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CACY COMMUNICATOR

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CACY'S Core

Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

CACY 5K Drug Free Run/ Walk

CACY will host its second annual 5K run/walk on Saturday June 7, 2014 at the Lexington Senior Civic Center. Pre registration is \$20 and race day registration is \$25. Free t-shirts given to the first 80 pre registered. Race starts at 9:00am. Please visit our website (www.cacyohio.org) to find the registration form. Donations are appreciated.



Palcohol: Dangers of Powdered Alcohol

Palcohol is freeze-dried alcohol in powdered form, packaged to allow for drinks on the go. Health experts are concerned how it could be abused or misused by youth.

According to Palcohol's website, four different cocktails may soon be available; Cosmopolitan, Powderita (tastes like a Margarita), Lemon Drop and Mojito. V, a powder made from premium vodka and R, powder made from rum may also be available for sale. These cocktails require water mixed with the packet contents.

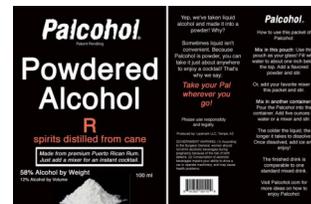
The US's Federal Alcohol Tobacco Tax and Trade Bu-

reau recently approved the sale of Palcohol's product but has since withdrawn that approval, saying it was done in error. However, Palcohol says the errors were in regards to its labels and they expect the product to be available in the fall.

Health experts worry that its flavors it will become appealing to children and adolescents and the powder form will make it easier to bring alcohol into areas where it is not permitted. CACY and other professionals are also worried that the powder will be misused by snorting it, which could cause severe irritation, bleeding, serious damage to the brain and potentially death.

Another concern is the convenience. It could encourage overconsumption of alcohol, as well as accidents caused by intoxication including drunk driving.

If the product is approved at the federal level, it will still be subject to state regulations and available to those 21 and over. If approved, it will be critical for parents, teachers and adults to pay attention of what children and adolescents may have in their water bottle.



Teens Getting High From Lip Balm On Eyelids

It's called "Beezin," the new way teenagers are getting high using a popular lip balm.

Teens are getting a new kind of "buzz" by applying Burt's Bees lip balm to their eyelids. When it is put on the eyelids, the person feels a tingling or buzz. Some say it may even keep them alert. Students may use it to increase performance. The peppermint oil inside the lip balm gives a burning sensation.

Since the eyes are one of the most sensitive parts of the body, "beezin" can be extremely dangerous. It can lead to serious problems such as pink eye or

allergic reactions with symptoms such as redness, swelling and itching. Doctors note that it could aid in the spread of herpes virus if a person used a lip balm on a cold sore and then shared with a friend to use on their eyelids. The herpes virus could easily be transmitted from the lip balm to the eye potentially causing blindness.



Caregivers are encouraged to restrict access to social media and YouTube that encourages "beezin."

Teens may think this trend is not harmful because Burt's Bees products are listed as all-natural, so it is important to talk to teenagers about "beezin" and explain why it is so dangerous. Parents should also keep an eye on how their children are using lip balm and how quickly they go through it. Watching for puffiness and discoloration of the eyelid. Contact CACY for more information on raising a drug free child.

Resources



“Start the Talk” Underage Drinking Interactive Tool

<http://www.samhsa.gov/underagedrinking/>

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>

Start Talking

<http://starttalking.ohio.gov/Parents.aspx>

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

Too Smart to Start

<http://www.toosmarttostart.samhsa.gov/Start.aspx>