

Alert

Metropolitan Drug Commission

A PUBLICATION OF NEWS AND EVENTS

Spotlight on Don Lindsey of AAA East Tennessee

We could certainly use more Don Lindseys in the world! The Metropolitan Drug Commission is proud to acknowledge **Don Lindsey**, Public Affairs Director for AAA East Tennessee. Don has supported the MDC for over 10 years now! He has served as the President of the MDC Alliance Trainings and allows the MDC to write an article for *AAA Going Places* publication each month. This type of generosity allows the MDC to reach over 175,000 households. Don's also been a big supporter of our drama and even offered free movie passes to kids willing to participate in the educational programs held after each production. To ensure deserving kids were able to attend our annual Tennessee S.T.A.G.E. Camp, Don sponsored a scholarship in their honor. Don also helped to ring in the



Don Lindsey speaking at the "Tow-to-Go" press conference held in December 2004. AAA's support of this program helped make New Year's Eve safer for everyone. Thanks Don and AAA!

New Year much safer this year thanks to his support of the Tow-to-Go initiative, which promoted planning New Year's Eve 2004 activities that avoided driving after drinking and provided free tows home. If that wasn't enough, Don took time out of his busy schedule to speak to the County Commission in December 2004 about the need for mandatory photo ID checks. Don was also a partner in a special countywide DUI Forum in 1991, which led to significant changes in DUI enforcement and adjudication. On behalf of AAA, Don has also participated in public information campaigns against marketing alcohol to youth, produced special back-to-school events for high school students, promoted MDC's Family Day activities in 2003/2004 and helped to set up and run a court monitoring program in Knoxville's DUI court, including recruiting volunteers through AAA's member publication.

"Don Lindsey has dedicated the last 28 years of his professional life to promoting traffic and pedestrian safety here in East Tennessee, but his efforts have been felt statewide as well. He has spoken to countless schools, civic clubs and professional organizations on a wide range of issues, but most often on safety matters. He has taught driver improvement classes. Because of his knowledge and his professionalism, he has been interviewed by reporters from nearly every major newspaper, radio and television station in our area. If you examine the record you will find that Don has been an effective advocate of legislation that has saved the lives of hundreds of Tennesseans. Seat belt, DUI, motorcycle helmet and graduated drivers licensing are just some of the safety legislation Don has promoted. He is, without a doubt, one of the best safety advocates in East Tennessee and we here at AAA East Tennessee are extremely proud of his efforts," claims Tim Wright, President AAA East TN.

Thank you Don for being such a great leader in our community and setting an example for the rest of us to follow. And a very special thanks to Tim Wright for his support and for allowing Don to help us in so many ways!

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Mayor Ragsdale Tags our PSA

Knox County **Mayor Mike Ragsdale** recently tagged a public service announcement for the MDC entitled "Not My Child." It began airing on December 21, 2004 and has grabbed the attention of many area parents. It's important to talk to our youth about the problems of drugs and underage drinking. In Knoxville, the average age for a child to have their first alcoholic drink is 10.8. Nationally, the average age of a first drink is 13.2. In fact, 65% of kids say they get their alcohol from family and friends. Pictured below are actors Karen Hood (mother) and Katherine Moore (daughter).



Critical Issues for the Child

- 57% OF CHILDREN HAVE A PARENT WITH A SUBSTANCE ABUSE ISSUE
- 48% OF CHILDREN HAVE A MENTAL HEALTH DIAGNOSIS
- 33% OF CHILDREN USE TOBACCO PRODUCTS
- 31% OF CHILDREN ABUSE SUBSTANCES
- 24% OF CHILDREN ARE USING MORE THAN ONE DRUG

The statistics to the left are results from Knox County's annual CPORT Exit Conference, which is funded by the Tennessee Commission on Children and Youth. Please note that 37 cases were randomly selected for review in an effort to reflect/represent the regional population of children in custody at the 80% confidence level.

Spotlight on Youth Leaders



Pictured above are Webb School of Knoxville seniors Spencer Waters (left) and Will Walker (right). Spencer and Will founded the club SALSAs (Students Advocating a Life without Substance Abuse) during their sophomore year for an ethics class project.

Spencer Waters and **Will Walker** are seniors at Webb School of Knoxville. During their time at Webb, Spencer and Will have made significant contributions to their school, including forming the club **SALSAs** (Students Advocating Life without Substance Abuse). The idea was conceived by the two young men when the time came to create an Ethics project for a class conducted by Mr. Kirk LaFon. The club supports those who declare they are substance free. The group also provides a group of people who can keep each other accountable and have fun without

having to use substances. SALSAs has spent time with various speakers of the FCD program, who have provided insight and goals for the group.

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Mr. Kirk LaFon.

Spencer is the son of John and Beth Waters and maintains a 3.85 GPA. Some of his other achievements include SGA Secretary/Treasurer, member of the Webb Chamber Choir and All-State Tennessee Choir in 2004. Spencer also founded the Webb High School Lacrosse program, which now has over 30 members. Spencer has been captain of the team for two years. He runs cross country in the fall and attends a bible study regularly to keep him accountable for his actions.

As for future plans, Spencer wants to attend the United States Naval Academy in Annapolis, MD. He has been working toward admission for over a year and has taken part in the USNA Summer Seminar. During the admissions process, Spencer has received two Congressional Nominations, one from Congressman John Duncan and Senator Bill H. Frist, MD.

Will Walker is the son of Lisa and Ott Walker. Will also keeps himself busy by serving as SGA President, journalist for the school newspaper, two-time captain of the lacrosse team and maintains a great GPA while being involved in numerous school activities.

Currently, Will is seeking an ROTC Scholarship (Army or Navy) and plans to be in the military at some point in his lifetime. His goal is to attend Duke, Furman or Vanderbilt University.

Will and Spencer are both leaders at Webb who have high goals for the future and continue to be examples among the student body and the lacrosse team. They have kept each other accountable from avoiding substances and both live very Christian based lifestyles.

Spencer and Will, thank you for being such conscientious members of our community and for truly knowing the meaning of giving back.

Drug Alert: Alcopops

Liquor companies have recently created a new buzz surrounding Alcopops. The companies claim to target legal-age drinkers, but teenage girls are finding them extremely attractive. "Alcopops" are a sweet-flavored malt beverage used as a gateway for less-experienced drinkers. The American Medical Association (AMA) has discovered that girls in particular prefer these types of beverages. The AMA is concerned about this pattern because of the high alcohol content these drinks contain and because they could be a gateway to beer, wine and hard liquor. If consumed in excess, these drinks could lead to many of the same social and health problems associated with excess consumption of other forms of alcohol.

The AMA's nationwide poll of American teens discovered that one in six girls who have tried alcopops have been sexually active after drinking, and one in four have driven or ridden in a car with a driver who had been. But the health consequences do not stop there. Alcohol consumption contributes to numerous health problems that uniquely effect teenage girls, who feel the impairing effects of alcohol much faster than males. These include liver, brain and heart damage as well as gender-specific complications such as increased chances of breast cancer, osteoporosis, menstrual disorders and pregnancy.

New MDC Project Director

The MDC is pleased to welcome our new Project Director, Tyra Haag. Tyra's experience includes interning for WBIR—Channel 10 News, Moxley Carmichael public relations firm, and the University of Tennessee's Language Resource Center. Tyra graduated Magna Cum Laude from UT-Knoxville in May 2004 with degrees in Communication Studies and Spanish. One week after graduation, Tyra married her high school sweetheart of five years. Her husband, Eric, works as a football operations assistant at UT. Tyra enjoys theatre, music and sports and is proud to call East Tennessee her home. She is enthusiastic about her new role at the MDC.

CAMPRAL Training at the Tennessee Grill

On January 25, the Tennessee Grill was host to an ETAADAC (East Tennessee Alcohol and Drug Abuse Counselors) training session concerning the new drug, Campral. The drug is designed to suppress an alcoholic's cravings with minimal side effects. The training brought together numerous professionals from various fields in the East Tennessee area to discuss the new possibilities this drug has to offer. Campral has been studied in Europe for over 10 years now.

During the Knoxville Police Department's November and December compliance checks, the following businesses sold alcohol to an underage person:

Los Acros, 2619 Chapman Highway; Handy Dandy Food Mart, 215 S. Haven Road; Martha's Tavern, 4624 Rutledge Pike; Bailey's, 250 N. Seven Oaks Drive; Harb's Suprette, 3001 Burnside Road; Palace Liquor, 3208 Rudy Street; Weigel's #35, 300 Cedar Lane; Strike and Spare, 5700 Western Avenue; Frontier Package, 10421 Kingston Pike; Roger's Place, 8807 Kingston Pike; Max's Lounge, 507 Harrison Street; Southside Liquor, 3213 Chapman Highway; Kwik Pantry #382, 6222 Chapman Highway; Little John's Package Store, 1922 E. Magnolia Ave.; Ruby Tuesday #4262, 6605 Clinton Highway; Los Acros, 2619 Chapman Highway; Handy Dandy Food Mart, 3215 S. Haven Road; Martha's Tavern, 4624 Rutledge Pike; Bailey's, 250 N. Seven Oaks Drive; Harb's Suprette, 3001 Burnside Road; Palace Liquor, 3208 Rudy Street; Weigel's #35, 300 Cedar Lane; Strike and Spare, 5700 Western Avenue.

The Results are in---MDC Prevention Theatre a HUGE Success!

"Menace" was a huge success according to the UT SWORPS evaluation team. Here's what area leaders, educators and students had to say about the drama:

"Our students were very attentive. They really enjoyed the question and answer portion of 'Wheel of Misfortune'."

--Whitney Clower, Richard Yoakley School

"This is a wonderful program and is excellent for the students. It is done in a very professional manner--we love it!"

--Mary Prater, Karns Middle School

"This program definitely hit home. Continue to incorporate special guest appearances such as the DA's staff. This helps students to make connections."

--Sharon Robinson, Northwest Middle School

"I liked the way grown ups care about us and I like the way they keep telling us not to drink, showing us why we shouldn't drink."

--Vine Middle School Student

"It was very informative and I learned some new things I didn't know about drinking. It helped people to realize how serious alcohol can be, and the major effects it can have on your life."

--Lenoir City High School Student

"I feel good that we are able to reach so many students with a message about the dangers of alcohol...if we just help a few teens out of every audience, it will have been worth it."

--Jarron Vosburg, "Menace" actor

"The MDC provides a valuable service of educating children on the dangers of alcohol in a positive and even entertaining way. It's a message they can identify with and remember."

--Sheriff Tim Hutchinson

As reported by the University of Tennessee College of Social Work and Office of Public Research (SWORPS), the drama had a positive impact on students' attitudes and levels of knowledge about the risks and consequences of alcohol use. A few highlights include:

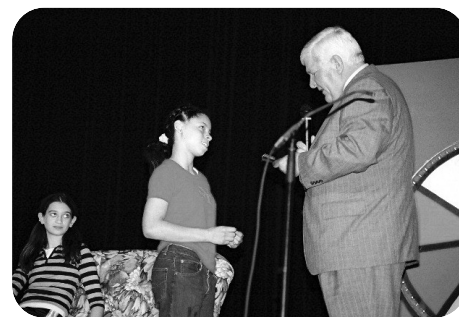
1.) Student understanding about the risks and consequences of alcohol use increased:

*93.4% better understood the legal consequences of underage drinking; 90.2% learned information that would help them in the future and 80.0% learned something new from the drama program about the risks of drinking alcohol.

2.) Students rated the risks and consequences of alcohol use:

*The greatest percentage cited health problems (84.8%) and safety problems (83.3%) as "very important" consequences of drinking alcohol.

3.) Overall, students were pleased with the drama program. More than 97% of all survey participants rated the drama with an "A" or "B" using the standard school grading scale.



Pictured is District Attorney General Randy Nichols asking an eager middle schooler a question from the "Wheel of Misfortune." After each production of "Menace," students tested their knowledge of the dangers of underage drinking while participating in the game to win prizes.

*Special Thanks to...
Sonya King and Cariten Healthcare for already signing up to sponsor two of next year's Prevention Theatre dramas on methamphetamine. Your support is greatly appreciated and means so much to our youth!*

Request for Proposals: 2005-2006 Prevention Grants Program

The MDC is excited to announce the **2005-2006 Prevention Grants Program For Targeted Youth and Parent Education on Underage Drinking**.

The goal of this prevention grant program is to decrease the risk of underage alcohol use by increasing the knowledge and skills of youth age 9 to 13 and their parents/caregivers, so they can positively address underage drinking. This initiative is designed to accomplish the following three objectives:

- 1.) Increase the number of conversations that parents/caregivers and their 9 to 13 year olds have about the harms of underage alcohol use
- 2.) Increase the percentage of 9 to 13 year olds and their parents/caregivers who see underage alcohol use as harmful
- 3.) Increase public disapproval of underage alcohol use

To learn more about this program, please visit the Too Smart To Start website at: www.toosmarttostart.samhsa.gov.

The 2005-2006 Prevention Grants Program will support projects in the following categories:

- Program(s) for youths only
- Program(s) for parents/caregivers only
- Program(s) for youths and their parents/caregivers together

The Metropolitan Drug Commission will offer non-matching grants to area organizations providing innovative youth and parenting programming. Priority will be given to applications serving Knox County, but surrounding counties are eligible (i.e. Anderson, Sevier, Loudon, Blount or Roane Counties).

Please note that it is not necessary that the applying organization or individual specialize in alcohol or drug prevention programming; however, priority may be given to organizations/individuals with experience in this area. A base curriculum for the educational training will be developed and adapted to your target audience, as well as the pre and post surveys for the participants of the successful applicants. Awards totaling approximately \$20,000 will be granted. Successful applicants will be notified no later than June 1, 2005. The pre and post survey will be administered by MDC staff.

If you would like to receive an application or have any questions, please email Tyra Haag at tyrahaag@bellsouth.net or call (865) 588-5550.

The original application (with the original signature) and two (2) copies of your application are due **no later than 5:00 PM, Thursday, April 14, 2005**. Please mail or deliver your completed application to the following address:

Metropolitan Drug Commission
Attn: Catherine Thatcher Brunson
P.O. Box 53375
Knoxville, TN 37950-3375

Metropolitan Drug Commission
P.O. Box 53375
Knoxville, TN 37950-3375
Phone: 865.588.5550
Fax: 865.588.0891

VISIT OUR WEBSITE for information about starting or maintaining a Drug-free Workplace Program; parent resources; treatment options; general drug descriptions, including warning signs and effects; and local and national research about drug use.

www.metrodrug.org

This project is funded under an agreement with TCCY



Announcements

Helen Ross McNabb Center is offering a workshop about "Problem and Compulsive Gambling: The Hidden Addiction" on March 31, 2005 from 9 a.m. to 4 p.m. Workshop participants will be exposed to information about the effect of gambling on the family as well as on the individual. Cost of the workshop is \$50--to preregister, contact Martha Culbertson at 541-6691 or mculbert@mcnabb.org

On Friday, April 8th from 5:00 - 8:00 p.m., the Knoxville Police Department (KPD) is hosting the fourth annual **Prom Challenge**, a night for teens to learn about the dangers of underage drinking and driving in a fun learning environment. Safety City (165 S. Concord Street) is hosting the event and is free of charge to all area high school students. Live entertainment will be provided as well as "fatal vision" goggles, a rock climbing wall, bungee race and an inflatable obstacle course.

Knoxville's Promise is hosting its 7th annual Alliance for Youth Summit on Friday, April 15, 2005. Urge your children, students, friends, mentees and other youth to attend. It's free and fun! For more information visit www.knoxvillesspromise.org.

The fifth annual **Adam Downen Race for Responsibility** has been scheduled for Saturday, April 16, 2005 at Tyson Park. The 5K and 1 Mile Fun Run will begin at 8:30 a.m. Preregistration fee is \$12 for all ages, which includes a short-sleeved t-shirt. Awards will be given to the top three finishers in each division and the top three overall (male and female). Proceeds go towards education in local schools and throughout the community to prevent underage drinking and drunk driving.

The 2nd annual **Matt Edmonds Memorial Golf Tournament** will be held Saturday, April 30, 2005 at Three Ridges Golf Course. The cost is \$75 per player/\$300 per team, which includes the greens fee, cart and lunch. Shot gun is at 9:00 a.m. For more information or to register, call David Edmonds at 922-9619. The entry form deadline is April 25. Donations are also welcome.

The **Youth Action Council (YAC)** is looking for 15 rising sophomores and juniors for the 2005-2006 term--

MDC in Action

Last quarter (Oct-Dec), the MDC has serviced the community by providing:

244 Treatment Referrals
16,346 Prevention Materials & Resources
334,683 Website Hits

Special Thanks to everyone for making this possible!

2004-2005 MDC Board of Directors

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To submit an announcement or article to the *Metropolitan Drug Commission's ALERT*, please call (865) 588-5550.



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