



- CCSAP's Craven Co Task Force featured Sticker Shock efforts in *SunJournal* Newspaper
- CCSAP's Craven County Task Force Sticker Shock Campaign Highlights
- 5th Annual Making Great Strides For a Healthier Carteret County 2019
- Red Ribbon Program - Planning for upcoming Red Ribbon Week Oct. 23-31
- CCSAP's Carteret County Task Force Partners with Carteret County Health Department on Overdose Prevention Training May 30th
- CCSAP's Onslow County Task Force Gearing Up for National Night Out August 6, 2019, 5-9PM
- Shake and Bake Meth Making on the Rise

CCSAP's Craven Co Task Force featured Sticker Shock efforts in Sun Journal Newspaper



Tabitha Stryon, manager of Jim Dandy's in Havelock, and Brent Baker, of the Coastal Coalition for Substance Abuse Prevention, stand before a display of "alocopops"-- flavored alcoholic drinks that could easily be mistaken for energy drinks that are popular with children. *Bill Hand/ Sun Journal Staff*



**'Sticker shock' campaign warns of dangers of 'alcopop' to youth**

By Bill Hand

Posted Jun 3, 2019 at 4:28 PM

Updated Jun 4, 2019 at 11:07 AM

Brent Baker wants to remind you that, sometimes, things aren't what they seem, and he's recruited the help of high school students and stickers to show you what he means.

Baker is the chair of the Craven County task force of the Coastal Coalition for Substance Abuse Prevention and, yes, we'll let you take a breath after reading that name. The item he's talking about? Alcopop.

Alcopop is any of many fruity beverages sold in large, colorful cans that contain alcohol – anywhere from five to 14 percent alcohol. That higher number, Baker says, is equal to roughly five and a half cans of beer.

The can designs are remarkably similar to the designs on energy drinks so popular with youth and, Baker worries, parents could accidentally buy the wrong stuff for their children if they aren't alerted.

While the alcopop does list alcohol content, it is in small print that's easy to miss.

"It's not that these products are marketed specifically to youth," he said, "they just tend to be more appealing and they have more palatable flavor for young people."

To help bring awareness to the drinks, the CCSAP is doing a "sticker shock" campaign in which they will place warning stickers on the can at willing retailers. Local high school students are volunteering to come to the stores to place the stickers on the cans.

Unfortunately, he only has two stores willing to take part – Kite's Supermarket in Vanceboro and Jim Dandy's gas station, on Highway 101 near the military base.

He said he has not been able to convince any New Bern businesses to take part, but is hoping other businesses will come on board.

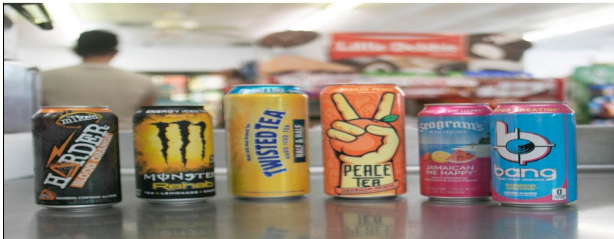
He emphasized that he is not protesting the sales of the drink in general. "We're not demonizing retailers," he said. "We're appreciative of Jim Dandy and Kite's for doing this."

Tabitha Stryon, who manages Jim Dandy's, said she is more than happy to help out. "I have children of high school age," she said, "And I do not want them to be drinking." She added that she's aware that peer pressure to consume alcohol is strong in high schools.

Baker said there is good reason to keep your teens from drinking. Studies by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) show that people who delay drinking until 21 have better outcomes for individuals as it relates to brain development, addiction potential and risks for mental illness, he said.

Among the alcopop brands are Mike's Hard Lemonade, Seagrams, Clubtails, Twisted Teas and Four Loco – the last of which seems to be the highest in alcohol content.

If you are willing to take part in the sticker shock campaign, contact the CCSAP at [media@ccsap.org](mailto:media@ccsap.org).



Three of these drinks are not like the others: how easily can you tell the alcoholic ones from the non-alcoholic?  
*Bill Hand/ Sun Journal Staff*

The full article can be viewed at:

<https://www.newbernsj.com/news/20190603/sticker-shock-campaign-warns-of-dangers-of-alcopop-to-youth>





## CCSAP's Craven County Task Force Sticker Shock Campaign Highlights

So proud of our Craven County local student volunteers and Brent Baker- CCSAP Craven County Task Force Chair, on their recent Sticker Shock campaign completed in Craven County on Friday, June 14, 2019, at the Jim Dandy convenience store in Havelock. The students pictured are Abigail Oliver, Hayden White, and Nick Eickhoff. By putting the Sticker Shock stickers on alcoholic cans that look similar to energy drinks, they hope to get one's attention that alcohol (and in most cases a high amount) are in the drink. Great job, guys!



## 5th Annual Making Great Strides For a Healthier Carteret County 2019

The Peer Recovery Center, Carteret County Health Department, and CCSAP Carteret County Task Force will be hosting the 5<sup>th</sup> Annual "Making Great Strides for a Healthier Carteret County", on Saturday September 14<sup>th</sup>, 2019 from 9:00 a.m.– 2:00 p.m. September is National Recovery Month and this year's theme is, "Join the Voices for Recovery: Together We Are Stronger". Let's come together and show all of the wonderful resources and organizations in Carteret County that help reduce substance use/abuse!!



JOIN THE VOICES FOR RECOVERY:  
**TOGETHER WE ARE STRONGER**

[recoverymonth.gov](http://recoverymonth.gov)



## 5TH ANNUAL: MAKING GREAT STRIDES FOR A HEALTHIER CARTERET COUNTY DATE: SEPTEMBER 14, 2019

If you are interested in setting up a vendor booth, sign up at  
<https://www.surveymonkey.com/r/RecoveryResourceFair2019>



## EVENT TIMES:

**9:00 A.M.-9:30 A.M.**  
Recovery Walk at the  
Peer Recovery Center

**9:30 A.M.-11:00 A.M.**  
Public Forum  
Addressing Substance  
Abuse and Prevention

**11:00 A.M.-12:30 P.M.**  
Health and Resource  
Fair, Pill Drop Off,  
Child Seat Check

**12:30 P.M.-2:00 P.M.**  
Speakers at the Peer  
Recovery Center

## LOCATION:

**CARTERET COUNTY  
HEALTH DEPARTMENT**  
3820 Bridges St,  
Morehead City, NC  
(252) 728-8550

**PEER RECOVERY  
CENTER**  
3900 Bridges St,  
Morehead City, NC  
(252) 222-3888





At CCSAP's Onslow Task Force's June meeting, we discussed the Red Ribbon Program and how we would like to promote it this year. Here is a bit of information on the program (if you don't know much about it and what the theme is this year: "Send a Message. Stay Drug Free". The Onslow Task Force will be discussing more ways we can get in the schools and work on this project with them. More can be found by visiting: <http://redribbon.org/preventioneducation/>



**The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, October 23rd - October 31st each year.**

### **What Is Red Ribbon Week?**

It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31<sup>st</sup>.

### **Why?**

The Red Ribbon Campaign® was started when drug traffickers in Mexico City murdered DEA agent Kiki Camarena in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment towards the creation of a DRUG - FREE AMERICA.

### **Who?**

National Family Partnership is the sponsor of the National Red Ribbon Week® Celebration. We are helping citizens across the country come together to keep children, families and communities safe, healthy and drug-free, through parent training, networking and sponsoring the National Red Ribbon Campaign®.

### **Why Support The National Theme?**

A theme unifies each year's campaign and helps to broadcast one message, creating a tipping point to change behavior.

### **How?**

Plan a Red Ribbon celebration. Order and display Red Ribbon materials with the National Red Ribbon Theme. Proceeds from the sale of Red Ribbon theme merchandise helps support prevention programs across America. Order for your family, students, staff, patients, employees and customers and encourage them to wear the red ribbon symbol during Red Ribbon Week®, October 23<sup>rd</sup> - 31<sup>st</sup>.



### Training and FREE NARCAN Nasal Spray Kit available!

Carteret County Health Department and CCSAP's Carteret County Task force held an Overdose Prevention Training in Harkers Island on May 30th. The Bridge Downeast - Ramsey Center and Carteret County Emergency Services helped host and present the training. Carteret County Sheriff's Office helped support and help educate at the event.

If you were unable to attend the training and would like a **FREE NARCAN Nasal Spray Kit**, contact Jimmy MaChipness, Monday through Thursday at (252) 222-5841 ext. 5847 to schedule an appointment.



### CCSAP's Onslow County Task Force Gearing Up for National Night Out August 6, 2019, 5-9PM

National Night Out is America's night out against crime! The event is held annually on the first Tuesday of August at Riverwalk Crossing Park in downtown Jacksonville. CCSAP's Onslow Task Force and other community partners host this exciting annual event to celebrate community and to promote crime prevention. More than 12,000 citizens attend each year.

CCSAP will be conducting teen surveys and handing out educational materials to citizens. They will be partnering with Onslow County Health Department, the Strategic Opioid Advanced Response (S.O.A.R) team, and Community Prevention Services.

If you would like to volunteer or help during this event, please contact Kelli Knapp ([kelliknapp@communitypreventionservices.com](mailto:kelliknapp@communitypreventionservices.com)) or Catherine Memelli ([media@ccsap.org](mailto:media@ccsap.org)).



Be on the lookout for this new trend called the "Shake and Bake" Meth method. It is very dangerous and can easily explode. You can also visit the link to learn more at:

<https://www.verywellmind.com/new-shake-and-bake-meth-method-explodes-67596>

## Shake and Bake Method Can Explode

Updated June 21, 2019

A method of manufacturing methamphetamine, designed to get around laws restricting the sale of the ingredients needed to make [meth](#) is even more dangerous than the old makeshift meth labs, authorities say.

Also known as the "one-pot" or "shake and bake" method, in this scenario meth is produced in a two-liter soda bottle. A few cold pills are mixed with common but harmful household chemicals, producing [enough meth](#) for the user to get a few hits.

### Smaller, Mobile Meth Labs

The old meth labs required hundreds of pseudoephedrine pills, containers heated over open flames and cans of flammable liquids. The cooking process created foul odors making the labs [difficult to conceal](#) and often sparked explosions.

The shake and bake method requires only a few pseudoephedrine pills, circumventing laws passed restricting the sale of large quantities of over-the-counter decongestants, cold, and allergy remedies.

### Extremely Dangerous Meth-Making Method

But the shake and bake method is in no way safer than the old meth labs. If the bottle is shaken the wrong way, or if any oxygen gets inside of it, or if the cap is loosened too quickly, the bottle can explode.

If the old clandestine meth labs caught fire, the "cooks" would just run away. But with the shake and bake method, they are actually holding the bottle when it explodes. Police have linked dozens of flash fires — some of them fatal — to meth manufacturing.

### All Meth Making is Dangerous to the Public

Police departments across the nation are training officers on how to handle the new mobile labs if they encounter them during traffic stops. If an officer doesn't know what he or she is looking for, they may unwittingly spark a fire. Since the mixture in the bottle can catch fire when exposed to oxygen, even an act as simple as unscrewing the cap to see what's inside (since it looks like an ordinary soda bottle), can be potentially life-threatening.

### Sudden Increase in Meth Labs

After years of declining numbers of meth labs being busted by law enforcement, due to the laws restricting the sale of pseudoephedrine, seizures are suddenly increasing again.

The new shake and bake labs put everyone in danger because they can explode while the drug users are driving around, putting other drivers in danger. The old labs were usually concealed in secluded or rural areas because of the odors, but the new "labs" can be anywhere.

### Don't Touch Discarded Meth-Making Bottles

The discarded soda bottles used in the process are also dangerous. Police have found them in ditches, in people's yards, and inside dumpsters.

Authorities suggest that people who find discarded bottles containing an unknown mixture leave them alone. Do not open them or pick them up. Call the police and let them investigate to see if it's a danger.

And with all [illegal drug activity](#), don't try this at home. Meth labs are dangerous enough, but putting toxic chemicals in a soda bottle in a confined space like a car isn't just a recipe for meth, it's a recipe for disaster.



\* Example of what a Shake and Bake Bottle looks like.



**CCSAP**  
COASTAL COALITION FOR SUBSTANCE ABUSE PREVENTION

PROUDLY SERVING  
THE EASTERN NC  
COUNTIES OF  
CARTERET, CRAVEN  
JONES, ONLISOW,  
AND PAMLICO

Contact us: [www.ccsap.org](http://www.ccsap.org) or email: [director@ccsap.org](mailto:director@ccsap.org)