems in life. These can include the progression to more serious drug abuse, mental illness, relationship problems, exposure to sexually transmitted diseases or abuse, involvement in criminal activity, etc.

The prefrontal cortex is one area of the brain that is extremely vulnerable for teens as it is one of the areas that develop last. This is the area of the brain that houses our decision-making skills and helps us to keep (cont.)

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Abuse and addiction to alcohol, nicotine, and illegal substances cost Americans upwards of half a trillion dollars a year, considering their combined medical, economic, criminal and social impact.



National Institute Drug Abuse

ADDICTION

(CONT. FROM PAGE 1)

our emotions in check. This is extremely serious as the teen becomes unable to make good and wise decisions, problem solve or plan. Emotions become out of control and the abuser wants only to feel good again however that has to happen.

When the dopamine levels in the brain are low, as they are in that of the addict, the person feels depressed. Life for the abuser is flat and meaningless, without feeling. There is no joy in an addict's life without drugs. It now will require drugs just to help the abuser to feel normal, to bring the dopamine levels up enough for the person to be able to survive life. And it will take even larger amounts of the drug to help the addict raise the dopamine level enough to get high. The addict is no longer in control of his or her drug use as the compulsion

to use drugs takes over.

The consequences of drug addiction travel throughout the body. The medical complications that coincide with addiction are cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis B and C, lung disease, obesity, and mental disorders.

Additionally we see the consequences as they affect the family, communities, nation and world as a whole.

This problem does not belong to just the addict or the family of the addict but to all of us as a human race who care for one another.

There is no cure for addiction but it is a treatable disease and there is recovery through love (tough as it needs to be sometimes), education, treatment, compassion and acceptance of what addiction truly is.

THE WORK OF REMEMBERING ADAM CONTINUES TO TOUCH LIVES AND SAVE CHILDREN

Remembering ADAM has had another busy year as we continued to run the SAFE Support Group the first Tuesday of each month. This group meets at the St. Vincent DePaul building in Carrolltown at 7:00. It is facilitated by Jeff Walker, an addiction counselor with many years of experience.

Our screening program is doing excellent in the Portage and Blairsville and Saltsburg schools. Our Spring Flings in both counties were a huge success. The students from both programs were rewarded with a trip to the movies. Approximately 700 students belong to the screening program.

We are expanding the screening program this year to include

Conemaugh Valley School District. Several school districts are considering adopting the program .

During Red Ribbon Week, Remembering ADAM was asked to speak at schools in both Westmoreland County and Harmony School District.

Our Getting Street Smart program was viewed by medical assistant students, Headstart teachers and foster parents in addition to our usual educator and family member audiences.

In Blair County the Getting Street Smart program was presented for the Blair Senior Services Crime Watch groups as well as for Blair County

Drug and Alcohol's early childhood week. We also sat in on a substance abuse panel to speak to 10th graders at the Altoona High School.

KADU (Kids Against Drug Use) was presented in Cambria Heights, Bishop Carroll and Portage schools.

Remembering ADAM has had a presence in Washington DC as the screening program was presented to the ONDCP (Office of National Drug Control Policy).

We are a significant part of developing a Parent Advisory Council for PA; the goal is to study and address family and community access to addiction treatment services.



Every year, abuse of illicit drugs and alcohol contributes to the death of more than 100,000 Americans while tobacco is linked to 440,000 deaths per year.

National Institute of Drug Abuse

NO PRESCRIPTION.COM???

In the previous newsletter we warned against the dangers of websites selling drugs without prescriptions. Because there have been significant changes we would like to take this opportunity to provide you with an update.

The most recent study done by the National Center on Addiction and Substance Abuse at Columbia University (2007) found that there has been a 70% increase in these internet pharmacies. Of the 187 sites that will dispense medications via the internet, 157 will ship these drugs directly to your home in plain packaging with nothing more required than a valid credit card.

For example one website states "No Prescription Needed. We GUARANTEE you will get hard-to-find pain medications without a prescription or your money back!"

They claim to save customers up to 75% on every order and can compare prices for over 1000 medications. If you need a medication that is not listed on the website you just send them an email listing the drugs you are searching for and they will respond within 48 hours.

In order to use this site you must be-

come a member at the rate of \$19.97 for one month, \$39.97 for 3 months or \$79.97 for a full year.

They will also teach you "how to obtain a U.S. doctor prescription without a visit". If you can place an order without a prescription than why would they need to offer this service?



They do warn however, "Some of the suppliers in the No Prescription Needed Member's Section will send you drugs you request even if they may violate the laws of your country."

A similar site offers every prescription medication available through their overseas online pharmacies. The medications are all American made and FDA regulated except where noted and all of their pharmacists are guaranteed to speak English. They offer their medicines at discounted rates. In the

states you can get a thirty day supply of one medicine for \$155.78 at a legitimate online pharmacy site with a prescription plan, on one of these more questionable sites you can get the same product for \$72.71. The question is will you get the "right" medication?

There were only 30 websites that did deem a prescription necessary to fill an order. Out of these, 17 would allow a customer to fax the document to them opening the door to fraudulently creating a prescription or using a legitimate one many times.

Aside from membership fees, shipping charges, and any legal ramifications, the non-monetary costs of shopping at these sites are not having a personal physician and pharmacist to oversee complications and interactions with medicines.

We, at Remembering ADAM again urgently warn parents to monitor the computers being used by their children. Even with the safety controls to limit the access of these kind of sites from children, parents need to be vigilant about checking computer histories and keeping a close eye on the sites they are visiting.

YOUTH WITH ALCOHOL-BRANDED ITEMS MORE LIKELY TO DRINK

A study of 2,000 middle-school students concluded that adolescents who owned alcohol-branded t-shirts and other items were more likely to drink than those who didn't own such merchandise.

Dartmouth Medical School researchers said the study was the first to examine this relationship. What they found was that those students who owned an alcohol

branded item were significantly more likely to have initiated alcohol use than students who did not own one. Lead researcher Dr. Auden McClure states, "We recommend that parents discourage their children from wearing these products and that schools limit the display of alcohol-branded items among students."

The study which involved students ages 10 to 14, was published in the

April 2006 issue of the

American Journal of Preventative
Medicine.



Pertinent information to remember when shopping for school clothes for teens.

AN EVENT TO DIE FOR

There was a new kid in town this year at the annual Remembering ADAM fundraiser. His name was Jimmy Hayward and he came with his gun ablazin'. Well, maybe not ablazin' but he was carrying a gun to protect himself from all those enemies he had made when he took over the Leland Hotel in Deadwood, South Dakota back in 1880. Him and Harry were running the hotel but with all those pretty ladies running around it was pretty evi-

dent that just a hotel the Leland was not. No one was surprised when that villain Jimmy turned up dead. The question wasn't why did someone kill Jimmy but rather which of those folks that he'd done wrong had finally gotten fed up with him and done him in. Kitty, Iggy, Harry, Floyd and Winking Willie all had good reason to snuff Jimmy out but it was Dolly, Jimmy's dead wife's sister who sought revenge for her sibling's murder.

Yeah that Jimmy sure was a scoundrel and he met his match when Dolly came riding into town.

The audience enjoyed a delicious meal prepared by the Calvin House as they watched the deadly event unfold. If they were paying close enough attention they had the opportunity to make a heist by uncovering the identity of the real murderer.

There were plenty of activities with games of chance

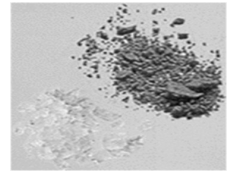
and silent auction.

Be sure to keep April 5th open for next year's exciting event, "Murder on Maui". Put on your Hawaiian shirt and grass skirt and join us for a night of murder and fun.

Don't forget to hone up those detective skills.



New Technology to Track the Sales of Pseudoephedrine



Apriss, a private company based in Louisville, KY develops technology that tracks criminal information. To aid law enforcement in their efforts to wipe out methamphetamine use, they have developed a computerized tracking system that will electronically monitor the sales of pseudoephedrine, the ingredient found in cold and allergy medications as well as one of the primary ingredients in the cooking of meth. This technology will eliminate the ineffective manual logging of customer information that is in place now.

The pilot program has begun in Kentucky and it is hoping to have over 1200 pharmacies signed on by the end of this year. Within the first three weeks of using MethCheck, the authorities busted their first meth lab. Within 120 days, eight more were shut down. MethCheck is proving itself to be a highly effective tool.

Since March of 2006, federal laws have regulated the purchasing of pseudoephedrine to 9 grams per month, i.e. three ten dose boxes of Aleve Cold and Sinus, six twenty four dose boxes of Sudafed, or two fifteen dose boxes of Claritin D.

The need for such intensive monitoring of this drug is due to its extreme nature and the ease of which the ingredients

can be obtained and purchased. Methamphetamine is one of the most highly addictive drugs known to man. Ninety percent of first time users continue to use this drug.

It has one of the most destructive, dangerous and explosive natures of drugs as well. Recipes for methamphetamine include these highly volatile ingredients: camping fuel, anhydrous ammonia, acetone, denatured alcohol, lye, ether, paint thinner, muratic acid, red phosphorous and kerosene. The instructions for making this concoction involve heating or "cooking" these ingredients. This action places not only those making the meth at risk but also anyone who is in proximity to toxic fumes or possibility of an explosion or a fire. It has also been said that many of the worst affected states report between 60-90% of removals of children for child abuse related to methamphetamine usage.

According to a spokesman for Apriss Inc., it is anticipated that there will be 7,000 pharmacies in 43 states using MethCheck technology in 2008. The nation's largest pharmacy chain, CVS, is already a participant in the program.

IS YOUR CHILD PREPARED FOR LIFE ON CAMPUS?

EFFECTS OF COLLEGE DRINKING SURPASS FOUR YEARS OF INNOCENT FUN

Some college traditions are ageless: Eating pizza at midnight, pulling all-nighters before a big test. But recent national reports about other “traditions” - guzzling cold beers with friends or getting so drunk you can barely find your dorm room— are being seriously examined for the long-term damage they cause to drinkers and non-drinkers alike.

Excessive drinking remains a major problem on college campuses nationwide. Despite increased public awareness about the strong relationship between substance abuse and other social problems like fatal car crashes, increased risk of HIV and date rape, students continue to binge drink.

In fact, nearly half of all college students drink at least four or five drinks at one time, according to the results of a study on binge drinking published by Henry Wechsler in the Journal of the American Medical Association.

While many students do not see the harm in having “a few beers”, the truth is that risks of excessive alcohol consumption involve more than just a hangover the next day. Studies show that alcohol is a factor in 66% of student suicides and 60% of all sexually transmitted diseases, including HIV.

In addition, one out of four student deaths are related to alcohol use.

Many students who drink heavily have problems keeping up with their schoolwork and often skip class. Studies show

that 42% of all academic problems stem from alcohol abuse and 28% of the

students who drop out of school may do so because of alcohol.

In addition, students who do not drink are affected by their classmates who do. Students at schools with high levels of binge drinking are three times more likely to be pushed, hit or sexually assaulted by drunk peers than are students at schools with less drinking.

The question becomes, are we graduating too many young people who are compromising their health and effectiveness in the prime of their lives?

At campuses across the country, there is a growing movement of students who are taking charge by deciding to stay sober.

We can work together to deglamorize college drinking and provide alternative ways of thinking about what is actually college fun.

You can help us provide the education our students need to make a healthy transition from high school to college to make these school years safe

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YOUR DOLLARS AT WORK IN OUR COMMUNITIES

With your help we are working hard to get the information that both children and adults need out into the communities. We greatly appreciate every dollar that we receive from those of you who support us and this worthy cause. Together we can do what each of us as individuals are not able to. Won't you please send your best donation today. Our children are worth it!



“Substance abuse experts tell us—and we agree—that education is the most effective way to keep kids from abusing all types of substances, including medicines.”

*Linda A. Suydam
President
Consumer Healthcare Products Associated*

“The most effective tool we have to fight substance abuse is education at the community level.”

*General Arthur Dean
Chairman & CEO
Community Anti-Drug Coalitions of America*



REMEMBERING ADAM

Telling Our Story So No More Die

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PROTECTING THE FUTURE OF
OUR CHILDREN

MISSION STATEMENT

The mission of Remembering ADAM Inc. is to increase awareness of the destructive outcomes of substance abuse.

VISION STATEMENT

Remembering ADAM Inc.'s vision is for every community to have comprehensive prevention education programs. These programs will provide the prevention tools to educate parents, enhance communities, enable homes and support schools which in turn will decrease substance abuse.