

## Upcoming Speakers

7/27 - Former Kentucky Governor Martha Layne Collins  
8/3 - Mary Foley, Executive Director, Merryman House Domestic Crisis Center

## Club Leaders



**Glen Anderson**  
President



**Melanie W. McNeill**  
President-Elect



**Shawn Turner**  
Secretary



**Thomas Scott Taylor**  
Treasurer

**Mardie R. Herndon**  
Rotary Foundation Chair

**Don Barger**  
Sergeant-at-Arms



**John A Williams Jr.**  
iPast President

**Denise A Chapman**  
Club Executive Secretary

## Board of Directors Currently Serving

Barry Smith  
Bruce Akin  
Clay Howerton  
David Hutcheson  
Dee Dee Whittaker  
Don Barger  
Frank Bennett  
John Williams, Jr.  
Lewis Carr  
Maurie McGarvey  
Melanie McNeill  
Randy Bridges  
Scott Taylor  
Shawn Turner  
Susan Carr  
Terry Reeves

## Birthdays

Jeff Pederson  
July 21  
Brandon Barnhill  
July 22  
Melanie W. McNeill  
July 23  
Daniel Key  
July 25



# GearTeeth

The Rotary Club of Paducah

Website: [www.PaducahRotary.org](http://www.PaducahRotary.org)

July 20th, 2016 Issue 78, Number 3

*Gear Teeth is published weekly except New Year's, Easter, Quilt Week,  
4th of July, Labor Day, Thanksgiving and Christmas.*

## "Playing with Fire": The Effects of Substance Abuse on Adolescents

July 20th, 2016



The combination of substance abuse during early-stage development of the brain, often leads to regrets that last a lifetime. That's the message of a new substance abuse consortium directed at curbing substance abuse among teenagers.

Cardiologist Dr. Pat Withrow, Director of Clinical Outreach at Baptist Health Paducah, explained the human brain's development stages. Since full development doesn't occur until our 20's, Withrow said, teen substance abuse occurs at a time when the brain is most vulnerable to damage. The front lobe, he said, matures last.

Coincidentally, the front lobe is also the section that controls judgement and, consequently, behavior. Substance abuse, plus adolescent hormonal changes, sets the stage for behavior that could be detrimental for a lifetime.

"Playing with fire," is how Withrow described the combination of teen brain development, hormonal changes, and substance abuse.

Withrow says teens, typically middle school age and above, often experiment with substance abuse to cope with personal issues such as depression, being bullied, non-social personality traits, and feelings of hopelessness. After experimenting, Withrow says the longer term effects are exacerbated by heredity, the teen's age at first use, and the availability of addictive and damaging drugs. He specifically cited nicotine, alcohol and marijuana...and prescription medication...as the most often abused substances by teens.

The U.S. Centers for Disease Control reported in 2014 that more young people died from drug abuse than car accidents.

Withrow, through Baptist Health, has combined with the Paducah Police Department and local school systems to present assembly programs to teens in Western Kentucky.

Joining Withrow was Captain Anthony Copeland of the PPD. Copeland said the combined efforts resulted in all three groups' "common goal" of curbing teen substance abuse. Copeland said as much as he's concerned about the effects of drug abuse, he has always questioned "why" the individual chose to take that path. That, he said, is where the three groups work the best by trying to identify what leads teens to experiment, then become addicted to drugs. He warned that teens often underestimate the danger of prescription medication when abused because of its origin as a legitimate substance.

Copeland closed with a plea to Rotarians to be proactive in spotting drug abuse in loved

**Don Barger**

July 29

**Scott Powell**

July 30

**Victor Sredl**

July 31

**Christopher Sims**

August 01

**Patrick Withrow**

August 04

**Cathy Creelius**

August 04

**Brian J. Laczko**

August 07

**Wayne M. Shelton**

August 09

**Steven A. Powless**

August 11

**John G. Barker**

August 12

**Lance Allison**

August 14

**Bill Glenn Holsapple**

August 15

**Kevin Peck**

August 15

Copeland closed with a plea to Rotarians to be proactive in spotting drug abuse in loved ones.

“Never assume kids know the dangers of drugs,” Copeland said.

## Announcements

July 20th, 2016

Rotarian Eddie Grant, speaking on behalf of the 120 members of the Paducah Hospitality Association, announced a donation from the group to the Rotary Playground Project fund. The group made a cash donation of \$500. This gracious gift is in addition to the group's donation of hundreds of meals prepared and served during construction week. The Rotary Club of Paducah sends a sincere Thank You to the Paducah Hospitality Association.

## New Member Proposals

July 20th, 2016

Upon recommendation of the Membership Approval Committee and the Board of Directors, The following people have been proposed for membership in the Rotary Club of Paducah:

**Megan Thomason, Pierre McCombs, Chuck Hank and Ken Knapp.**

*Objections must be filed in writing to the Club Secretary within seven days. It is not necessary to respond if you do not object to this recommendation.*

## Guests

July 20th, 2016

Diane Davis, Shelby Doucet, and Chad Lampe – guests of Dr. Pat Withrow

Dodie Stagner, Taylor Rains and Brad Housman – guests of Roy Lowdenback

Courtney Walker, Scott Black, Somu Chatterjee, Scott Leplant, and Ken Knapp – guests of Mike Muscarella

Dr. Bill Murphy – guest of Rayla Bridges

Dr. Jonathan Couch and Terrance Adams – guests of Suzanne Farmer

Bjorne Hansen – guest of Ken Wheeler

Jessica Arnold and Dr. John Brazzell – guests of Emerson Goodwin

Chuck Hank – guest of Glen Anderson

Gayle Martin – guest of Barry Smith

Jonas Neihoff – guest of Lorraine Schramke

Eleanor Spry – guest of Brad Clark

Morgan Guess – guest of Craig Guess

Gina Leeper – guest of Laurie Latham

Taylor Thomas – guest of Susan Guess

