Hello LIVE REAL Mentors,

The leaves are changing, sweaters are coming out, and the scent of pumpkin pie is in the air... but be sure you don’t “fall” for myths about marijuana! Here is a sneak peek at some of the myths (and the facts) that will be discussed at the LIVE REAL Mentor – Marijuana session on Tuesday, October 25th at Noon in the Prairie Room, Memorial Union:

- **Myth #1: Marijuana is not as harmful to your health as tobacco**
  - **Fact:** Smoking one marijuana joint has the impact on an individual’s lung capacity of 16 tobacco cigarettes. Additionally, marijuana smoke contains between 50-70% more cancer-causing chemicals than the levels found in tobacco smoke. Smoking marijuana has been clearly linked to respiratory problems.

- **Myth #2: Driving high is safer than driving drunk**
  - **Fact:** Marijuana affects alertness, concentration, perception, coordination and reaction time – essential skills required for safe driving. Even moderate doses of marijuana have been shown to impair driving performance. Researchers from the National Highway Traffic Safety Administration found that 17% of crash victims under the age of 18 tested positive for marijuana.

- **Myth #3: Marijuana is used to treat cancer and other diseases**
  - **Fact:** Marijuana is listed as a Schedule I controlled substance in the United States, which means it is recognized as a dangerous drug that has no medical value. However, some states have removed criminal penalties for possessing marijuana for “medical” use. While THC, the primary active chemical in marijuana, can be useful for treating some medical problems, smoking marijuana has never proven to be medically beneficial. The currently available evidence strongly suggests that the adverse effects of marijuana smoke on the respiratory system offset any possible benefits of its use. A synthetic form of THC named Marinol is available by prescription to control nausea and stimulate appetite in people with various medical conditions.

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**Other Announcements:**

- **Before One More Day** is taking place Thursday, October 20th from 1-4pm in the Memorial Union. Students are encouraged to wear their Before One More t-shirts and stop by the booth near the coffee shop for a prize! Don’t have a Before One More t-shirt? Stop by and participate in a brief screening for a free t-shirt! All students who participate in the brief screening will also be entered into a drawing for a grand prize.

- **The 2011 NDSU Wellness Fair** will take place on Wednesday, October 12th from 10:00am – 3:00pm. Vendors from NDSU and the Fargo-Moorhead community will be available in the Memorial Union Great Plains Room with displays, games, contests and give-aways! Look for Alcohol and Other Drug Prevention staff at the Before One More booth. Stop by to win a free t-shirt or another great prize.
• Upcoming LIVE REAL Mentor Trainings:
  o Thursday, Oct 13<sup>th</sup> - 12:00pm (Noon) in Prairie Room, Memorial Union
  o Tuesday, Oct 25<sup>th</sup> - 12:00pm (Noon) in Prairie Room, Memorial Union (Marijuana-specific session)
  o Tuesday, Nov 15<sup>th</sup> - 4:00pm in Barry Hall 360
  o Wednesday, Dec 7<sup>th</sup> - 12:00pm (Noon) in Prairie Room, Memorial Union

Have a wonderful and safe October and watch for the next LIVE REAL Mentor listserv email in early November!

Best,

Erika