

**Fellow Polk Countians,**

**Methamphetamine addiction has been identified as one of the most dangerous and challenging addictions to prevent and treat. Meth and other drug addictions impact every community in the U.S. economically and socially. We are no exception.**

**To educate our children and prevent future meth abuse in Polk County, the Livingston Rotary Club initiated "Don't Meth With Me" in 2010. This program aims to break the cycle of drug addiction by educating every 5th grade student in Polk County to the dangers of Meth. By teaching our children how to identify the drug and understand its effects, we prepare them to make better choices. This takes us a step closer to saving our kids and reducing the damage that Meth causes in our County.**

**Please join me in support of this valuable Rotary program. We owe it to ourselves, our children, and our community to make every effort to break the cycle of drug abuse and eliminate the negative impact it has on our entire community.**

Sincerely,



**Sydney Murphy  
Polk County Judge**

Meth and me

When I was in 5th grade, my parents did all kinds of drugs including Meth. They didn't realize that their use of drugs effected more people than only themselves. For eleven years, I watched that. It was hard, it was traumatic, and it certainly was not fun.

Watching the harmful effects of the drugs on my parents, made me never want to do drugs. I can't even begin to tell you how many times I watched my mom almost die. I was young, maybe 6 or 7 years old at that time. She would lay on her bed and convulse, begging me to help in some way. I was so scared, what 6 year old knows what to do.

Being a child, it was hard to see my mom and dad go in and out of jail. But not knowing was even harder. Not knowing whether or not they were dead or alive. Not remembering the last thing I said to them. Not knowing if I'd ever see them again. Those are my first memories of my parents and it made me grow up fast.

For the last 5 years, my parents have been clean. My mom got out of rehab in 2008, and my dad got out of prison in 2009. Since then, they've been completely sober. I'm so tremendously proud of them. They are amazing and wonderful. Now, they are definitely the best parents I could ask for.

Since I have seen all of this, I am extremely thankful they are alive. Plus, I will never even consider doing drugs, especially not Meth, because I saw what it did to our family.

Sadie

We've been blessed to call Polk County home since we were married back in 1984. We raised our kids here. They were surrounded by wonderful friends and positive influences. They made good decisions and have become happy, healthy adults.

So why, you may ask, would we give any thought to solving the methamphetamine problem? It's simple. There are those whose lives, because of an evil drug, are off the rails and headed for disaster.

Their lives have been consumed by meth. Jobs come and go. Bills go unpaid. Meals may be few and far between. Health deteriorates rapidly. And the saddest part of it all is that the children, through no fault or choice of their own, are impacted the most.

It's easy to ignore the problem as we go about our daily lives. But that doesn't make the problem go away, and it doesn't rescue innocent children.

That's why we're passionate about the Don't Meth With Me program. It educates and empowers children to understand the dangers of meth and to learn how to say, "No meth! Not even once!"

Does Don't Meth With Me make a difference? You bet it does!

That's why we're asking you for your help. The child you save from the cruel grip of meth could change the world. Please help by supporting Don't Meth With Me, and let's get rid of meth for good! We can do this!

- Keith and Peggy Stapleton