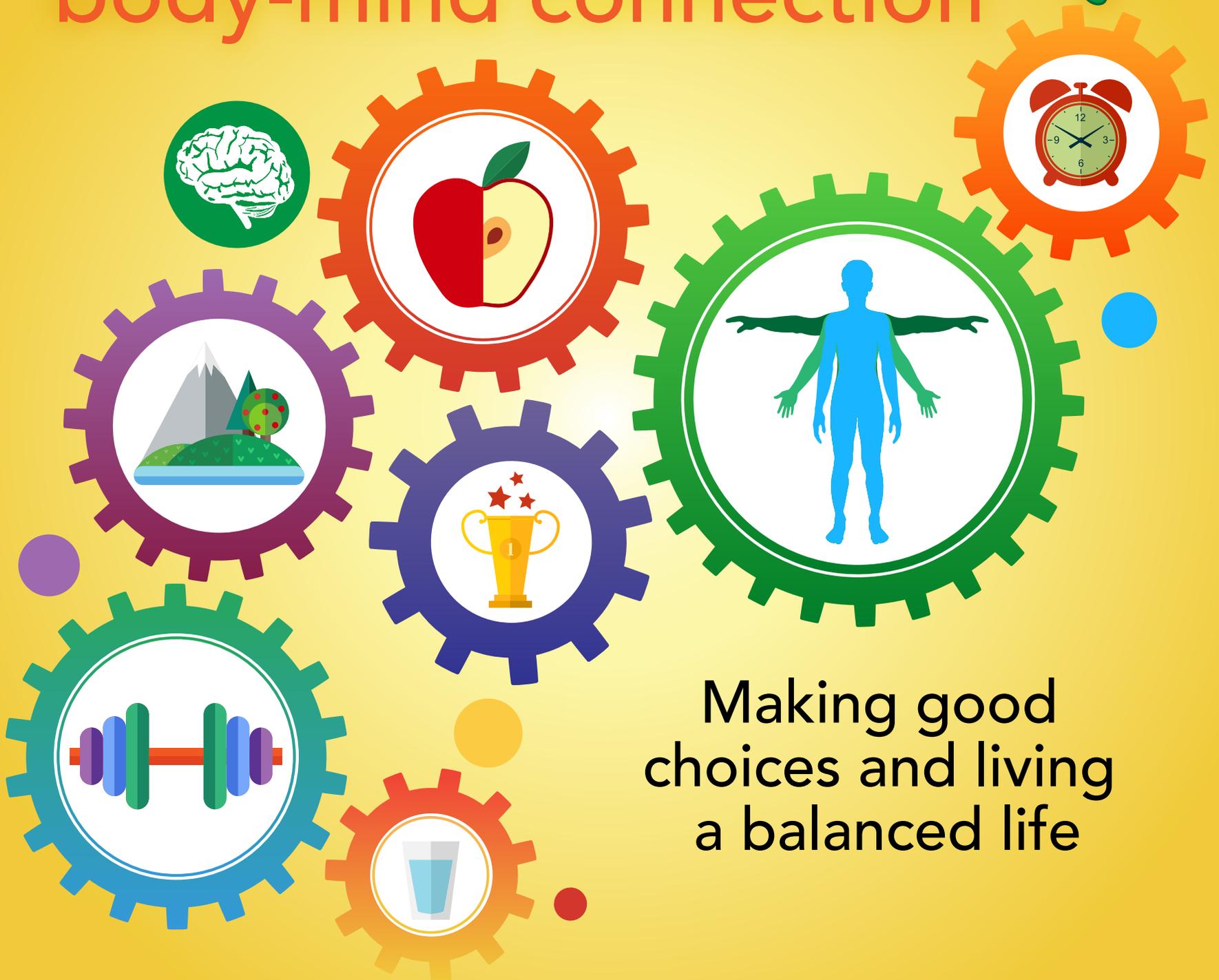


The Healthy

body-mind connection



Making good
choices and living
a balanced life

HEALTHY Aging Month



September is Healthy Aging Month and a great time to focus on getting healthy and fit. Let's face it, we are all growing older, and that is a good thing. Healthy Aging Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

WebMD Magazine writer Matt McMillen offers these tips to help you celebrate your health:

- Get moving: Exercise regularly to maintain a healthy body and brain.
- Stay social: Take a class, volunteer, play games, see old friends and make new ones.
- Bulk up: Eat beans and other high-fiber foods for digestive and heart health.
- Add some spice: Add herbs and spices to your meals if medications dull your taste buds.
- Stay balanced: Practice yoga or tai chi to improve agility and prevent falls.
- Take a hike: Brisk daily walks this September can bolster both your heart and lungs.
- Sleep well: Talk to a sleep specialist if you don't sleep soundly through the night.
- Beat the blues: If you've been down for a while, see a doctor. Depression can be treated.

- Don't forget: To aid your memory, make lists, follow routines, slow down and organize.

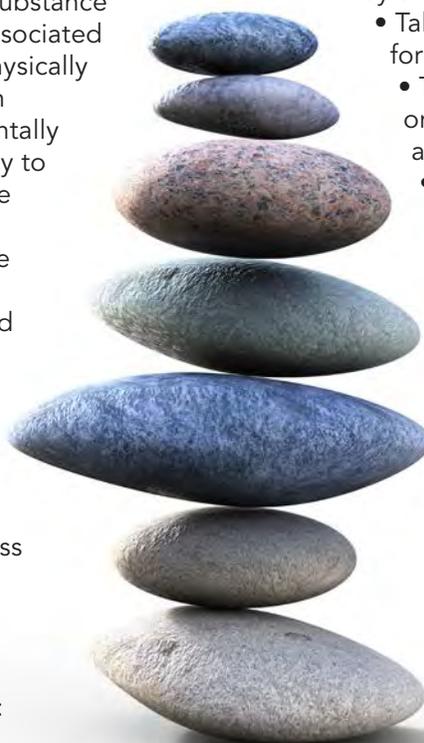
Source: *WebMD Magazine*

It's all about balance

The people at DACCO (Drug Abuse and Comprehensive Coordinating Office Inc.) understand that wellness plays a major role in the treatment of substance use disorders and associated conditions. Being physically healthy goes hand in hand with being mentally healthy. The best way to live a healthy lifestyle is to make good choices that promote social, emotional, spiritual, physical and intellectual balance. Balance includes maintaining all parts of your life, including nutrition, fitness and physical activity, stress management, and safety and financial fitness.

DACCO suggests 12 steps to wellness:

- Drink lots of water (six to eight glasses a day)
- Walk extra steps
- Avoid pre-packaged foods as much as possible and eat whole foods
- Take the stairs
- Make exercise fun time with your family and friends
- Take vacations
- Have available healthy afternoon snack(s) so you won't be tempted by unhealthy alternatives
- Take some time every day for yourself
 - Talk with trusted friends or colleagues when you are feeling down
 - Eat breakfast, because it kicks the body into high gear
 - Make sleep a priority (aim for seven hours)
 - Spend more time outdoors to help yourself relax and load up on vitamin D.



Setting goals

Setting realistic goals and sticking to them is an important part of fitness. Getting and staying fit is not an easy task, but it is well worth the effort for the positive results it will have, not only on your body, but on your mind. The Office of the President's Council on Fitness, Sports & Nutrition has the following suggestions:

- Be realistic. Whether they're for students or adults, goals should be challenging, but attainable. An unreachable goal will only be discouraging.
- Think short-term. Live for the moment. Goals must be meaningful and reachable in the near future.
- Write it down. Kids and adults alike benefit from writing out their goals and putting them where they can see them every day, such as on the fridge or bathroom mirror.
- Keep it simple. Goals should be straightforward. For example, "I'll play soccer with my friends for 60 minutes each day for a week," "I'll increase my activity time by 5 minutes each week until I reach 60 minutes a day," or "I'll skip sugar-sweetened beverages this week."

Source: The Office of the President's Council on Fitness, Sports & Nutrition



Getting healthy

Evidence shows that some of the leading causes of death in the United States, such as heart disease, cancer, stroke, some lung diseases, injuries and HIV/AIDS, often can be prevented by improving personal health habits. By eating right, staying physically active and not smoking, you can develop good habits that will help you stay healthy.

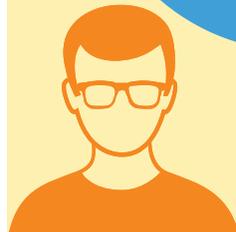
- Eating right:**
Eating the right foods and the right amounts of foods can help you live a longer, healthier life. Research has proven that illnesses such as diabetes, heart disease and high blood pressure can be prevented or controlled by eating healthy foods and being physically active.
- Controlling your weight:**
Weighing too much or too little can lead to health problems, especially as you get older. You can control your weight by eating healthy foods and being physically active.
- Being physically active:**
Research shows that physical activity can help prevent at least six diseases: heart disease, high blood pressure, obesity, diabetes, osteoporosis and mental disorders, such as depression. Being physically active can help you feel better and stay at a healthy weight.
- Practicing safe sex:**
Sexually transmitted diseases (STDs), such as herpes, syphilis, gonorrhea and chlamydia, can be passed easily from one person to the next through sexual intercourse. While STDs are more common in people under the age of 50, there is no age limit for risk. If you or your partner have other sexual partners, you are at risk for STDs. You can lower your chances of getting an STD by using a latex condom every time you have sex. Latex condoms are the best protection against HIV and AIDS. AIDS is a disease that breaks down the body's ability to fight infection and illness. AIDS is caused by the HIV virus. By preventing HIV infection, you can prevent AIDS.
- Limiting alcohol, smoking and other drug use:**
Abusing alcohol or tobacco or using illegal drugs can cause serious medical and personal problems. Alcohol and drug abuse can lead to depression and motor vehicle and other accidents and can cause problems with friends, family and work. In addition, all drug use can cause heart and breathing problems. Alcohol and tobacco abuse can cause liver and heart problems and throat and mouth cancer.

Source: Federal Citizen Information Center

THINKING CRITICALLY

Journaling to self-awareness

Keeping a journal or writing a blog is a great way to learn more about yourself and monitor your behavior. In your journal, record your general thoughts and daily activities, as well as your thoughts about the world around you. One way to learn more about your world is by reading the *Tampa Bay Times*. To begin your journal, write about something that you have read in the *Times* that directly affects your life.



Improving quality of life

Did you know that physical exercise can help combat addiction? Alcohol and drug addiction, as well as other physical and mental illnesses, can affect physical health. Developing a good exercise plan can increase both physical and mental strength. An exercise plan that incorporates stretching, cardiovascular fitness and strength training is encouraged with appropriate goals.

As the therapists and doctors at DACCO note, "Exercise is a healthy way to improve both the quality and longevity of life, and it also has positive medical benefits, such as lowering blood pressure and cholesterol as well as reducing the risk of heart disease and stroke. Exercise can also improve mood, lower depression and anxiety, create mental alertness, reduce stress and enhance relationships."

As part of our ongoing commitment to health and wellness, DACCO has a partnership with Tampa Family Health Centers to provide primary health care services at DACCO's main location: 4422 East Columbus Drive, Tampa. For more information, call 813-384-4151.

Source: DACCO



Healthy body healthy mind connection

DACCO's chief executive officer, Mary Lynn Ulrey, is excited about the huge changes forthcoming in the health industry as a result of federal parity laws.

"The parity laws mean substance abuse and mental health are actually equal to heart, lungs and bone treatment," Ulrey stated. These federal laws will not only change the way mental health and substance abuse treatment will be viewed by medical professionals, but also by insurance agencies.

Under the Affordable Care Act, medical care for mental health disorders and substance abuse will be permitted as part of traditional medical insurance. Ulrey stated that whole health care is important for DACCO's patients.

Ulrey pointed out that without the rehab patients are missing an important portion of care. Without the rehabilitation, patients will go through detox, go home and then return to detox again. Whole health care means treating all aspects of a patient, which is important to Ulrey.

"We have surrounded ourselves with doctors and not just counselors [at DACCO]," she stated. "We have a relationship with the University of Florida, and we have an addiction fellowship out here and two board-certified addiction specialists that oversee the fellowship. It has given us a cadre of medical staff that has raised the level of expertise that you have in an agency like this."

"Whole health is really what it is all about," Ulrey said. "You have to look at the whole person and not just unilaterally. Addiction is a specialty just like other medical fields, and neither field can have tunnel vision."

An ounce of prevention

One way to have control over your health is by actively seeking preventive care, which includes health screenings, regular medical check-ups and patient counseling. Preventive health care may help detect illness at an early stage, when treatment is likely to work best. Many insurance plans allow for free or low-cost preventive care. In addition, you should speak honestly with your doctor about any drug use, including alcohol and smoking.

- Get your blood pressure checked at least once every one to two years, and more frequently if you have a history of high or low blood pressure.
- Get your cholesterol and glucose levels checked annually.
- For adults ages 50-75, have a colorectal cancer screening.
- Talk with your doctor to find out if you need to be tested for chlamydia, gonorrhea or syphilis.
- Talk to your doctor if you have been sad, down or hopeless.
- Get tested for hepatitis C at least one time if you were born between 1945 and 1965.
- Get tested for HIV at least once. You may need to get tested more often depending on your risk.
- If you have a history of heavy smoking and you smoke now or have quit within the past 15 years, get tested for lung cancer.
- Get a pneumonia and seasonal flu vaccine annually.
- Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years.
- Women up to age 26 years, men up to age 21 years and men ages 22-26 who have sex with men should have an HPV vaccine that protects against the human papillomaviruses.
- Adults 60 years of age or older should get a Zoster vaccine, which protects against shingles.
- Adults should have an eye exam and dental cleaning every year.
- Adult men should have an annual prostate exam, and men ages 50 and above should have a prostate cancer screening.
- Women over the age of 21 should have an annual cervical exam, and women ages 40 and above should have an annual mammogram.
- Go to the dentist every year for an exam and cleaning.

For more information about preventive health care, go to healthcare.gov/preventive-care-benefits. For more information on women's health, go to womenshealth.gov.



A national call to action

On average, people with mental health problems live shorter lives than the average person without mental health problems.

The National Association of State Mental Health Program Directors (NASMHPD) Medical Director's Council reported that "increased morbidity and mortality are largely due to treatable medical conditions that are caused by modifiable risk factors such as smoking, obesity, substance abuse and inadequate access to medical care."

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the causes of death are linked to "higher rates of cardiovascular disease, diabetes, respiratory disease and infectious disease (including HIV); higher risk factors due to high rates of smoking, substance abuse, obesity and 'unsafe' sexual practices; increased vulnerability due to poverty, social isolation, trauma, and incarceration; a lack of coordination between mental and primary health care; stigma and discrimination; side effects from psychotropic medications; and an overall lack of access to health care — particularly preventive care."

This public health crisis can be resolved. The parity laws and public awareness are steps in the right direction.

Source: The Substance Abuse and Mental Health Services Administration



Sound mind in a sound body

Author and political activist Christopher Bergland writes: "The history of human evolution shows a definitive link between our physical health and psychological well-being. The Greeks understood the importance of a Sound Mind in a Sound Body. That credo became the foundation of their civilization.

Bergland suggests that "modern living" can cause a person's body and mind to enter a phenomenon labeled "future shock." Writer Alvin Toffler defined future shock as "too much change in too short a period of time." Bergland offers seven habits for you to combat this short circuiting.

- Daily physicality: Exercise for at least 20 minutes most days of the week.
- Intellectual curiosity: Spend some time in focused thought, exploring new ideas every day.
- Foster creativity: Challenge your mind to connect unrelated ideas in new and useful ways.
- Human unity: Create and maintain close-knit human bonds and a social support network.
- Spiritual connectedness: Identify a source of inspiration that is bigger than you.
- Energy balance: Balance calories in / calories out, and reduce your carbon footprint.
- Voluntary simplicity: Embrace the liberty that comes with wanting and needing less.

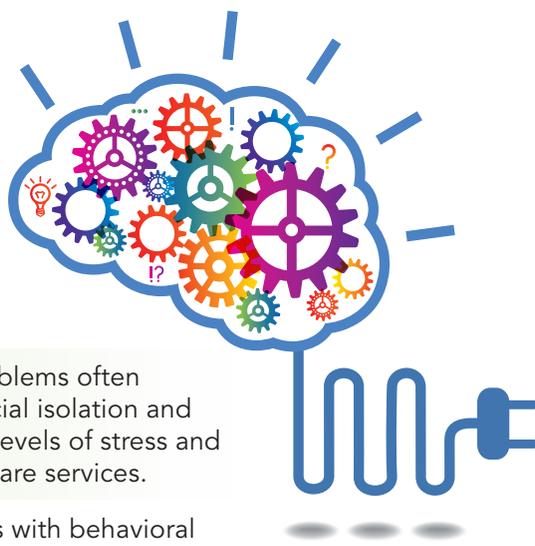
Source: *Psychology Today*: "7 Habits for a Healthy Mind in a Healthy Body," by Christopher Bergland

Knowledge is power

Risk factors for people with mental health and substance use disorders include the following.

- People with behavioral health problems often live in poverty and experience social isolation and trauma, which can lead to higher levels of stress and reduce access to quality primary care services.
- Seventy-five percent of individuals with behavioral health problems smoke cigarettes as compared to 23 percent of the general population. Every year, smoking kills about 200,000 people who live with mental illnesses.
- Obesity is frequently accompanied by depression, and the two can trigger and influence each other. A study of obese people with binge-eating problems found that 51 percent also had a history of major depression.
- Heavy and binge drinking is associated with numerous health problems, including damage to liver cells, inflammation of the pancreas, various cancers, high blood pressure and psychological disorders.
- People with behavioral health problems lack health insurance coverage at far higher rates than the general population. As a result, people with behavioral health problems often receive a poorer quality of health care.

Source: The Substance Abuse and Mental Health Services Administration



Getting help

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

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

If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCO's services, visit dacco.org. Click on Community Education to learn more about substance abuse. To request that a DACCO representative speak to your community group, call 813-384-4214.



Feel more energized

According to the Mayo Clinic, "Exercise and physical activity are great ways to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more." Remember to check with your health care specialist before starting a new exercise program.

• **Exercise controls weight:**

Exercising on a regular basis can help prevent weight gain or help promote weight loss. While intense activity burns more calories, making small everyday changes, such as taking the stairs instead of the elevator and parking farther away from the store entrance, will get you more active.

• **Exercise combats health conditions and diseases:**

Exercise can help reduce high blood pressure and boost your high-density lipoprotein (HDL), or good, cholesterol levels. It also can decrease triglycerides. Regular physical activity can help you prevent or manage stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer and arthritis.

• **Exercise improves mood:** Being physically active can stimulate brain chemicals, which may leave you feeling happier and more relaxed. Also, you may feel more confident about your appearance when you exercise regularly.

• **Exercise boosts energy:** Regular physical activity can improve your muscle strength, boost your endurance and help you stay focused. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently, which, in turn, provides you with more energy.

• **Exercise can be fun:** In addition to exercise improving your health and appearance, it also can promote better sleep, add an extra spark to your sex life and be fun in the process. Exercise is a great way to unwind, enjoy the outdoors, enjoy quality alone time or connect with family or friends in a fun social setting.

Source: Mayo Clinic



Stress, a destructive force

According to the Centers for Disease Control, "Stress is caused by internal and external influences that disrupt an individual's normal state of well-being. These influences are capable of affecting health by causing emotional distress that leads to a variety of physiological changes. These changes include increased heart rate, elevated blood pressure and a dramatic rise in hormone level."

That sinking feeling in the pit of your stomach, the clenching of muscles, the raging headache, a race of adrenaline or perhaps the urge to scream and throw things are all signs of stress. Stress puts a strain on your body and brain, and although it cannot be avoided completely, it is possible to keep it at a minimum. Stress can be very destructive, and managing stress is important for a healthy mind and body.

Stress management

As the experts at DACCO note, while stress is an everyday occurrence in busy lives, it is not always bad. As long as you learn some techniques for managing stress, you will help achieve a harmonious balance.

- Keep a positive attitude. Accept that there are things beyond your control in your life: at home, at school, at work.
- Be assertive instead of aggressive. Speak out about your feelings, opinions or beliefs instead of becoming angry, defensive or passive.
- Exercise on a regular basis. Not only does the act of exercise relieve stress, being fit helps to fight off the onset of stress.
- Vigorous exercise, such as hitting a punching bag, boxing and running, is good for relieving stress.

- Eat healthy, well-balanced meals.
- Learn to manage your time effectively.
- Make time for enjoyable hobbies and relaxing activities, such as reading a book, building model airplanes or playing soccer.
- Get plenty of rest and sleep. Sleep is the best way to recover from and prepare for stressful events.
- Seek out social support. In other words, spend time with your family and friends.
- Learn to relax: Practice yoga or tai chi, listen to music, meditate, read, play a musical instrument.

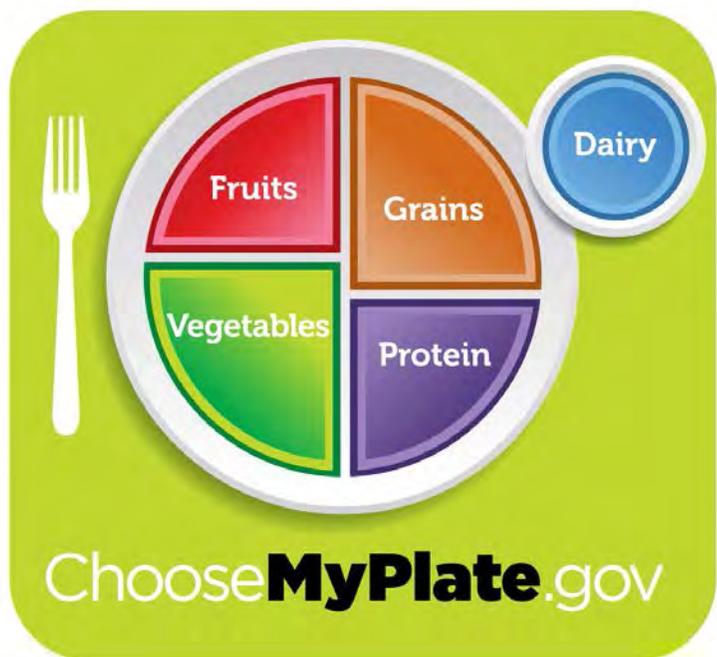
Source: WebMD, Stress Management Tips.com and DACCO



Getting physical

Physical activity is an essential part of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer and stroke. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bones, supports muscle and joint development, and decreases the risk of obesity. It also helps you stay mentally focused and can help combat depression.

Source: Letsmove.gov



on a budget

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases.

- Use fresh vegetables and fruits that are in season.
- Check the *Tampa Bay Times* and the store for sales, coupons and specials.
- Plan out your meals and make a grocery list. You will save money by buying only what you need.
- Don't shop when you're hungry.
- Try canned or frozen vegetables and fruits, as they may be less expensive per serving than fresh. Be sure to choose fruit in 100 percent fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- Buy in bulk when items are on sale.
- Choose store brands when possible.
- Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat and processed foods are convenient, but often cost much more than when purchased in their basic forms.
- Start a garden for fresh, inexpensive, flavorful additions to meals.
- Prepare and freeze vegetable soups, stews or other dishes in advance.

Source: United States Department of Agriculture



Making healthy choices

Making good food choices for a healthy lifestyle can be simple. Use these 10 tips to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

- 1. Balance calories:** Managing calories is the first step to managing your weight. Find out how many calories you need a day by visiting ChooseMyPlate.gov.
- 2. Drink water:** Sugary drinks such as soda, sports drinks and energy drinks are a major source of added sugar and calories. Cut calories by drinking water that is flavored naturally with a squeeze of lemon or other fruit, or try unsweetened beverages.
- 3. Foods to eat more often:** Eat more vegetables, fruits, whole grains and fat-free or one-percent milk and dairy products.
- 4. Foods to eat less often:** Cut back on foods high in fats, added sugars and salt. These include cakes, cookies, ice cream, candies, sweetened drinks, pizza and fatty meats.
- 5. Half of your plate should be fruits and veggies:** Make half of your plate fruits and vegetables. Try to vary your veggies by choosing the colors red, orange and dark green.
- 6. Make half of your grains whole grains:** Eat whole wheat bread instead of white bread, and brown rice instead of white rice.
- 7. Food Safety:** Be sure to handle food properly. Always clean hands, surfaces and produce. Meat and poultry should never be washed or rinsed.
- 8. Avoid oversized portions:** Using a smaller plate, bowl or glass will help you portion out your food before you eat. When going to a restaurant, choose smaller portion sizes, share a dish or take home part of your meal.
- 9. Enjoy your food, but eat less:** Take time to enjoy your food while you eat. Eating too fast or when you're paying attention to something else may cause you to eat more. Pay attention to when your body tells you it's had enough.
- 10. Get your calcium:** To build strong bones, switch to low-fat or fat-free milk and cheeses. Go to ChooseMyPlate.gov for more information.

AFFORDABLE CARE ACT

Did you know that the Affordable Care Act requires that "most individual and small employer health insurance plans, including all plans offered through the Health Insurance Marketplace cover mental health and substance use disorder services," according to the U.S. Department of Health and Human Services? Rehabilitative and habilitative services can help support people with behavioral health challenges. Most plans cannot deny you coverage or charge you more due to pre-existing health conditions, including mental illnesses. Medicaid Alternative Benefit Plans also covers mental health and substance use disorder services.

For more information, go to these websites:
 Hillsborough County Health Care Plan: hillsboroughcounty.org/index.aspx?NID=1863
 Florida Department of health: hillsborough.floridahealth.gov
 U.S Health Insurance Marketplace: healthcare.gov

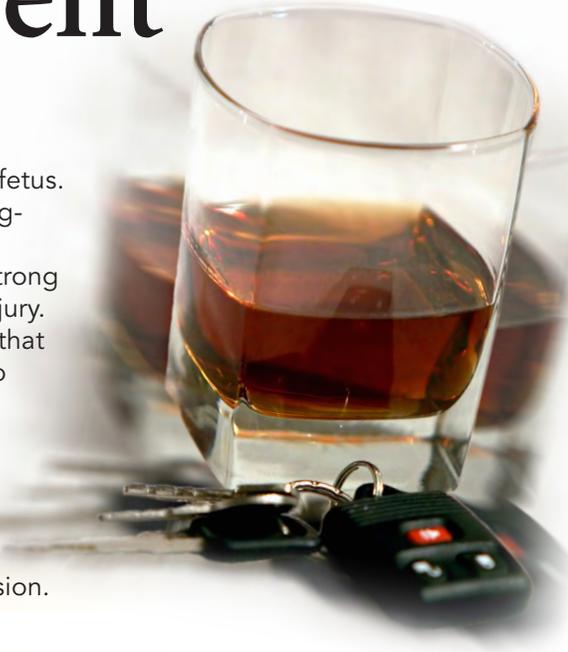
Source: U.S. Department of Health and Human Services



Impaired judgment

The fact is that alcohol is a drug, and even in small doses, alcohol impairs your thinking. Alcohol, which is a central nervous system depressant, affects the body's organs and can damage a developing fetus. Intoxication impairs brain function and motor skills. Frequent and long-term use can increase risk of certain cancers, stroke and liver disease. Alcoholism or alcohol dependence is a disease characterized by "a strong craving for alcohol and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work," according to the National Institute on Drug Abuse.

Source: The National Institute on Drug Abuse



The cost of impaired driving

Did you know almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver every day? This means that one person dies every 51 minutes as the result of an alcohol-related crash. Annually, the cost of alcohol-related crashes is more than \$59 billion, according to the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA).

Source: Centers for Disease Control and Prevention

Think about it

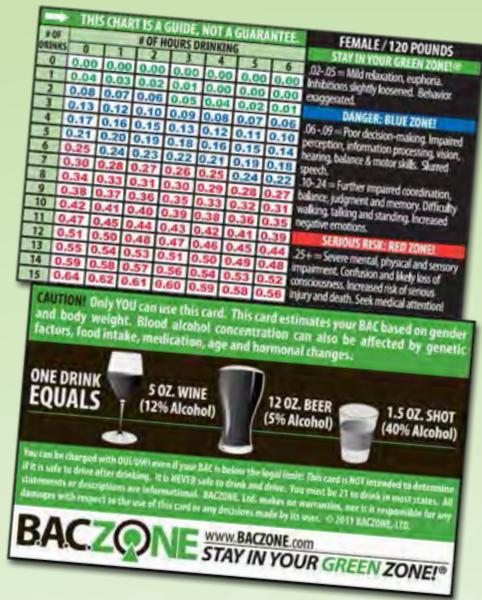
- Alcohol reduces alertness, interferes with judgment and impairs vision.
- It takes about one hour to cancel the effects of one drink.
- The probability of an accident increases with each drink.
- The amount of blood alcohol in a 1.5-ounce shot of whiskey, five-ounce glass of wine and 12-ounce beer is the same.
- The significance of .10 percent BAC (blood alcohol content) 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 leaves the bloodstream at .015 percent per hour. If you go to bed at midnight intoxicated with a BAC (blood alcohol content) of .18, it would take until noon the next day for you to have all of the alcohol out of your system.

Source: Hillsborough County Sheriff's Office



Watch Your BAC

Blood alcohol content (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, the number of standard drinks that have been consumed and the number of hours (or length of time) in which you've been drinking. Other influences on BAC include whether you are drinking on a full stomach or an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.



BAC App

The Watch Your BAC app is designed to help you with 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 your 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>.

WATCH YOUR BAC™





National Institute of Alcohol Abuse and Alcoholism

Tips for reducing your alcohol intake

Although all consumption of alcohol can be dangerous, the more alcohol you drink, the more side effects there will be. 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 down your reasons for cutting back 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.

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

A dangerous game

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 content (BAC) to .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.

Although people of all ages participate in binge drinking, this an excessive activity 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."

Alcohol poisoning is one of the most serious consequences of binge drinking. 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.

Sources: Florida Department of Children and Families, Centers for Disease Control and Prevention and the

Good Samaritan Act

Picture this: You are at a party, and you notice that your friend, who has been drinking and taking pills, is acting sleepy and can barely stand upright. You are nervous that if you call for help, you will get in trouble. What do you do?

Call 9-1-1 immediately! You will not get in trouble thanks to 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



Parents, when it comes to teens and alcohol, be clear, be firm, be consistent. Be the wall. Responsible adults would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak alcohol or drugs through the front door? Brush up on your chaperone skills at bethewalltampa.org. Join our FaceBook page: facebook.com/hillsboroughbethewall.



CALL
9-1-1

Call 9-1-1

The 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.

Looking for a quick fix



Sociology professor and author Philip Slater asserts that Americans are a “restless, inventive and dissatisfied people.” He notes that Americans, in general, like novelty, and advertisers often exploit that need to encourage consumers to look for quick fixes.

Slater writes, “We like anything that looks like a quick fix – a new law, a new road, a new pill. We like immediate solutions. We want the pain to stop, the dull mood to pass, the problem to go away. The quicker the action, the better we like it. We like confrontation better than negotiation, antibiotics better than slow healing, majority rule better than community consensus, demolition better than renovation.”

According to Slater, “Nothing fits this scenario better than drugs – legal and illegal. The same impatience that sees an environmental impact report as an annoying bit of red tape makes us highly susceptible to any substance that can make us feel better within minutes of ingesting it – whose immediate effects are more or less predictable and whose negative aspects are generally much slower to appeal.”

Source: “Want-Creation Fuels Americans’ Addictiveness,” by Philip Slater

Chemical reactions

Drugs are chemicals that change the way a person’s body works. Basically, drugs, both legal and illegal forms, whether in pill, liquid or powder form, alter the chemical state of a person’s body and mind. All drugs have some side effects, many of them negative. Here are some common ways drugs can alter you:

- Faster aging
- Organ destruction
- Rotten teeth
- Hair loss
- Physical dependence and addiction
- Insomnia
- Dementia
- Irrational decision making

- Suicidal depression
- Nightmares and hallucinations
- Impaired depth and time perception



when a person takes a medication that was prescribed by a doctor for someone else or takes his or her own prescription in a way not intended by a doctor or for a different reason than the medication was prescribed, according to the National Institute on Drug Abuse.

Abuse of prescription drugs has become a major health problem in the United States. When a trained health care professional prescribes drugs, that professional – doctor or nurse – determines the benefits of the medication based on the person’s medical history. All drugs have side effects or risks, and it is the job of the medical professional to consider those risks before prescribing the medication.

Substance abuse

Marijuana, alcohol and prescription drugs are the most commonly abused substances by people age 14 and older. Prescription drug abuse is



Think about it

When it comes to ingesting any substance – food, drink, medication – making responsible choices will have a positive benefit on your health and well-being.

Most people, at some time in their lives, have taken medication to combat infection, pain, disease, fever or injury. Whether the medication you have taken was over-the-counter or by prescription, getting information about the medicines you are taking is important for people of all ages.

Knowing what the medication does, what is in each dose and what the possible side effects are will help you get the full benefits from your medicine and help you avoid problems such as taking too much or too little of a medicine. Taking medicine in the wrong way can make you worse instead of better.

Source: Federal Citizen Information Center



Prescription drug abuse dangers

When prescription drugs are abused – taken in different amounts than prescribed or for different purposes than as prescribed – those drugs can affect the brain and body in dangerous ways. Not only is abusing prescription drugs dangerous, but it also is illegal.

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.

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 any drug, whether over-the-counter, prescription or alcohol, can lead to permanent and fatal consequences.

The National Institutes of Health estimates that nearly 20 percent of people in the United States have used

prescription drugs for nonmedical reasons

Source: National Institute on Drug Abuse



Deadly addiction

Prescription drug abuse kills 40 Americans every day, 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. Abusing painkillers can permanently damage a person's pain receptors. As a result, a person will need higher doses of the painkiller to dull the pain. Addiction results from both physical and psychological dependency.

Source: U.S. Centers for Disease Control

Get Connected

Get Connected provides education for older adults to learn skills that help them age wisely, how to deal with depression and how to use medications wisely (e.g. not mixing alcohol with certain prescription medications). This program is broken into three, 60-minute sessions and is available to adults in senior centers, adult daycare centers, nutrition programs, state agencies, and health and social service programs. This program may also be offered at any community center that serves aging adults, including neighborhood and/or community recreation centers and senior living communities. For more information or to schedule a presentation series, call 813-384-4136 or 813-384-4129, or email jolened@dacco.org or denisem@dacco.org.



Want to learn more? Check out the **DACCO FaceBook page**, [facebook.com/rxedu](https://www.facebook.com/rxedu).



Over-the-counter drugs

Over-the-counter (OTC) medicines are drugs that are available without a prescription. OTC medicines come in many forms – pills, creams, liquids, powders – and can be used to relieve aches, pains and itches. While some prevent or cure diseases, like tooth decay and allergic reactions, others help manage problems such as insomnia and migraines.

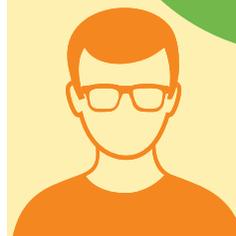
Taking OTC medicines comes with risks. Some interact with other medicines, supplements, foods or drinks. Others can cause problems for people with certain medical conditions. The Food and Drug Administration cautions that it is important to take medications correctly and not in higher doses than the label recommends.

Some people mistakenly think that prescription drugs are more powerful because you need a prescription for them. But it's possible to abuse or become addicted to over-the-counter (OTC) medications, too. For example, dextromethorphan (DXM) is found in some OTC cough medicines. When someone takes the number of teaspoons or tablets that are recommended, everything is fine. But high doses can cause problems with the senses (especially vision and hearing) and can lead to confusion, stomach pain, numbness, and even hallucinations.

Source: Food and Drug Administration

THINKING CRITICALLY

Did you know that four out of five older adults take at least one prescription drug daily, and over half of all people hospitalized for adverse drug reactions are over the age of 65? There are a lot of ads and articles about medications in the newspaper and on television. Find a news article or commentary about the medications in the *Tampa Bay Times*. While you are watching television and surfing the Web, keep track of all of the commercials you see for medication. Is the information presented clear and balanced? Write down your thoughts and observations in your journal.



Preventable death

At this point, most people know tobacco is really bad for them. Every now and then, someone tells us about their superhero uncle who lived to be 112 years old and smoked, but unlikely things like getting struck by lightning also happen. In reality, tobacco use is the leading cause of disability, disease and preventable death in the United States. Every year, we learn more about how devastating tobacco can be to the human body and how damaging secondhand smoke is to those around it.

The Federal Citizen Information Center notes: "Research shows that smoking causes more major diseases than any other personal habit. Some examples are cancers of the lung, mouth, bladder and throat; heart and lung disease; and strokes. If you stop smoking, you can help avoid these diseases. It is never too late to stop smoking. Half of all people who have ever smoked have quit."



Smokeless tobacco

Smokeless tobacco products have taken a backseat to smoking for decades, but are recently gaining ground in overall usage. Smokeless tobacco includes chew, spit, dip, snuff, snus and a host of new dissolvable products. They are simply not a safe alternative to smoking and they can be as addictive as, or more addictive than, cigarettes. Smokeless tobacco causes many significant health problems, including several types of cancer. Smokeless users have an 80 percent higher risk of oral cancer and a 60 percent higher risk of pancreatic and esophageal cancer. Smokeless tobacco products can also increase the risk of a fatal heart attack and stroke.

In addition, there is no scientific evidence that using smokeless tobacco products can help a person quit smoking. Using smokeless tobacco can lead to nicotine addiction and dependence. For example, the amount of nicotine absorbed from a dip of moist snuff tobacco is three to four times the amount delivered by a cigarette. Even though nicotine is absorbed more slowly from chew tobacco than from cigarettes, chew tobacco users absorb more nicotine per dose and it stays in the bloodstream for a longer time.

Source: Tobacco Free Florida

Health effects of smoking

Smoking causes coronary heart disease, the leading cause of death in the U.S.

Smoking causes lung cancer and lung diseases, including COPD, emphysema, bronchitis and chronic airway obstruction. Smoking also causes the following cancers:

- Acute myeloid leukemia
- Bladder cancer
- Cancer of the cervix
- Cancer of the esophagus
- Kidney cancer
- Cancer of the larynx (voice box)
- Lung cancer
- Cancer of the oral cavity (mouth)
- Cancer of the pharynx (throat)
- Stomach cancer
- Cancer of the uterus

Source: Tobacco Free Florida



Think about it

Compared to nonsmokers, smoking is estimated to increase the risk of:

- Coronary heart disease by two to four times
 - Stroke by two to four times
 - Men developing lung cancer by 23 times
 - Women developing lung cancer by 13 times
 - Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times
- On average, smokers die 13 to 14 years earlier than nonsmokers.

Source: Tobacco Free Florida

Marijuana 101

Marijuana is the term used to refer to the dried leaves, flowers, stems and seeds from the hemp plant, *Cannabis sativa*. The most commonly used illicit drug in the U.S., marijuana contains the mind-altering chemical delta-9-tetrahydrocannabinol (THC), as well as other related compounds.

Marijuana, usually smoked in hand-rolled cigarettes, pipes or water pipes, has an unusual sweet-and-sour odor. Marijuana can be mixed in food or brewed as a tea. When marijuana is ingested, the THC acts on specific molecular targets on brain cells, called cannabinoid receptors.

According to the National Institute on Drug Abuse, these receptors “influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement. Marijuana over-activates the endocannabinoid system, causing the ‘high’ and other effects that users experience. These effects include altered perceptions and mood, impaired coordination, difficulty with thinking and problem solving, and disrupted learning and memory.”

Marijuana also affects brain development, which results in long- and short-term thinking and memory problems. Some studies have linked chronic marijuana use and mental illness. High doses of marijuana can produce a temporary psychotic reaction in the user.

Source: National Institute on Drug Abuse

Not your grandparents' weed

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. The National Institute on Drug Abuse reports: “The amount of THC in marijuana samples confiscated by police has been increasing steadily over the past few decades. In 2012, THC concentrations in marijuana averaged close to 15 percent, compared to around 4 percent in the 1980s. For a new user, this may mean exposure to higher concentrations of THC, with a greater chance of an adverse or unpredictable reaction.

“For frequent users, it may mean a greater risk for addiction if they are exposing themselves to high doses on a regular basis. However, the full range of consequences associated

with marijuana's higher potency is not well understood. For example, experienced users may adjust their intake in accordance with the potency or they may be exposing their brains to higher levels overall, or both.”

Source: National Institute on Drug Abuse



Myths and facts about marijuana

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. 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: 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.

THINKING CRITICALLY

During the past year, there have been a lot of news articles in newspapers, blogs and television networks about legalizing marijuana in the United States. In this past election, there was an amendment to legalize medical marijuana in Florida. Although the amendment did not pass, proponents are trying to get the amendment on the ballot again. Some of the information posted was accurate, while other information was biased. Research the articles about legalizing marijuana. Read the articles carefully. Is the information clear and balanced? Is the information accurate? What are the facts and what are the opinions? Make a list of both facts and opinions in your journal. Write down your thoughts, as well. After you have all of the facts, write a journal entry in editorial form. Be sure to support your opinion with actual facts from newspaper articles and legitimate websites.



Healthy relationships



According to the World Health Organization, "Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity." A healthy sexual relationship involves the physical as well as the psychological parts of a partnership. A healthy sexual relationship should involve protection against sexually transmitted diseases (STDs) and unwanted pregnancy and be mutually consented and free of coercion, assault and violence and pain.



a family of viral infections that affect the liver; the most common types are hepatitis A, hepatitis B and hepatitis C."

Hepatitis A, B and C are caused by three different viruses. While all three viruses can cause similar symptoms, each virus has a different mode of transmission and can affect the liver differently. Both hepatitis B and hepatitis C can result in chronic disease and long-term liver problems.

While there are vaccines to prevent hepatitis A and B, there is not one for hepatitis C.

Hepatitis B is a virus that spreads from person to person through blood, semen and fluids from the vagina. Hepatitis B can cause serious health problems over time, including liver cancer and liver failure. To protect yourself from hepatitis B, you can get the hepatitis B vaccine, get tested for hepatitis B if you are at risk for infection and be cautious when you travel to countries where hepatitis B is common.

Hepatitis C is a contagious disease that

can result in lifelong illness. The hepatitis C virus is spread primarily through contact with the blood of an infected person. "Hepatitis C is usually spread when blood from a person infected with the hepatitis C virus enters the body of someone who is not infected. Today, most people become infected with the hepatitis C virus by sharing needles or other equipment to inject drugs," notes the CDC.

Source: Centers for Disease Control and Prevention

Human immunodeficiency virus (HIV)

The CDC defines HIV as a "virus spread through body fluids that affects specific cells of the immune system, called CD4 cells, or T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. When this happens, HIV infection leads to AIDS."

The CDC estimates that 1.2 million people in the United States are living with HIV, and nearly one in seven of those are not aware that they are infected. Today we know more about HIV and how to prevent infection than at any other time in the history of this disease, but each year in the United States, approximately 50,000 people become infected with HIV, and more

than 13,000 people with AIDS die annually.

You can prevent contracting HIV by limiting your number of sexual partners, never sharing needles and using condoms correctly and consistently. For more information, go to cdc.gov/hiv/basics/prevention.html.

Source: Centers for Disease Control and Prevention

Human papillomavirus (HPV)

The human papillomavirus "is a group of more than 150 related viruses. Each HPV virus in this large group is given a number which is called its HPV type. HPV is named for the warts (papillomas) some HPV types can cause. Some other HPV types can lead to cancer, especially cervical cancer. There are more than 40 HPV types that can infect the genital areas of males and females. But there are vaccines that can prevent infection with the most common types of HPV," according to the CDC.

Like other STDs, HPV is transmitted through intimate skin-to-skin contact. People can acquire the virus by having vaginal, anal or oral sex with someone who has the virus. HPV is the most common sexually transmitted infection. Anyone who is sexually active can get HPV. You can do several things to lower your chances of getting HPV:

- Get vaccinated.
- Get screened for cervical cancer.
- Use latex condoms the right way every time you have sex.
- Be in a mutually monogamous relationship.

Source: Centers for Disease Control and Prevention

Reducing your STD risk

You can protect yourself and your sexual partners by reducing STD risk.

- The most reliable way to avoid infection is abstinence, not having anal, vaginal or oral sex.
- Vaccines can protect against hepatitis B and the human papillomavirus.
- Being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs.
- Correct and consistent use of the male latex condom is highly effective in reducing STD transmission. Use a condom properly every time you have anal, vaginal or oral sex.

Source: Centers for Disease Control and Prevention

Hepatitis virus

The word hepatitis means inflammation of the liver. According to the Centers for Disease Control and Prevention (CDC), "Toxins, certain drugs, some diseases, heavy alcohol use, and bacterial and viral infections can all cause hepatitis. Hepatitis is also the name of

Think about it

The CDC notes that "knowing your STD status is a critical step to stopping STD transmission. If you know you are infected you can take steps to protect yourself and your partners. Be sure to ask your health care provider to test you for STDs" and tell your sexual partner to get tested also. For information on testing, call 813-384-4004 or go to [Facebook.com/UpdateYourStatusTampaBay](https://www.facebook.com/UpdateYourStatusTampaBay).

Domestic violence



The term domestic violence refers to any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, stalking, aggravated stalking, kidnapping, false imprisonment or any criminal offense resulting in physical injury or death of one family or household member by another family or household member.

Domestic violence includes:

- **Physical Abuse** – Pushing, slapping, kicking, punching, choking and beating
- **Emotional/Verbal Abuse** – Threats, verbal intimidation, following and stalking, or acting out in anger
- **Sexual Abuse or Battery** – Any unwanted touching or forcing of someone to engage in a sexual act against his or her will

Anyone can become a victim of domestic violence. According to the Florida Department of Law Enforcement, in Florida, a person is killed by a family member every 36 hours. Domestic violence is the leading cause of injury to women. More than 124,000 incidents of domestic violence are reported in Florida each year, involving victims young and old, male and female.

Source: Florida Department of Law Enforcement

Domestic violence is a crime

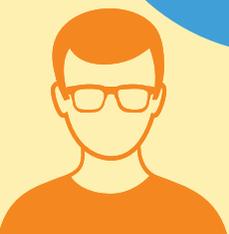
If you are in immediate danger, please call 9-1-1. If you need information, want to ask a question or need someone to talk to, we encourage you to call Florida's toll-free statewide hotline, 1-800-500-1119, or find a certified domestic violence center near you by going to Local Services. You are not alone – there is support and assistance for you. All calls and services are confidential. For more information, go to fcadv.org.

Dating violence

Dating violence is a type of intimate-partner violence. Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online. Dating violence often starts with teasing and name calling and can lead to more serious violence. Dating violence is a serious problem in the United States.

THINKING CRITICALLY

Prevention health services are very important. Learning how to protect yourself from violence and disease is important. Check out the CDC website, cdc.gov, to see videos and read prevention tips. The Tampa Bay Times also is a great resource for being aware of the state of health in our community. Look for disease and violence prevention tips, information links and other resources in the *Times*. In your journal, make a list of possible threats and prevention strategies.



Did you know?

On average, nearly **20 people per minute are physically abused** by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.

One in three women and one in four men have been victims of [some form of] physical violence by an intimate partner within their lifetime.

One in five women and one in seven men have been victims of severe physical violence by an intimate partner in their lifetime.

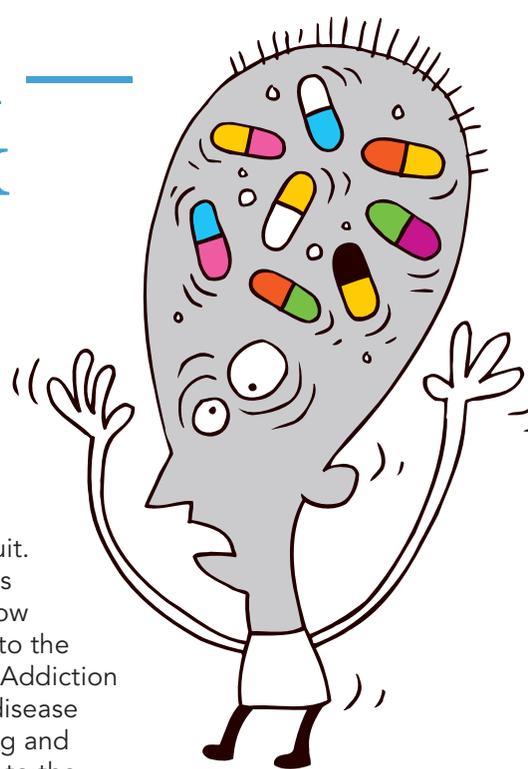
One in seven women and one in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

On a typical day, there are more than **20,000 phone calls placed** to domestic violence hotlines nationwide.

Intimate partner violence accounts for **15 percent of all violent crime**.

Source: National Coalition against Domestic Violence

Addiction — a complex disease



Drug addiction is a complex disease. It is not a matter of moral failings or lack of willpower. Because drugs change the chemicals of the brain in ways that promote compulsive drug abuse, stopping is difficult, even for those who are ready and committed to quit.

In recent years, scientific advances have provided information about how drugs work in the brain. According to the National Institute on Drug Abuse, "Addiction is a chronic, often relapsing, brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs."

Treating drug addiction means treating the person as a whole. Research shows that treating an addict with medications and behavior therapy are the best methods for long-term results. Treatment should be focused on each person's individual needs, which include looking at co-occurring medical, psychiatric and social problems.

Source: National Institute on Drug Abuse

 **Want to learn more? Check out the DACCO FaceBook page, [facebook.com/rxedu](https://www.facebook.com/rxedu).**

Disposing of drugs



You can dispose of unwanted medications at the following locations:

Hillsborough County Sheriff's Office - District 1
14102 N. 20th St., Tampa

Hillsborough County Sheriff's Office - District 2
2310 N. Falkenburg Road, Tampa

Hillsborough County Sheriff's Office - District 3
7202 Gunn Hwy., Tampa

Hillsborough County Sheriff's Office - District 4
503 33rd St. SE, Ruskin

Tampa Police Dept.
411 N. Franklin St., Tampa

Getting help

- **Drug Abuse Comprehensive Coordinating Office (DACCO)** – DACCO treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, post-traumatic stress disorder (PTSD) and medication-assisted treatment for opiates. If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCO's services, visit dacco.org. Click on Community Education to learn more about substance abuse. To request that a DACCO representative speak to your community group, call 813-384-4214.
- **Narcotics Anonymous** – 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. The only requirement for membership is that there be a problem of addiction involving a relative or friend. For more information in Florida, go to NaranonFL.org or call 888-947-8885.
- **Alcoholics Anonymous** – Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so 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. For information in Hillsborough County, go to aatampa-area.org, or call 813-933-9123.
- **Tobacco Free Florida** – Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and Web Coach are available 24 hours a day, seven days a week. Talk to a Quit Coach who can help you quit tobacco, or use the online program at quitnow.net/florida. Looking for local face-to-face help? Find classes near you: AHECtobacco.com.

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. Our teaching materials cover a variety of subjects and are consistent with Florida's education standards.

For more information about NIE and how you can support our program, visit tampabay.com/nie, email ordernie@tampabay.com or call 800-333-7505, ext. 8138. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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

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