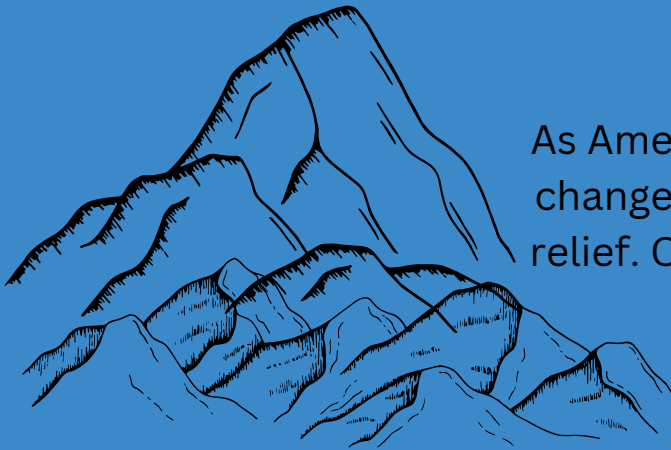# CAB Newsletter

CAB Meeting

Your participation in our project is vital! Please feel free to distribute the following link through email, listservs, or text to people in your community who may be interested in enrolling in our study: **https://redcap.med.upenn.edu/surveys/?s=MTWHWWRTFMRMENE3**

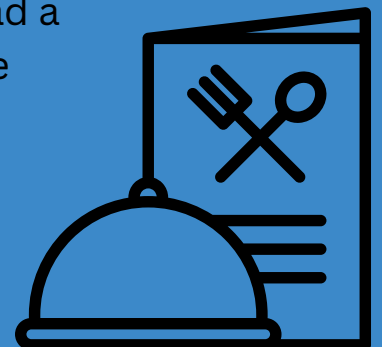## Why the famed Appalachian Trail keeps getting longer - and harder

As America has transformed, so, too, has the A.T. — changes that have inspired resistance, ridicule and relief. Originally 2,050 miles, it is now <u>almost 2,200 miles</u>. And it continues to get longer. **<u>Click Here to Read!</u>**

A gay couple ran a rural restaurant in peace. Then new neighbors arrived

As soon as she spotted the lifeless vermin, Tiffany Foster had a hunch about how it appeared near the trash bins behind the Front Porch Market and Grill in The Plains, Va. The general manager went inside, pulled out her phone and reviewed security-camera footage. Her suspicion was confirmed: The dead rat had been tossed onto the property.
<u>Click Here to Read!</u>

Gaslighting happens in families. How to spot and stop it.

In families, gaslighting, a form of emotional abuse, is confusing and hard to accept. Why would people who love you want to drive you crazy or undermine your reality?

Click Here to Read!

Breaking Free: New Treatment Helps People Stop Using Addictive Opioid Painkillers

Prescription opioids are currently used by over 1 million people in the UK, with more than 50,000 of these individuals having used these drugs for half a year or longer. This imposes a substantial financial burden on the NHS, with estimated annual costs reaching up to £500 million.

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Serve a Drink, Then Save a Life: This Is Restaurant Work During the Opioid Epidemic

As fentanyl overdoses in public spaces spike, the lifesaving drug Narcan is being stocked by more and more bars and restaurants.

Click Here to Read!

Editors: Marta Durantini and Chris Quasti