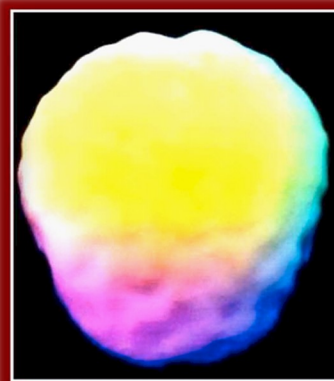


February is Marijuana Awareness Month

Marijuana Effects on the Brain:

Marijuana use directly affects brain function—specifically the parts of the brain responsible for memory, learning, attention, decision – making, coordination, emotions and reaction time. Marijuana has also been linked to a wide range of mental health problems, such as depression and social anxiety. People who use marijuana are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia .

Although scientists are still learning about the effects of marijuana on developing brains, studies suggest that marijuana use by mothers during pregnancy could be linked to problems with attention, memory, problem-solving skills, and behavior in their children.



Normal Brain



Marijuana Abuse

Courtesy of Daniel Amen, M.D.

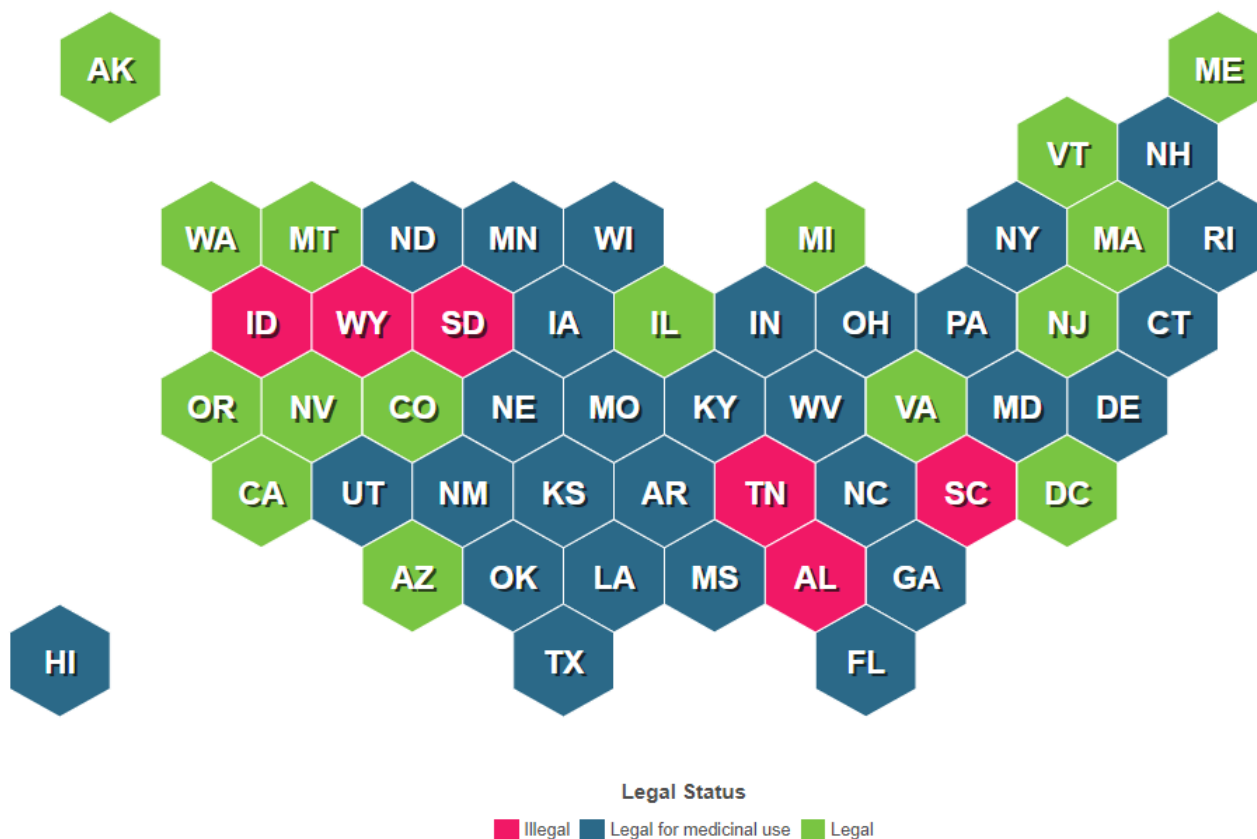
Marijuana Effects on the Body:

- **Weakened Immune System:** THC may suppress your immune system, making you potentially more vulnerable to infection
- **Respiratory Effects:** Much like tobacco smoke, cannabis smoke is made up of a variety of toxic chemicals, including ammonia and hydrogen cyanide, which can irritate your bronchial passages and lungs.
 - If you're a regular smoker, you're more likely to wheeze, cough, and produce phlegm. You're also at an increased risk of bronchitis and lung infections. Cannabis may aggravate existing respiratory illnesses, such as asthma and cystic fibrosis.
- **Circulatory system:** One of the telltale signs of recent cannabis use is bloodshot eyes. The eyes look red because cannabis causes blood vessels to expand and fill with more blood.
 - THC can also lower pressure in the eyes, which can ease symptoms of glaucoma for a few hours. More research is needed to understand whether THC can offer long-term benefits for glaucoma.

Legality of Marijuana

Marijuana has a lengthy and complicated history in the United States. The use, sale, and possession of cannabis are currently illegal under federal law. However, individual states have enacted their own laws that often contradict the federal position. Prior to its use in the U.S. as a recreational substance, hemp crops were grown for industrial use during early American history—even by George Washington. However, the passage of the 1937 Marihuana Tax Act ultimately spelled the end of the hemp industry in the U.S. In 1970, the Controlled Substances Act classified marijuana as a Schedule I drug, which means that it is considered to have "high abuse potential with no accepted medical use" under federal law. The Agriculture Improvement Act of 2018 removed certain cannabis products (including hemp) from the Controlled Substances Act, making them legal to produce and market. But anything with 0.3% or more delta-9-tetrahydrocannabinol (THC) is still considered illegal at the federal level.

In spite of this, several state and local governments passed their own laws to allow the use of marijuana products, though some restrictions may apply. The states where recreational and medical marijuana are legal are: Alaska, Arizona, California, Colorado, Connecticut, District of Columbia, Illinois, Maine, Massachusetts, Michigan, Montana, Nevada, New Jersey, New Mexico, New York, Oregon, Rhode Island, Vermont, Virginia, and Washington. The following states have legalized CBD oil only: Georgia, Indiana, Iowa, Kentucky, Tennessee, Texas, and Wisconsin.



Delta-8

Delta-8-tetrahydrocannabinol (or Delta-8-THC) is a cannabinoid that is gaining popularity in the United States and throughout the world. This craze began when an oversupply of CBD extracted from US-grown hemp caused the price of CBD to plummet. The producers began looking for ways to turn the surplus of CBD into something profitable. Using simple chemistry reported in the 1960s, the industry got creative and started experimenting with ways to convert CBD into Delta-8-THC. The resulting products target consumers who are looking to



relieve stress and anxiety, especially those who don't want to use traditional cannabis products or those who live in places where cannabis products are not legally available.

How easy is it to get?

There is currently no federal regulations setting the minimum age to purchase Delta-8, however several states have made it that you have to be 21 or older (in Wisconsin you have to be 21 or older). If you do a simple Google search online for "Delta-8 THC Products" you will see several online stores to purchase products. Many of the websites have a prompt that pops up asking if you are over the age 21 and asks for your birth date again before checking out. However, there are some individuals who believe there needs



to be a better system when it comes to buying Delta-8 products online. It isn't just an online market, but you can also purchase Delta-8 products at dispensaries, head shops (a store that sells drug paraphernalia), vape shops, gas stations and even some grocery stores.

Different Delta-8 Products

Delta-8 can come in a wide range of different products including gummies, vape cartridges, oil, pre-rolls, lollipops, cigarettes and more.

The Effects of Delta-8 THC

Research is still being conducted on the long term effects of Delta-8 as well as the short term effects

1. **Anxiety (when taking too much):** While it has been said that Delta-8 shouldn't produce anxiety once consumed, but too much can cause massive amounts of anxiety. Several Delta-8 producers recommend taking smaller doses until the person knows how much would work for their body.

2. **Dry Eyes/Mouth**

3. **. Grogginess:** Higher doses of Delta-8 THC can make someone feel temporarily groggy and this can be accompanied by brain fog, fatigue, mild lightheadedness, and poor concentration.

4. **Getting too much of a body high:** This could mean difficulty moving, known as "couch lock", an over awareness of sensations in the body that can lead to anxiety, and temporary feelings of numbness, twitching and cold/warm sensations.

5. **Inability to focus on work**

6. **Drug Test:** Even though Delta-8 is legal in most states, it will still show up on your drug test. Drug tests show both THC and CBD.



Delta-8 THC and Youth



Since Delta-8 THC has only recently made it's way into the spotlight, there is still quite a bit of research that needs to be done on the full long term effects that it can have on the human brain, especially a teen brain. However, throughout the United States there has been an increasing amount of Delta-8 incidents that have occurred with children and teens. Many have accidentally consumed Delta-8 gummies in large quantities thinking that it was CBD. This has lead to low blood pressure, difficulty breathing, severe sedation, coma and psychological effects. Long term effects are not known at this point.

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.