



## Red Ribbon Reports

From Amy Banner, alumna of PRIDE of Bethel Park and the National Team: "Although I'm no longer a member of PRIDE, I still like to stay involved in anti-drug and violence efforts. My school, Saint Joseph's University in Philadelphia, PA, just hosted Alcohol Awareness Week, in which the school program WADE (Wellness, Alcohol and Drug Education) presented panel discussions and talks for students and faculty members on the topic of drugs and alcohol in our school and our city. The annual Day of Silence also took place this week. The Day of Silence has students of the university wear black shirts and a name tag saying "I am silent today in honor of..." with a person's name who was killed by a drunk driver or other drug/alcohol related incident. The student is then silent all day to represent what it would be like if that person was not there because of drugs or alcohol. Another activity that was hosted was the "Alcohol Wall" in which students passing by were asked to write down something to do instead of becoming involved in drinking, drugs or another unhealthy lifestyle. These pieces of paper were mounted on a wall to create a representation of all the healthy choices a student can make. WADE continues to host activities such as these throughout the school year. When I was a member of PRIDE of Bethel Park and the National Team, Red Ribbon Week was one of my favorite times of year, so it's great to see everyone else's efforts in this battle as well. Good luck to all teams in their efforts!"

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## News & Updates

Welcome to November! With a new month underway, please don't forget to send in last month's activity reports.

Many groups throughout the country took part in activities last week for Red Ribbon Week. This week and next we will be sharing Red Ribbon Week reports from PRIDE members, current and former, in the newsletter.

## From the Training Team

I hope you all had a fun yet safe Halloween! But it's time to come down from that sugar high and get back to business! We all need to focus on our academic goals and our PRIDE team goals. I know this can be stressful being busy with school, PRIDE, family, friends, and possibly work, but here are some stress busters that can be very helpful: Make sure to get enough sleep, tell a joke and remember the punch line, sing out loud, dance, go for a walk, have a bubblegum blowing contest, if you are right-handed try things left-handed or vice versa, rent a funny movie, have some fun bonding time with your PRIDE team or just allow yourself some free time. No matter how busy you are, just remember to fit in a little fun time! -Gabrielle Nguyen

## Marijuana and Crash Risk

A study published in the October edition of *Epidemiologic Review* found that nearly 30% of fatally injured drivers and more than 11% of the general driver population tested positive for drugs other than alcohol. Marijuana was the most commonly detected drug. Researchers analyzed nine large-scale drugged driving studies and found that drivers who tested positive for marijuana within three hours of driving were more than twice as likely to be involved in a crash. They also found that crash risk was higher with higher concentrations of marijuana. Researchers suggested that marijuana use may worsen a driver's reaction time and coordination. Study author Dr. Guohua Li, professor of epidemiology at Columbia University, wrote, "Given the ongoing epidemic of drug-impaired driving and the increased permissibility and accessibility of marijuana for medical use in the U.S., it is urgent that we better understand the role of marijuana in causing car accidents." Currently, 16 states and the District of Columbia have laws allowing for medical use of marijuana. Maryland law allows for medical marijuana as a legal defense in court, although possession of more than 1 ounce and public consumption for medical use is still illegal. Marijuana is also still considered a Schedule I drug by the federal government.