



Mid Summer Drug Fact Updates 2011

In this issue:

Walk Like MADD Update

New Book announcement: The Mother's Checklist of Drug Prevention

Drug Fact Updates from Twitter



Walk Like MADD 5K - Huntington Beach, CA

We did it! We walked the walk against drinking and driving! It was an outstanding walk on an overcast morning right on the beach. There was lots of fan support and some extremely touching stories about people who have been impacted by drunk drivers. For a couple of us it was excellent exercise!

Not only did we walk, but thanks to **Michelle Gouvion and The Argyros Foundation (walker: Lisa Argyros - who was the top fund raiser for the entire event!)** we were the top educational fund raising team. Thank you to both moms for helping kick off our first year walking like MADD.

Team Miles To Go is signed up for 5/12/12 to Walk Like MADD again. We encourage all parents and teens to join us for the walk. Not only do you show your support to the Mothers Against Drunk Drivers, but **you teach your children that your words are serious when it comes to drinking and driving!** Send us an email to sign up now to walk with us next May! We'll notify you when the 2012 page is up and running for registration.

http://support.madd.org/site/TR/WalkLikeMADD/WalkLikeMADDwlm ?pg=entry&fr_id=2783

The Mother's Checklist of Drug Prevention Lessons in Drug Prevention: Handbook Two

Fall 2011

We are pleased to say that our first book Not All Kids Do Drugs was very well received and is being reprinted. Before we reprint, we would love to add your comments to the book. If you would like to share your kind words we'd love to add them to the book jacket.

Please send your comments to milestogo-drugeducation@juno.com

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Contact us: milestogo-drugeducation@juno.com

Our website: milestogodrugeducation.com

Below you'll find our most recent Twitter postings.

These Drug Fact Updates are recent research and articles to help you simplify a complex subject.

Tweets 2010 - 2011 School Year

- * Alcohol related emergencies double for underage males 4th of July - <http://www.oas.samhsa.gov/spotlight/Spotlight025AlcEDUnderAgeMales.pdf>
- * Look what Palm Beach County is doing! XlInt party rules. <http://t.co/iN0OE42> New Law Penalizes Open House Parties
- * Research reveals new secret weapon for Tour de France: Beetroot juice: <http://t.co/ktgDQDr>
- * Brown University Research examines Dentists' role in painkiller abuse: <http://news.brown.edu/pressreleases/2011/07/dentists>
- * Pill Mix-Ups Force Acetaminophen Product Recalls - in Public Health & Policy: <http://t.co/0d4M5ee>
- * Parents prompted to quit after a child's surgery - <http://health.usnews.com/health-news/family-health/respiratory-disorders/articles/2011/06/30/a-childs-surgery-may-prompt-parents-to-try-to-quit-smoking>
- * ADHD_news Playtime Helps ADHD Kids Learn Social Skills: Study - HealthCentral.com <http://www.healthcentral.com/adhd/news-586746-98.html>
- * Sober High Schools Have Been Wildly Successful. So Why are They Becoming Extinct? | The Fix: <http://t.co/scBIw5E>
- * Medical News: Obesity Fills In for Smoking as Major Killer - in Primary Care, Obesity from MedPage Today: <http://t.co/zmjDCCg>
- * ONDCP unveils plan to reduce prescription drug abuse <http://www.whitehousedrugpolicy.gov/prescriptiondrugs/>
- * Your brain on nicotine: Nicotine receptors affect social behavior: <http://t.co/GHBf10g>
- * How social pressure can affect what we remember Scientists track brain activity as false memories form: <http://t.co/FtX0MH8>
- * Medical News: Txt Msg Helps Smkr Quit - in Primary Care, Smoking & Tobacco from MedPage Today: <http://www.medpagetoday.com/PrimaryCare/Smoking/27360>
- * DisneyPixar The future isn't about doing just one thing and doing it well. It's about the challenge of doing/knowing many things and constantly growing.
- * Drink-fueled memory blackouts among students predict future injury risk: <http://t.co/CZAuPGC>
- * Text message support for smokers doubles quit rates: <http://t.co/xzgu5BG>
- * New CASA Report Finds Adolescent Substance Use at Epidemic Levels - <http://tinyurl.com/4xw4awf>
- * article from WebMD: How to Quit Smoking and Stay Quit <http://t.co/KHm5Bx4RT>
- * Binge Drinking Linked With Brain Damage http://www.webmd.com/lung/copd/living-with-copd-10/quit-smoking?ecd=wnl_wmh_062911
- * 'Internet Addiction' on the Decline in College Students <http://psychcentral.com/news/2011/06/28/internet-addiction-on-the-decline-in-college-students/27307.html>
- * Alcohol blamed for high suicide rates in Northern Ireland: <http://t.co/B2sYZs9>
- * Authorities Say Detroit a "Hotbed" For Opioids Sold in Other States | The Partnership at Drugfree.org <http://t.co/wkRX2ey>
- * We knew this was coming: Synthetic Marijuana Makers Change Formulation to Evade DEA Ban | Partnership at Drugfree.org <http://t.co/LjTcuhG>
- * Thank you, Nike Pulls "Dope" and "Get High" T-Shirts From Boston Window Display | The Partnership at Drugfree.org <http://t.co/zY9vJ2L>
- * A sad commentary: More NYC moms are using pot to unwind from parenthood - NYPOST.com <http://t.co/CxchCCT>
- * Mom sues a Cornell University fraternity for hazing. Son dies with a .409 BAC while tied up. Shame on you Sigma Alpha Epsilon!
- * A little practice can change the brain in a lasting way, study finds: <http://t.co/vqBRRRi>
- * Possible brain damage in young adult binge-drinkers revealed in new study: <http://t.co/BD9WNdI>
- * Medical News: Video Violence Keeps Kids Awake - in Pediatrics, General Pediatrics from MedPage Today: <http://t.co/Qt27LMU>
- * Newport Menthol Cigarette Ads Target African-American Students, Study Finds | The Partnership at Drugfree.org <http://t.co/hUMtCEA>

- * Treatment for Prescription Drug Abuse, Alcohol Abuse Problems on the Rise | The Partnership at Drugfree.org <http://t.co/NIG8fEN>
- * Addiction to Prescription Painkillers Fuels Wave of Pharmacy Robberies | The Partnership at Drugfree.org <http://t.co/i7mzwHs>
- * counselinginfo New regulation on rehabilitation of drug addicts <http://bit.ly/kWCAZG>
- * Smoking and Drinking Coffee Can Make You Go Broke <http://t.co/Ihw1Adp>
- * eeeekkkk - don't know if this is a good business move! Lawn & Garden Co. Targets Medical Marijuana Market <http://t.co/U0V3ysB>
- * One-Quarter of Drivers in Single-Vehicle Crashes Test Positive for Drugs | The Partnership at Drugfree.org <http://t.co/knU1JJX>
- * Mom's Smoking Affects Child's HDL Levels - in Cardiovascular, Dyslipidemia from MedPage Today: <http://t.co/DvCjblA>
- * Check this out: Social Networking for Kids: <http://t.co/nfN8Oex>
- * Many Heavy Cocaine Users May Have Symptomless Heart Damage | The Partnership at Drugfree.org <http://t.co/cVsDDR6>
- * House Committee Report Signals Concern About Prescription Drugs in the Military | The Partnership at Drugfree.org <http://t.co/WYFG1qP>
- * Nike Refuses to Remove 'Dope' and 'Get High' T-Shirts From Boston Window Display | The Partnership at Drugfree.org <http://t.co/Fbk8qiS>
- * Obese Teen Girls Have More Than Double the Risk of High-Level Nicotine Addiction | The Partnership at Drugfree.org <http://t.co/dmEBrKo>
- * Smoking May Increase Risk of Prostate Cancer Recurrence, Death - Harvard School of Public Health <http://t.co/lnDkQcg>
- * Jackass star dead drunk driving-more than 2x legal limit of alcohol was found in his body. Yes, he will be in Drugged & Dead presentation
- * Senators Call on FDA to Regulate Dissolvable Tobacco Products | The Partnership at Drugfree.org <http://t.co/RiYVBkr>
- * Number of College Athletes Testing Positive for Marijuana Jumps | The Partnership at Drugfree.org <http://t.co/h8PX8PG>
- * FDA Unveils Grim Cigarette Warning Labels <http://t.co/sX15Kon>
- * Smoking Tied to Worse Prostate Ca Survival - in Oncology/Hematology, Prostate Cancer from MedPage Today: <http://t.co/QK0gwkC>
- * Medical News: Cigarette Graphics Get Gory - in Primary Care, Smoking & Tobacco from MedPage Today: <http://t.co/Ncdjfum>
- * Peer-Based, On-Campus Programs Aim to Promote Culture of Recovery at College | The Partnership at Drugfree.org <http://t.co/Tu9kwsb>
- * Drunk Driving Risk Remains High Even When Driver is Just 'Buzzed' | The Partnership at Drugfree.org <http://t.co/6CoYI6g>
- * Family and Friends Are Main Source of Misused Prescription Opioids, Study Suggests | The Partnership at Drugfree.org <http://t.co/3xl2Cqh>
- * States Look to Reduce Toll of Boating Accidents Caused by Drinking | The Partnership at Drugfree.org <http://t.co/d84IVMu>
- * Contaminated coke leading to 'dying' skin - LA Daily News <http://t.co/SNS8q7u>
- * Cocaine Inflicts 'Silent' Damage to the Heart - in Cardiovascular, CHF from MedPage Today: <http://t.co/G0nHZfW>
- * New Cigarette Labels Will Graphically Illustrate Consequences of Smoking | The Partnership at Drugfree.org <http://t.co/T71Gpsu>
- * Rise in Popularity of Synthetic Drugs in PA Leads to Jump in Drugged Driving Arrests | The Partnership at Drugfree.org <http://t.co/2kIcGFX>
- * Army Takes Steps to Curb Prescription Drug Abuse | The Partnership at Drugfree.org <http://t.co/xkGEJ3C>
- * FDA Says Smoking Cessation Drug Can Lead to Heart Problems | The Partnership at Drugfree.org <http://t.co/IY89xth>
- * Emergency Room Visits Rise for Drug-Related Suicide Attempts in Young Men | The Partnership at Drugfree.org <http://t.co/RJ1vVRr>
- * Army Takes Steps to Curb Prescription Drug Abuse | The Partnership at Drugfree.org <http://t.co/tyYr9Pb>
- * Lung Cancer Deaths in Women Decline - in Oncology/Hematology, Other Cancers from MedPage Today: <http://t.co/71HM6Lo>
- * Teens Drink Healthy, but Guzzle Soda, Too - in Primary Care, Exercise & Fitness from MedPage Today: <http://t.co/d3wdyGI>
- * Prescription Pill Use Among Teens Leads to Heroin Addiction, NJ Experts Testify | The Partnership at Drugfree.org <http://t.co/mvKKxWx>
- * Here's an odd one: Gun Owners Twice as Likely to Binge Drink as Those Without Firearms | The Partnership at Drugfree.org <http://t.co/M51uOjQ>
- * Alcoholism Drug Shows Promise in Three Danish Studies | The Partnership at Drugfree.org <http://t.co/EgAOccZ>

- * Exposure to Secondhand Smoke Can Lead to Nicotine Dependence in Preteens | The Partnership at Drugfree.org <http://t.co/zPj4YJO>
- * Later Class Start Times in College Linked to Binge Drinking | The Partnership at Drugfree.org <http://t.co/dcurjoC>
- * Girls with ADHD More Likely Than Boys to Abuse Alcohol or Drugs | The Partnership at Drugfree.org <http://t.co/lo7Q74d>
- * Washington State Court Allows Firing for Legal Use of Medical Marijuana | The Partnership at Drugfree.org <http://t.co/pi0Gpnx>
- * Alcohol Use Among Top Causes of Disability in Young People Worldwide | The Partnership at Drugfree.org <http://t.co/xEYDBOT>
- * Nicotine's Effect on Brain Cells Found to Explain Why Smokers Gain Weight When They Quit Smoking <http://t.co/sLqi799>
- * Preschool May Reduce Risk of Drug and Alcohol Addiction Later in Life, Study Suggests | The Partnership at Drugfree.org <http://t.co/YXMSN92>
- * Growing Alcohol Sales Defy Sluggish Economy | The Partnership at Drugfree.org <http://t.co/10TWFjE>
- * Imaging Scans Show Daily Marijuana Use Can Have Negative Effect on Brain | The Partnership at Drugfree.org <http://t.co/jLjp4nR>
- * Parents: Playground Bullies Often Grow into Abusive Adults - in Emergency Medicine, Domestic Violence: <http://t.co/Wj8hge8>
- * Alcohol Use Among Top Causes of Disability in Young People Worldwide | The Partnership at Drugfree.org <http://t.co/H6opHHG>
- * CA Bill Would Ban Retailers From Selling Alcohol Through Self-Service Checkouts | The Partnership at Drugfree.org <http://t.co/9IlggnE>
- * Women Smokers At High Risk of Reduced Blood Flow to Legs | The Partnership at Drugfree.org <http://t.co/FhRjiBy>
- * Problem-Solving Therapy May Help Those Struggling with Depression and Substance Abuse | The Partnership at Drugfree.org <http://t.co/vD0kOVE>
- * Gay, Lesbian and Bisexual Teens More Likely to Smoke, Drink and Use Drugs | The Partnership at Drugfree.org <http://t.co/1nQOfzW>
- * Medical News: ADHD Increases Risk of Substance Use Disorders - in Pediatrics, ADHD/ADD from MedPage Today: <http://t.co/IQaDYN2>
- * North Carolina Outlaws Sales of K2 and Bath Salts | The Partnership at Drugfree.org <http://t.co/K479GEN>
- * Two Senators Ask Government to Shut Down Website Selling Illegal Drugs | The Partnership at Drugfree.org <http://t.co/1jGnhYg>
- * Father's Smoking May Lead to Daughter's Earlier Menopause | The Partnership at Drugfree.org <http://t.co/s9tyANi>
- * ADHD Increases Risk of Substance Abuse <http://t.co/yd1vI9h>
- * ADHD Children More Prone to Substance Abuse <http://t.co/bXn18q0>
- * World Health Organization Says Tobacco Will Kill Almost 6 Million This Year | The Partnership at Drugfree.org <http://t.co/pqm8Nnu>
- * Study Finds ADHD Major Risk Factor for Developing Substance Use Disorders and Smoking | The Partnership at Drugfree.org <http://t.co/hxUuZOC>
- * Push to Limit Hookah Bars Based on Health Concerns | The Partnership at Drugfree.org <http://t.co/zNjoT2H>
- * To Steer Teens Clear of Substance Abuse, Keep Them Moving, Study Suggests | The Partnership at Drugfree.org <http://t.co/29wAg58>
- * Georgia Approves Prescription Drug Monitoring Program | The Partnership at Drugfree.org <http://t.co/VJkOv3y>
- * Medical News: Kids Who Sleep Less Gain More Weight - in Pediatrics, Obesity from MedPage Today <http://t.co/vtjZOSY>
- * Many New Jersey Parents Say Kids Get Alcohol and Prescription Drugs from Home | The Partnership at Drugfree.org <http://t.co/iZzwxXC>
- * Drunkorexia STILL a Concern on Some College Campuses | The Partnership at Drugfree.org <http://t.co/GYvdH21>
- * Kansas Requires First-Time Drunk Drivers to Use Ignition Interlock Devices on Cars | The Partnership at Drugfree.org <http://t.co/GvXYCsR>
- * Report Estimates Illicit Drug Use Costs U.S. Economy More Than \$193 Billion Annually | The Partnership at Drugfree.org <http://t.co/xi2fXIS>
- * Senate Hearing Looks at Causes, Solutions for Prescription Drug Abuse | The Partnership at Drugfree.org <http://t.co/9HtGbfi>
- * Dissolvable' Tobacco Products Test-Marketed in Denver | The Partnership at Drugfree.org <http://t.co/AjGMRBP>
- * Study Warns of Dangers of Buying 'Legal Highs' Online | The Partnership at Drugfree.org <http://t.co/Lug0E5a>

- * Disney Dream Review: Non-Alcoholic Specialty Drinks - We are Disney junkies & are thrilled to share this: <http://tinyurl.com/3gu9xws>
- * Drug-Related Suicide Attempts Rise Among Women 50 and Older | The Partnership at Drugfree.org <http://t.co/hMUB0PT>
- * Smokers More Likely Than Nonsmokers to Die From Colon Cancer, Study Suggests | The Partnership at Drugfree.org <http://t.co/ZgZLE5b>
- * Laws About Involuntary Commitment for Substance Abuse Vary Widely Among States | The Partnership at Drugfree.org <http://t.co/OeZ9dPr>
- * Long-Time Smoking Ups Risk of Breast, Other Cancers - in Meeting Coverage, ASCO from MedPage Today <http://t.co/4Edt89w>
- * FDA Recommends New Rules for Kids' Acetaminophen - in Washington-Watch, <http://t.co/pODUXLO>
- * Family History of Common Form of Alcoholism May Increase Sensitivity to Alcohol | The Partnership at Drugfree.org <http://t.co/xKING6z>
- * Study Finds Binge Drinking Associated with Impaired Memory in College Students | The Partnership at Drugfree.org <http://t.co/iBnovdE>
- * More Older Adults Seek Treatment for Substance Abuse | The Partnership at Drugfree.org <http://t.co/9s7e8qk>
- * Report: Spice Can Cause Long-Lasting Psychosis | The Partnership at Drugfree.org <http://t.co/nrZt53A>
- * Texas House Passes Ban on Malt Liquor With Caffeine or Other Stimulants | The Partnership at Drugfree.org <http://t.co/AxmGxOB>
- * Medical News: APA: Computers and Video Games Cut into Kids' Sleep - in Meeting Coverage, APA MedPage Today <http://t.co/4FtSCan>
- * Medical News: No Higher Cardio Risk With ADHD Drugs - in Pediatrics, ADHD/ADD from MedPage Today <http://t.co/gQVUDjm>
- * Risk of Alcohol Abuse Rises After Gastric Bypass Weight-Loss Surgery | The Partnership at Drugfree.org <http://t.co/hZvKTAw>
- * Snus: New Form of Smokeless Tobacco Courts Controversy | The Partnership at Drugfree.org <http://t.co/g57fNOK>
- * Letting teen drink under parent's watch backfires - Health - Kids and parenting - msnbc.com <http://t.co/PNgiswz>
- * Ohio Doctor Convicted of Illegal Distribution of Prescription Painkillers | The Partnership at Drugfree.org <http://t.co/x5snAPV>
- * Veterans' Program Integrating Smoking Cessation With PTSD Treatment Expands | The Partnership at Drugfree.org <http://t.co/geaV218>
- * Teen Drinking Linked With Increased Recreational Computer Time | The Partnership at Drugfree.org <http://t.co/mKD0ofa>
- * Several States Take Another Look at Medical Marijuana Laws | The Partnership at Drugfree.org <http://t.co/X2sGf2l>
- * Bears player's suicide note: "Give my brain to the NFL Brain Bank" - MedPage Today Blogs - 26305 <http://t.co/rrvMq1I>
- * African American Smokers Much More Likely Than Caucasians to Use Tobacco Quitline | The Partnership at Drugfree.org <http://t.co/L6xaaY2>
- * Florida "Pill Mill" Bill Passes House and Senate; Governor Plans to Sign Measure | The Partnership at Drugfree.org <http://t.co/DTmGMgn>
- * Oklahoma Bill Would Make Legal Alcohol Limit for Boaters Same as for Motorists | The Partnership at Drugfree.org <http://t.co/yfHu1RH>
- * Bath Salts Drugs: Problems, Ingredients, Dangers, and More <http://t.co/mvSt6gd>
- * African American Smokers Much More Likely Than Caucasians to Use Tobacco Quitline | The Partnership at Drugfree.org <http://t.co/L6xaaY2>
- * Tobacco-Free Policies May Reduce Completion Rates at Substance Abuse Treatment Centers | The Partnership at Drugfree.org <http://t.co/hUnTJpS>
- * Hazelden Learn about wet house for dealing with chronic alcoholics. Sat/Sun 7:30am ET on Sanjay Gupta, MD <http://bit.ly/kswrs5>