

Drug Abuse Resistance Education
D.A.R.E.

TO DIALOGUE



Issue # 1 – March 2009

"A positive way to change today's attitude toward drugs"

From the Presidents desk.....

Dear Members;

Hi everyone! Hang in there, winter is almost over and before we know it, spring will be here. District 7 is busy getting everything ready for this summer's Retrainer. We have some great seminar offerings.

Kings Island Inn resort has been booked which is located across from Kings Island Park, and close to several restaurants, unique shopping and other activities. Some of the educational topics offered are School Crisis Planning, Drug Task Force Up-date, Phil Chalmers program on Teenage Violence, Investigating Youth Cyber Crimes, Hate Crimes, and more.

The Retrainer format has changed a bit this year and we hope you like it. Like all departments and businesses, the D.A.R.E. Association of Ohio is making the best use of our resources for the Retrainer and tightening the Retrainer budget. We are beginning the Retrainer with training/education general sessions and have combined the Business Meeting and the Awards presentations for Tuesday afternoon. The Retrainer Brunch will still be held Friday late morning. More information to follow on the Retrainer, keep an eye on the DAO website.

On another note, now is the time we all need to recommit our efforts to promote D.A.R.E. and all of its positive attributes to our Government and Agency leaders. With the economic conditions resulting in layoffs, many times Agencies cut D.A.R.E. and other community programs. As more bad economic news is presented, more agencies feel the need to cut the D.A.R.E. program. We need to do a better job of promoting the program and ourselves as D.A.R.E. officers to the public so we do not become a bargaining chip in the budget process.

As much as D.A.R.E. Officers quietly go about helping youth, we need become more vocal and work with local media. Invite them out to a graduation, view a class presentation, and/or attend other local D.A.R.E. events. An officer I know had a second grade student dial 9-1-1 to get help for his mother. This Officer with elected officials will present this student with a special award. This is the perfect event for the media to cover.

Have a great rest of the school year and see you at the Retrainer in Cincinnati.

Yours truly, **Ken Klayer, President**



5691 Kings Island Drive, Mason, Ohio 45040
Reservations: 1-800-727-3050

2009 D.A.R.E. Association of Ohio
Annual Retrainer

AUGUST 10 – 14, 2009

To register go to www.dare-oh.org

Ashland Co. D.A.R.E. Essay Winner



Ciara Varner. Mapleton 6th grader, was selected the 2009 County Essay Winner. She competed against other 5th and 6th grade students from three county schools. Seen pictured with Ciara from left to right: Judge Damian Vercillo, Sheriff E. Wayne Risner, Michael Varner, Ciara, Rita Varner, D.A.R.E. Officers Deputy Angie Hamilton and Detective Charles Massie.

Youth Advisory Board Representative

*We are now accepting applications for the next Youth Advisory Board Representative. A committee of active DARE Officers will select a new YAB representative based on receiving a complete application package post marked no later than **APRIL 1, 2009**. Please contact dare@dare-oh.org for more information.*

DARE is in "Critical" Condition

The D.A.R.E. program is being "cut" by many departments around the state, and is seriously in "critical" condition if this continues. The DAO office in Dublin has received word from many of our Officers reporting that they are being reassigned to the street due to budget crunch or are being "let go" from their department because the D.A.R.E. program has been cancelled. Some of these officers are:

☛ Charlie Glisson, Tallmadge PD who has taught 16 years, will now retire, because the mayor has decided not to continue the program. Charlie will continue with the Ohio Crime Prevention Association where he is the current President of the Board. Good Luck, Charlie!

☛ Beth Lisuch, Garfield Heights PD, last day as D.A.R.E. Officer was January 9, 2009. The Department has no plans to continue the program at this point.

☛ Lima PD still has no plans to reintroduce the program in the city schools.

☛ Glen Adamson, North Olmstead PD, District #2 Rep., will return to the streets when he has finished his classes in mid-February. The City has cancelled the program.

☛ Tony Risley, St. Paris PD, was released from that cities program as of February 1.

As an Association, we need to continue promoting the D.A.R.E. program and the importance of saving our future D.A.R.E. programs during these times of economical distress. If your department is considering discontinuing the D.A.R.E. program or you hear of other programs in your area that are considering canceling, please contact Kari Parsons at the DAO office, or our President Ken Klayer for assistance and support when speaking to your administration about the importance of keeping the program alive.

Good Luck - Best Wishes!!!

To our officers mentioned above who are retiring or returning to the road: Charlie Glisson, Glen Adamson, and Beth Lisuch. We would also like to extend our best wishes and thanks to:

☛ John Munch, Sylvania Twp., who is rotating to patrol.

☛ Also rotating to patrol is Wendy Newsome, Maumee PD.

☛ Retiring on Feb. 27, 2009 is Detective Phil Morron, Rocky River PD.

We will miss you all!

'In Thoughts and Prayers'

- On December 3, 2008, Deputy Greg Harmasek, Geauga Co SO, passed away of a heart attack at his home. He will be miss by everyone who knew him.
- Jeff Beachler, Westerville PD, recently had surgery on his knee. Hope that he is back to the classroom and feeling better soon.
- Deputy Slug Custar, Williams Co. SO, has been at home recuperating from complications to his bladder and kidneys. Get well soon, Slug!

Ohio Crime Prevention Association
2009 Training Conference
May 11 - 13, 2009
Embassy Suites Hotel
Dublin, Ohio
Room Rate \$114.99
Conference Fee \$200.00
More info at www.ocpa-oh.org



MARK YOUR CALENDAR
NATIONAL D.A.R.E. DAY
APRIL 8, 2009

2009 School Resource Officers
Sixth Annual Conference
June 21 - 23, 2009
at Maumee Bay Resort
For further information or to register go to:
www.osroa.org

22nd D.A.R.E. INTERNATIONAL
TRAINING CONFERENCE
SPONSORED BY D.A.R.E. AMERICA

Disney's Coronado Springs Resort
July 21 - 23, 2009

Go to following links for more information:

www.D.A.R.E.-oh.org/retrainer/D.A.R.E.americaconference.pdf

or

www.D.A.R.E..com - Officers Section
Tab/Conferences

The more you know “Alcohol news you can use”

Drinking and the Brain

According to new research, brain shrinkage is accelerated by alcohol consumption. The study says that the low to moderate alcohol use, which may protect against heart disease, may accelerate the brain shrinkage that is normal with the aging process. Scientists have found that the more people drank, the smaller the size of the brain. Even light drinkers, one to seven drinks a week, had slightly smaller brains than nondrinkers did. The association was especially pronounced in women. With age, the brain shrinks 1.9 percent a decade. Low brain volume is associated with thinking, learning and remembering.

Excerpts taken from *The Fresh Story* newsletter produced by FACE®

Drunkorexia...

Is not an official medical term. In short, a disturbing blend of behaviors: self-imposed starvation or bingeing and purging, combined with alcohol abuse. Those who are described as drunkorexics are college-age binge drinkers, typically women, who starve all day to offset the calories in the alcohol. The term is also associated with serious eating disorders, particularly bulimia, which often involve bingeing on food (or alcohol) and then purging.

Anorexics, because they severely restrict their calorie intake, tend to avoid alcohol. Some drink to calm down before consuming a meal, or to ease the anxiety of indulging in the meal, others consume alcohol as their only sustenance. Still others use drugs like cocaine or methamphetamine to suppress their appetites.

Obsession with being skinny, and the social acceptance of drinking and using drugs—along with the sense that checking into a rehab is almost a given, if not downright chic. Both eating disorders and binge drinking are seen as cool, hip, and a part of our culture. Mixing both is not surprising and has reached a tipping point in terms of public awareness.

Psychologists say that these eating disorders, like other addictions, are often rooted in the need to numb emotional pain. The disorders are often driven by childhood trauma like sexual abuse, neglect, and other sources of mental anguish.

Excerpts taken from *The Fresh Story* newsletter produced by FACE®

Laws to regulate Caffeine?

Scientists and physicians have written a letter to the Food and Drug Administration asking for more regulation of increasingly popular energy drinks because of their high caffeine content that put young drinkers at possible risk of caffeine intoxication and higher rates of alcohol-related injuries.

They asked that the FDA require the drinks' caffeine content be listed on the can, to set the limit on the amount allowed in the drink and to require warning labels.

The US is the world's largest consumer by volume of energy drinks, about 290 million gallons in 2007.

Red Bull, the best selling energy drink in the US contains 80 milligrams of caffeine per 8.3- ounce can, equal to one cup of coffee. This is well below the 400 milligrams per day limit that the general public is not at risk from the adverse effects from the caffeine. It is the wide variations between brands that are dangerous. You pick up a can and drink it and you get 50 milligrams, about the same as a Mt.Dew, or you pick on up and get 500 milligrams, and that's enough to put someone who hasn't built up a tolerance to caffeine into caffeine intoxication. The results being nervousness, anxiety, restlessness, insomnia, nausea, vomiting, tremors, and rapid heart rate.

There's good evidence that when energy drinks are used as a mixer with alcohol, the drink is less able to discriminate how intoxicated they are, so they're more likely to get into alcohol-related accidents.

Top-Selling Energy Drinks

Drink	Caffeine (mg)	Can Size oz
Amp	75	8.4
Full Throttle	144	16
Monster	160	16
No Fear	174	16
Red Bull	80	8.3
Rockstar	160	16
SoBe Adr. Rush	79	8.3
Tab Energy	95	10.5
High Caffeine Energy Drinks		
Bookoo Energy	360	24
Fixx	500	20
Wired X505	505	24
Other Beverages		
Brewed Coffee	77-150	6
Coca-Cola Classic	34.5	12
Dr. Pepper	41	12
Mountain Dew	54	12
Pepsi Cola	38	12

Excerpts taken from *The Fresh Story* newsletter produced by FACE®