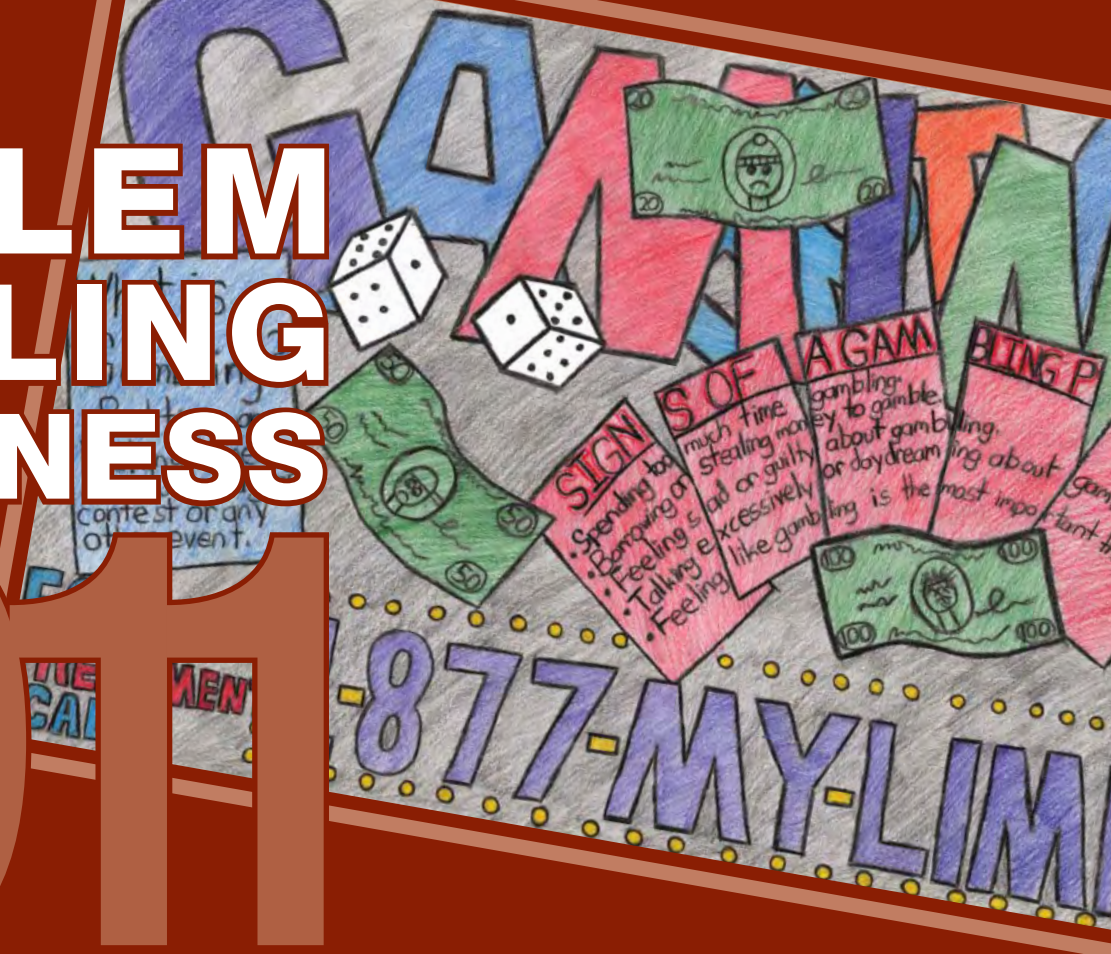


# PROBLEM GAMBLING AWARENESS

# 2011

# CALENDAR



ARTIST: Jorge Garibay  
YEAR: Eighth grade

# 2011

## PROBLEM GAMBLING AWARENESS CALENDAR

The 2011 Problem Gambling Awareness Calendar features young people's views on problem gambling, expressed through art.

State and county agencies and middle school teachers and students collaborated to create this calendar. Each year, in observance of the National Problem Gambling Awareness Week (first week of March), middle school youth create messages and images that convey the risk of developing a gambling problem. A panel of judges selected the student art in this calendar from among several hundred entries. If you would like more information about participating in the annual art search, please contact Greta Coe at [greta.l.coe@state.or.us](mailto:greta.l.coe@state.or.us).



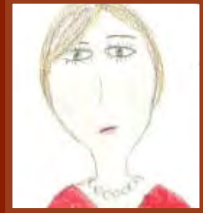
JANUARY



FEBRUARY



MARCH



APRIL



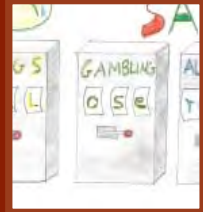
MAY



JUNE



JULY



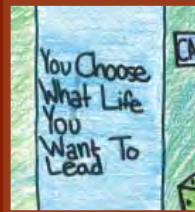
AUGUST



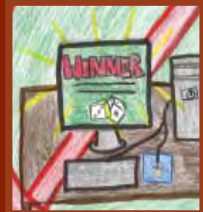
SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



ARTIST: Gray Bouchat

YEAR: Seventh grade

 Q: Which of the following is the most often reported game of choice among those in problem gambling treatment?

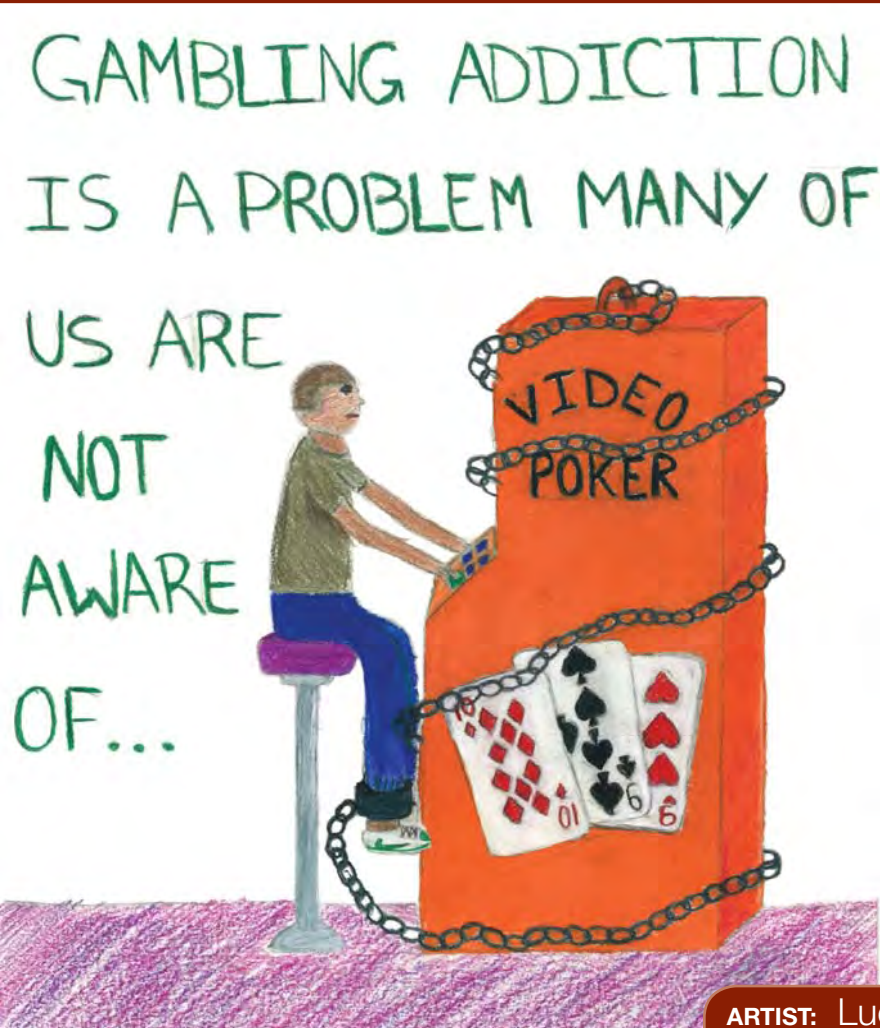
- A) Bingo   B) Sports bets   C) Video/electronic gambling   D) Lottery tickets

# JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> New Year's Day
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Martin Luther King Day	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
30	31					



**A:** Answer is C. Video/electronic gambling. Almost 9 in 10 problem gamblers in Oregon treatment programs report video poker/slots/line games as their primary game of choice (DHS, 2010).



ARTIST: Lucy Bautista  
YEAR: Eighth grade



**Q: True or False** — It's easy to tell if someone has a gambling problem.

# FEBRUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Chinese New Year	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents' Day	22	23	24	25	26
27	28					



**A:** Answer is False. Gambling is called the hidden addiction because there aren't necessarily easily recognizable signs of being "under the influence"; also, since most people aren't aware of the signs of a gambling problem it can go undetected.



**ARTIST:** Mitch Vetzten  
**YEAR:** Seventh grade

**Q:** Which of the following is a risk factor for becoming a problem gambler?

- A)** Gambling before the legal age
- B)** Alcohol use
- C)** Parental history of gambling
- D)** An early "big win"
- E)** All of the above

# MARCH 2011

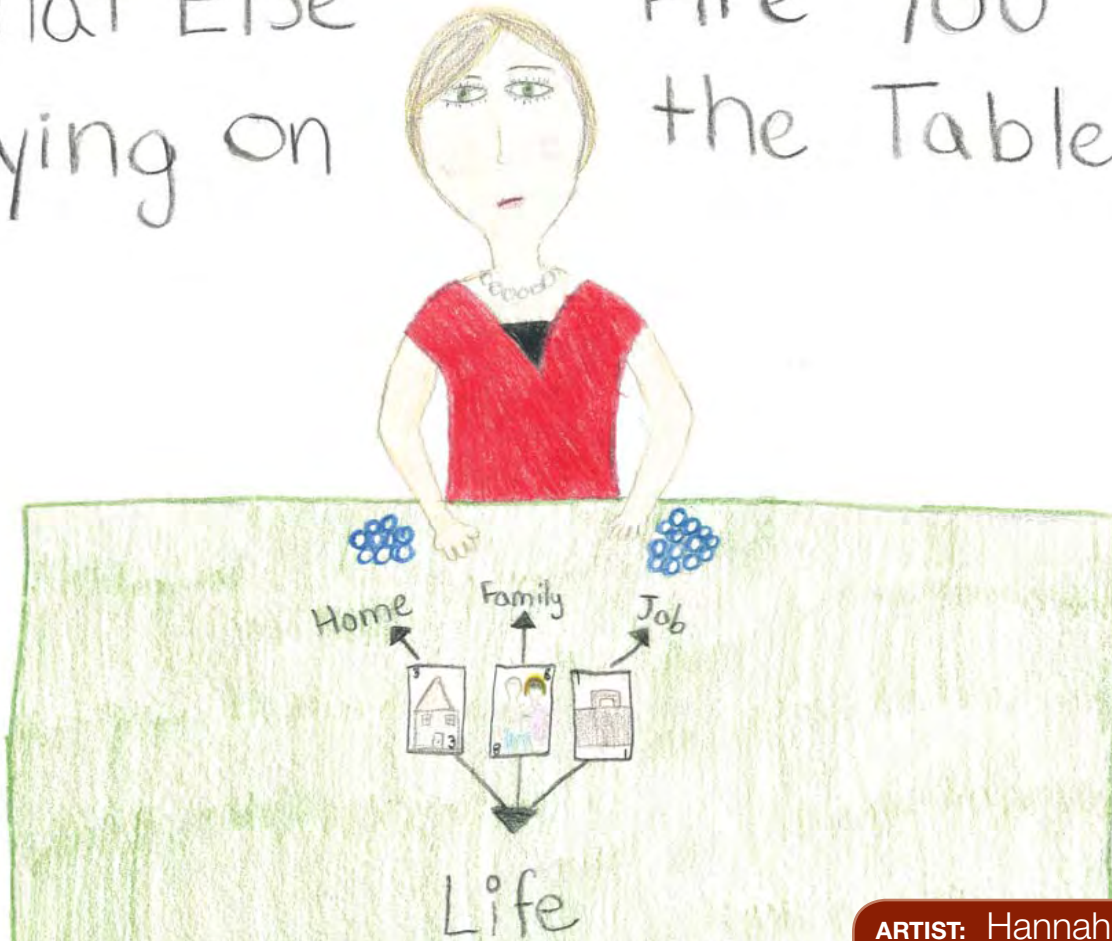
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Ash Wednesday	10	11	12
13 Daylight saving time begins	14	15	16	17 St. Patrick's Day	18	19
20 First day of spring	21	22	23	24	25	26
27	28	29	30	31		

A: Answer is E. All of the above.



What Else  
Laying on

Are You  
the Table?



ARTIST: Hannah Bates  
YEAR: Seventh grade

**Q:** Which of the following groups of people are at high risk for gambling problems?

- A)** Youth    **B)** Ethnic minorities    **C)** College students    **D)** Veterans    **E)** All of the above

# APRIL 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fools' Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Palm Sunday	18	19 Passover	20	21	22 Good Friday Earth Day	23
24 Easter	25	26	27	28	29	30



**A:** Answer is E. All of the above. Youth are about twice as likely to have gambling problems as the general adult population. Seniors, ethnic minorities, vets and college students are also vulnerable.



ARTIST: Derek Espinoza  
YEAR: Sixth grade

**Q:** Which of these beliefs about gambling machines are true.

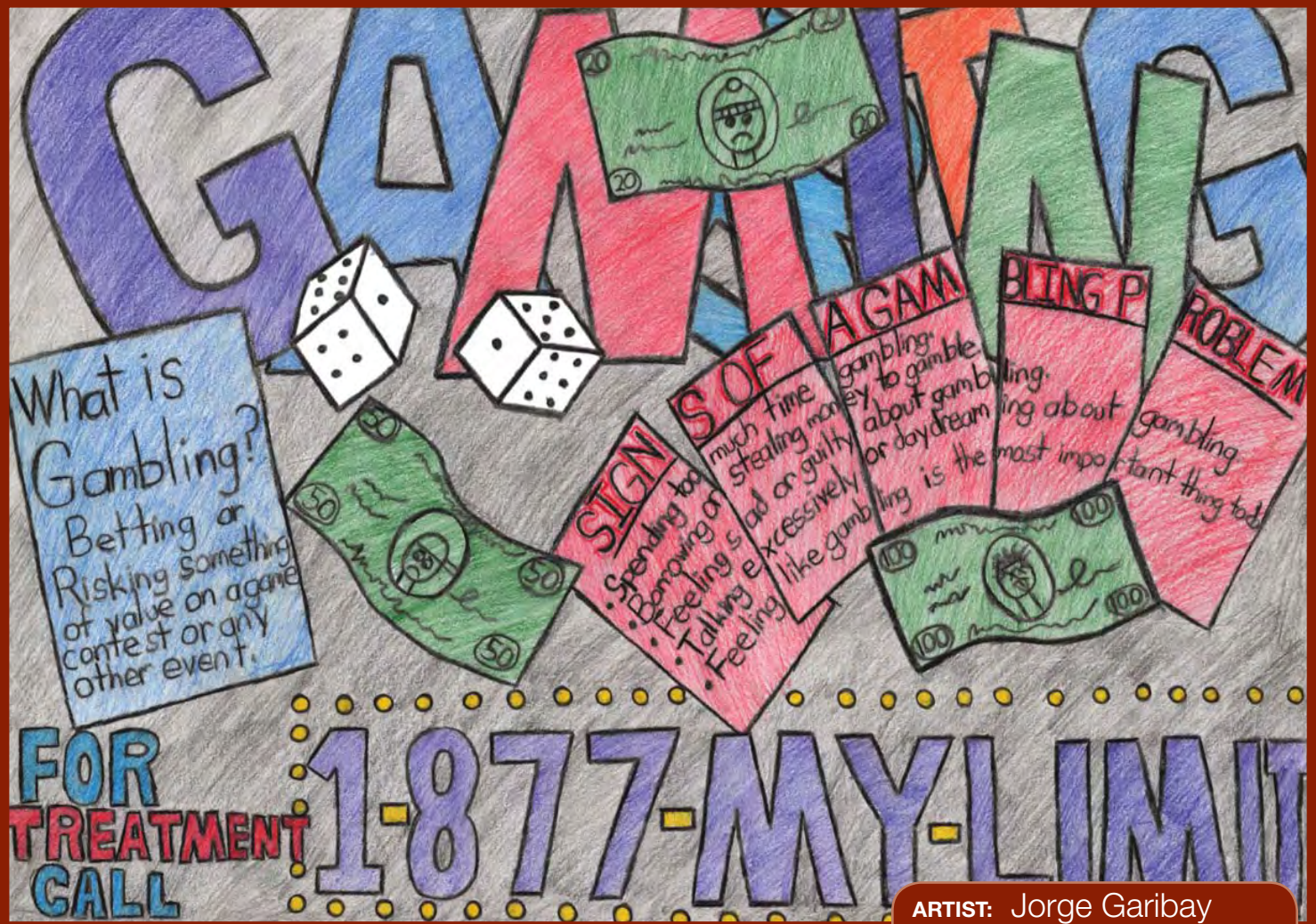
- A)** Machines pay out at a rate that is under the control of the casino or gaming site
- B)** A machine that has not paid off for awhile is due to "hit"
- C)** Machines pay more often if you play more coins per turn
- D)** You can come out ahead in the long run by playing slot machines

# MAY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Cinco de Mayo	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31				



**A:** Answer is none. None of the above are true, yet they are commonly held false beliefs.



**ARTIST:** Jorge Garibay

**YEAR:** Eighth grade

**Q:** Which of the following is the number one leisure activity of seniors?

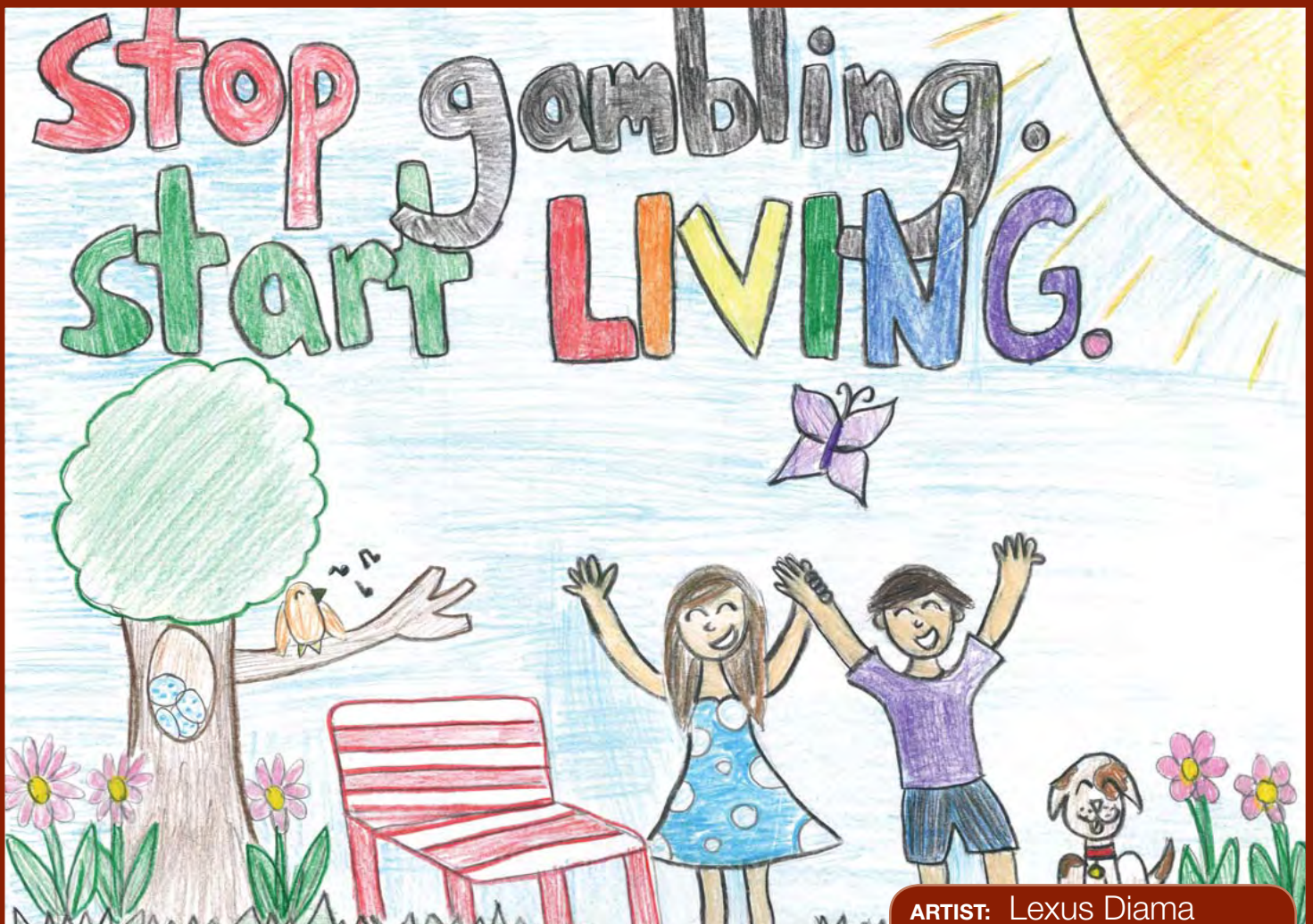
- A)** Arts and crafts    **B)** Gambling    **C)** Golf    **D)** Travelling

# JUNE 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Father's Day	20	21 First day of summer	22	23	24	25
26	27	28	29	30		



A: Answer is B. Gambling is the most often reported leisure activity and many seniors can least afford gambling losses.




**ARTIST:** Lexus Dima  
**YEAR:** Eighth grade

**Q:** Which of the following would be a sign of a person who gambles responsibly (doesn't have problems with gambling):

- A)** Bets to win money back   **B)** Sets limits on time and money   **C)** Borrows money to gamble   **D)** Gambling to escape problems

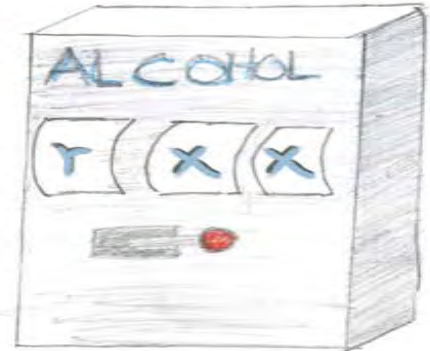
# JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30



A: Answer is B. Sets appropriate limits on time and money. The others are signs of problem gambling.


It's ALL the SAME



Gambling can be just as addictive as drugs or alcohol.

1-877-MY-LIMIT

ARTIST: Jenna Evertt  
YEAR: Seventh grade

 Q: True or False — Gambling is less addictive than drugs or alcohol.

# AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ramadan	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**A:** Answer is False. Gambling can be just as addictive as drugs or alcohol. Often, the problems go hand-in-hand.

DON'T LEAVE YOUR LIFE TO  
CHANCE



ARTIST: Cali Hodge

YEAR: Eighth grade

**Q: True or False** — People in recovery from alcohol or drug problems can benefit from taking up gambling as an alternative activity.

# SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 First day of autumn	24
25	26	27	28	29 Rosh Hashanah	30	



**A:** Answer is False. It's very risky for someone in recovery from alcohol or drug abuse to take up gambling due to its potentially addictive nature. Just because nothing is snorted or swallowed doesn't make it safer. A significant number of people in recovery become addicted to gambling.



ARTIST: Ismael Villanueva

YEAR: Eighth grade

**Q: True or False** — You have to gamble everyday to be a problem gambler.

# OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Yom Kippur
9	10 Columbus Day (observed)	11	12	13 Sukkot	14	15
16	17	18	19	20	21	22
23 30	24 Halloween 31	25	26	27	28	29



**A:** Answer is False. Frequency is not as important as impact. If a person's gambling causes psychological, financial, emotional, relationship, legal, or other difficulties for themselves or others, they have a gambling problem.

There are better things  
for kids to do for fun than to  
gamble



You Choose  
What Life  
You  
Want To  
Lead



ARTIST: Jennifer Gallegos

YEAR: Sixth grade

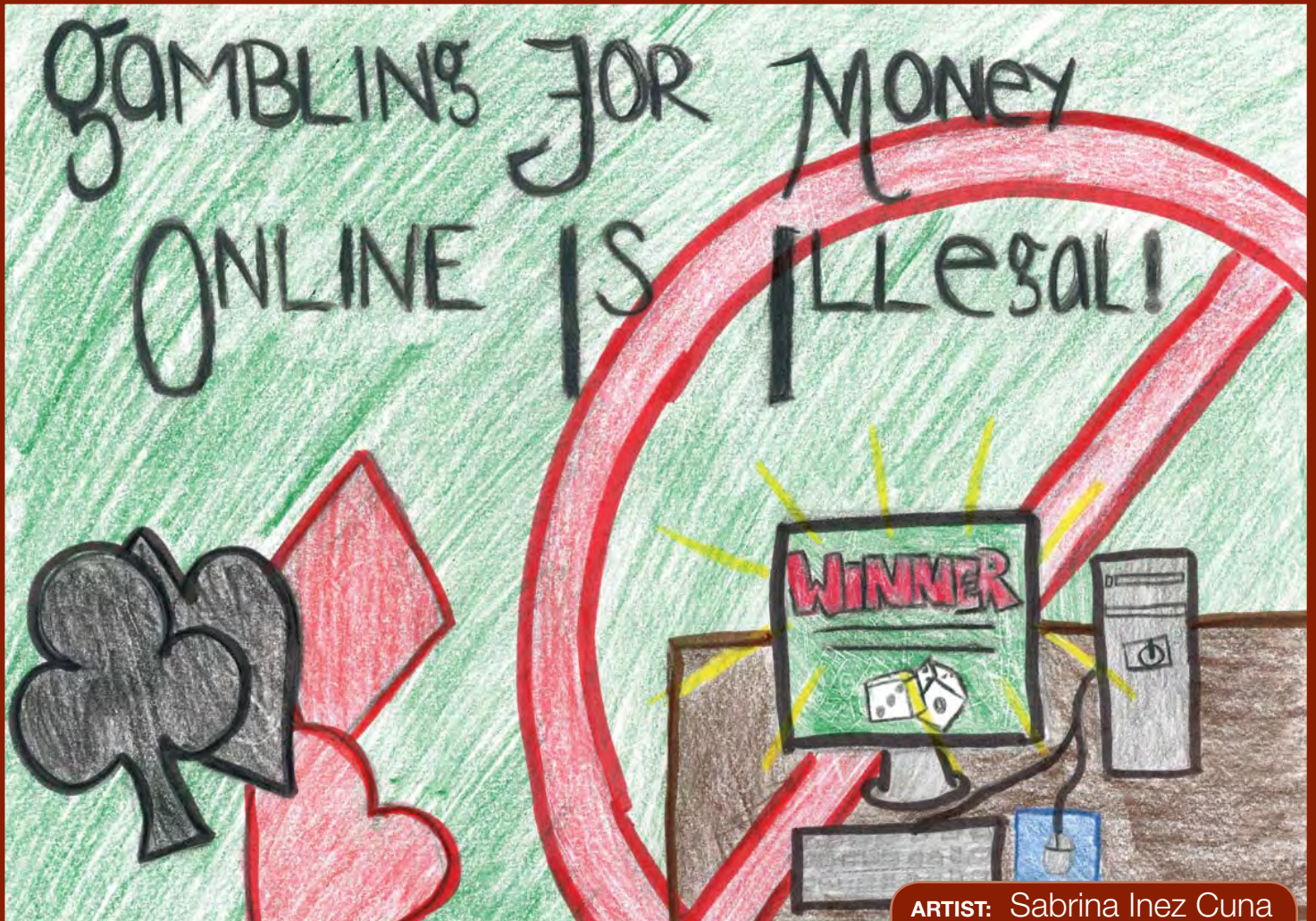
**Q:** True or False — Youth have higher rates of gambling problems than adults.

# NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Daylight saving time ends	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30			



**A:** Answer is True. Oregon data tell us that most teens have gambled; youth are about twice as likely to have gambling problems as the general adult population.



**ARTIST:** Sabrina Inez Cuna  
**YEAR:** Sixth grade



**Q: True or False** — There are few resources for help with gambling problems.

# DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
			Hanukkah	First day of winter		
25	26	27	28	29	31	31
Christmas	Kwanzaa					



**A:** Answer is False. Free treatment is available throughout the state for gamblers and family members (with or without the gambler); Gambler's Anonymous meetings are available in many locations as well. Problem gambling prevention services are also available throughout the state.

# Oregon Problem Gambling Helpline

## 1-877-MY-LIMIT or [www.1877mylimit.org](http://www.1877mylimit.org)



If you or someone you know is gambling too much, call the Oregon Problem Gambling Helpline or chat live online with a certified gambling counselor. All information shared is confidential and this service is free to Oregon residents.

## What can this web site offer you?

- Information on problem gambling and who is at risk;
- Access to providers and treatment options across the state;
- A list of all gambling treatment providers throughout Oregon;
- A list of Gamblers Anonymous (GA) self-help recovery meetings in Oregon.

Oregon  
**Health**  
Authority

**ADDICTIONS AND MENTAL HEALTH DIVISION**  
**500 Summer Street N.E., E-86**  
**Salem, Oregon 97301**  
**Phone: 503-945-9703**  
**[www.oregon.gov/DHS/addiction/gambling.shtml](http://www.oregon.gov/DHS/addiction/gambling.shtml)**

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