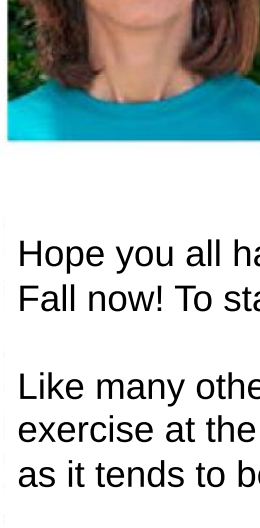




September

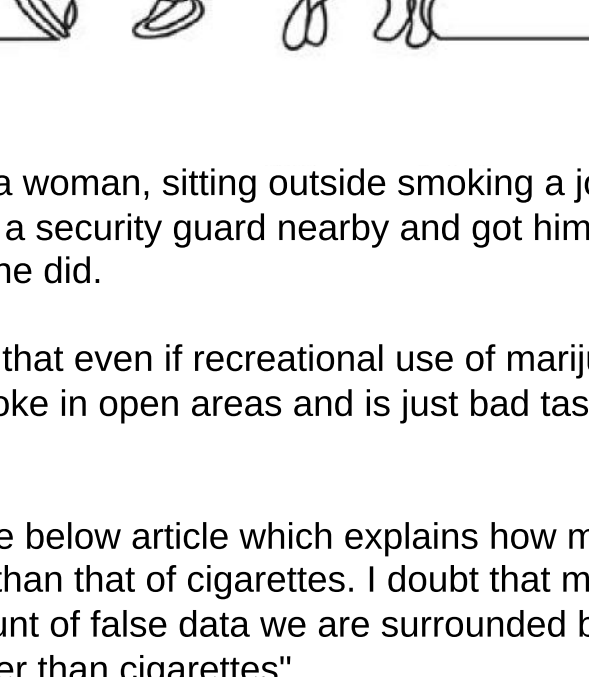


Koko Tabibzadeh
President, Drug-Free World
Los Angeles Chapter

Hope you all had a safe and fun Summer; it's hard to believe it is over and we are into Fall now! To start this Fall, I have an insightful story to share with you.

Like many others, I love to walk outside - enjoy the fresh air and get my body some exercise at the same time. I often walk early in the morning, especially in the summer, as it tends to be cooler.

Just last week, I was on my early stroll, when in the air I started to smell marijuana.

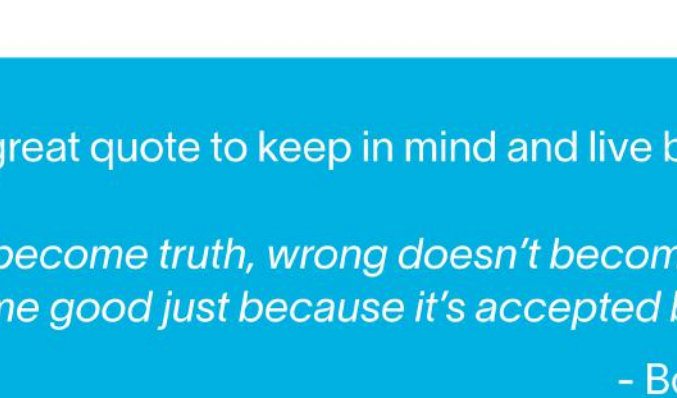


I followed the smell and there was a woman, sitting outside smoking a joint. I thought, "Seriously? It's 6 AM!!!" So, I found a security guard nearby and got him to tell her to put the joint out and leave, which she did.

What most people do not realize is that even if recreational use of marijuana has become legal, it is still illegal to smoke in open areas and it is just bad taste to do so in areas where children are around.

After that incident I came across the below article which explains how marijuana secondhand smoke is even worse than that of cigarettes. I doubt that many people are aware of this, considering the amount of false data we are surrounded by; regarding marijuana being "natural" and "better than cigarettes".

I included the article to bring home the value of knowing the facts and the truth - because when you do, you can make your life and others' better!



And remember, if you see something you don't like, there is *always* something you can do about it!

And here is a great quote to keep in mind and live by:

"A lie doesn't become truth, wrong doesn't become right and evil doesn't become good just because it's accepted by a majority."

- Booker T. Washington

Weeding into new ground: Health effects of secondhand marijuana smoke

by LIZ BONIS & MEGAN BURGASSER, WKRC
Mon, July 22nd 2024 at 1:11 PM

Updated Mon, July 22nd 2024 at 11:43 PM

CINCINNATI (WKRC) - As more states make marijuana legal, public health providers have a warning about where it's used when it comes to secondhand pot smoke.

At least two new studies raised questions about how much marijuana smoke can be inhaled before people put their bodies and health at risk.

"A lot of the studies that are out now sort of draw from the tobacco industry," said LaTrice Montgomery, adjunct associate professor of psychiatry at the University of Cincinnati College of Medicine.

Montgomery said the problem with weed is that it's not tobacco, so it's not known if secondhand smoke from pot has the same dangerous impact on the heart and lungs.

However, researchers from the **National Institutes of Health** studied the those who worked security at an outdoor venue. Some were off-duty police officers. All were exposed to secondhand cannabis smoke for several hours.

"They looked at blood and urine THC, which is the psychoactive component in cannabis, and so they looked at these levels before and after the concert," said Montgomery.

They found detectable THC, even at an outdoor event with circulating air.

"What they found is they did find a small, detectable level of THC within their blood levels, very small so they wouldn't fail a drug test, but there were still levels there nonetheless," said Montgomery.

Some of the symptoms were immediate.

"They also found that the law enforcement officers were more likely to report itchy eyes, the burning red eyes, headaches, higher levels of anxiety, things we associate with cannabis use," said Montgomery.

One concern was weed is often smoked at events where a lot of young people are present.



AP Photo/Richard Vogel

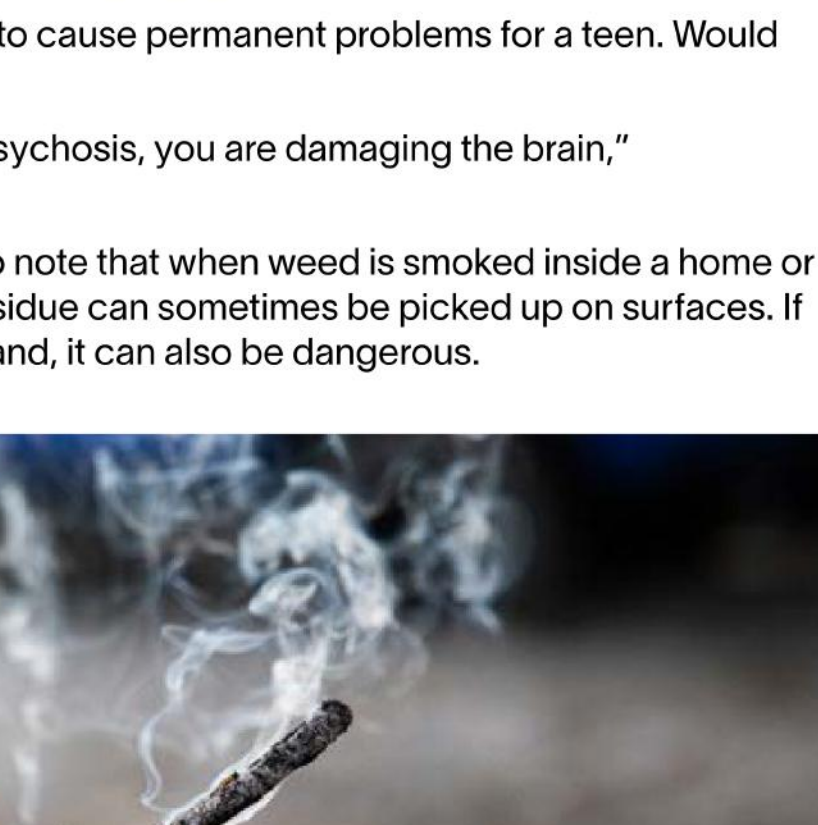
A separate study showed teens who use cannabis face 11 times the odds for a psychotic episode compared to teens who do not use the drug.

"I can't tell you the amount of times we've seen the extreme correlation, especially in someone who's younger," said Karly Danos, residential therapist at Lindner Center of Hope.

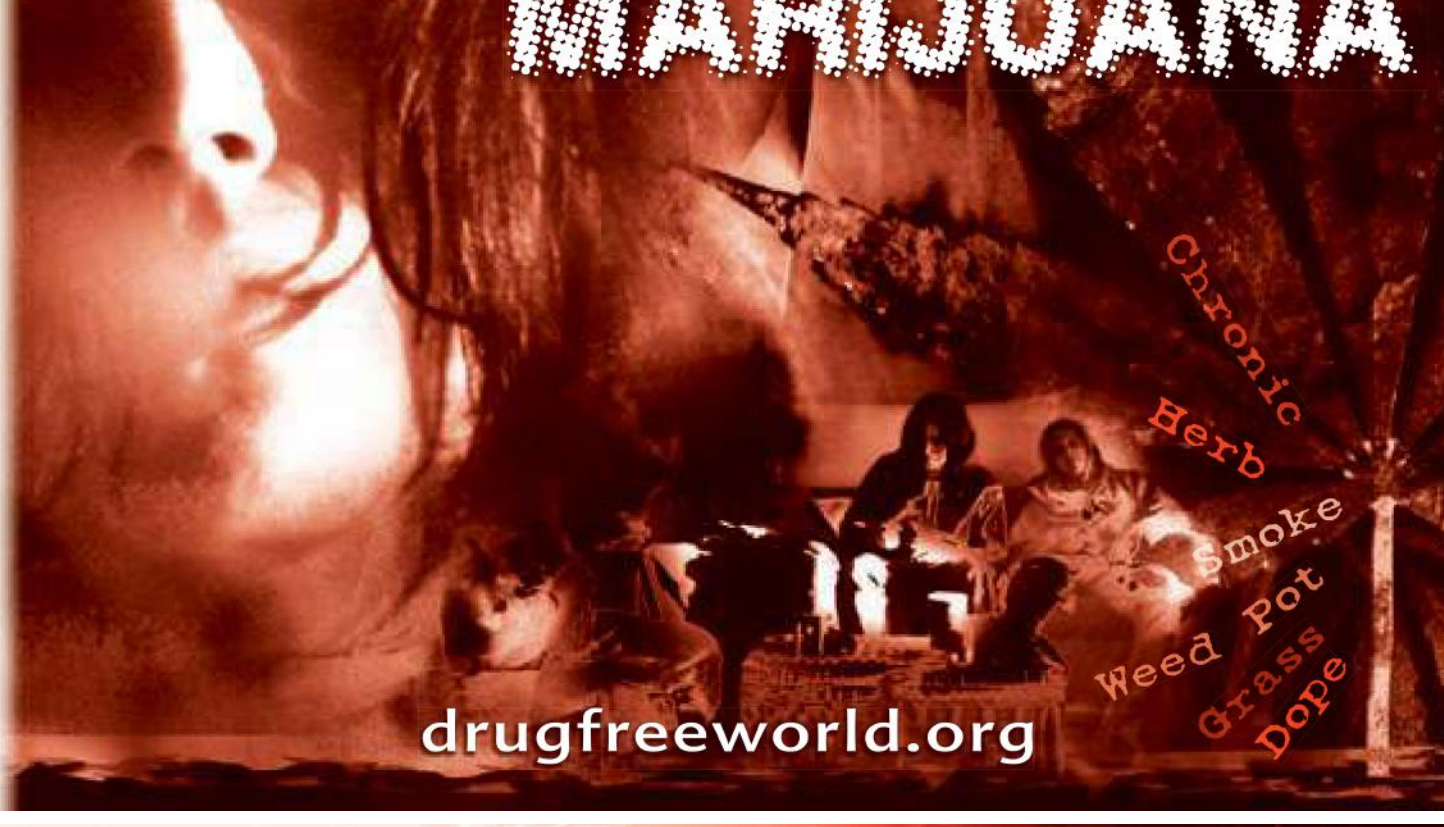
She said the study showed only an association, not a cause and effect on the teen brain. But Danos said it's not known how much weed or how much weed exposure it takes to cause permanent problems for a teen. Would secondhand exposure be enough?

"Every time your brain experiences psychosis, you are damaging the brain," Danos said.

Researchers said it's also important to note that when weed is smoked inside a home or other indoor environment, a film or residue can sometimes be picked up on surfaces. If young children pick that up secondhand, it can also be dangerous.



AP Photo/Richard Vogel



THE TRUTH ABOUT MARIJUANA

Chronic Herb Smoke Weed Pot Grass Dope

drugfreeworld.org

SHORT-TERM EFFECTS

- Short-term memory problems
- Severe anxiety, including fear that one is being watched or followed (paranoia)
- Very strange behavior, seeing, hearing or smelling things that aren't there, not being able to tell imagination from reality (psychosis)
- Panic
- Hallucinations
- Loss of sense of personal identity
- Lowered reaction time
- Increased heart rate (risk of heart attack)
- Increased risk of stroke
- Problems with coordination (impairing safe driving or playing sports)
- Sexual problems (for males)
- Up to seven times more likely to contract sexually transmitted infections than non-users (for females) ^(22,32&33)

LONG-TERM EFFECTS

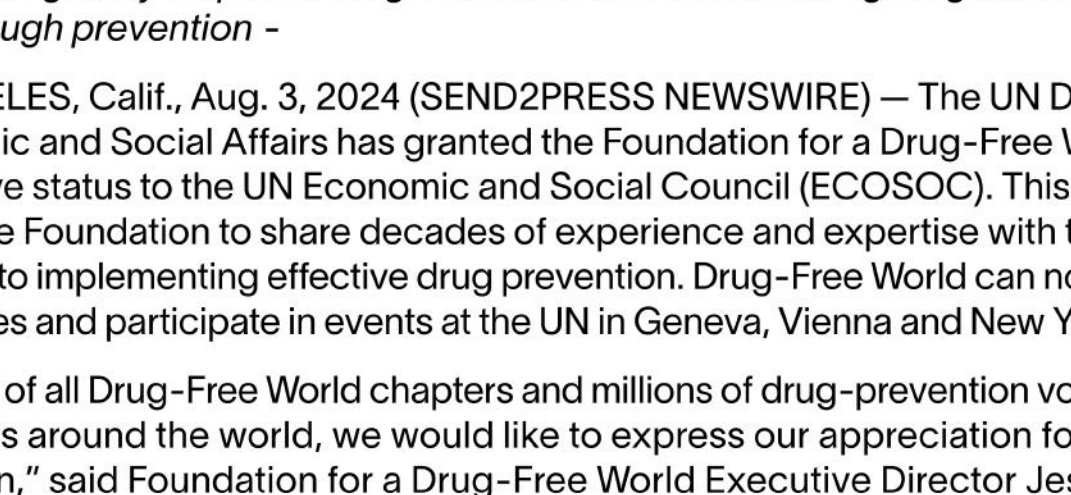
- Decline in IQ (up to 8 points if prolonged use started in adolescence)
- Poor school performance and higher chance of dropping out
- Impaired thinking and ability to learn and perform complex tasks
- Lower life satisfaction
- Addiction (about 9% of adults and 17% of people who started smoking as teens)
- Potential development of opiate abuse
- Relationship problems, intimate partner violence
- Antisocial behavior including stealing money or lying
- Financial difficulties
- Increased welfare dependence
- Greater chances of being unemployed or not getting good jobs. ⁽³³⁾

In other news, last month an amazing feat was achieved for the Foundation for a Drug Free World.

Read the article below to find out!

The UN Acknowledges Foundation for a Drug-Free World With Consultative Status

Foundation for a Drug-Free World
Aug 3, 2024



LOS ANGELES, Calif., Aug. 3, 2024 (SEND2PRESS NEWSWIRE) — The UN Department of Economic and Social Affairs has granted the Foundation for a Drug-Free World consultative status to the UN Economic and Social Council (ECOSOC). Drug-Free World can now organize conferences and participate in events at the UN in Geneva, Vienna and New York.

ECOSOC

- New status greatly amplifies Drug-Free World's reach in the fight against substance abuse through prevention -

LOS ANGELES, Calif., Aug. 3, 2024 (SEND2PRESS NEWSWIRE) — The UN Department of Economic and Social Affairs has granted the Foundation for a Drug-Free World consultative status to the UN Economic and Social Council (ECOSOC). This new status enables the Foundation to share decades of experience and expertise with those most dedicated to implementing effective drug prevention. Drug-Free World can now organize conferences and participate in events at the UN in Geneva, Vienna and New York.

"On behalf of all Drug-Free World members and millions of drug-prevention volunteers in countries around the world, we would like to express our appreciation for this recognition," said Foundation for a Drug-Free World Executive Director Jessica Hochman. "We pledge to not only continue our commitment but to redouble our efforts to bring about a drug-free world."

Each June, the UN issues its annual **World Drug Report** along with a theme for the year's activities. This year's message aligns exactly with the purpose and activities of the Foundation and its acclaimed drug education materials: "The evidence is clear: invest in prevention."

"We congratulate the Foundation for a Drug-Free World International and its volunteers, partners and supporters," said Olivia McDuff of the Church of Scientology International Public Affairs Office.

Thanks to the support of **Churches of Scientology and Scientologists**, the Foundation makes these acclaimed secular materials and programs available free of charge.

Pop Quiz

Question: What is THC and what does it do?

Answer: THC is short for "Tetrahydrocannabinol" - the chemical that causes intoxication or the "high" in users; it creates the mind-altering effects that classifies marijuana as a "drug".

Plants can have colors or patterns that camouflage them from predators, or they can contain poisons or toxins that, when eaten, make animals sick or alter their mental capacity, putting them at risk in the wild. THC is the protective mechanism of the marijuana plant.

Myth Buster

Myth: Marijuana is medicine.

Fact: Components of the marijuana plant may have medicinal properties. That is not the same as "medicine."

The term "medical marijuana" is often applied to the whole unprocessed marijuana plant or its crude extracts, which are not recognized or approved as medicine by the U.S. Food and Drug Administration for any illness.

best, koko

