

Remembering ADAM Inc.

Telling Our Story So No More Die

Volume 8

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Every day, on average, 11,318 American youth (12 to 20 years of age) try alcohol for the first time, compared with 6,488 for marijuana, 2,786 for cocaine, and 386 for heroin.

ONDCP

For each year that the start of drinking is delayed, the risk of later alcohol dependence is reduced by 14 percent.

www.dontserveteens.gov

Alcohol: Still #1 Drug of Choice

Clothing and hair styles may come and go and teens may use different phrases to express themselves, but one thing seems to remain the same; alcohol is still the most widely abused drug nationwide, and Cambria County is no exception.

In the 2007 Monitoring the Future Survey states that 44% of high school seniors report they are actively drinking. One of the contributing factors to this number is the amount of adults and teens alike who perceive teen alcohol use to be a "rite of passage". The danger with this perception is that our behaviors follow our beliefs. To change this figure and the inevitable outcomes we need to change our perception. We can reveal an entirely different picture by looking at the flip side of those statistics. If 44% are drinking, that leaves 56% of seniors who are not using alcohol. This is good news.

What is even better news is that all adults can play a part in reducing this figure even more. Monitoring the Future also measures the availability of alcohol to minors. Findings show 92% of seniors agreed that it was either fairly easy or very easy for them to obtain alcohol. In the report, "Underage Alcohol Use: Findings from the 2002-2006 National Surveys on Drug Use and Health," it was found that more than 40 percent of youths ages 12 to 20 who used alcohol in the last 30 days reported receiving alcohol from an adult. Of that 40%, 650,000 youth admitted the alcohol came from a parent or guardian.

Terry Cline, Ph. D and administrator of Substance Abuse and Mental Health Services says of this report, "It's findings strongly indicate that parents and other adults can play an important role in helping influence—for better or worse—young people's behavior with regard to underage drinking." This same report revealed binge drinking rates to be higher for those youth whose parents engaged in drinking 5 or more drinks in a row in the past year.

Given this information, it is very likely this modeling behavior will carry over into other areas. Parents need to be aware of the legal consequences for supplying alcohol to youth. If teens see adults having no respect for the law it is doubtful they will see the need to obey it. *See charts on page 3.*

Enforcing the drinking age inside and outside the home as well as limiting access to alcohol are ways that we can do our part to keep our youth healthy and safe from the # 1 drug of choice.

Every day 2,500 teenagers use prescription drugs for the first time to get high.

Partnership for a Drug Free America

60% of teens who have abused prescription painkillers did so before the age of 15.

Partnership for a Drug Free America

Spring Fling '08 - Making a Difference

Cambria County Spring Fling



Remembering ADAM's Spring Fling celebrations have grown to include nearly 650 students in both Cambria and Indiana counties. The high schools that participated in Cambria County include Cambria Heights, Northern Cambria, Blacklick Valley, Greater Johnstown, Portage Area, Bishop Carroll and Saltsburg. The weather cooperated giving us a beautiful warm day for our fun-filled activities. There was lots of food, drink, and fun.

The Blairsville-Saltsburg Area Middle Schools had their own festivities with a DJ, movie, helicopter, and plenty of games and good food.

Remembering ADAM supports these students who are making healthy drug free choices and Spring Fling is their day of celebration.

Each student received a special gift this year. Everyone was given a green and white wristband imprinted with the words "you are making a difference." We wanted the students to know each and every day that Remembering ADAM supports them and is proud of them.



Blairsville-Saltsburg Spring Fling

The students were also given a wristband to pass along to someone who made a positive difference in their lives. Maybe some of you received one?

The World Health Organization reports that by the year 2030, 8.3 million people will die from tobacco-related illnesses causing 10 percent of all deaths worldwide.

Mathers, CD, Loncar, D. (2006) Projections of Global Mortality and Burden of Disease from 2002 to 2030.

Smoking Bans: Are They Working?



Last July, the U.K. put into place a national ban on indoor smoking. Since then, six out of ten National Health Service centers report treating fewer heart attacks. Some hospitals have seen a decline of up to 41% .

France saw heart

attacks decrease by 15% in the first year that indoor smoking was banned and Italy had similar results seeing 11.2% less acute coronary events.

Here in the U.S. New York hospitals admitted nearly 4,000 fewer heart attack patients one year after the state enacted the

same legislation there. The New York state department of health recorded a savings of up to 56.3 million dollars.



www.jointogether.org

Parents Can Make a Difference

So what can you do to help prevent our kids from making the tragic mistake of smoking that first cigarette or taking that first drink? Research by Jackson and Dickinson 2006 shows that children who are in the pre-initiation stage of smoking (before 9 yrs. of age) and receive antismoking socialization from parents are less likely to begin smoking even if the parents themselves smoke.

Another study, the Teens Today survey sponsored by Students Against Destructive Decisions and Liberty Mutual Insurance.) found parental attitudes and expectations clearly make an impact on teens' behavior when determining whether or not to use drugs and drive. A Univer-

sity of Maryland study found a high correlation between parental rule-setting, consequences, and overall adult supervision throughout high school years and the tendency for teens to drink less as seniors.

Parents can be an effective deterrent when there is clear communication and parent-teen discussions about the dangers of alcohol and other drugs. However, what we are finding is these discussions are happening less in families today. A Partnership for Drug Free America survey found the number of parents who held four or more discussions about these dangers has declined 12% in recent years. About half of parents say they have frequent discussions

about alcohol and substances such as cocaine, heroin, and crack while only one-third spoke to their children about prescription or over-the-counter drug abuse.

Become a more effective parent by coming to, or scheduling a Getting Street Smart Seminar today. Contact Remembering ADAM at 1-877-767-ADAM or email at debbie@rememberingadam.org.

Tragically, each day more than 1,300 kids become regular, daily smokers and between one third and one half will eventually die as a result of their addiction.
www.lungusa.org

Alcohol: Still #1 Drug of Choice

A person commits a misdemeanor of the third degree if he/she intentionally and knowingly sells or furnishes or purchases with the intent to sell or furnish any liquor or malt or brewed beverages to persons less than 21 years of age.

Penalty	1 st Offense	2 nd Offense and Subsequent Offenses
Fine	\$1000-\$2500	\$2500
Jail	0-1 year	0-1 year

Minors who use alcohol the law states: A person commits a summary offense if he/she, being less than 21 years of age, attempts to purchase, purchases, consumes, possesses or knowingly and intentionally transports any liquor or malt or brewed beverages.

Penalty	1 st Offense	2 nd Offense	Subsequent Offenses
Fine	0-\$300	0-\$500	0-\$500
Jail	0-90 days	0-90 days	0-90 days
License Suspension	90 days	1 year	2 years

Your Support Is Needed

Your generous donations have helped us implement drug prevention programs into our communities and schools. This past year we educated approximately **1700** students and **600** adults about the dangers of drugs and alcohol through our programs.

With your continued support Remembering ADAM pledges to carry on our cam-

abuse prevention education to schools, families, and communities.

Won't you please consider making a donation to Remembering ADAM?

Donating has become easy by using the Internet. Go to www.rememberingadam.org and click on the link to make a secure donation.

The National Highway Traffic Safety Admin. reports that more than 17,000 were killed in alcohol-related crashes in 2006. Studies have also found that drugs are used by 10 to 20% of drivers involved in crashes, often in combination

Next to Marijuana the most common illegal drugs teens are using to get high are prescription medications.

Office of National Drug Control Pol-

www.rememberingadam.org

**Support for the
Addicted
Family
Environment**



Date: First Tuesday of every month

Time: 7:00 p.m.

Place: St. Vincent DePaul Society 204 North Main Street, Carrolltown

Volunteer Drug Screening Program

Remembering ADAM is happy to announce that **Conemaugh Valley** and **Marion Center** School Districts will be joining the schools who have adopted the Remembering ADAM Volunteer Screening Program.

Last school year **430** students in four school districts voluntarily participated in the program.

Remembering ADAM believes in supporting those students who are making healthy decisions not to use drugs and alcohol.

Each year more students are joining the program and participating in Spring Fling. We hope you will encourage your child to become a part of this program.

Wii Winners

Nearly one in five teens has tried prescription medication to get high.

The Partnership for a Drug

As we worked together through the combined efforts of our surrounding schools, students and staff, substantial monies were raised during this year's fundraiser when we chanced off two brand new Wii Game Systems.

The funds were used to help support our annual Spring

Fling celebration where the students who have made the conscious decision to lead healthy drug-free lifestyles are celebrated. This year's winners were **Lindsey Scott** of Northern Cambria High School and **Andrew Paouncic**, Blairsville.

Congratulations!

Murder at the Midnight Hour

You are cordially invited to attend the midnight wedding of Jewel Hoggert and Roger Windsor. A midnight wedding? Odd, yes but what a unique (and as it turns out, *deadly*) way to tie the knot!

Put on your bell bottoms and Go Go boots for an evening of mystery and suspense! Who among you will become a cold-blooded killer? A victim? Be warned and beware, it could be the person standing right next to you! Come and enjoy the fun!

April 4, 2009

La Ferme Rouge
Patton, PA

For reservations or more information contact

debbie@rememberingadam.org

1-877-767-ADAM or 814-344-8026

www.rememberingadam.org



More than 1,700 college students in the US are killed each year-about 4.65 per day-as a result of alcohol related injuries.

Annual Review of Public Health

Young people who begin drinking before the age of 15 are 4 times more likely to develop alcoholism than those who begin drinking at 21.

National Longitudinal Alcohol Epidemiologic survey

WELCOME

Remembering Adam has undergone some recent personnel changes with the hiring of *Megan Bursky* as our newest prevention specialist. Megan has been working in the field of substance abuse for the past 6 years. She attended Indiana University of PA and graduated with a bachelor's degree in Sociology with a minor in Juvenile Delinquency. Megan worked as a drug and alcohol counselor where she was responsible for intake process, adolescent and adult outpatient groups, and other administrative duties. She has enjoyed her role as a substance abuse counselor but felt that prevention would better suite her motivation to provide awareness of the harmful effects of drugs and related behaviors.

Megan will be facilitating a prevention/education program at Cambria County Prison for the female and male inmate population. The mission of the program is to provide effective substance abuse prevention/education in attempts to raise their awareness of addiction and the recovery process. Megan will soon be offering programs designed for children on behalf of Remembering ADAM.

Remembering ADAM, Inc.

Telling our story so that no more die

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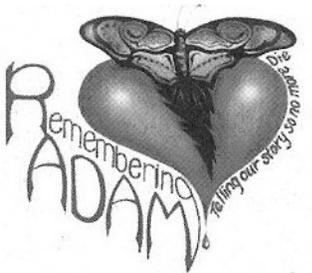
PREVENTION SPECIALISTS

Debra Baker
Megan Bursky

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

Remembering ADAM

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