



THIS E-NEWS

November 30, 2017

ANNOUNCEMENTS

- ❖ **Want to know what's going on in the community? Look here:**
<https://www.talawanda.org/resources/community-events-%2Bactivities-36/>
- ❖ **Jostens will be in the cafeteria from 7-7:45 on December 5th for order turn in. This will be the last opportunity to turn in orders before the holiday break!**
- ❖ **Saturday Dec.1, is the Uptown Holiday Craft Sale at the Oxford Community Arts Center from 9m-4pm. The sale is run by the Band Boosters so this is a great opportunity to do some holiday shopping while supporting the band!**
- ❖ **Would you like to brighten someone's holidays? You can! If you are a student who is 16 years or older, you are able to donate blood on Monday, December 10th from 8 AM to noon! You can pick up forms a lunch, the front office or in Mrs. Gregory's room! Forms are due by December 5th if you would like to donate. There are only 100 slots, and they are on a first come first serve basis! You will receive your donation time when you turn in your forms!**
- ❖ **REMINDER: Weather delays this year will be 2 hours.**

THS CALENDAR OF Events Dec. 2nd to Dec. 8th

Sunday, December 2nd

Field trip- Model UN in Columbus

5:45pm Varsity Hockey vs. Troy (away)

Monday, December 3rd

Field trip- Model UN in Columbus

All day Room use- EOC Retesting,
7 – 8pm Room use- 6th Grade Band Concert, PAC

7:30pm Girls Varsity Basketball vs. Fairfield (away)

Tuesday, December 4th

Field trip- Model UN in Columbus

All day EOC Retesting
2:30 – 4pm Academic team, 424

7:30pm Boys Varsity Basketball vs. Taylor (home)

Wednesday, December 5th

All day EOC Retesting
7 – 7:45am Jostens order turn in, Cafeteria

7 – 9pm Athletic boosters, Media Center

4:00pm Varsity Academic vs. Northwest (away)

6:00pm Varsity Wrestling vs. Hamilton/Mount Healthy (home)

Thursday, December 6th

All day EOC Retesting
11 – 12:30pm Army Recruiter, Cafeteria
2:30 – 4pm Academic team, 424
4:30 – 7pm Literacy Program
7 – 8pm TMS/THS Orchestra Concert, PAC

Friday, December 7th

All day EOC Retesting

5:00pm Varsity Hockey vs. Indian Hill (home)

5:00pm Varsity Wrestling tournament, Edgewood (away)

Saturday, December 8th

7:30 – 12pm ACT testing

9:00am Varsity Wrestling tournament, Edgewood (away)

2:30pm Girls Varsity Basketball vs. Union County (home)

4:20pm Varsity Hockey vs. North Royalton (home)

7:20pm Varsity Hockey vs. Freemont (home)

7:30pm Boys Varsity Basketball vs. Bishop Fenwick (away)



Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:
PreventionActionAlliance.org

Know! is a program of:

Prevention
Action Alliance



Link to the article on the Prevention Action Alliance Facebook page



Link to the Spanish archives

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Start Talking!



Building a Drug-Free Future

Know! CBD – Miracle in a Bottle or Modern-Day Snake Oil?



If you haven't yet heard of CBD oil, you will soon. It's one of the hottest, trendiest products on the market, and it claims to be a cure-all for whatever ails you. Celebrities are not only talking about and endorsing a variety of CBD oil-infused products, but they're also creating and selling product lines of their own. CBD oil can come in everything from your morning coffee to your nighttime facial crème. It seems everyone wants to get in on the latest craze.

Young people are becoming increasingly more aware of the vast claims made about this “magical elixir” as well; so it is important to learn more about it so that you can share the facts with them and help them cut through the extravagant marketing claims.

What is this supposed miracle potion; is it safe; is it legal; and what exactly does it do?

By definition, CBD is short for cannabidiol, a compound found in and extracted from the cannabis plant. CBD oil may contain very low levels of THC, the compound in marijuana that produces a “high” – but that is not always the case.

The claims of health and wellness benefits stretch far and wide. In fact, ads for CBD oil claim it can address:

- Inflammation
- Pain
- Anxiety
- Depression
- Post-traumatic stress
- Insomnia
- Cancer
- Liver health

In addition to assertions of medical benefits, there are claims that CBD can prevent hangovers, help with acne and assist in social situations. You can now find CBD in health and beauty care for both people and



Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.

Empowering Parents To Raise Their Children To Be Substance-Free



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pets; lip balms, bath bombs, sleeping masks, shampoos, massage oils, anti-wrinkle serums, anti-acne lotions, soaps, mascara, dog food, and cat treats. You name it and there seems to be a CBD oil-infused product popping up for it.

Health experts say consumers should be advised—just because a product is being sold online or on a store shelf does not mean it is credible or dependable.

Necessary research is being conducted with regard to the potential benefits CBD may provide. This research has led to the [Food and Drug Administration approving a cannabidiol-based drug called Epidiolex](#). It is the **first and only** FDA-approved prescription cannabidiol (CBD), and it can be prescribed for Dravet and LGS—two severe forms of epilepsy. Preliminary research also indicates that CBD may aid in reducing the symptoms of schizophrenia. As for other benefits, the jury is still out.

Unlike the CBD lip balms and serums you might find on the Internet, Epidiolex also has instructions for dosing the drug and lists of known adverse reactions and drug interactions that can only come with clinical tests.

The newest claim is that marijuana and CBD could help people avoid opioids. However, according to National Families in Action and The Marijuana Report, people who use various forms of marijuana for medical use are more—not less—likely to abuse prescription drugs including painkillers, stimulants, and tranquilizers.

Physicians also warn that research is in its infancy and there are potential hazards with experimenting with CBD. Because of the general lack of oversight of the various CBD products available, there is no way of knowing exactly what is in these products. There can be contaminants from pesticides, herbicides, and solvents used in the extraction process. There can also be a mislabeling of the amount of THC in a product, which can be especially concerning for children. And when researchers put a large number of CBD products to the test, many showed to contain synthetic CBD, while others contained little or no CBD at all—contrary to what the packaging promoted. CBD can have negative interactions with other medications as well. And health experts say that there are many different strains of the cannabis plant with differing strengths and differing effects, and that purity and dosage in many of these products on the market are not reliable.

As far as the legality of CBD oil, that depends on your state. But as far as the federal law is concerned, cannabis and cannabis products remain illegal in every state—other than prescription cannabidiol Epidiolex. Confusing, yes.

CBD may not exactly be today's snake oil, but it isn't likely to be the miracle in a bottle that so many people are banking on either. The good news is, the U.S. Food and Drug Administration has approved **purified** CBD to treat two extreme forms of epilepsy. However, no other forms of CBD have been approved to treat any other disease or condition; nor has it been proven to take away our wrinkles or acne, aide in liver health or improve our pets' lives. While CBD may have further potential, it is important to allow the experts to conduct their research and take the



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appropriate measures to ensure that any product that reaches us and our family members are promoted in a factually correct manner, and its contents have been proven to be safe and effective.

Sources: [National Families in Action: The Marijuana Report – Fact Check, September 5, 2018.](#) [The New York Times, Alex Williams: Why Is CBD Everywhere? Oct. 27, 2018.](#) [State of Ohio, Board of Pharmacy: Clarification on Cannabidiol \(CBD\) Oil.](#)