



# BOLD

Building Our Lives Drug-Free

Volume 3, Issue 1

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**Inside This Issue:**

Myths & Facts About Marijuana	2
BOLD Staff Member Moving On	2
Reflections Committee	2
"No More Paraphernalia!"	3
Be A BOLD Volunteer	3
Word Search	3
BOLD Calendar	4

## Please Take Note

The BOLD Coalition appreciates all the support that you give us and your commitment to keep in touch with all the great things happening here. In our efforts to reach more supporters, and to also cut down on our costs, we are asking you to please send your email address to Karin Wood. If you already receive our newsletter via e-mail, please confirm by replying to the newsletter when it is sent to you by [kwood@sstar.org](mailto:kwood@sstar.org). Thank you.

## BOLD's "A Night at the Oscar's"

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*Save the Date*  
**March 14, 2008**  
 McGovern's Family Restaurant  
 6:00-10:00pm.

*Live Entertainment*  
 "The Jazzy Ladies" &  
 Skits Performed by  
 Teens Against Drug Abuse





# Myths & Facts About Marijuana

Do you know the facts about [marijuana](#)? Here are some common myths.

**MYTH: Marijuana is harmless.**

**FACT:** Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. According to the National Center on Addiction and Substance Abuse (CASA) at Columbia University, teens who use drugs are five times more likely to have sex than teens who do not use drugs. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

**MYTH: You can't get addicted to marijuana.**

**FACT:** Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year,

more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

**MYTH: There's not much parents can do to stop their kids from "experimenting" with marijuana.**

**FACT:** Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. But, it's true, so this message needs to start with parents. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. And they need to begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free.

**MYTH: There are no long-term consequences to marijuana use.**

**FACT:** Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at

risk for depression and anxiety.

**MYTH: Marijuana isn't as popular as other drugs like ecstasy among teens today.**

**FACT:** Kids use marijuana far more than any other illicit drug. Among kids who use drugs, 60 percent use only marijuana.

**MYTH: Young kids won't be exposed to marijuana.**

**FACT:** Not only are they exposed to marijuana, they are using it. Between 1991 and 2001, the number of 8th graders who used marijuana doubled from one in 10 to one in five.

**MYTH: Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.**

**FACT:** Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.

(Article found on *Parents: The Anti-Drug*. [www.theantidrug.com](http://www.theantidrug.com))

## BOLD Staffmember Moving On

For those who are not aware, I am resigning my position at SSTAR and with BOLD as Prevention Specialist. I have accepted a position with the New Bedford Department of Health as the Director of Tobacco Control. I would like to take this opportunity thank everyone for their kind words of thanks and encouragement. I will truly miss everyone at SSTAR and the BOLD Community, especially the youth of TADA. I have learned a great deal during my time here and I take with me so many great experiences and memories. Thanks again,

*Nic Charest*

## Reflections Committee

The Reflections Committee and the BOLD Coalition have been meeting monthly this fall and winter to discuss updating Fall River School Drug and Alcohol Policy.

One of the first issues for schools and students who are abusing is performance. Alcohol and drug abuse create non-performing students, behavioral problems and health concerns.

A small working group generated a draft Drug and Alcohol Policy and a Student Assistance Program for comment. The Policy defines the issues. The Student Assistance Program (SAP) provides assistance to school personnel through referrals, team planning, intervention and recommendations

and continued support and follow-up with the student and their family on issues including alcohol, tobacco, drugs and other mental health and relationship issues that affect a student's performance.

The structure of SAP, comprehensive training and implementation is the next step. The goal is to develop a training manual as a single packet of information to be used system wide. The work will be presented to the School Leadership Council and to the School Committee for approval when finished. Strong committed teamwork and seeing teachers and counselors wanting to provide the best for Fall River students was inspiring!

# Store Owners Say: "No More Paraphernalia"

"When I discovered what blunt wraps were used for, I stopped selling them. And when I found out drug users were taking out the tobacco from cigars and putting in their drugs, I stopped selling them, too. It didn't take me long to figure it out."

Tony Cabral, of Brightman Street Poultry was one of the 20 store owners attending the drug paraphernalia training at FRPD on the 13<sup>th</sup> in the middle of the snow storm. Over 50 attended the session on the 6<sup>th</sup> and another 40 have registered for the training on the 20<sup>th</sup>. More trainings will be held in January.

One store owner reported that she had just been robbed at knife-point; this had never happened to her before. Officers Bob Jacob and Jay Huard made the point that it is in the best interest of store owners and their employees to limit the tobacco-related items they sell. Tony

Cabral stated that once he stopped selling the blunt wraps and cigars, he noticed that more families and children were coming in. "And those who had been buying the blunt wraps were not buying anything else."

Karen Fischer emphasized how important it is to sell tobacco products only to those 18 and over. She gave a brief overview on how early cigarette smoking damages kids' brains which are still developing and sets them up for other addictions. Phil Agrela from Walmart said he is working to reduce the number of cigarettes sold there. He also wants to help employees get into treatment if needed so he appreciated the poster we gave him for his employees to know how to access treatment for tobacco, alcohol and other drugs.

In addition to a handout on the presentation (created, on his own initiative, by Paul LaVoie of Stop and Shop) and the poster on treatment

resources, each owner received the booklet, *The Science of Addiction: Drugs, Brains and Behavior*, the latest BOLD newsletter, and a copy of Massachusetts's law on paraphernalia. Marilyn Edge presented information on the signs which must be posted if the store continues to sell rolling papers and blunt wraps (technically still legal).

Chief Ferreira from Somerset attended the training, also. He will be presenting the same training to store owners in Somerset. A modified version of this presentation will be available to school parent groups in later January. (Please contact Marilyn Edge 774-488-6623 for more information.)

There are over 150 tobacco licenses in Fall River; all are expected to attend one of the trainings. As Tony Cabral stated, "This isn't about money; this stuff doesn't belong in our stores. This is our city. No excuses."



## Word Search

P	L	A	Y	O	F	F	S	E
Y	W	J	A	M	A	R	T	C
R	I	C	O	L	S	N	O	R
A	N	I	N	K	D	L	I	A
U	T	S	T	D	D	E	R	E
N	E	Q	U	A	L	I	T	Y
A	R	L	E	Y	H	P	A	W
J	A	J	S	N	O	W	P	E
C	R	Y	L	I	M	A	F	N

**New Year**  
**Family**  
**January**  
**Snow**  
**Winter**  
**Cold**  
**MLK Day**  
**Equality**  
**Patriots**  
**Playoffs**



BUILDING OUR LIVES DRUG-FREE

**Be A BOLD Volunteer**

508-324-7775

Please visit our website  
[www.boldcoalition.org](http://www.boldcoalition.org) or  
[www.myspace.com/boldcoalition](http://www.myspace.com/boldcoalition)





386 Stanley Street  
Fall River, MA 02720

*Building Our Lives Drug-Free*



# Meeting Schedule

## JANUARY 2008

**TBA:** BOLD Communications Mtg. 3:00 @ SSTAR.

**Jan 7:** Events Planning Mtg. 3:00pm @ SSTAR.

**Jan 11:** BOLD Advisory Board and Staff Retreat.

**Jan 14:** Data Subcommittee Mtg. 3:30pm @ SSTAR.

**TADA Meeting Schedule:**

Every Monday & Wednesday. 3:00-5:00pm.

**P.W. Meeting Schedule:**

Every Wednesday @ 5:00pm.

**Parents Helping Parents Meeting Schedule:**

Every Wednesday @ 12:00pm..

Sun	Mo	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		