



- Black History Month
- American Heart Month
- LGBTQIA+ History Month
- Spay & Neuter Awareness Month

• World Cancer Day / 4

- Boy Scout Day / 8
- Presidents Day / 17
- Eating Disorder Awareness Week / 2.24 - 3.2

Center for Humanistic Change

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What's **SAP**pening

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The U.S. Surgeon General, Dr. Vivek Murthy, recently highlighted the need for new warning labels on alcoholic beverages to inform drinkers about their potential links to cancer. He pointed out a direct connection between alcohol consumption and an increased risk of several cancers, including breast, esophageal, and liver cancers.

Some advocacy groups support this initiative, they recognize that it faces significant challenges, primarily because any changes would require approval from Congress. Current alcohol warning labels have not been updated since 1988, and many Americans remain unaware of the cancer risks associated with alcohol consumption. Only 45% of people recognize alcohol as a risk factor

The report shows that breast cancer has the

highest alcohol-related risk for females while

liver cancer and colorectal cancer are the

highest risks for men.

for cancer, compared to much higher awareness levels for risks such as tobacco use.

Dr. Murthy argues that improved labeling could help enhance public understanding of these dangers. However, members of the alcohol industry have expressed skepticism, requesting that all scientific evidence be carefully considered before any label changes are made. While the Surgeon General can recommend voluntary labeling, it is expected that there will be considerable resistance from manufacturers.

Dr. Murthy is advocating for new labels to acknowledge the link between alcohol and can-

cer, as well as for updated assessments of alcohol consumption guidelines to include cancer risk. Even advocacy groups in favor of this change

To help lower alcohol-related cancer risk, the

Surgeon General recommends that cancer

warnings be placed on the labels of alcoholic

beverages, including beer and wine.

have acknowledged that the process will encounter significant hurdles before any labels might appear on store shelves, as the final decision rests with Congress.

A warning label about cancer related to alcohol won't be introduced immediately, but the Surgeon General's consideration could boost efforts by advocates who believe it could save lives by improving consumers' understanding of the alcohol-cancer link.

Surgeon General Murthy stated that adding a cancer warning could improve public awareness, which has remained stagnant despite new findings. A 2019 survey revealed that only 45% of Americans recognized alcohol as a cancer risk, compared to higher awareness of other risks like radiation (91%), tobacco (89%), and asbestos (81%).

Globally, 47 countries mandate health warnings on alcohol. South Korea requires manufacturers to use one of three cancer-related messages, while Ireland will implement similar labels in 2026, stating the direct link between alcohol and fatal cancers, as well as warnings about liver disease and pregnancy. **2nd Annual Benefit**

SPRING GOLF OPEN

Monday, May 5, 2025

Green Pond Country Club Check-in Opens 8AM - Scramble Start 10AM

Individual Player - \$160

Includes 18 holes of golf with cart, lunch, buffet dinner, contest prizes, premium raffle. **Sponsorships available!**



February Bucket List – Celebrate the Love

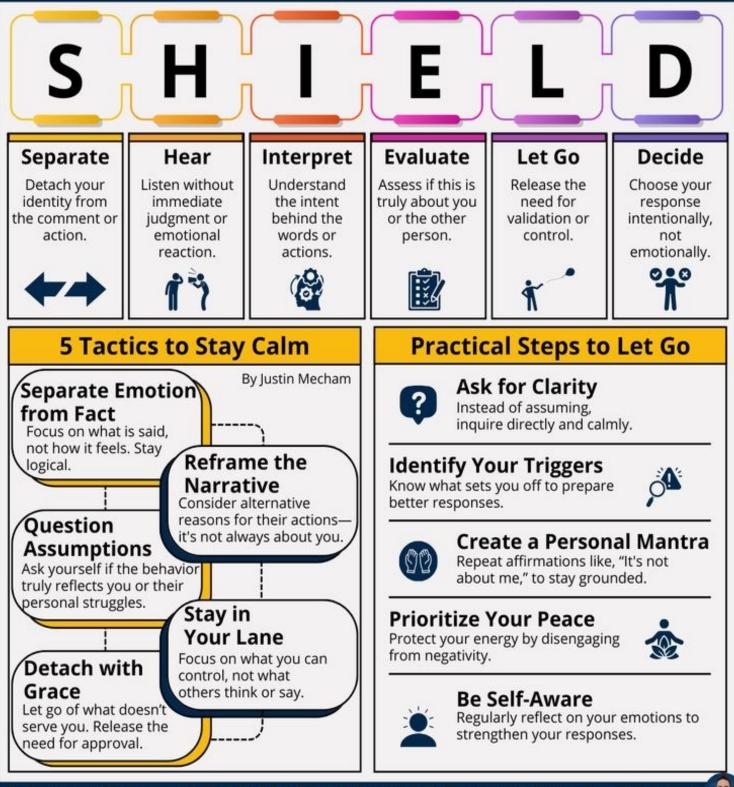
The lead-up to Valentine's Day is the perfect time to think about all things love. Use this month to craft your family's traditions around love and connection.

- Create a silent means of family communication.
- Start an "I love you" hand-squeeze tradition.
- Take a selfie with an "I love you" sign, print it, and slip it somewhere for your child to find.
- Leave surprise notes for your child to find.
- Put affirmation hearts on your child's bedroom door every day leading up to Valentine's Day.
- Make a Valentine's seasons tree. First, go on a walk! Find a small branch, one that can be propped in the corner of a room or placed in a large vase. Then make some ornaments.
- Watch a family-friendly love story. Grab the popcorn and enjoy a loved-themed movie night. You might also consider Disney classics like Beauty and the Beast or The Little Mermaid.
- Enjoy a family craft night.
- Hang up a Valentine's garland.
- Make paper snowflakes with a heart design.
- Add conversation cards to the dinner table.
- Read themed picture books.
- Make a heart in nature with twigs, pinecones, rocks, etc. Go outside and use twigs, pinecones, rocks, or other foraged nature bits to make a giant heart. Take photos of your kiddo with your creation, then leave it for passersby to also enjoy.



Nighttime Screen Use by Children and Adolescents

RESPOND, DON'T REACT THE SECRET TO NOT TAKING THINGS PERSONALLY



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