

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

2010 Red Ribbon Week was a wonderful success! Our thanks to Mayor Cooperhouse and Borough Council members, SBS Faculty/Administration, SPTG, and the Shrewsbury Police Dept. for all their help and support. Also a big 'thank you' to all the students for their enthusiastic participation in our programs, especially the bullying workshops and our 'drug-free' dress up days! Special recognition to our substance abuse/bully prevention Public Service Announcement Contest winners! These students not only read their winning entries to the student body each morning, but to Mayor and Council at the 10/18 Council meeting. Pictures are posted on www.shrewsburyboro.com; click Commissions, then Alliance. Our winners: Camryn Stack, Molly Klus, Lily Thompson, Sarah Layton, Caitlyn Decker, Sofia Fernandes, Megan Dingelstedt, Ellen Sutton, Maeve Bradley and Elizabeth Paterno

New Drug/Alcohol Warnings and Updates:

Update: Synthetic 'fake' marijuana (original post: April 2010 Community Newsletter)
After numerous reports from Poison Control, ER's, physicians and toxicologists nation- wide, the DEA recently outlawed 5 chemicals used to make these herbal blends marketed as incense. K2, Spice, Blaze, Fire n Ice, just to name a few, are sold online, in gas stations, and convenience stores. These smokeable plant leaves are coated with numerous chemicals that mimic THC but are 100 times more powerful. The toxic side effects are seizures, tremors, hallucinations, rapid rise in blood pressure and even suicide. After the ban was announced, manufacturers started to reformulate their products with new chemicals. Marketed heavily to young adults, these products are dangerous. Please remind your children that these products are not designed for ingestion, they contain toxic chemicals.

Update: Caffeinated Alcoholic Drinks (original post: 2008 Newsletter)
Recent headlines surrounding the Four Loko alcoholic energy drink brings to light the danger of mixing alcohol (depressant) with caffeine (stimulant). "Blackout in a can", or "liquid cocaine" as it's been called, tricks the body into feeling like it can tolerate more of each substance. (One can contains 12% alcohol and enough caffeine equated to 2 cups of strong coffee). This effect leads to dangerous binge drinking and potential drunk driving since initially you feel energized and not drunk. After ER's and colleges started reporting a sharp rise in alcohol poisoning, heart arrhythmias and dehydration in young adults from consumption, the FDA banned them nationwide. The manufacturer is presently reformulating the drink. Please alert your family members about the dangers of mixing alcohol and caffeine!

New: Recent Surgeon General Report – Alarming changes in cigarette ingredients
The 12/9/2010 report highlights the new changes in ingredients contained in cigarettes. These changes explains why even after just one cigarette a first time user can become addicted to nicotine. Changes:

- Adding ammonia to tobacco which converts nicotine to a form that gets to the brain much faster.
- Filter holes that allow people to inhale smoke more deeply into the lungs.
- sugar and 'moisture enhancers' to reduce the harshness and burning sensation of smoking, making it more pleasant, especially for new cigarette users.

The report also notes that 'every exposure to tobacco, from occasional smoking or just secondhand smoke, can damage a person's DNA in ways that can lead to cancer. (1 in 3 are

tobacco-related cancer deaths). Tobacco can damage almost every organ in your body”, the Surgeon General reports.

Changes for 2011!

Happy New Year to you and yours! The Alliance is excited to announce our new co-chairs: Nicole (Nikki) Barreca and Ginni O’Dor! At the same time, we say goodbye to Carol Karalewich and Karen Lloyd who have served for many years. Good luck to all!

The 2011 meeting dates will be the second Monday of every quarter end: March 14, June 13, September 12 and December 12, with an extra meeting in October. As always, all are welcome to attend!

Happy 2011! Stay Healthy!