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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.

## Sign up for Know! Parent Tips

Know! provides parents (or grandparents and other caregivers) with twice monthly, FREE Know! Parent Tips via email that contain current facts about alcohol, tobacco and other drugs, as well as action steps they can take to help children resist peer pressure to use. To sign up, go to <http://starttalking.ohio.gov/parents/parenttipsignup.aspx>



## Problems Facing Marijuana Legalization

Dr. Nora Volkow, Director of the National Institute on Drug Abuse (NIDA) has urged law makers to resist legalizing marijuana, explaining that marijuana can act as a gateway drug. Studies show changes that occur in the brain chemistry after people use marijuana, alcohol or tobacco can prime them for harder drugs.

Currently, 22 states have legalized medical marijuana including Colorado and Washington who have legalized for recreational use. Colorado has seen a rise in hash oil explosions and injuries caused by people trying to extract THC, the primary drug in marijuana, by cooking it in their homes. Firefighters in the state have raced to at least 31 butane

hash oil explosions this year compared to 11 last year.

The Ohio Rights Group is trying to collect enough signatures to get the Ohio Cannabis Rights Amendment on the ballot. Supporters claim no one has died of a pot overdose, and that it has beneficial effects in alleviating suffering from certain diseases; although, it does not cure any.

The Office of National Drug Control Policy says that legalizing drugs such as marijuana would increase availability and normalize their use, leading to negative health consequences, especially among young people. They also state that marijuana is the second leading substance for which people receive drug treatment and a major cause for visits to emergency rooms.

Marijuana distorts perception, reduc-

es motor skills and affects alertness and motivation. Marijuana smokers also suffer many of the same respiratory problems as cigarette smokers. Scientists at the National Institute on Drug Abuse warn that the effects of pot on the developing teenage brain include the potential of an 8 to 10 point drop in IQ over time. Legalizing marijuana encourages more teenagers to add another harmful substance to their bodies besides cigarettes and alcohol.

Parents must make clear that marijuana is not a harmless drug. Teenagers may think it isn't bad because states are using it for medical purposes, but it's important to explain the dangerous effects.

## Quick Tips for Quitting Smoking & Health Benefits

Many people think they will quit someday; that there is no big hurry. So why quit now? Because it is time for you to take back control!

Once you decide to quit here are some steps to take:

- 1) **Pick a day to quit.** Get out your calendar and pick your "quit" day. Avoid holidays or high-stress times. Quitting is already stressful, no point in making it harder.
- 2) **Come up with a plan.** Decide if you want to quit all at once, use a nicotine replacement or join a support group.
- 3) **Motivate yourself!** Tell peo-

ple. You will be more likely to follow through if you make a commitment to others too. Give yourself something to look forward to. Set up a reward or celebration for your first day, week, month without a cigarette.

- 4) **Get ready. Get set.** Stock up on healthy snacks to help you deal with your cravings. As you get closer to your quit day, cut down on how much you smoke. The night before, throw away your cigarettes and matches.

When you quit, good things happen for you:

- Your blood pressure and pulse rate will decrease.

- Your circulation and lung function will improve.
- You'll have a better sense of smell and taste.
- You'll have less coughing, sinus congestion, fatigue and shortness of breath.
- You'll reduce your risk of heart disease, cancer, lung disease and many other health problems.
- You'll have more money to spend.



# 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>

## **Brochure- Why Marijuana Should Not Be Legalized**

<http://www.elks.org/dap/pdfs/dap275.pdf>

## **Smart Bet— Problem Gambling**

<https://www.drugfreeactionalliance.org/smart-bet>

## **Drugfree.org Drug Guide— Marijuana**

<http://www.drugfree.org/drug-guide/marijuana/>

## **Marijuana Resource Center**

<http://www.whitehouse.gov/ondcp/marijuanainfo/>