

Marlboro Alliance for the Prevention of Substance Abuse Newsletter

March
2009

ALLIANCE MEETINGS: The Marlboro Alliance acts as a catalyst within our community to raise public awareness about substance abuse issues. Alliance membership comprises representatives of the Marlboro community including but not limited to, police, schools, government, residents and treatment agencies. Our meetings are once a month at the Marlboro Recreation Center at 9:15AM. Everyone is welcome. Refreshments served.

Meeting Dates: March 19, April 23 and May 21

Please join us!

Teen Nights

6th Grade - March 20th- 7-9 PM Marlboro Middle School
7th Grade -April 3rd- 7-9 PM Marlboro Recreation Building
Cost \$3.00 in advance - \$5.00 at the door. You can register at the Recreation Building or call 732-617-0186.



April is Alcohol Awareness Month

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

For additional information go to:

[Http://rethinkingdrinking.niaaa.nih.gov/](http://rethinkingdrinking.niaaa.nih.gov/)

PARENT WORKSHOPS

Can Good Parenting Prevent Substance Abuse?

Speaker: Dr. Judy Kramer

Date: Wednesday, March 25, 2009

Place: Marlboro Recreation Building

Time: 7:30PM

Please call to reserve a seat or e-mail drugalliance@marlboro-nj.gov

Building Responsibility – Teaching Children to Learn From Their Mistakes

Speaker: Dr. Judy Kramer

Date: Wednesday, May 6, 2009

Place: Marlboro Recreation Building

Time: 7:30PM

Please call to reserve a seat or e-mail drugalliance@marlboro-nj.gov

Binge Drinking

In every State there are laws that make it illegal for anyone under the age of 21 to purchase or possess alcohol. However, young people report that alcohol is easy to obtain and that many high school and college students drink with one goal – to get drunk. Binge drinking is defined as consuming five or more drinks in a row for males and four or more in a row for females. Heavy fast drinking can quickly spiral out of control. Alcohol poisoning and respiratory arrest, can progress to coma or even death. Injuries such as falls, drowning or car accidents can also lead to death. Symptoms of alcohol poisoning include: vomiting, unconsciousness, cold, clammy, pale, or bluish skin, slow or irregular breathing (less than 8 breaths a minute or 10 or more seconds between breaths). Heavy drinking can limit your mental ability for up to 30 days.

Source: National Institute on Alcohol Abuse and Alcoholism

**For additional information or referral services please contact the Alliance Office at
732-617-0186.
All calls are confidential.**