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HC DrugFree is keeping Howard County *In the KNOW!!!*

Monday, April 1: Final 2019 Senior Week Program

HC DrugFree's final 2019 presentation of *Senior Week: Staying Safe in Ocean City* will be held at Marriotts Ridge High School on Monday, April 1 at 7:00 p.m. Free and open to the public.

You will learn water and beach safety tips as well as how to prevent costly fines and other encounters with law enforcement for playing loud music, sleeping in your vehicle, jaywalking, using fake IDs, possessing a weapon and more.

To read what one local parent thought about our recent Senior Week program, go to <http://www.hcdrugfree.org/blog>. You will be given Ocean City Police contact information for Howard County students and families to use throughout the year. Be sure to keep this number handy!

Thank you to the presenters of this program: Cpl. Howard Caplan with the Ocean City Police Department; Mr. James McVey, HCPSS administrator and retired Beach Patrol Sgt.; and Joan Webb Scornaienchi, the Executive Director of HC DrugFree.

Other Beach Dangers to KNOW

Can people really get buried alive in the sand? Yes! If you haven't talked to your high school student about the dangers of digging holes in the sand, diving into shallow water, swimming without a lifeguard on duty, giving in to the pressure to use drugs and alcohol, and more, then don't miss our April 1 Senior Week program mentioned above. Our beach update addresses these topics and many others and opens the door for you to continue these discussions at home. There will be time for a Q&A so bring your questions. [Click here](#) to read more about the woman buried alive in Ocean City in 2017.

Keep Your Family Safe (Including Your Pets) - See You on April 27

Bring us your pet medication too!!! As you are cleaning out your medicine cabinets to bring all your medications and sharps (needles, syringes and EpiPens) to HC DrugFree's drive-thru collection on Saturday, April 27 from 10:00 a.m. to 2:00 p.m., don't forget to gather unwanted and expired pet medication. Don't toss meds/sharps into the trash. Don't flush them into the water system. Don't allow them to get into the wrong hands.

Our convenient drive-thru is your easiest disposal option for all medications and sharps, but don't be late. Medications are transported no later than 2:00 p.m.

On April 27, **bring your pet along for a Saturday morning ride**, circle the Wilde Lake Village parking lot, hand HC DrugFree's team your unwanted items (guarded by the Howard County Police and the Drug Enforcement Administration) and head to the nearest dog park with your loyal friend.

Medication misuse doesn't just hurt the drug user. It hurts families, communities and innocent animals. [Click here](#) to watch another news update about how animals are being hurt. [Click here to donate to HC DrugFree](#). Help us keep people and pets safe. No need to remove medication or labels from the bottles and no need to get out of your vehicle. Community service hours available for student volunteers. Please contact HC DrugFree for more information or visit our website at www.hcdrugfree.org/drug-take-back-day-1. [Click here](#) for a printable PDF about the event.

St. Patrick's Day Weekend in Howard County: 24 DUI Arrests

Throughout the St. Patrick's Day weekend, the Howard County Police Department (HCPD) and the Maryland State Police conducted joint patrols as part of a grant-funded Driving Under the Influence (DUI) detail. More than 24 arrests were made. HCPD and HC DrugFree remind you to call 911 if you suspect an impaired driver and we urge you to never be an impaired driver!!! We thank HCPD and the State Police for their commitment to reduce accidents and keep us all alive and safe. Impaired driving puts all families in Howard County and across Maryland in danger. [Click here](#) to read more.

Hurry! Deadline to Submit Films: Friday, April 5

Once again, HC DrugFree is proud to partner with the HoCo Student Film Festival. This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County. Be sure to visit our website at www.hcdrugfree.org/hoco-filmfest, visit www.hocofilmfest.com and contact our office at Admin@hcdrugfree.org to request our logo and ensure you have all the needed information. The deadline to submit films is Friday, April 5. The festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City.

TAC Meeting, Monday, April 8

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all meetings/events. The next meeting will be on Monday, April 8. New members are accepted throughout the year. Email or mail signed registration form and photo. Forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>. TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are canceled, there will be no TAC meeting. Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email Admin@hcdrugfree.org.

Howard County Teens Ask Questions & Experts Respond

Using an access code provided to HC DrugFree by the National Institute on Drug Abuse (NIDA), Howard County teens joined more than 1,900 other teens from across the U.S. to submit questions to experts/scientists on *National Drugs and Alcohol Chat Day*. Here are **2 of the questions submitted by Howard County youth and answered by NIDA's team**:

Question 1: Can I die from smoking weed?

Answer: Most drugs can cause overdose and death if taken in high enough quantities. They can also cause death from accidents as a result of driving while being high -see this link for more information -
- <https://www.drugabuse.gov/publications/drugfacts/drugged-driving>. Marijuana can also cause a variety of health effects, including learning, attention and memory problems, increased heart rate, anxiety, paranoia, and even psychosis in some cases.

Question 2: If someone were to smoke marijuana everyday for a year but they are highly active, how long would it take to pass a urine test?

Answer: Smoking marijuana everyday for a year could induce serious health problems. For example, chronic marijuana use is associated with an increased risk for psychotic disorders, such as schizophrenia. Regardless of the time frame of marijuana use, marijuana breakdown products (i.e., marijuana metabolites) remain in the body for weeks after use. One's level of physical activity has little effect on the removal of marijuana from the body. Thus, the detection of marijuana or its metabolites in urine can last for weeks after use of the substance.

To access all the questions submitted, visit [HC DrugFree's Drugs & Alcohol Chat Day page](#).

Angst Film Screenings and Discussions on Anxiety in Youth

Parents and guardians are invited to a free documentary screening and panel discussion around anxiety in youth. This 55-minute film features candid interviews with children and young adults who struggle, or have struggled, with anxiety - including Olympic swimmer Michael Phelps. This film explores the causes, symptoms and effects of anxiety and stress and encourages youth and their families to seek help. Middle and high school students are invited to attend with a parent or guardian. Each film screening will be followed by a discussion with local experts.

Screening dates/locations: April 2 at Howard High School, April 4 at Hammond High School, April 9 at Glenelg High School, and April 10 at Mt. Hebron High School. All screenings will begin at 6:30 p.m. Register for this free event at <http://bit.ly/AngstReg>.

Suicide Prevention Training in Howard County

Register to attend FREE suicide prevention training sponsored by the Horizon Foundation. [Click here](#) for a printable PDF flier with dates and registration instructions, call 443-538-9909 or go to www.grassrootscrisis.org/events/.

Let's Play Ball - Go to Bat for Recovery

Go to bat for recovery by registering now to play in the 2nd annual Home Run for Recovery on Saturday, May 4 from 10 a.m. to 3 p.m. at Centennial Park North in Ellicott City. For more information or to register, [click here](#) or call 703-475-7454.

Donate, Volunteer or Sponsor an HC DrugFree Event

HC DrugFree depends upon your generosity. Please donate or volunteer today. Consider contacting us to sponsor an event or make a one-time or monthly donation. Thank you for your support. HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044.



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