



September 16, 2008

To: District Drug Awareness Chair-person(s),
Lodge Drug Awareness Chair-person(s)

The Drug Awareness Session at the State Meeting on September 27 has been rescheduled for 1:00 pm. A sign will be at the Drug Awareness Booth with the location. On a separate note, I would like to thank Past State President Bill Voigts for re-scheduling the Drug Awareness Session from the morning to the afternoon.

Elroy # 4 has landed! He is safe and sound. All four areas now have a DAP Trailer and an Elroy outfit.

To schedule one of the Elroy outfits or a DAP trailer please contact one of the following people.

Area 1 - Robert Swisher (217) 562-9292

Area 2 - Eddy Lundmark (630) 964-8247

Area 3 - Karl D. Wilson (618) 532-5681

Area 4 - Matt Stropes (309) 303-1036

Please remember that your Red Ribbon reports are due to me and a copy to your District Drug Awareness Chair-person by November 7, 2008. I have included a copy of the report that needs to be filled out by every Lodge.

I have again attached the necessary information to nominate a Police Officer for the Elks Enrique S. Camarena Award. Please work with your local Law Enforcement Agencies and nominate an officer for this award. I would like to see one from every Lodge or at least one from every District.

I have attached three articles on Digital Drugs. With more kids and young adults accessing the web to obtain drugs and other items, we need to make sure we are informed and are passing this information on to parents.

You can now download all 12 of the Elks Public Service Announcements from the Elks Drug Awareness Web Page. www.elks.org/dap. You can also download them from YouTube or MySpace.

To help reach more people with the Elks National Drug Awareness material, the material is now available on the Elks Drug Awareness Web Page in Spanish. This material can be printed from the web page but it will not be available in print form do to cost. The link to the new Elks National Drug Awareness Program Web Page is www.elks.org/dap.

For current news on drug trends and where kids are turning to get the drugs they are using, please visit the Elks Drug Awareness web page at www.elks.org/dap and review the “Latest News” items listed there.

The Drug Awareness Program is selling the starfish pins (with the card outline the pin) and a red ribbon pin. The cost will be \$2.00 per pin. The funds raised will go to further the advancement of the IEA – Drug Awareness Program. If you would like to purchase some of the pins please let me know. I will have some available for sell at the September’s State meeting.

Always remember, participation in a positive Drug Awareness Program enhances the lives of Americans at all levels and helps shape the future of young Americans.

Sincerely:

Frank J. Burr

Frank J. Burr
IEA Drug Awareness Chairman

CC: F. Louis Sulsberger (State Sponsor – Past Grand Exalted Ruler),
Darrell Swisher (IEA State President),
IEA State Officers



Red Ribbon Week Report

We participated in "Hands Across the Border" _____ Y _____ N

Estimated Number of People at event? Kids: _____ Adults: _____

We participated in "Red Ribbon Week" _____ Y _____ N

Number of Red Ribbons handed out? _____

Lodge Name: _____ Lodge Number: _____

Name (Please Print): _____

Title: _____

Date Report Submitted: _____

Please provide other detail information relating to Red Ribbon Week:

Please send a copy to:

Your District DAP Chairman

Frank Burr
(IEA – DAP Chairman)
1S.175 Highland Ave
Lombard, IL. 60148

Enrique S. Camarena Award Criteria
Elks Drug Awareness Program

Enrique S. "Kiki" Camarena was an 11 year veteran agent of the DEA, who was kidnapped, brutally tortured and then murdered in Mexico in 1985. Prior to serving with the DEA, Agent Camarena was a firefighter, a criminal investigator and a narcotics officer. He was a loving husband and a father of three children. His death has inspired millions of Americans to lead a drug-free life and the Elks celebrate his commitment to this effort with an annual award.

October is traditionally Red Ribbon month, a time when people wear red ribbons to commemorate Agent Camarena's ultimate sacrifice. The millions of Americans who wear these ribbons visibly take a stand that they are opposed to illicit drug use and commemorate all of those who have been tragically affected by the results of use and abuse.

Each year, the BPO Elks present the Enrique S. Camarena Award to a member of law enforcement who best exemplifies the qualities and principles for which Agent Camarena gave his life. Nominees should be involved in their communities in efforts to make them drug-free. Nominees should have the support of their agency and respect of their community.

Nominations should be submitted to the local Elks Lodge by October 15, 2008. National selection will take place in December and the award will be presented at an appropriate setting during 2009.

Basic Criteria

- This award should be presented to an individual and not an organization. Consideration will be given to a "team" within an organization, but ideally the award should go to an individual.
- The individual should be living, but consideration will be given to presenting this award posthumously.
- The nominee should be involved in law enforcement
- The nominee should be a positive role model committed to a healthy lifestyle
- The nominee should have made an outstanding contribution in the field of drug awareness/prevention
- Ideally, the nominee has been identified as someone who has gone "above & beyond" their normal duties – someone who has made a difference
- The nominee must have the support of their superiors
- If selected, the nominee must be willing to attend an awards ceremony
- Nomination must be in narrative form and include endorsements & recommendations from appropriate sources (Departments, Governments, Citizens etc)
- Nomination should contain a list of nominee's previous awards & accomplishments
- Lastly, the nominee should exemplify the standards by which Enrique Camarena lived, worked and died – that one person can make a difference

Time Line For Enrique Camarena Award 2008-2009

August - This is a good time to get the information to your Lodges. (hint: District Deputy Clinics is an excellent opportunity as all Lodges must be present.)

October 15- Lodges should select their nominee and should forward that selection to you.

November 15 - You should select your state winner and forward it to:

*William J. Bryan
366 Vermont Route 313W
Arlington, Vermont 05250*

(EACH STATE WINNER WILL RECEIVE A "RUNNER-UP" AWARD)

November 30 - National Winner will be selected and will be invited to attend A National Ceremony along with sponsoring State Chairman

December 15 - All National Runner-ups will receive a letter from the Directors.

DEADLINE FOR SUBMITTING STATE NOMINATIONS IS NOVEMBER 15TH!



Web delivers new worry for parents: Digital drugs

We all know that music can alter your mood. Sad songs can make you cry. Upbeat songs may give you an energy boost. But can music create the same effects as illegal drugs?

This seems like a ridiculous question. But websites are targeting your children with so-called digital drugs. These are audio files designed to induce drug-like effects.

All your child needs is a music player and headphones.

Understanding binaural beats

There are different slang terms for digital drugs. They're often called "idozers" or "idosers." All rely on the concept of binaural beats.

It is incorrect to call binaural beats music. They're really ambient sounds designed to affect your brain waves.

For binaural beats to work, you must use headphones. Different sounds are played in each ear. The sounds combine in your brain to create a new frequency. This frequency corresponds to brain wave frequencies.

There are different brain wave frequencies. These frequencies are related to different states like relaxation and alertness.

Digital drugs supposedly synchronize your brain waves with the sound. Hence, they allegedly alter your mental state.

Binaural beats create a beating sound. Other noises may be included with binaural beats. This is intended to mask their unpleasant sound.

Different types of digital drugs

Some sites provide binaural beats that have innocuous effects. For example, some claim to help you develop extrasensory powers like telepathy and psychokinesis.

Other sites offer therapeutic binaural beats. They help you relax or meditate. Some allegedly help you overcome addiction or anxiety. Others purport to help you lose weight or eliminate gray hair.

However, most sites are more sinister. They sell audio files ("doses") that supposedly mimic the effects of alcohol and marijuana.

But it doesn't end there. You'll find doses that purportedly mimic the effects of LSD, crack, heroin and other hard drugs. There are also doses of a sexual nature. I even found ones that supposedly simulate heaven and hell.

Do digital drugs work?

Many are skeptical about the effects of digital drugs. Few scientific studies have been conducted on binaural beats. However, a Duke University study suggests that they can affect mood and motor performance.

Dr. Nicholas Theodore, a brain surgeon at Barrow Neurological Institute in Phoenix, said there is no real evidence that idosers work. But he noted that musical preference is indicative of emotional vulnerability. Trying idosers could indicate a willingness to experiment with drugs and other dangerous behavior.

Theodore added that idosers are another reason to monitor kids' Internet usage. And, he said, kids need frank talks with their parents about correct choices.

"I suspect this 'Pied Piper' phenomenon will pass rapidly and quietly," he said.

Online, many people have posted their experiences with digital drugs. They tout the effectiveness of binaural beats.

Or, go to YouTube. You'll see videos of teens experimenting with digital drugs. You can decide for yourself if binaural beats induce drug-like effects.

Companies that sell digital drugs take both sides of the argument. They say that the doses are extremely powerful. Some are recommended only for experienced users.

But they often hedge their bets. Some users may be immune to binaural beats, they say. They also say the situation must be right to feel the effects.

Should you worry about digital drugs?

Companies that sell digital drugs claim they're safe. Supposedly, they won't affect your physical health.

Let's think about this for a moment. The sites claim binaural beats cause the same effects as illegal drugs. These drugs impair coordination and can cause hallucinations. They've caused countless fatal accidents, like traffic collisions.

If binaural beats work as promised, they are not safe. They could also create a placebo effect. The expectation elicits the response. Again, this is unsafe.

At the very least, digital drugs promote drug use. Some sites say binaural beats can be used with illegal drugs.

The sites also look favorably on the effects of illegal drugs. So, talk to your children. Make sure they understand the dangers of this culture. It could be a small jump from digital drugs to the real thing.

New CASA* Report Finds: Most Web Sites Selling Prescription Opioids, Stimulants and Depressants Require No Prescription

Wednesday July 9, 12:01 am ET

Some Sites Now Sell Prescriptions and Online "Medical Consultations" to Get Controlled Drugs

NEW YORK, NY--(MARKET WIRE)--Jul 9, 2008 -- Despite a decline in the number of Web sites advertising or selling controlled prescription drugs, like OxyContin and Valium, Xanax and Vicodin, and Ritalin and Adderall, in the past year, 85 percent of Web sites selling such drugs do not require a prescription, according to "'You've Got Drugs!' V: Prescription Drug Pushers on the Internet," the fifth annual White Paper on this subject released by The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

The new White Paper reports that CASA researchers found a total of 365 Web sites advertising or selling controlled prescription drugs during 210 hours of research in the first quarter of 2008, compared to 581 sites during the same period in 2007. Only two of the 365 sites were certified by the National Association of Boards of Pharmacy as Verified Internet Pharmacy Practice Sites(TM), the same number found certified in 2007.

The CASA report identified an emerging practice of Internet sites selling prescriptions for controlled drugs that can be filled at local pharmacies. The report also found sites selling online "medical consultations" which enable Internet users to get controlled drugs online without a proper prescription.

"This decline in the number of Web sites advertising or selling controlled prescription drugs may reflect efforts of federal and state agencies and financial institutions to crack down on Internet drug trafficking. Nevertheless, in spite of those efforts, anyone of any age can obtain dangerous and addictive prescription drugs with the click of a mouse," said Joseph A. Califano, Jr., CASA's Chairman and President and former U.S. Secretary of Health, Education, and Welfare. "This problem is not going away. It is morphing into different outlets for controlled prescription drug trafficking like Internet script mills and membership sites that sell lists of online pharmacies, and different payment methods like eChecks, COD and money orders."

Of those sites not requiring prescriptions, 42 percent explicitly stated that no prescription was needed, 45 percent offered an "online consultation," and 13 percent made no mention of a prescription.

Other notable findings:

- Of the few sites that require prescriptions, half permit the prescription to be faxed, allowing significant opportunity for fraud.
- Benzodiazepines (like Xanax and Valium) continue to be the most frequently offered drugs for sale with 90 percent of sites selling them; followed by opioids (like Vicodin and OxyContin) at 57 percent of sites, and stimulants (like Ritalin and Adderall) at 27 percent of sites.

- According to DEA estimates, in 2007 eleven percent of prescriptions filled by traditional pharmacies were for controlled substances compared to 80 percent of prescriptions filled by Internet pharmacies.
- There are no controls blocking access to these sites by children and teens.

Last year, the Senate Judiciary Committee, chaired by Senator Patrick Leahy (D-VT), held hearings on "The Ryan Haight Online Pharmacy Consumer Protection Act of 2008" to control Internet trafficking of controlled prescription drugs which was introduced by Senators Dianne Feinstein (D-CA) and Jeff Sessions (R-AL). The Senate passed the bill in April of 2008. The Subcommittee on Crime, Terrorism and Homeland Security of the House Judiciary Committee held a hearing on the topic last month.

"We congratulate the Senate, and urge the House to take prompt action and the President to sign the bill into law," said Califano. "Further delays cannot be justified since these rogue Internet sites put a drug dealer in any home or college dorm room with a computer or laptop."

Califano also applauded federal and state actions to reduce trafficking and MasterCard, Visa, American Express and PayPal for their efforts to shut down illegal access to these drugs using their payment mechanisms.

The CASA report includes recommendations that:

- Internet search engines block all advertisements for controlled prescription drugs that do not come from licensed and certified online pharmacies.
- The U.S. negotiate treaties with foreign governments to help shut down Internet trafficking of controlled prescription drugs.

CASA is the only national organization that brings together under one roof all the professional disciplines needed to study and combat all types of substance abuse as they affect all aspects of society. CASA has issued 68 reports and white papers, published one book, conducted demonstration projects focused on children, families and schools at 219 sites in 85 cities and counties in 33 states plus Washington, DC and two Native American tribal reservations, and has been evaluating the effectiveness of drug and alcohol treatment in a variety of programs and drug courts. CASA is the creator of the nationwide initiative "Family Day - A Day to Eat Dinner with Your Children(TM)" -- the fourth Monday in September -- the 22nd in 2008 -- that promotes parental engagement as a simple and effective way to reduce children's risk of smoking, drinking and using illegal drugs. In May of 2007, CASA Chairman Joseph A. Califano, Jr. called for a fundamental shift in the nation's attitude about substance abuse and addiction with the publication of his book, "HIGH SOCIETY: How Substance Abuse Ravages America and What to Do About It." For more information visit www.casacolumbia.org.

*The National Center on Addiction and Substance Abuse at Columbia University is neither affiliated with, nor sponsored by, the National Court Appointed Special Advocate Association (also known as "CASA") or any of its member organizations, or any other organizations with the name of "CASA."

Posted on Tue, Aug. 12, 2008

Where do teens get drugs now? From the home medicine cabinet

last updated: August 12, 2008 10:47:53 AM

Are we winning the war on drugs?

John P. Walters, the director of the White House Office of National Drug Control Policy, who was in the San Joaquin Valley last week, says the answer is yes and no.

Youth illicit drug use is down, and workplace drug testing results show adult drug use is down. So illegal drug use has decreased, and Walters is optimistic that trend may continue with a new era of cooperation between the United States and Mexico's president, Felipe Calderón.

But a new danger has emerged -- the growing abuse of prescription medications. There's no time to celebrate successes in fighting illegal drug use; prevention and education efforts -- at all levels -- need to address this new threat.

Prescription drug abuse is happening on two fronts -- youth get them, mostly for free, from their home medicine cabinets; adults go "doctor shopping" to get more than they should be taking by getting prescriptions from multiple sources.

Recent figures from the National Institute on Drug Abuse show that while marijuana use among teens has declined in the past few years, more teens abuse prescription drugs than any illicit drug except marijuana.

Teen abuse of prescription medications is serious because many teens (41 percent) mistakenly believe the abuse of medicines is less dangerous than abuse of illegal drugs.

In addition, some teens use prescription and over-the-counter drugs in combination with alcohol, which can lead to dangerous drug interactions or other medical consequences.

Parents must be aware of this drug risk in their own medicine cabinets. The prescription drugs most commonly abused by teens are painkillers, depressants or anti-anxiety drugs and stimulants. These medications should be closely monitored in homes with young people to reduce access. In addition, parents are in the best position to teach children the dangers.

Adults who are misusing prescription drugs are another part of the problem. Some patients fraudulently obtain prescriptions from multiple sources, allowing them to take higher dosages than is safe.

Another danger occurs when people, either intentionally or unintentionally, take multiple prescription drugs, which can result in deadly combinations. This is called combined drug intoxication, or CDI. The high-profile death of actor Heath Ledger in January was a case of CDI.

With progress in the fight against illegal drugs, now parents, medical providers, educators and law-enforcement agents must focus on the dangers of abusing prescription drugs.

Education efforts must teach people that, when abused, prescription medications can be just as deadly as street drugs.