

Plugged In



News, views and
issues that affect our
lives every day.



Alcohol addiction

According to the National Council on Alcoholism and Drug Dependence, almost 18 million Americans abuse alcohol. That is approximately 15 percent of the population. Each year more than 100,000 Americans die of alcohol-related causes. Alcohol is a factor in nearly half of all U.S. traffic deaths.

- Alcohol use and its consequences vary widely among minority groups.
- Alcohol use is increasing significantly among Asian Americans.
- Among adolescent minorities, blacks show the lowest prevalence of lifetime, annual, monthly, daily and heavy drinking, as well as the lowest frequency of being drunk.
- Hispanic adolescents have the highest annual prevalence of heavy drinking, followed by white adolescents.
- Among all age and ethnic groups, men are more likely to drink than are women, and to consume large quantities in a single sitting.
- Alcohol abuse occurs in the lesbian, gay, bisexual and transsexual (LGBT) community at rates up to three times that in the mainstream population. In other words, alcohol abuse is estimated to occur in up to 45 percent of those in the LGBT community.

Source: National Institute on Alcohol Abuse and Alcoholism, and the Pride Institute

Think about it

Research shows that the use of alcohol, tobacco and other drugs is associated with specific aspects of a young person's community, school, family environment and individual characteristics. These aspects are called risk or protective factors. Effective prevention programs identify which risk factors are elevated in the community and which protective factors are suppressed, and then specifically targets those factors.

— DACCO

THE NATURE OF ADDICTION

Throughout much of the last century, scientists studying drug abuse labored in the shadows of powerful myths and misconceptions about the nature of addiction, according to the National Institute on Drug Abuse. Back in the 1930s, it was assumed that people addicted to drugs were lacking in willpower. Today, thanks to science, our views and our responses to drug abuse have changed dramatically.

Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling us to respond effectively to the problem. As a result of scientific research, we know that addiction is a disease that affects both brain and behavior.

Research has shown that people generally take drugs to feel good, feel better or cope with difficult problems or situations. You cannot turn on the television, listen to the radio or pick up a magazine without seeing an advertisement promoting some substance that will improve your life.

This Tampa Bay Times Newspaper in Education publication, created in partnership with the Drug Abuse Comprehensive Coordinating Office (DACCO), focuses on educating you about substance abuse prevention. We hope this publication will serve as a discussion tool for parents, teachers, community members and youth.

Addiction is a treatable disease

While the initial decision to use drugs is voluntary, drug addiction is a disease of the brain that compels a person to become singularly obsessed with obtaining and abusing drugs despite their many adverse health and life consequences.

Addiction is a primary, chronic illness influenced by genetic, psychosocial, environmental and lifestyle factors. Addiction is not a sign of weak morals; it is a disease. Symptoms of addiction include loss of control over drug or alcohol use, cravings, use despite consequences, distortions in thinking, the need to consume greater amounts to get high, and physical dependence and withdrawal.

Like many other diseases, substance use disorders are chronic and follow a predictable course. Long-term drug abuse results in changes in the brain that persist long after a person stops using. The good news is that addiction, like other diseases, can be successfully treated. People all around the world are recovering to live long, healthy and happy lives!

The best treatment programs are scientifically based and meet the multiple needs of the individual, not just his or her drug use. It is important to remember that no single treatment is appropriate for all individuals.

Sources: National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health, and the Department of Health & Human Services Centers for Disease Control and Prevention



Drug Abuse Comprehensive Coordinating Office

The mission of Drug Abuse Comprehensive Coordinating Office (DACC) is to work for a drug-free community – one person, one family at a time. DACC reaches Tampa Bay-area residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment.

Short term prevention strategies include education about substance abuse and other risky behaviors that impact the general health and wellness of individuals, families and the community.

Environmental prevention strategies involve community wide changes in attitudes, beliefs and expectations that increase the potential for long-term changes in behavior.

Now in its fourth year, the DACC led local Prevention Partnership Grant Collaborative is targeting young adults through a countywide educational campaign that highlights state laws, campus alcohol policies, the nature of blood alcohol concentration and the need to self-monitor alcohol use.

Partners in this initiative include the University of South Florida, the University of Tampa, Hillsborough Community College, CBS Radio Tampa Bay, the Hillsborough County Anti-Drug Alliance and the Tampa Bay Times.

DACC provides a range of treatment services for individuals and families in need. DACC treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, posttraumatic stress disorder (PTSD) and medication-assisted treatment for opiates.

DACC offers adult residential treatment programs and outpatient programs for teens and adults.

Supportive services are offered at DACC to help clients stay engaged in treatment, meet all their healthcare needs and improve their lives, including HIV testing and counseling, adult education/GED, primary healthcare, day care and affordable housing.

Both outpatient and residential programs include different intensities of individual, group and family counseling; on-site Narcotics Anonymous and Alcoholics Anonymous meetings;

life skills education; and urine drug screening. To schedule an assessment of patient needs, call 1-855-322-2600.

DACC's all-new Detox Facility opened in May 2013. It is tucked away discreetly for the privacy of you and your family. Our detoxification process is supported and monitored by full-time DACC medical physicians who are board certified in addiction medicine, along with 24-hour nursing care. Our staff understands drug and alcohol addiction and ensures a safe and controlled withdrawal period. Detoxification is the first step toward abstinence, and DACC's physicians will tailor specific treatment recommendations based on the needs of each client. If you are concerned that you or someone you know may require detox, call us now at the 24-Hour Detox Desk: 813-384-4221.

To learn more about DACC's services, visit dacco.org, and click on Community Education to learn more about substance abuse. To request that a DACC representative speak to your community group, please call 813-384-4000.



HILLSBOROUGH COUNTY FACTS

- According to the 2012 Florida Youth Substance Abuse Survey, the most commonly used drug among Hillsborough County students is still alcohol.
- After alcohol, students reported marijuana (21.9 percent lifetime and 12.1 percent past-30-day) and cigarettes (17.3 percent lifetime and 5.3 percent past-30-day) as the most commonly used drugs.
- The majority of high school students report getting the alcohol they drink from another person and drinking it at another person's home.
- In Hillsborough County, past-30-day alcohol use was reported at 21.1 percent, compared to 24.6 percent across the statewide sample.
- While binge drinking increased from 2008 to 2010 (from 13.1 percent to 15.3 percent), it declined in 2012 to 9.8 percent.
- Past-30-day marijuana use also increased from 12.4 percent in 2008 to 14.3 percent in 2010, but decreased to 12.1 percent in 2012.
- The report shows that 21.6 percent of high school students have ridden in a car with a driver who was under the influence of alcohol, and 25.7 percent have ridden with a driver under the influence of marijuana.
- In Hillsborough County, 9.1 percent of surveyed students reported the use of any illicit drug other than marijuana in the past 30 days, compared to 8.2 percent across the statewide sample.

Source: 2012 Florida Youth Substance Abuse Survey.

BE A LIFESAVER



ALTERED STATES

Drugs are chemicals that change the way a person's body works. Basically, drugs, including legal and illegal forms, alter the chemical state of a person's body and mind. Here are some ways drugs can alter you:

- > Faster aging
- > Rotten teeth
- > Hair loss
- > Physical dependence and addiction
- > Insomnia
- > Dementia
- > Irrational decision making
- > Suicidal depression
- > Nightmares and hallucinations
- > Impaired depth and time perception

PICTURE THIS: You are at a party or a friend's house, and your friend is acting very sleepy. You know that he or she has taken some pills, but you don't want to get anyone in trouble. This is no time to hesitate. If you think someone is in distress, immediately call 9-1-1!

Symptoms of an overdose may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking. There may be no noticeable signs if someone suddenly stops breathing.

Call 9-1-1. Stay on the line with the operator and stay with the victim until help arrives. Try to remain calm and follow the directions of the 9-1-1 operator. Remember, calling 911 to save someone's life comes first and before any consequences you might face.

Your decision to react quickly can save someone's life. Any delay for any reason may result in a lifetime of regret for making the wrong choice.

Source: Pinellas County Sheriff's Office, Narcotics Division

The Good Samaritan Act

The goal of the Good Samaritan Act is to save lives. This act allows witnesses of accidental drug overdoses to call for help without fearing that they will be arrested for drug possession.

A person making a good faith effort to obtain or provide medical assistance for an individual experiencing a drug-related overdose may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the person's seeking medical assistance.

A person who experiences a drug-related overdose and is in need of medical assistance may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the overdose and the need for medical assistance.

Source: Florida Senate



TEACHING WITH THE *TIMES* ACTIVITY: JOURNALING TO SELF-AWARENESS

Keeping a journal or writing a blog is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? In your journal,

record your general thoughts as well as your thoughts about articles you read in the *Tampa Bay Times*. To begin your journal, write about something that you have read in the *Times* that directly affects your life.

PRESCRIPTION DRUGS: WHAT'S THE BIG DEAL?

There's a reason prescription drugs are intended to be taken under a doctor's direction: If used improperly, they can be dangerous ... very dangerous. In fact, despite what many people think, abusing prescription drugs is not safer than abusing illicit drugs. As the facts will tell you, prescription drugs can have dangerous short- and long-term health consequences when used incorrectly or by someone other than for whom they were intended.

When taken properly and under a medical provider's supervision, prescription drugs can have many benefits, but there are serious health risks associated with the abuse of prescription drugs. Although these drugs may seem safe because a doctor has prescribed them, a single large dose of prescription painkillers or depressants can result in breathing problems that can lead



to death. Abusing prescription stimulants can result in fatal seizures.

And, even in small doses, depressants and painkillers can affect a person's ability to learn. These are not temporary side effects. Prescription drugs should always be taken cautiously and under the care of a licensed medical doctor. Abusing these drugs can

lead to permanent and fatal consequences.

Prescription drug abuse among young people, especially teens, is a huge problem in our society. In 2012, the "Monitoring the Future" study reported that almost 15 percent of high school seniors used a prescription drug not prescribed for them in the past year.

Findings also showed that prescription and over-the-counter medications account for most of the top drugs abused by high school seniors, second only to marijuana. The two most-abused drugs were Adderall and Vicodin, which both come with some serious side effects.

There's a reason prescription drugs are intended to be taken under a doctor's direction: If used improperly, they can be dangerous. Period. End of story.

Source: National Institute on Drug Abuse



Parent Pointers

Many parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. How do you model positive behavior for your children? Think about it. Sixty percent of teens who have abused prescription painkillers did so before age 15, and 45 percent of those who use prior to the age of 15 will later develop an addiction. Kids need to hear how risky drug abuse can be. They need to know how damaging it can be to their lives.

They need you, their parents, to be good role models.

DACCO physician consultation is available by appointment by calling 813-384-4139 or emailing physicianconsult@dacco.org.

Sources: Partnership for a Drug Free America; Health Substance Abuse and Mental Health Services Administration

Adults: Be The Wall

We know you would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak it through the front door? Brush up on your chaperone skills – Be The Wall!

- Utilize a location that has clear entrances and exits. If there are multiple exits, block off all exits you do not want used or utilize other chaperones to block the exits.
- Work with your teen to decide on a guest list ahead of time. Set a limit to the number of people and make a contingency plan for politely turning away party-crashers.
- On the event invitation, clearly state the beginning and ending time, what to bring and what not to bring.
- Ask teens to leave purses or backpacks in their locked cars or at the front door. Discourage teens from going back and forth from your home to their cars.
- Lock up any alcohol in your home before the party. Ask adults that may be attending the party to leave their alcohol at home for the event.
- Utilize the television, swimming pool, video games or karaoke machine to entertain teens.
- Provide plenty of space for teens to just hang out comfortably where you can see them but not hover over them.
- Utilize single-serve cans instead of disposable cups. Do not use a punch bowl or pitchers.

- Monitor behavior by circulating around the home and interacting with teens. Never let a teen that you believe to be impaired leave your home.

For more information, go to bethewall.org.





WATCH YOUR BAC

The new Watch Your BAC app is designed to help you estimate the following:

- Track your alcohol use
- Calculate your blood alcohol content (BAC)
- Be aware of what constitutes a drink and the health effects of alcohol
- Access a safe ride

You can use the Watch Your BAC app to easily monitor your alcohol consumption by entering your height, gender, weight and each drink you consume. The app will help you “stay in the green” and alert you as you approach the “danger zone.”

This app was created by DACCO Prevention in collaboration with students from the University of Tampa, the University of South Florida and Hillsborough Community College.

This application, funded by the Florida Department of Children and Families, is intended for educational and informational purposes only.

To download the Android app, go to <https://play.google.com/store/apps/details?id=com.type2designs.watchyourbac>.

To download the iTunes app, go to <https://itunes.apple.com/us/app/watch-your-bac/id711717127?mt=8>.

Community Alcohol Prevention Grant Collaborative

High-risk, binge drinking continues to be a serious concern on college campuses. According to a national report, 82 percent of college students drink and 37 percent reported binge drinking (five or more drinks on one occasion) in the past two weeks.

Data from a 2012 U.S. Department of Health and Human Services report to Congress suggests the college environment influences drinking practices – where, although college-bound 12th-graders are less likely than non-college-bound peers to report heavy drinking, college students report higher rates of binge drinking than college-age youth not attending college. And the usual number of drinks consumed is much higher when two or more other people are present than when drinking with one person or alone. Environment is a factor.

To change the drinking culture, it

is best to intervene at three levels: the individual student, entire student body and the surrounding community. In alignment with this recommended framework (and knowing that peers can influence each other’s behaviors significantly, for worse or for better), the Community Alcohol Prevention Grant Collaborative, initiated in 2010, continues to engage individuals in Hillsborough County at each of these levels.



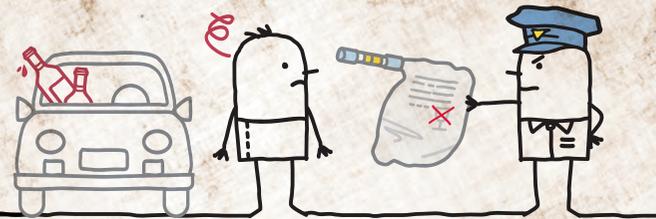
Target population

The Community Alcohol Prevention Grant Collaborative targets adults 18-49 in Hillsborough County, with emphasis on students at the University of Tampa, the University of South Florida and Hillsborough Community College. Special emphasis is placed on new freshmen and students involved in fraternities/sororities and intramural sports.





It's the law



In Florida, it is illegal for anyone under age 21 to drive with any alcohol in his or her system; a blood alcohol content (BAC) of .02 percent or higher can lead to a six-month driver's license suspension. Driving with a BAC of .08, or under the influence of any amount of alcohol and/or drugs, may result in a Driving Under the Influence (DUI) arrest.

It is illegal for a person under the age of 21 to purchase or possess alcoholic beverages and for anyone to purchase or provide alcohol for persons under the age of 21. Sale of alcoholic beverages to underage individuals is a second-degree misdemeanor. Adults who allow underage drinking parties in their home can be arrested for violating the open house party statute. Teens or young adults under the age of 21 using false identification (fake ID) can be charged with a felony.

The \$10,000 drink

No matter how you look at it, getting a DUI is a bad idea. What you might not realize is the financial cost. Getting a DUI could take a big chunk out of your paycheck. The average costs (not including any costs for lost pay, personal injuries, medical costs, vehicle damage or additional penalties for causing a crash while drinking) for a first-offense drunken driving case are:

Minimum Fine:	\$390
Penalty Assessment:	\$666
State Restitution Fund:	\$100
Alcohol-Abuse Education Fund:	\$50
Blood- or Breath-Testing Fee:	\$37
Jail Cite-and-Release Fee:	\$10
Driving/Alcohol-Awareness School:	\$375 (16 weeks minimum)
License Reissue Fee:	\$100
Attorney Fees (average):	\$2,500
Auto Insurance Increase:	\$3,600 - \$6,600 (The Auto Club estimates \$2,200 a year for three years)
Total:	\$7,828 - \$10,828

Source: Mothers Against Drunk Driving



Alcohol facts

- > Alcohol reduces alertness, interferes with judgment and impairs vision.
- > It takes about one hour to cancel the effects of one drink.
- > The probability of an accident increases with each drink.
- > The amount of blood alcohol in a 1.5-ounce shot of whiskey, five-ounce glass of wine and 12-ounce beer is the same.
- > The significance of .10 percent BAC in relation to driving impairment is that the probability of having an accident is 7.5 times greater than when sober – increasing to 25 times at .15 percent BAC.
- > Alcohol is medically termed a drug and a depressant.

Source: Hillsborough County Sheriff's Office

Watch your BAC

Blood alcohol concentration (BAC) is a formula that is used to determine how much alcohol is in the bloodstream.

BAC is personalized and is based on four factors:

- > Gender
- > Weight
- > Number of standard drinks that have been consumed
- > Number of hours (or length of time) in which you've been drinking

Also, it is important to note other influences on BAC, such as:

- > Whether or not you are drinking on a full stomach vs. an empty stomach
- > How hydrated your body is
- > Other substances, such as medication or caffeine present in the body

Think About It

"So what if I got drunk last night? I am okay now!" Are you? You are out partying with your friends: good friends, good times and a 12-pack of beer. You go to bed intoxicated with a blood alcohol content (BAC) of .18. Alcohol leaves the bloodstream at .015 percent per hour.

Time	Action	BAL
Midnight	Go to bed	.180
1 a.m.	Sleep	.165
2 a.m.	Stumble to the bathroom	.150
3 a.m.	Sleep	.135
4 a.m.	Sleep	.120
5 a.m.	Sleep (still intoxicated)	.105
6 a.m.	Wake for work	.090
7 a.m.	Drive to work	.075
8 a.m.	At work – still impaired	.050
9 a.m.	Difficulty staying awake	.035
10 a.m.	Sleep at desk	.020
		Driver's license suspension for minors)
Noon	Time for lunch	No longer impaired

Source: Suncoast Safety Council

Binge drinking is alcohol abuse



Binge drinking is a common pattern of alcohol abuse. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 percent or above. This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours.

According to national surveys:

- Although college students commonly binge-drink, 70 percent of binge drinking episodes involve adults over age 25.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than nonbinge drinkers.
- About 90 percent of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks.
- About 75 percent of the alcohol consumed by adults in the United States is in the form of binge drinks.

Binge drinking is associated with many health problems:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with fetal alcohol spectrum disorders

- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

Consequences of binge drinking:

The Centers for Disease Control and Prevention reports that young people who drink alcohol are more likely to experience the following:

- School problems, such as higher absence and poor or failing grades
- Social problems, such as fighting and lack of participation in youth activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk



- Physical problems, such as hangovers or illnesses
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide and homicide
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls and drowning
- Memory problems
- Abuse of other drugs
- Changes in brain development that may have lifelong effects
- Death from alcohol poisoning

Source: Florida Department of Children and Families

Think about it

Many people dismiss underage drinking as a normal "rite of passage" in adolescence. It is important to remember that although alcohol is legal for adults, it can be unsafe and unhealthy. In Florida, it is illegal for those younger than 21. According to a report by the U.S. Department of Health and Human Services, more young people in the United States drink alcohol than smoke tobacco or marijuana. Alcohol use by young people is a factor in a host of serious health, social and economic problems. Underage alcohol use can have immediate and tragic consequences, such as alcohol poisoning, injury and death, as well as long-range harmful consequences, such as increased risk for physical and developmental damage and chronic alcohol addiction.



Binge drinking on college campuses

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), "The consequences of excessive drinking by college students are more significant, more destructive and more costly than many parents realize. And these consequences affect students whether or not they drink."

Many college alcohol problems are related to binge drinking. Each year an estimated 1,825 student deaths, 599,000 injuries, 696,000 assaults and 97,000 cases of sexual assault or date rape are the result of college drinking.

Tips for reducing your alcohol intake

If you are drinking too much, you can improve your life and health by cutting down. Here are some helpful tips from the National Institute on Alcohol Abuse and Alcoholism:

- Write your reasons for cutting down or stopping.
- Choose a limit for how much you will drink.
- Keep a diary or journal of your drinking.
- Drink slowly.
- Take a break from alcohol.
- Learn how to say no.
- Stay active.
- Get support.
- Watch out for temptations.

Do not drink when you are angry or upset or have a bad day. These are habits you need to break if you want to drink less.

And most importantly, do not give up. Keep in mind that most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change. If you do not reach your goal the first time, keep trying. It is important to get support from people who care about you and want to help.

Source: National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

Myths and facts about drinking

Source: Florida Highway Patrol

MYTH: Coffee can sober up someone who has had too much to drink.

FACT: Only time sobers. It takes about one hour to metabolize each drink.

MYTH: Hard liquor is more intoxicating than beer or wine.

FACT: A 12-ounce can of beer, a five-ounce glass of wine and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as 1.5 ounces of liquor.

MYTH: Someone who has had too much to drink will look intoxicated.

FACT: Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.

Alcohol Poisoning

Know the Signs >>>

- Choking and/or persistent vomiting
- Does not respond
- Can't stand alone
- Can't wake up
- Slow breathing
- Cold, pale/bluish skin



Alcohol poisoning is a medical emergency. Coma, cardiac arrest, brain damage, and death are possible. To help the poisoned victim:

CALL 9-1-1



- Place person on his/her side
- Do not leave person alone

alcohol poisoning 101

Alcohol poisoning is one of the most serious consequences of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The struggle to deal with an overdose of alcohol and lack of oxygen eventually will cause the brain to shut down the voluntary functions that regulate breathing and heart rate.

Symptoms of alcohol poisoning include:

- Vomiting
- Unconsciousness

- Cold, clammy, pale or bluish skin
- Slow or irregular breathing (fewer than eight breaths a minute or 10 or more seconds between breaths)
- An alcohol overdose can lead to permanent brain damage or even death. If your friend or acquaintance has had too much to drink, don't be afraid to seek medical help. Call 9-1-1. Don't worry that your friend may become angry or embarrassed. Always be safe, not sorry.

Sources: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration and National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

LEARNING WITH THE *TIMES* ACTIVITY BINGE-DRINKING DANGERS

Many people choose to ignore binge drinking. It is dismissed as a game or a fun time. But every day, people die from the consequences of binge drinking: alcohol poisoning, car wrecks, drownings and so forth. Have you ever participated in parties or events where people binge drink? Do you know people who drink excessive amounts of alcohol

on a daily or weekly basis? Did you know that drinking four or more drinks in a short period of time is considered binge drinking? Look in the *Tampa Bay Times* for bar and restaurant ads. Do any of these ads encourage binge drinking?

MARIJUANA 101



According to the National Survey on Drug Use and Health, 95 million Americans age 12 and older have tried marijuana at least once, and three out of every four illicit drug users reported using marijuana within the previous 30 days.

According to the Office of National Drug Control Policy, use of marijuana has adverse health, safety, social, academic, economic and behavioral consequences. Although marijuana became popular in the 1960s, the drug people use today is not the same. Today's weed is 77 percent more potent than the weed of the Woodstock era.

MARIJUANA AND YOUR BRAIN

THC, the main ingredient in marijuana, affects the brain by acting upon specific sensory neurons, known as cannabinoid receptors. According to an article published by the Proceedings of the National Academy of Sciences, "The highest density of cannabinoid receptors is found in parts of the brain that influence pleasure, memory, thinking, concentrating, sensory and time perception and coordinated movement."

Marijuana intoxication can result in distorted perceptions, impaired coordination, difficulty with thinking and problem solving, and memory problems. Long-term marijuana abuse can lead to addiction.

Some heavy users of marijuana show signs of dependence,

developing withdrawal symptoms when they have not used the drug for a period of time. Subjects in an experiment on marijuana withdrawal experienced symptoms such as restlessness, loss of appetite, trouble with sleeping, weight loss and shaky hands.

Source: National Institutes of Health, National Institute on Drug Abuse

THE LINK BETWEEN HEALTH AND SUBSTANCE ABUSE

It is well known that substance abuse is a factor of health. According to the National Institute on Drug Abuse, America's major medical problems – cancer and cardiovascular disease – are both linked with drug abuse. There also is an established connection between drug abuse and mental illness. People addicted to or dependent on drugs are roughly twice as likely as the general population to suffer from mood and anxiety disorders. On a societal level, there are considerable financial costs to the individual as well as to society. These bottom-line costs are important to consider in the context of health reform. **The National Institute on Drug Abuse reports that the public health costs associated with substance abuse exceed the costs for both cancer and diabetes.**

Source: "The role for substance abuse prevention, The Power of Prevention"



Myths and facts

Here are some myths and facts from the Office of National Drug Control Policy:

MYTH: Marijuana is harmless.

FACT: Marijuana harms in many ways, and kids are the most vulnerable to its damaging effects. Use of the drug can lead to significant health, safety, social and learning or behavioral problems, especially for young users.

MYTH: Marijuana is not addictive.

FACT: It was once believed that marijuana was not addictive. But recent research shows that use of the drug can indeed lead to physical and psychological dependence.

MYTH: Marijuana is not as harmful to your health as tobacco.

FACT: Although some people think of marijuana as a benign natural herb, the drug actually contains many of the same cancer-causing chemicals found in tobacco. Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana is three to five times greater than among tobacco smokers.

MYTH: Marijuana is used to treat cancer and other diseases.

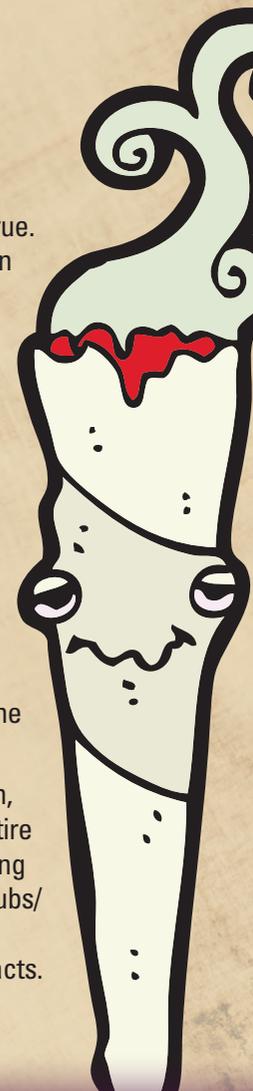
FACT: Marijuana as a smoked product has never been proved to be medically beneficial. Under the Comprehensive Drug Abuse Prevention and Control Act

of 1970, marijuana was established as a Schedule I controlled substance. In other words, it is a dangerous drug that has no recognized medical value. Whether or not marijuana can provide relief for people with certain medical conditions, including cancer, is a subject of intense national debate.

MYTH: If I buy marijuana, I'm not hurting anyone else.

FACT: This is not true. Despite its reputation as the herb of peace and love, marijuana and violence go hand in hand. Marijuana trafficking is a big, violent business, whether the plants are grown on foreign soil or cultivated in basements, back yards and farms in the United States.

For more information, you can read the entire report by downloading it: ncjrs.gov/ondcppubs/publications/pdf/marijuana_myths_facts.pdf



LEARNING WITH THE TIMES ACTIVITY DRIVING UNDER THE INFLUENCE

Driving under the influence of alcohol and other drugs is dangerous. Monitor the *Tampa Bay Times* for a few weeks. How many people are reported to be involved in DUI accidents or arrests during this time period? Based on

what you read and see in your community, write down your thoughts about why people drive under the influence. Research alternatives to this behavior.



NOPE NARCOTICS TASK FORCE OVERDOSE PREVENTION & EDUCATION

In cities and towns across Hillsborough County, young people are using illicit drugs and abusing prescription pills.

In a survey of 1,980 middle and high school students, nearly 52 percent said they have used alcohol on at least one occasion in their lives, according to the 2010 Florida Youth Substance Abuse Survey. Another 26 percent indicated they tried marijuana. And 8.2 percent took prescription pain relievers to get high.

Narcotics Overdose Prevention & Education (NOPE) educates students in middle schools, high schools and colleges about the consequences of drug consumption. A network of community leaders goes into Hillsborough County's more than 100 schools to deliver personal and blunt presentations, during which police officers explain the grim task of making death notifications to distraught families and parents who lost children to drugs share their suffering.

NOPE offers similar presentations to parents so they know their children are often confronted about drugs at school bus stops, in school cafeterias, at movie theaters, at friends' homes and on their computers. Counselors and community leaders explain the signs of drug usage and the best ways to speak with kids about drugs.

Parents can ask questions and speak privately with the professionals. The presentations are given in schools, community centers, religious halls and living rooms of concerned parents.

For more information, go to nopetaskforce.org/chapter-hillsborough.php.

Rx

Prescription drug dangers



When taken properly and under a medical provider's supervision, prescription drugs can have many benefits. But there are serious health risks associated with the abuse of prescription drugs. A single large dose of prescription painkillers or depressants can result in breathing problems that will lead to death. Stimulant abuse can lead to violent or paranoid behavior or even fatal seizures.

In small doses, depressants and painkillers can affect a person's motor skills, judgment or the ability to learn. The abuse of cough and cold remedies can cause blurred vision, nausea, vomiting, dizziness, coma and death.

Source: Parents. The Anti-Drug.

Minimizing risks

So, the big question is if prescription drugs are dangerous, why are they prescribed by doctors? The answer is that if monitored and

used properly, prescription drugs can help you. Doctors consider the potential benefits and risks to each patient before prescribing medications.

Before a doctor prescribes a specific medication, he or she will ask about a patient's medical history, including what other health problems he or she has and what other medications that patient takes. Based on this and other information, physicians can prescribe medications while minimizing the risks.

A drug is any nonfood substance that when put into the body changes the way the body or mind works. Altering the way your body and mind work while not being monitored by a physician can be very risky business.

Deadly addiction

Prescription drug abuse kills 40 Americans every day, which is more than a threefold increase in the last decade, according to the U.S. Centers for Disease Control. And the deadliest drug of all is oxycodone, an opiate found in painkillers such as OxyContin and Percocet. The drug is an effective painkiller because it blocks pain receptors in the spinal cord.

The pain doesn't actually go away, but people taking the drug will not feel the pain any more. The effects on the user are the same as using heroine. According to the state medical examiner's office, in 2011, an average of seven Floridians died from prescription drug overdoses every day.

SIGNATURE: _____

DATE: _____



Learning to live

his business, they moved into a friend's 10-foot camper. It had no windows and no bathroom. Because she needed more pills than what her boyfriend gave her, Jeanelle resorted to more and more high risk behavior with little regard to the consequences of her actions.

"I was suicidal. I wanted to die. I cried my eyes out every day," she says. "I was sick. I was empty. I was lonely. I didn't know where to turn. The only thing that would fix me was if I killed myself or died. I didn't shower. I didn't eat. I was disgusting."

After her second stint at rehab, Jeanelle met James, who was fresh out of jail and drug free. It was love at first sight. She got him hooked on pills again so he would stay with her. "When you have two addicts that are using, there is not a day that there is no yelling and fighting. After a year, the fights got worse. We did more and more drugs, and we were stealing money from his company."

Then Jeanelle got pregnant.

She tried to stop using drugs, but she was not successful. Jeanelle went to DACCO's methadone clinic and eventually entered DACCO's residential treatment program. She gave birth to a healthy baby boy in October of 2011.

She stayed off drugs for five months, but even losing custody of her child did not keep her sober. "I couldn't stop," she says. "The lifestyle sucked. It was a full-time job to be an addict. It was exhausting. It caused loneliness, hatred toward others, low self-esteem, low self-worth."

One night Jeanelle found herself sitting in her car in the cul-de-sac of her parents' neighborhood. She was dope sick, exhausted and

"The joy that I feel in recovery is better than my best day when I was high. Every minute there is something new I can experience.

I respect my body, and I respect who I am."

—Jeanelle

desperate. She texted a suicide note to her mother. Jeanelle's mother had her arrested and committed.

After being hospitalized, Jeanelle was then admitted to a halfway house and then admitted into DACCO's rehabilitation facility. "I checked into treatment on November 20, 2012 and was there 4½ months," she says. "I had to surrender."

Aching for change, Jeanelle finally paid attention to what the counselors told her, followed the rules and listened in groups. She was finally honest with herself. "I had an amazing counselor," she states. "The counselors opened my eyes and showed me how to live."

This past August, Jeanelle gained back custody of her son. She and James are drug free, happy and now engaged to be married. "We go to meetings. We have a support network. I changed all my people, places and things. I had to change everything," Jeanelle says.

Jeanelle credits DACCO with saving her life and teaching her "to think before I act. It was life or death and I wanted to live. DACCO helped me love myself. I have learned so much, not just about my addiction, but also about my self-worth. They helped me be a human being again."

Between the ages of 3 and 13, Jeanelle experienced the following events: Her childhood home burned down, her parents got divorced, her mother remarried, both her father and grandfather died. She was bullied at school.

Jeanelle was home schooled for most of her middle school education. During this time, while her mother was at work, Jeanelle hung around with high school students who introduced her to smoking cigarettes and marijuana. At the age of 12, she was repeatedly molested by her 16-year old neighbor. In middle and high school, Jeanelle took Xanax and Adderall, and was abusing alcohol and methamphetamines. She went to her first drug rehabilitation when she was 17.

At the age of 19, Jeanelle met a 42-year-old man who introduced her to narcotic painkillers and a new way of life. She describes him as successful and a father figure. "He made good money and owned his own business," she says. Jeanelle says the two years they lived together is a blur. It was a toxic and violent relationship.

Jeanelle needed a lot of pills to prevent her from getting sick. The more she took, the more she needed. She and her boyfriend were doing anything necessary to support their 30-pill-a-day habits. When her boyfriend lost

Disposing of unused drugs

You can dispose of unwanted medications at the following locations:

Hillsborough County Sheriff's Office District 1

14102 North 20th Street, Tampa

Hillsborough County Sheriff's Office District 2

2310 North Falkenburg Road, Tampa

Hillsborough County Sheriff's Office District 3

7202 Gunn Highway, Tampa

Hillsborough County Sheriff's Office District 4

503 33rd Street SE, Ruskin

Tampa Police Dept.

411 North Franklin Street., Tampa

"Addicts come from all walks of life. I've learned to move from the embarrassment of having a daughter who is a recovering addict to a position of helping others when I opened up about Jen's addiction and the help she received from DACCO. Knowing where to turn, how to utilize the Marchman Act and where the resources are found is the first step toward recovery. DACCO also helped our family in learning to not enable Jen's drug use and to empower her to take responsibility for herself."

—Jeanelle's Mom

SYNTHETIC DRUG DANGERS

Synthetic drugs are appearing all over the country. In 2012,

- 51 new synthetic cannabinoids were identified, compared to just two in 2009.
- 31 new synthetic cathinones were identified, compared to only four in 2009.

In addition, 76 other synthetic compounds were identified, bringing the total number of new synthetic substances identified in 2012 to 158.

The contents and effects of synthetic cannabinoids (chemicals related to marijuana) and cathinones (chemicals related to amphetamines) are unpredictable due to a constantly changing variety of chemicals used in manufacturing processes. There are no quality controls for the chemicals or manufacturing processes.

The effects of synthetic cannabinoids include severe agitation and anxiety, nausea, vomiting, tachycardia (fast, racing heartbeat), elevated blood pressure, tremors and seizures, hallucinations, dilated pupils and suicidal thoughts and/or actions.

Synthetic cathinone use is associated with increased heart rate and blood pressure, chest pain, extreme paranoia, hallucinations, delusions and violent behavior, which causes users to harm themselves or others.

Source: Office of Drug Control Policy

Bath salts

Bath salts are man-made, chemical stimulant drugs that are ingested orally or snorted through the nose. Bath salts are readily available in some convenience stores and gas stations and online and marked as "vitamins" or "energy boosters." The effects begin in 15 minutes and can last from

four to six hours. Effects can include severe paranoia, agitation, confusion, increased heart rate, suicidal thoughts, combative/violent behavior and hallucinations/psychoses.

Sources: Drug Enforcement Administration; TimeToTalk.org; and The Partnership at Drug-free.org

Molly

Molly is a street name for the powder or crystal form of dioxymethamphetamine (MDMA), which is the chemical used in ecstasy. The Drug Enforcement Administration notes that this stimulant can cause confusion, anxiety, depression, paranoia, sleep problems and drug craving. An additional risk of taking Molly is the potential of it being "cut" or mixed with other harmful substances by someone else, despite claims of it being pure.

The effects begin in 15 minutes and can last from three to six hours. People who use Molly might feel very hyper, lose a sense of time and experience other changes in perception, such as an enhanced sense of touch. Other effects include feeling anxious, or agitated, sweating or experiencing muscle tension, nausea, blurred vision and increased heart rate and blood pressure. The side effects can last for several days to a week.

Sources: Drug Enforcement Administration; The Partnership at Drugfree.org; WebMD; and the National Institutes on Drug Abuse

Synthetic marijuana

K2, or "spice," is a mixture of herbs and spices that is typically sprayed with a synthetic compound chemically similar to THC, the psychoactive ingredient in marijuana. K2 is often marketed as incense or "fake weed." Purchasing it over the Internet can

be especially dangerous because it is not usually known where the products come from or what amount of chemical is being used.

Effects of synthetic marijuana include increased agitation, profuse sweating, pale skin or vomiting; loss of physical control, such as seizures, a lack of pain response or uncontrolled/spastic body movements; and dysphoria, paranoia and delusions.

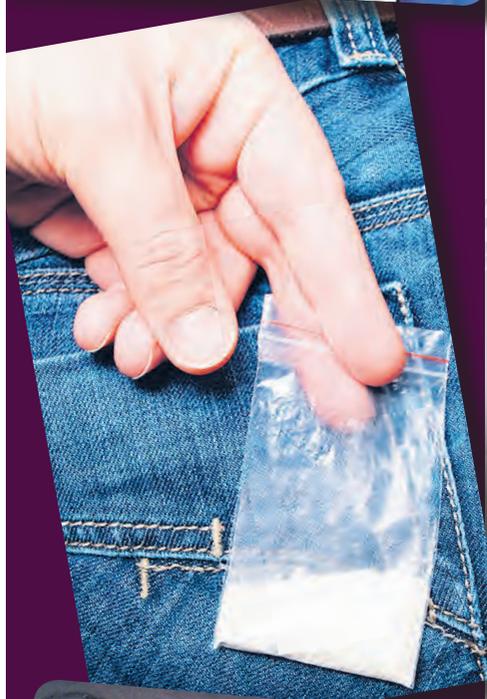
Sources: Drug Enforcement Administration; TimeToTalk.org; and The Partnership at Drug-free.org



Smiles

The psychedelic drug 2C-I, also known as "smiles," is a phenethylamine of the 2C family. The drug is used recreationally. It has no medical uses. The drug is most commonly found in powder or pill form and can be ingested, snorted or taken rectally.

The onset of effects usually occurs within an hour, and the effects of the drug typically last somewhere in the range of five to 12 hours. Users of 2C-I tend to report a physical stimulant effect, which is often quite strong. Physical side effects including muscle tension, nausea and vomiting have been reported. 2C-I is a research chemical that is experimental and not approved for human consumption.



For more information, please visit dacco.org/CommunityEducation.aspx.



Overcoming addiction one step at a time

Peter was a shy 14-year-old boy when an older woman initiated his first sexual experience and gave Peter his first drink of alcohol. Although he remembers both encounters fondly, he remembers the details of the drink with precision. Forty-one years after that fateful day, he recalls the sparkle of the gin and the smell of the lime.

“That day changed my life in so many ways,” he says. Peter describes the drink as wakening his alcoholic mind.

Peter drank all through high school and into adulthood. Although Peter drank every day at business lunches and dinners and carried a flask in the pocket of his sports jacket, he did not think he had a problem. He didn’t drink at home and he didn’t drink alone; therefore, he reasoned, he was not an alcoholic.

A successful businessman, Peter owned his own company and was married for 18 years. He is the father of two “beautiful daughters.” His world began to fall apart after his second DUI. That is when Peter’s family “cut him off.”

“I was drinking every day,” Peter confirms. In the mornings, he often would wake up and not remember conversations he had or how he had driven home.

“Alcoholics seem to have a bigger ego than most,” Peter notes. “I was a mess. I didn’t pay my bills. I would get on airplanes with the hope that the plane would go down. I was desperate, but I didn’t tell anyone.”



After Peter’s third DUI charge, he left New Jersey and moved to Florida. He met a woman and moved in with her, but when she kicked him out, he was homeless. For five weeks he lived on the

“I am in the midst of learning to live without alcohol. I want to try to have a normal life.”

— Peter

beach in Redington Shores. At the recommendation of one of his daughters, he went to DACC0 in Tampa looking for shelter.

“I needed shelter. I wanted my daughters back.” That first step was difficult for Peter. “I did what they told me to do, and

somewhere in those first few months the craving was lifted for me.”

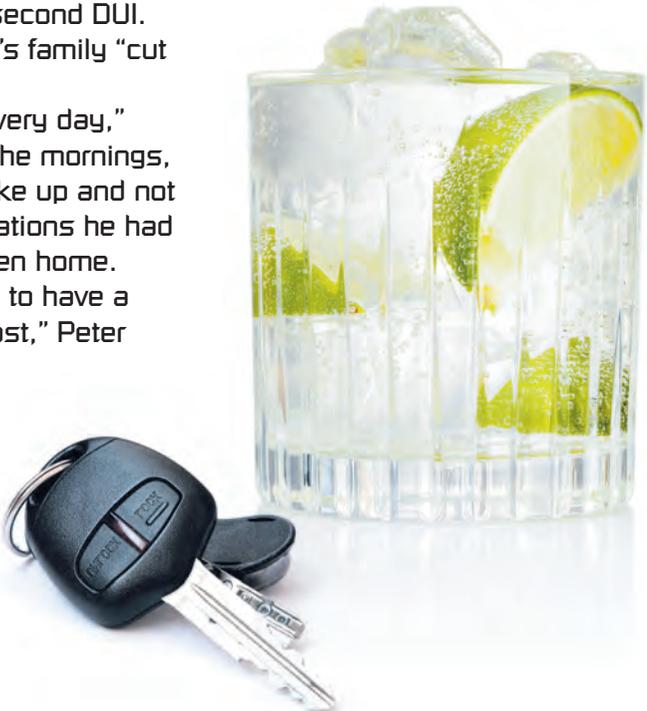
Recovery has not been easy for Peter, who is now 56 years old and starting his life all over again. He has three DUI felonies on his record, which makes finding employment difficult. Sometimes he feels lost. “I am not sure who I am right now. I am not there yet,” Peter states. “I am in the midst of learning to live without alcohol. I want to try to have a normal life.”

Twenty-nine months after he put down his last drink, Peter is taking each day as it comes and is struggling to let go of the past. “That is what drinking does.” After decades of waking up and

thinking about getting a drink, Peter has a new mindset. “The program asks you to let go of that person.”

Although one of Peter’s biggest regrets is missing his daughter’s college graduation, he is proud that he was able to walk her down the aisle in 2011. And he is looking forward to being a grandpa.

Peter says he wouldn’t be alive and well today if it wasn’t for Alcoholics Anonymous’ 12-step program. He now knows how much he can lose by going back to drinking. “I thank God every day for where I am at. I do not wake up every morning thinking about a drink.”



SAVING THE DAY

Narcotics Anonymous

is a 12-step program designed to help relatives and friends of addicts recover from the effects of coping with an addicted relative or friend. In this 12-step program, members offer help by sharing their experiences, strengths and hope. The only requirement for membership is that there be a problem of addiction involving a relative or friend. Joining is easy: just attend a meeting. There are no dues or fees. For more information in Florida, go to NaranonFL.org or call 1-888-947-8885.

Alcoholics Anonymous®

is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. For information in Hillsborough County, go to aatampa-area.org, or call 813-933-9123.

Resources

Addiction Recovery Care of Tampa (ARC) Outpatient substance abuse treatment: 813-978-1300

Agency for Community Treatment Services: actsfl.org

Adult Outpatient Treatment: 813-246-4899

Adult residential detoxification facility: 813-367-2315

Residential long-term treatment: 813-879-1649

Juvenile addiction receiving facility: 813-931-4669, x229

Thonotosassa Youth Residential: 813-986-5966

Associates in Behavioral Health and Recovery Inc.: 813-931-5933

The Centre: thecentre.org

Outpatient substance abuse treatment: 813-251-8437

Drug Abuse Comprehensive Coordinating Office (DACCO): dacco.org

Medication assisted treatment services: 1-855-322-2600

Physician consultation available by appointment: 813-384-4126 or email physicianconsult@dacco.org

Women's outpatient services: 1-855-322-2600

Adult & adolescent outpatient services: 1-855-322-2600

Women's residential services: 1-855-322-2600

Men's residential treatment facility: 1-855-322-2600

Brandon outpatient: adults & adolescents: 1-855-322-2600

Community education: 813-385-4129

HIV testing: 813-384-4004

DUI Counterattack, Hillsborough Inc.: DriveSafeTampa.org, 813-875-6201

Florida Council on Compulsive Gambling: gamblinghelp.org 1-888-ADMIT-IT

Florida Tobacco Quitline: The Quitline is a toll-free telephone-based tobacco-use cessation service. 1-877-U-CAN-NOW

Florida Alcohol and Drug Abuse Association: fadaa.org

Florida Keep Kids Drug Free Foundation: kkdf.org

Florida Poison Information Center: poisoncentertampa.org

Goodwill: goodwill-suncoast.org
Outpatient services: 813-877-3234

Healthcare Connection of Tampa Inc.: healthcareconnectionoftampa.com

Outpatient substance abuse treatment: 1-800-444-4434

Hillsborough Prevention Coalition: sites.google.com/site/hillsboroughprevention

Email: hillsboroughprevention@gmail.com

Hillsborough County Anti-Drug Alliance (HCADA): HCADA.com

Hyde Park Counseling Center: hydeparkcenter.com

Residential substance abuse treatment: 813-258-4605

Mothers Against Drunk Driving: hillsborough.fl@madd.org 813-273-6233

NOPE Task Force: nopetaskforce.org/chapter-hillsborough.php 866-612-NOPE

Narcotics Anonymous: tampa-na.org, 813-879-4357

Nar-Anon and Narateen: NaranonFL.org

Personal Growth Behavioral Health Inc.

Outpatient substance abuse treatment: 813-685-9332

Phoenix Houses of Florida: phoenixhouse.org

Outpatient substance abuse treatment: 813-881-1000

Tampa Bay Academy: tampabay-academy.com

Youth and family-centered services: 813-677-6700

Tampa Alcohol Coalition: tampatac.org

Tampa Crossroads Inc.: tampacrossroads.com

Rose Manor Residential Program: 813-228-9226

Outpatient substance abuse treatment: 813-238-8557, x401

Tampa Metro Treatment Center: methadonetreatment.com

Outpatient methadone detoxification, buprenorphine services: 813-236-1182

Town and Country Hospital: townandcountryhospital.com

Addictions Recovery Unit: 813-884-1904

Turning Point of Tampa Inc.: tpoftampa.com

Residential substance abuse treatment service: 813-882-3003

Western Judicial Services Inc.: westernjudicial.com

Outpatient substance abuse treatment: 813-930-9595

Sorting myth from fact

MYTH: Drug addiction is a choice.

FACT: Drug use is a choice. Prolonged use changes your body and brain chemistry. Misuse becomes addiction.

MYTH: If you have a stable job and family life or if you are getting good grades in school, you're not addicted.

FACT: You may have a job or career, a loving spouse and kids, and still have a drug or alcohol problem. You can get good grades in school, participate in clubs and athletics, have a lot of friends and still be a drug addict.

MYTH: Detox is a cure for addiction.

FACT: Detox is difficult and it's just the beginning. Detox is the first step toward recovery, but addiction is a chronic illness and it needs to be managed for the rest of your life.

MYTH: Addicts are bad people.

FACT: Addicts are not bad people; they are sick people trying to get well.

Source: Deni Carise, Ph.D., chief clinical officer, Phoenix House

IN THE KNOW. IN THE TIMES.

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Our educational resources fall into the category of informational text.

Informational text is a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world. And since the mid-1970s, NIE has provided schools with class sets of informational text in the form of the daily newspaper and our award-winning original curriculum, at no cost to teachers or schools.

In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. In addition to providing free supplemental materials to educators,

NIE hosts free educator workshops and webinars. Our teaching materials cover a variety of subjects and are consistent with Florida's Next Generation Sunshine State Standards and Common Core Standards.

For more information about NIE, visit tampabay.com/nie or call 800-333-7505, ext. 8138. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE) and check out the NIE Blogging Zone at tampabay.com/blogs/niezone.

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High school and college teachers can email ordernie@tampabay.com to request free copies of this publication.

This publication incorporates the following Next Generation Sunshine State Standards: **Health:** HE.912.B.2.1-3; HE.912.C.1.1-3; HE.912.C.1.7; HE.912.C.2.1-3 **Language Arts:** LA.910.1.5.1; LA.910.1.6.1-11; LA.910.1.7.1-8; LA.910.2.2.1-5; LA.910.3.1.1-3; LA.910.3.2.1-3; LA.910.3.3.1-4; LA.910.3.4.1-5; LA.910.4.2.1; LA.910.4.3.1-2; LA.910.5.2.1-5; LA.910.6.4.1-2; LA.1112.1.5.1; LA.1112.1.6.1-11; LA.1112.1.7.1-8; LA.1112.2.2.1-5; LA.1112.3.1.1-3; LA.1112.3.2.1-3; LA.1112.3.3.1-4; LA.1112.3.4.1-5; LA.1112.4.2.1; LA.1112.4.3.1-2; LA.1112.5.2.1-5; LA.1112.6.4.1-2

This publication can be applied to the following Common Core Standards: **Reading informational text:** W.9-10.1; W.9-10.2; W.9-10.3; W.9-10.4; W.9-10.5; W.9-10.7; W.9-10.8; W.9-10.9; W.11-12.1; W.11-12.2; W.11-12.3; W.11-12.4; W.11-12.5; W.11-12.7; W.11-12.8; W.11-12.9 **Speaking & listening:** SL.9-10.1; SL.9-10.2; SL.9-10.4; SL.11-12.1; SL.11-12.2; SL.11-12.4 **Language:** L.9-10.1; L.9-10.2; L.9-10.3; L.9-10.4; L.11-12.1; L.11-12.2; L.11-12.3; L.11-12.4