

Remembering ADAM Inc.

Telling Our Story So No More Die

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Education is never ending. When people are young, they may be under the impression that the learning process only applies in pre-school through high school or college. The truth is, life is a learning process. That becomes more evident with each and every passing day and seems to grow sweeter with age.

“Education is what we do,” said Debbie Fowler, a founder of Remembering ADAM Inc, which is based out of Carrolltown.

Remembering ADAM Inc. honors the memory of Debbie’s son, Adam Fowler, who passed away following a heroin overdose on May 19, 1998. Since that time, the Fowler family has been committed to sparing this agony on any other family through many avenues of approach, including the education process.

The family is speaking out about their experience, and after much research, Debbie has touched the lives of both school

students and adults while telling her personal story. She has begun to educate high school students, as well as their parents on the dangers of drug and alcohol abuse and the adverse or fatal effects that accompany it. “Education is very important,” she stated.

In her public speaking ventures, Debbie’s goal is to speak to students in many school districts across Pennsylvania, as well as their parents at various other adult-oriented meetings. She wants to inform people of all ages of the dangers of drug and alcohol abuse. Whether people want to believe it or not it is right here in our own back yard. It is real and dangerous.

While parents have always been encouraged to counsel their children not to use drugs or alcohol, often times parents are simply not aware of present day drugs which extend far beyond the use of marijuana.

In a recently established school

drug screening program, Remembering ADAM committed to randomly screen volunteer participants for the use of amphetamines, barbiturates, cocaine, opiates and alcohol. They also educate parents on how to spot signs of use of these and other drugs among their sons and daughters. The program was a great success and will continue to run in the 2002/2003 school year.

These life saving education tools and techniques that benefit both children and adults have only been made possible by the generous donations that Remembering ADAM Inc., a nonprofit organization, has received from your charitable contributions. Please start or continue to support this very worthwhile cause. The Fowler’s could not continue to educate others so no more die, without your generosity.

Audrey Brothers

SAFE GROUP

(Support for an Addicted Family Environment)

Remembering ADAM Inc. along with Twin Lakes Center provides a support group for parents who are dealing with the anxiety, frustration and heartache that are present when those we care about are involved with the use of drugs and alcohol.

The group is run by a prevention specialist. This group provides an environment in which participants can share experiences, which would enable them to have a better understanding of drug and alcohol abuse.

The meetings are held the first and

third Monday of every month from 7:00 p.m.—8:30 p.m. at the Cone-maugh Community Room Ebensburg, PA.

Won’t you please join us?

Drug or alcohol addiction may begin with a personal choice to use these substances, but research shows that, for many, a physiological dependence soon takes hold; drug dependence produces significant and lasting changes in brain chemistry and function.

An estimated 14 million Americans (6.3 % of the population 12 and older) were current users of illicit drugs in 2000, meaning they had used an illicit drug at least once during the 30 days prior to being interviewed.

Conservative estimates note that for every \$1 invested in addiction treatment, there is a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft. When savings related to health care are included, total savings can exceed costs by a ratio of 12 to 1.

Even elementary-age children feel pressured to drink alcohol, smoke cigarettes, use illicit drugs, and "huff" inhalants. Approximately 40% of 4th, 5th, and 6th graders admit that they would drink alcohol or use crack/cocaine just to fit in or feel older.

Learn how to recognize the potential warning signs of substance abuse, such as changes in sleeping, eating, or grooming habits; hypersensitivity or temper tantrums; unexplained weight loss or gain; red or watery eyes; shaking of the hands, feet, or legs; frequent nausea or vomiting; excessive sweating; a drop in grades at school; loss of interest in family activities; an "I don't care" attitude; excessive need for privacy or secrecy.

Remembering ADAM Inc. Receives Grant

Remembering ADAM Inc. has received a \$5,000 grant from the William V. and Catherine A. McKinney Foundation to provide drug abuse prevention and education.

Remembering ADAM conducts adult drug education programs geared toward educating parents and communities about the types of drugs that can be found in their communities, methods of use, how and where they are sold, street prices, physical effects,

and the legality of each drug.

United States Representative John Murtha said "Remembering ADAM has been very effective in communicating its message, so I've been pleased to support their efforts and look forward to the continued good work they'll be able to do with this grant."

Programs can be scheduled by calling the toll free number 1-877-767-ADAM.

"Getting Street Smart"

Portage—As part of their newly implemented drug and alcohol screening program, an informational session was recently held

"Getting Street Smart"—a parental awareness program was conducted on November 14, at the Portage High School auditorium. The session was attended by 72 parents who listened to speakers Debbie Fowler, co-founder of Remembering ADAM, Inc., and Mindy Rickabaugh, a prevention specialist from Twin Lakes Center. The program educated them on the many aspects of drugs they might not have been aware of.

Mrs. Rickabaugh offered a presentation that provided information on club drugs, raves, inhalants, and other street drugs. She also showed parents how inhalants are used, estimated the cost of various street drugs, provided a

description of those drugs, and also outlined some of the side effects a person experimenting with drugs might have. Printed educational materials on rave drugs and how to receive assistance in Cambria County with regard to illegal drug usage were also distributed to those in attendance.

Mrs. Fowler spoke about her son Adam's 1998 heroin overdose death and told parents the proper steps they can take if they feel their child is using an illegal substance. She also educated them on local agencies where they can find help and most importantly encouraged them not to hide the problem for any reason. "Illegal drug use is more widespread than many people realize and there is nothing to be ashamed of when attempting to cope with and overcome it," said Mrs. Fowler.

The Holiday Spirit

Remembering ADAM Inc. will be sponsoring a fully decorated Christmas tree giveaway.

The Christmas tree will be on display at Fowler's Pharmacy in Hastings.

Chances are \$1.00 each and will go on sale November 1. The drawing will be held December 10. Chances may be obtained from any board member of Remembering ADAM. All proceeds will benefit Remembering ADAM.

Attorney General Mike Fisher Supports Remembering ADAM

Remembering ADAM Inc., held its second annual fund raising gala on March 23, 2002, at the Calvin House in Altoona, PA.

Pennsylvania Attorney General Mike Fisher was the guest speaker. Mr. Fisher stated Remembering ADAM'S work is "about clearing away the cloud of misinformation and denial that can keep parents from recognizing potential problems with their kids." Mr. Fisher made the fight against illegal drugs his top priority when he was first elected Attorney General in 1996. He has used both enforcement and education in striving to take drug dealers off the streets and also help young people understand the

perils they face. "Thousands of high school and college students have already been touched by Remembering ADAM'S efforts," stated Mr. Fisher.

The events for the evening consisted of dinner, entertainment by The MacFarlands, a silent auction and dancing to the music of Stillwater.

"The money we raise tonight will help Remembering ADAM continue its efforts in educating children, parents, and communities about the dangers of drugs and alcohol" stated Debbie Fowler.

The third annual gala is scheduled for March 22, 2003. For more information call 1-877-767-ADAM.

If you believe your adolescent is using alcohol or drugs, do not let the stigma associated with substance abuse delay your decision to get help immediately.

Youth age 16 to 17 have the second highest rate (16.4 %) of current illicit drug use in the country. The highest (19.9%) is found among young people age 18 to 20.

Changes in brain chemistry over time make it difficult for persons with addictive disorders to stop using drugs or alcohol despite their wish to do so.

An estimated 10.5 million current drinkers are age 12 to 20. Of this group, 5.1 million engage in binge drinking, including 2.3 million who would also be classified as heavy drinkers.

More than half of all students in the United States say their school is not drug-free. Teens who attend schools where illicit drugs are stashed, used, or sold, are two times more likely to have marijuana offered to them, and three times more likely to use marijuana. They are also two times more likely to know a teenager who uses LSD, cocaine, or heroin, and nearly three times more likely to smoke cigarettes.

Nearly half (45%) of all deaths from traffic accidents are related to the consumption of alcohol, and an estimated 18% of drivers 16 to 20 years old (or 2.5 million adolescents) drive under the influence of alcohol.

Reverend Scott Gobbel

March 1, 1962—February 2, 2002

Reverend Scott Gobbel's drug and alcohol ministry touched countless lives over the years. "I met Scott shortly after Adam died and he decided he wanted to become involved and together we developed Remembering ADAM." stated Debbie Fowler.

Scott and Debbie spent many weeks developing the nonprofit. Debbie said "Scott was a man of many words and ideas and together we laid the foundation for Remembering ADAM."

Remembering ADAM has developed

the Scott Gobbel Award which will be presented to an individual who is outstanding in the community. The award will be presented once a year at the annual Remembering ADAM vigil held on May 19 of each year.

If you know of someone you would like to nominate for the award please contact Remembering ADAM at 1-877-767-ADAM or by email at adam51998@aol.com.

Volunteer Screening Program

Sixty-five students at Portage High School have participated in the Remembering ADAM Volunteer Screening Program. "We feel it had a positive effect on our students and we anticipate a greater number of members for next school year" stated Doug Conlon, high school guidance counselor.

Remembering ADAM treated the students to a movie at the Westwood Plaza Theater to thank them for their participation in the screening program. "We are proud to step forward and show that we believe in a lifestyle that is drug free" the students wrote in a letter to Remembering ADAM.

Remembering ADAM

Telling Our Story So No More Die

P.O. Box 665
Hastings, PA 16646
Phone: 1-877-767-ADAM
Fax: 814-344-2136
Email: adam51998@aol.com

We're On the Web
www.rememberingadam.com

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MISSION STATEMENT

The Mission of Remembering ADAM Inc. is to bring a radical awareness of the murderous outcomes of drug use. Led by individuals who have a passion for telling their stories of personal tragedy and loss. The organization will aggressively establish opportunities for understanding so no more die.

VISION STATEMENT

Our Vision is for every school in North America to have a comprehensive in-depth drug awareness program that reaches every student K-12. We envision whole families and communities becoming transformed from the numbing reality of the current drug culture. This transformation will lead to a new reality in that parents and children will not only be aware of the dangers of drug use, they will also find a whole new way of relating to the world around them. We envision a time when communities "push out the pushers," usher in effective modes of communication, establish laws that will significantly and effectively decrease the flood of drugs into our communities, and return control of the "village" to those who seek to nurture and enrich life, rather than kill, steal and destroy.