

# TRUENORTH PREVENTION

*October 2014*

## Sounding the Alarm about Caffeine Powder

With a new school year underway, poison control officials across the nation are sounding the alarm about powdered caffeine, used by some teens to boost workouts, weight loss, or energy but implicated in the death of a high school wrestler.

Many poison control officials want the U.S. Food and Drug Administration to restrict the use of the increasingly popular powder, and, according to Laura Ungar of The Courier-Journal, U.S. Sen. Richard Blumenthal, D-Conn., is calling for an outright ban.

According to USA Today, Caffeine Powder has been implicated in more than two dozen recent illnesses and in the death of a high school wrestler and prom king in Ohio.

According to Henry Spiller, the director of the Central Ohio Poison Center, "We're not trying to get rid of caffeine. It is just this form. It's like going to buy firecrackers and someone handing you a stick of dynamite. This is frighteningly dangerous. You can't have 16- and 17-year-olds buying something off the Internet and playing with dynamite."

The problem, officials say, is that the powder is so concentrated that it's easy to overdose. One serving is a sixteenth of a teaspoon, which is so small most people don't have a way to measure it. Also, it's often



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used in homemade energy shakes along with other ingredients measured in large scoops. People mix it into drinks to make them more alert — figuring caffeine is safe because it's in sodas, energy drinks, and coffee.

According to the FDA, which issued a warning about powdered caffeine in July, a teaspoon is roughly equal to the amount in 25 cups of coffee. Very high levels of caffeine can cause rapid or erratic heartbeat, seizures, and death.

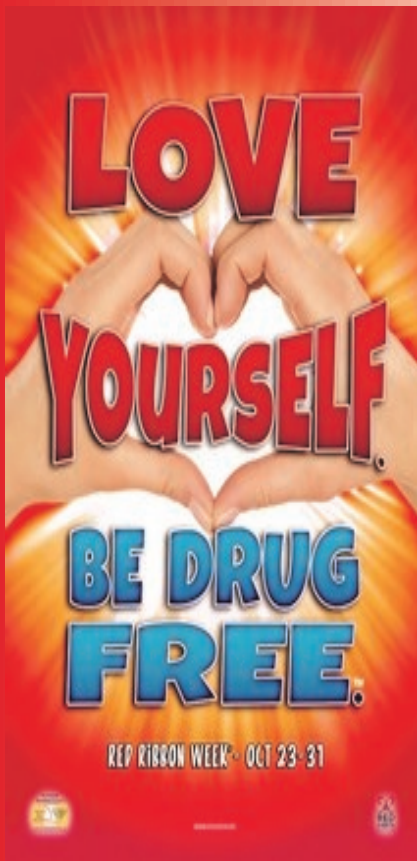
So far this year, Spiller says, the National Poison Data System lists 30 cases of powdered caffeine-related problems — some extremely serious — Ohio had three: Two men suffered kidney failure, and Logan Stiner died in May. Stiner, 18, was about to graduate from Keystone High School in LaGrange and planned to attend the University of Toledo. "He was a great kid — polite, smart. He was in the top percent of his class," says Jay Arbaugh, Keystone Local Schools superintendent. "It was a huge loss ... and since it was such a personal tragedy here, it has made people more aware of the problem."

As the FDA mulls the issue, poison control centers are spreading the word. "It's extremely toxic. There's no good reason to have it out there," says Jeanie Jaramillo, the Texas poison center's managing director. "You take teens who think they're invincible anyway, and you're asking for trouble."



National Family Week is coming November 23-29 Make your plans Now!





# This Red Ribbon Week, Win \$1,000 For Your School and an iPad For Your Family

By Amy Goldstein on 09/08/2014 @ 03:34 PM

Nearly nine percent of United States youths ages 12 to 17 use illicit drugs, according to the **National Survey of Drug Use Health's Summary of National Findings**. The same study showed that substance use by adolescents could be prevented through early interventions, including parental involvement. In fact, 96 percent of youths who perceived strong parental disapproval for trying marijuana once or twice remained drug free.

In an effort to prevent drug use and educate youth, the **National Family Partnership (NFP)** invites families and schools across America to participate in its **Annual Red Ribbon Photo Contest**, in conjunction with the **29th Annual Red Ribbon Week**.

“Students will once again take the Red Ribbon Campaign prevention message into their homes, neighborhoods and schools with this contest,” said **NFP President Peggy Sapp**. “It’s a fun and creative way for parents to educate their children about the dangers of drug use while they decorate their homes using this year’s theme, ‘Love Yourself. Be Drug Free.’”

Ten families across America will be selected to win the grand prize: an iPad and \$1,000 donation to a K-12 school of their choosing. There will also be one prize awarded for a school decoration. Watch the precious reaction of one of last year’s young winners. Here’s how to enter:

## Here's how to enter:

- Students and families decorate their home’s front door, mailbox or fence with a double-looped red ribbon and the theme, “Love Yourself. Be Drug Free.” Schools may decorate any part of their campus.
- Take a photo with your decoration and upload it to [RedRibbon.org/contest](http://RedRibbon.org/contest) from Oct. 1 – Nov. 4. You must be 18 years or older to upload the photo and can do so from any desktop or mobile device.
- Ask family and friends to vote for your entry beginning Nov. 5.
- Eleven winners will be announced Dec. 5.

## History of Red Ribbon Week



### History of Red Ribbon Week - Remembering Enrique Camarena

Red Ribbon Week began after the kidnapping, torture and brutal murder of Drug Enforcement Administration (DEA) Agent Enrique "Kiki" Camarena in 1985. Agent Camarena had been working undercover in Guadalajara, Mexico for over four years. His efforts led to a tip that resulted in the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. The successful eradication of this and other drug production operations angered leaders of several drug cartels who sought revenge. As a result, they murdered key informants and then, on February 7, 1985, they kidnapped Agent Camarena and his pilot Captain Alfredo Zavala-Avelar (taken separately on the same day).

After DEA Agent Camarena and Captain Zavala-Avelar were kidnapped, the DEA launched a massive investigation. The agents found local law enforcement uncooperative at best. DEA Administrator Jack Lawn and US Attorney General Edwin Meese sought greater support from Mexican officials including the Mexican Attorney General but to no avail. Orders from US Customs Commissioner William von Raab effectively closed the US/Mexico border for days putting pressure on the Mexican government to assist.

Soon, representatives of the Mexican Federal Judicial Police (MFJP) presented a tip to DEA Agents claiming that Agent Camarena had been mistakenly kidnapped by a man and his three sons. The MFJP informed the agents that a raid of the man's ranch in Angostura would take place the following morning and invited them to come. However, the MFJP raided the ranch before DEA agents arrived. During the raid, they shot and killed five individuals. Not long after, a passerby discovered the bodies of both Agent Camarena and Captain Zavala-Avelar by the side of the road not far from the ranch.

The DEA's investigation revealed that Agent Camarena had been tortured extensively before he was murdered. Audiotapes of the torture showed that medical doctors actually kept Agent Camarena alive in order to continue the interrogation. Evidence collected revealed that both Agent Camarena and Captain Zavala-Avelar were initially buried in one location and then moved to the ranch where they were found.

The dramatic events that followed Agent Camarena's disappearance were chronicled in national media here at home. They exposed the dark world of drug trafficking including how far drug traffickers would go to maintain power and control.

In Agent Camarena's home town, Calexico, CA, the public outpouring of support turned in to an organized community response in which citizens donned red ribbons. They became a voice for prevention in order to reduce the demand for illegal drugs and illegal use of legal drugs in America. The following year the California State PTA adopted the Red Ribbon Campaign. Then, in 1988, Red Ribbon Week was recognized nationally with President Ronald and First Lady Nancy Reagan serving as the Honorary Chairs.

Today, the Red Ribbon Celebration brings millions of people together to raise awareness regarding the need for alcohol, tobacco and other drug and violence prevention, early intervention, and treatment services. It is the largest, most visible prevention awareness



**RED RIBBON WEEK**  
**OCTOBER 23-31**