



386 Stanley Street  
Fall River, MA 02720

*Building Our Lives Drug-Free*



## Fun Day in the Forest



**Great  
Family  
Event!**

### Free Admission & Programs

Sunday, Sept 21, 2008 11:00 a.m. to 4:00 p.m. 14th Annual  
Sponsored by **The Friends of The Freetown State Forest**  
Freetown State Forest—Slab Bridge Rd—Freetown, MA

### Program Schedule

Regal Reptiles — 11:45

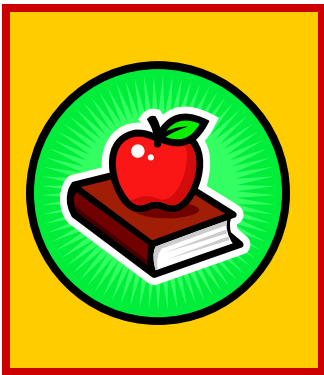
Mad Science — 1:00

Eyes on Owls—2:30

Music by D.J. Johnny Angel

**All Day Events: Arts and Crafts for Children—Field Games— Exhibits—Climbing Wall—Hay & Pony Rides**

Directions <http://www.mass.gov/dcr/parks/southeast/free.htm>  
Call 508-672-2417 / 508-995-1335 for more information



**Building Our Lives Drug-Free**

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**Good News – Shout it Out!**

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**You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.  
*Clay P. Bedford***

In these economically challenging days, it's sometimes hard to see the good that is happening here in Fall River.

Our youth, in their May Youth Summit, identified drug use as one of the most difficult challenges they face. Due to the efforts of the many, we are making progress. At the Aug 7th meeting of BOLD's Drug Paraphernalia Task Force, Office Jay Huard reported, "Drug paraphernalia has disappeared from our stores." Other committee members reported the same. Our stores no longer carry glass tube crack pipes, marijuana scales, and other drug dealer and user items. Most crack users who Officer Huard recently arrested state, "I can't find crack pipes in Fall River."

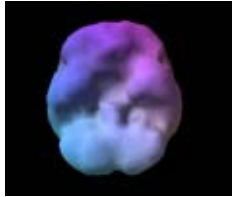
There's a reason people with crack addictions can't find crack pipes in Fall River: Working together, we got rid of them. Last winter, BOLD members, most especially Fall River Police officers Lt. Cardoza, Sgt Dube, and Officers Huard and Jacob along with Marilyn Edge of Southcoast Tobacco Control provided training for Fall River tobacco licensees (160 stores). The FRPD officers made abundantly clear to the store owners that it's against the law to sell drug paraphernalia. Store owners were shown items that were illegal to sell in their stores. Officers asked for voluntary compliance, and store owners cooperated. Many store owners were unaware of what they were selling, having been led to believe by wholesale distributors that the glass tubes and other items were just "novelties" and big sellers! As a result of citizen reporting, store owners who hadn't received the training also got the news. One store on Bedford Street was reported by a formerly addicted citizen to be selling all sorts of drug paraphernalia. A couple of visits by FRPD officers got results. A city free of drug paraphernalia sends the message: Illegal drug dealing and use are not tolerated.

Not only do FRPD officers and BOLD members report the disappearance of drug paraphernalia, but also report that drug dealing and availability of drugs is decreasing in Fall River. A person recently arrested by Officer Huard told him, "I don't know how the police are doing it, but it's harder and harder to find drugs." A "shout out" goes to the FRPD for their enforcement efforts and all the citizens who are reporting drug dealing.

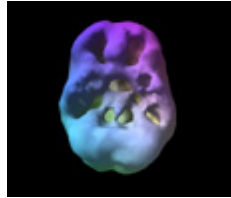
Another "shout out" goes to city officials and staff. Our city employees have cracked down on substandard housing and property. The motto of the Bank Street Neighborhood Association is, "A clean neighborhood is a safe neighborhood." It's true. Citations to owners of properties with violations are flowing out of City Hall. All city departments are cooperating in this effort. A neat and clean property sends the message: the owner is a concerned citizen, is watching the neighborhood, and won't tolerate illegal behavior. Drug dealers don't like this. City workers are making a difference and are cleaning up the city. We are setting high expectations for upkeep of property, and it's starting to pay off.

Lastly, prevention is our best defense against addictions. As Dr. David Weed has said, "The more people we can prevent from starting to use any substances, the fewer consequences we will have to deal with five or ten years down the road." This means working harder 1) to educate our parents on how to help our children make healthy choices and 2) to promote a community wide norm of "no use" of substances for our youth. It is rare for a youth to start using crack, oxycontin, or heroin without first using tobacco or alcohol or marijuana. 3) Reduce youth access to all substances –tobacco, alcohol, and illegal drugs.

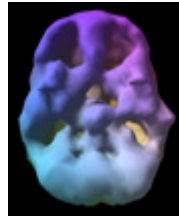
# Your Brain on Marijuana



A normal 3D Brain SPECT Image— No drugs



16 year old with 2 year history of daily abuse



18 year old with 3 year history of 4 times a week

Image Source—The Brain Place  
<http://www.brainplace.com/bp/atlas/ch15.php>

## Your Brain's Response to Marijuana

The chemical in the marijuana that has a big impact on the brain is called *THC (tetrahydrocannabinol)*. THC affects the nerve cells in the part of the brain where memories are formed. This makes it hard for the user to recall recent events, and it makes it hard to learn while high. A working short-term memory is required for learning and performing tasks that call for more than one or two steps. Marijuana smoking can also lead to impaired perception, judgment and motor skills. Driving while high on marijuana equals driving while impaired by alcohol.

## Your Body's Response to Marijuana

### Cancer

Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes 5 joints per day may be taking in as many cancer causing chemicals as someone who smokes a full pack of cigarettes a day.

### Immune System

Our immune system protects the body from many agents that cause disease. Both animal and human studies have shown that marijuana impairs the ability of T-cells in the lungs' immune system to fight off some infections.

### Lung and Airways

People who smoke marijuana regularly may develop many of the same breathing problems that tobacco smokers have, such as daily cough and phlegm production, more frequent chest colds, a heightened risk of lung infections, and a greater tendency toward obstructed airways.

### Tips for Parents

- *Be a good listener*
- *Give clear "no-use" messages about all substances including tobacco and alcohol*
- *Help your child deal with peer pressure to use drugs*
- *Get to know your child's friends and parents*
- *Monitor your child's whereabouts*
- *Supervise teen activities*

**It is not easy to talk with your child about drugs, but it is a conversation that needs to happen.**



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 508-324-3537

### **More information for parents**

Science-based Drug Abuse Education [www.backtoschool.drugabuse.gov](http://www.backtoschool.drugabuse.gov)

Teen News about Drugs and the Body [www.teacher.scholastic.com/scholasticnews/indepth/headsup](http://www.teacher.scholastic.com/scholasticnews/indepth/headsup)

National Institute on Drug Abuse [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

# Helping Your Child Succeed in School

School is just around the corner and parents and children approach the day with mixed emotions. This issue of BOLD includes some helpful tips and information to help make this a rewarding year for all. Here are some suggestions from <http://www.ed.gov/parents/academic/help/succeed/part8.html> for parents on working with their children's teachers.

**What to do first?** Learn everything that you can about your child's school. The more you know, the easier your job as a parent will be. Ask for a school handbook. This will answer many questions that arise over the school year. Also check if the school has a webpage. Information about academic benchmarks and test scores are accessible at the Department of Education website <http://profiles.doe.mass.edu/> Keep informed throughout the school year and attend PTO meetings or volunteer on school advisory boards, if your schedule permits. If you are unable to attend ask for the minutes to be sent to you or check to see if they are made available on the school website. But remember you can help your child learn while they are at home. The key question is, "What can I do at home, easily and in a few minutes a day to reinforce and extend what the school is doing?" This is the involvement that every family can and must provide.

**When should I talk to my child's teacher?** Early and often. Contact your child's teacher(s) at the beginning of the school year or as soon as you can. Get acquainted and show your interest. Tell teachers what they need to know about your child. If your child has special needs, make them known from the beginning. If you notice a change in your child's behavior, school performance or attitude during the school year, contact the teacher immediately.

Report cards are one indication of how well your child is doing in school. But you also need to know how well things are going between report cards. Contact the teacher as soon as you suspect that your child has a problem with schoolwork. For example, if your child is having trouble in math, contact the teacher to find out when the next math test is and when it will be returned. This allows you to address the problem before it mushrooms into something bigger. You may also want to find out if the teacher uses email to communicate with parents.

**How do I get the most out of parent-teacher conferences?** Approach the teacher with a cooperative spirit. Believe that the teacher wants to help you and your child, even if you disagree about something. Be prepared to listen as well as talk. It helps to write out questions before you leave home. Be prepared to take notes during the conference and ask for an explanation if you do not understand. If you do not agree with a school rule or a teacher's assignment, don't argue with the teacher in front of your child. Set up a meeting to talk about it. Get your facts straight and don't rely on anger to win your argument. Try to be positive and remain calm. Listen carefully. Education is a partnership between parent, child and teacher. Work together to make this a good school year.

## The Parent Information Network

Parents and children experience Back to School time as a period of excitement and learning. But for some it is a time of anxiety and stress. If you have a child who struggles with school work, then starting school can be stressful for both parent and child. But you do not have to face it alone. The Parent Information Network is a program funded by the Department of Mental Health. This is a support group that meets twice a month in Fall River and Taunton. Within the group you can talk with or just listen to other parents who are dealing with some of the same issues. A parent coordinator will assist parents with information and support in dealing with a child who has a learning disability. Learn more about how to work with the teachers and the school to best help your child with their education. For more information call Kathleen Bourgeois (parent coordinator) at 508-947-8779 ext. 15.

*Written by Barbara Lamonde - Parenting Facilitator - BOLD Coalition*

**Volunteers needed.** Please sign up! Call 508-234-3537 or email [mbrisson@sstar.org](mailto:mbrisson@sstar.org)—[swolfson@sstar.org](mailto:swolfson@sstar.org)

### Campaigns

Drug Paraphenalia (Stores That Make a Difference)  
Smoking Isn't Cool Youth Campaign  
Second Hand Smoke

### Projects

Underage Drinking  
Teen Empowerment  
Middle School Youth Groups  
Task Force: Treatment vs Punishment for Youth  
TADA (Teens Against Drug Abuse)

### Event Planning

Preparing materials  
Plan annual meeting  
Publicity  
Survey development and implementation  
Attendance Recruitment