



K2 Linked to Heart Attacks

Three 16-year-old males in Texas suffered heart attacks after smoking K2, a synthetic marijuana product. According to doctors at UT Southwestern Medical Center, all three were otherwise healthy and had no signs of cardiovascular disease. Although they are not able to prove definitively that K2 is to blame, doctors said that the teens admitted to smoking the drug and then experiencing chest pain a few days later. Dr. Colin Kane, a pediatric cardiologist at the hospital, said that he suspects the K2 caused temporary spasms in the coronary arteries that may then have cut off the blood supply long enough to kill part of the muscle. Read the [full article from Reuters](#). K2, Spice, Blaze and other similar products are a blend of herbs that are laced with synthetic cannabis-like chemicals. While five of the chemicals have now been banned by the DEA, manufacturers seem to continually introduce new chemicals. The drugs have become increasingly popular with teens and young adults. In October, three LSU football players were suspended after testing positive for synthetic marijuana. This summer, a Chicago teen was killed after purchasing one of these drugs at a mall, suffering a panic attack and hallucinations and then driving his car into a house at 100 mph. His mother [recently appeared](#) before the Chicago City Council Finance Committee to urge them to ban the drug.

News & Updates

We hope that you have a wonderful Thanksgiving and are able to enjoy time spent with family and friends! Here at the PRIDE office, we are so thankful for the opportunity to work with incredible youth and adults like you, and we sincerely appreciate your support and dedication!

If you or one of your team members is considering applying for the 2012 National Team, don't forget that the deadline is Friday, December 9. Please feel free to contact the PRIDE office if you have any questions or need more information.

Challenge and Talent Show will be back at PRIDE2012 as two separate events. Look for more information on Challenge next week to help you start planning your team's participation!

From the Training Team

Hey y'all!! With the hustle and bustle of the holiday season officially upon us, let's take a moment to mentally prepare ourselves for what is to come. First, we have the Thanksgiving parades and a feast that is sure to put us in a food coma so deep we could veg for days. But wait! We then have to wake up at the crack of dawn for Black Friday and try to successfully purchase the best deals around without being trampled or otherwise injured by all the determined shoppers. Then, if you're the traveling type, like myself, the chaos continues on highways and in airports all over the country, until we finally get to relax come next week. With all this craziness, it can be easy to forget what Thanksgiving and the holiday season are really about. If we look back in time, we'll see that Thanksgiving is really as simple as its name: Giving thanks. In the midst of everything, I urge each of you to show thanks for everything you have been blessed with this holiday season. This includes family, friends, belongings, opportunities, and your PRIDE family as well. Take the time to recognize everything that you have and all that these people have done for you. Not only will it make them feel good about themselves, (let's be real-who doesn't like being appreciated??) but it may warm your heart as well. Now is a good a time as any to start showing gratitude, but don't let it fade as the season comes to a close. Every day, in any way, give thanks for the life you have been given and the people who have helped shape it. It's sure to be more fulfilling than any 85%-off deal you find at the mall. With that being said, I want to thank you for being a huge part of my life as members of my PRIDE family, and wish each of you a very happy Thanksgiving! -Jessica St. George