



Promoting safe & healthy lifestyles in Spink County.

March/April/May Newsletter

Supporting healthy lifestyle choices through education, collaborative planning, and community involvement

Mar/Apr/May 2014

?? Did You Know ??

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

Your stomach has to produce a new layer of mucus every two weeks, otherwise it will digest itself.

Porcupines float in water.

Honey is the only food that doesn't spoil.

Certain frogs can be frozen solid, then thawed, and survive.

Coca-Cola was originally green.

The U.S. Interstate road system was designed so that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

More people are killed annually by donkeys than in airplane crashes.

Butterflies taste with their feet.

Elephants are the only mammals that can't jump.

Snails can sleep for three years without eating.

Project SUCCESS

Classroom Update

Project SUCCESS classroom activities have been completed in Doland and Tulare. The students will be taking the follow-up PLI surveys in the next few weeks. In Redfield there are classes for the 7th and 9th grade students every Wednesday for the remainder of the school year, and at Northwestern the 7th graders will be receiving classes every other Thursday until the end of the year.

Bobby Petrocelli

The Spink County Coalition, along with the Redfield, Northwestern, Doland, and Hitchcock-Tulare SADD chapters, and Youth At Risk brought Bobby Petrocelli to Redfield to speak on April 17th. Bobby was one of the keynote speakers at last year's SD SADD conference in Sioux Falls. Bobby told the story of how his life was forever changed when a drunk driver plowed into his home. The crash, which happened over 20 years ago resulted in the death of Bobby's wife, and serious injuries to Bobby. He ended up in the hospital for 22 days. Bobby, who had been a teacher and coach told how during his stay, his students turned his hospital room into their second campus. He told the students the reason he goes around the country talking to students is because of what his students did for him. They told him that they were not going to let him give up, and as a result, he was able to move on with his life after the tragedy he had experienced. Bobby told the students that even though they may have had some difficult times in their lives, they still matter. His final words for them were, "You matter."

Good & Healthy Communities Initiative Begins In Spink County

The Spink County Coalition has received a grant from the South Dakota Department of Health to join them in the Good & Healthy Communities Initiative. This undertaking fits with the Coalition's mission of "Promoting Safe and Healthy Lifestyles in the Spink County Communities," said Le Ann Wasmoen, Coalition Coordinator. The process will involve collecting data and other information regarding health needs and use that to determine community health priorities. Physical activity, nutrition, tobacco use, chronic disease management, and school health are some of the areas that will be assessed. Community members may be asked to be part of a focus group or complete a survey. The data collected will help communities:

- determine health priorities with community collaboration and input
- determine the community capacity to address health priorities
- consider if the desired outcomes from the health priority are achievable
- determine community support
- identify community programs that may already be addressing the health priorities to avoid duplication of efforts.

Planning partners in this project are Brenda Tebben and Nick Brandner from the Community Memorial Hospital; Amy Rothacker, Community Health Services; Bill Barrie, Principal of Hitchcock/Tulare High School; Jan Banghart, South Dakota Developmental Center; Margot Gillette, Beadle and Spink Enterprise Community; and Roland Loudenburg and Leah Mabee from Mountain Plains Evaluation. If you are interested in finding out more, please contact any of these partners or Le Ann Wasmoen.

Spink County Coalition

Upcoming Meetings

Monday, May 19th - 12:00 p.m.
at Leo's Good Food - Main Street,
Redfield, SD



Spink County Coalition

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"If a man does his best, what else is there." - **General George S. Patton**

"Not everything that can be counted counts, and not everything that counts can be counted." - **Albert Einstein**

"Whether you think you can, or that you can't, you are usually right." - **Henry Ford**

"Do, or do not. There is no 'try'." - **Yoda**

"The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' - the pig was 'committed'." - **Unknown**

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain." - **Vivian Greene**

"Some cause happiness wherever they go; others, whenever they go." - **Oscar Wilde**

"We didn't lose the game; we just ran out of time." - **Vince Lombardi**

"Be nice to people on your way up because you meet them on your way down." - **Jimmy Durante**

"You got to be careful if you don't know where you're going, because you might not get there." - **Yogi Berra**

"Well done is better than well said." - **Benjamin Franklin**

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." - **Sir Winston Churchill**

"Half this game is ninety percent mental." - **Yogi Berra**

"The man who does not read good books has no advantage over the man who cannot read them." - **Mark Twain**



SADD SPOTLIGHT

NL SADD Conference

Grand Forks, ND - The Northern Lights SADD Conference was held at the Alerus Center in Grand Forks, ND from March 23-25. The theme of this year's conference was "Come Together." Thirteen students and three chaperones from Redfield, Northwestern, and Hitchcock-Tulare attended the conference, which was attended by about 600 students from North Dakota, South Dakota, and Minnesota, and featured keynote addresses from Cara Filler, Craig Hillier, and Ed Gerety. All three speakers spoke about how the choices we make in our lives have an impact on its outcome. They also spoke about leadership and the importance of standing up for yourself. All three speakers had a serious message for the students, and all three presented their message in a dynamic, engaging, funny, and entertaining way. The students attended four workshops on Monday, two in the morning and two in the afternoon. They had 18 workshops from which to choose, with topics ranging from self-image, what makes a role model, a college survival guide, the perils of alcohol and many more. The group Epic Assemblies performed for the students. After a jam-packed Monday, there was a dance held on Monday night. The conference wrapped up Tuesday with Ed Gerety delivering the keynote address, after which there were some awards given out and the SADD Student of the Year was announced. Two students from Redfield, Cassie Metzinger and Spencer Buranen played a role in organizing the conference, as they are members of the NLAB (Northern Lights Advisory Board). The board is made up of students from North Dakota, South Dakota, and Minnesota, and this group of students was tasked with preparing many of the activities and workshops at the conference.



SD SADD Conference

Sioux Falls, SD - The East River South Dakota SADD Conference was held at the Ramkota Motel in Sioux Falls on March 28th and 29th. Approximately 200 students from schools around eastern South Dakota attended the conference. Among these were 26 students and four chaperones from Redfield, Northwestern, and Hitchcock-Tulare. The theme of this year's conference was "Life's A Jungle, Join The Expedition." Friday's keynote speaker was Cara Filler. She told students the story of her twin sister, who was killed in a car crash at the age of 18. Her sister was riding with her boyfriend who was speeding, traveling about three times the posted speed limit of 35 miles per hour. Cara's message to the students was that the choices they make in their lives play a significant role in how their lives will turn out. She said that had her sister made a different choice that day, there is a good chance that she would be alive today. Following Cara's address, the students attended a variety of workshops in the afternoon, and then the group Epic Assemblies performed for them. After a supper of pizza, there was a dance and following the dance swimming in the Ramkota pool. Saturday's keynote speaker was Peni Mounga, who talked to the students about relationships, and the importance of respect between the individuals in relationships. After Peni's presentation, the group Sheltered Reality performed for the students. After lunch was the closing ceremony, and then the students said goodbye to new friends they had made and headed for home. The students from Spink County all said that they enjoyed the conference, which was a first for many of them.



Liquid Nicotine and e-cigarettes

Liquid nicotine is a powerful stimulant that is now hitting the markets across the world. It is being sold by the vial, the liter, and even the barrel. The nicotine (which is an extremely potent drug in its liquid form) is extracted from tobacco and then flavored, colored, and given a variety of assorted chemicals. These liquids are then sold as the key ingredients in the ever-growing e-cigarette industry. The liquids are powerful neurotoxins, and even tiny amounts, whether ingested or absorbed through the skin can cause vomiting and seizures, and in some cases can even lead to death. A single teaspoon of these liquids, even if highly diluted, can kill a small child. And because e-cigarettes are unregulated, the FDA (Food and Drug Administration) does not have good information about the amounts and types of components and potentially harmful ingredients they contain.

E-cigarettes seem to be a lot more glamorous and do not smell as bad as regular tobacco cigarettes. This makes them attractive to teenagers, because they do not view them as dangerous. Teens who might never consider smoking tobacco cigarettes are picking up e-cigarettes and becoming addicted to the oral fixation and the nicotine habit. After 40 years of declining tobacco smoking rates among adolescents, there is now a steady rise in e-cigarette use. According to data from the Centers for Disease Control (CDC), the percentage of U.S. middle and high school students who use e-cigarettes has more than doubled from 2011 to 2012. The data also showed that 76.3% of middle and high school students who used e-cigarettes within the past 30 days also smoked regular tobacco cigarettes during that same time period. And, according to the CDC, tobacco cigarette smoking remains the leading preventable cause of disease, disability, and death in the U.S., and is responsible for approximately 443,000 deaths every year.

A review of marketing messages for e-cigarettes found overly-stated, scientifically unsupported and unregulated health claims, as well as smoking cessation claims in e-cigarette advertising. Among some of the most misleading marketing claims are the following:

- 95% made explicit or implicit health-related claims
- 95% said e-cigarettes were cleaner
- 88% stated that e-cigarettes could be smoked anywhere
- 76% claimed e-cigarettes do not produce secondhand smoke
- 71% mentioned using e-cigarettes to circumvent clean air policies
- 64% had a smoking cessation-related claim
- 22% featured doctors
- 22% claimed use by celebrities, and
- Candy, fruit, and coffee flavors were offered on most sites.

Ingredients: An e-cigarette is a battery-operated device that usually contains a cartridge (the atomizer) filled with a liquid including nicotine, the chemical propylene glycol, flavors and other chemicals. When a person puffs, the device is heated to activate the chemicals to create the vapor, and the nicotine and other chemicals are inhaled into the lungs. The largest chemical component is propylene glycol. All e-cigarettes use this chemical to create the vapor that is inhaled. This is the same ingredient used to make the smoke in fog machines. The Material Safety Data Sheets for this chemical state that it is flammable when exposed to heat, and upon inhalation to move a person to fresh air immediately. Also, the carcinogenic effects, harm to a developing fetus or whether it can mutate your genetic material is currently unknown. One sample that was analyzed by the FDA (Food and Drug Administration) found diethylene glycol, a toxic chemical in antifreeze, and in other samples they found other known carcinogens, including nitrosamines. The nicotine liquid cocktail can be purchased in giant gallon-sized refill containers, and a warning to keep these containers away from contact with children and pets was just released by the American Association of Poison Control Centers. Liquid nicotine is not just dangerous when ingested, it is also dangerous with simple contact with the skin. Because the nicotine is so concentrated, it is very toxic in very small doses. And, a little more than half of the reported exposures have occurred in young children under the age of six. Since the e-cigarettes are unregulated, whether they contain the nicotine or not, a person won't know what other chemicals they are inhaling. What is known is that using e-cigarettes may lead a child to a lifetime of nicotine addiction.

Several students attended SABD (Students Against Destructive Decisions) conferences in Grand Forks and Sioux Falls during the month of March. The Grand Forks conference was a regional event, with approximately 600 students from North Dakota, South Dakota, and Minnesota attending. The Sioux Falls conference was attended by about 200 students from eastern South Dakota SABD chapters, including Redfield, Northwestern, and Hitchcock-Tulare. The students were asked the following questions: What did you learn at the conference, what was your favorite part of the conference, has anything in particular stuck with you since you got back from your conference, which workshops did you attend at your conference, and who was your favorite speaker during the conference and why. Following are some of their responses:

Mark Phillips, Northwestern: On what he learned: "That no matter what is going on in life, there is always someone that is there to talk to you or be a listener for you." His favorite part of the conference: "Just being there and seeing all of the young students that don't care what you do or what you look like and are willing to not ask about your past and just worry about you now." Workshops he attended: Men of SABD, tobacco training, suicide prevention, and alcohol and its effects. His favorite keynote speaker: Cara Filler. Has anything stuck with him since the conference ended: "The bluntest thing that is always in my mind is Cara Filler's speech. It sticks with me because I was the guy that sped everywhere I went and thought it will never happen to me, I'm invincible."

Briana O'Brien, Hitchcock-Tulare: Briana stated that her favorite part of the conference was the dance and Epic Assemblies. She learned that no matter what we are never alone and that our decisions now could change our futures. The most memorable thing that happened was after giving her texting and driving presentation she had people come up to her and thank her for opening their eyes to the risks. When asked what she would say to someone about joining SABD after attending the conference, Briana said, "That you won't forget the amazing time you'll have and won't regret anything."

Nancy Harnierks, Hitchcock-Tulare: Nancy said that her favorite part of the conference was watching Epic Assemblies perform. She said that she learned where to hide her brother's car keys and how to get him to stop the car. The most memorable thing that happened to her was making two new friends from other schools. Nancy said that she would tell people "To join SABD, it's fun and enjoyable."

Damien Frost, Hitchcock-Tulare: Damien stated that his favorite part of the conference was also Epic Assemblies. He said that a new thing he learned at the conference was to make the right choice. He said that the most memorable thing to happen to him during the conference was the opportunity to take part in all the activities. And finally, Damien stated that he would tell someone interested in joining SABD "That they get to go to conferences and learn how to do the right things."

CONFERENCE REFLECTIONS

**SPINK COUNTY COALITION
P.O. BOX 560
REDFIELD, SD 57469**



Promoting safe & healthy lifestyles in Spink County.

**U.S. POSTAGE PAID
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Group photo op!



Another group photo op!



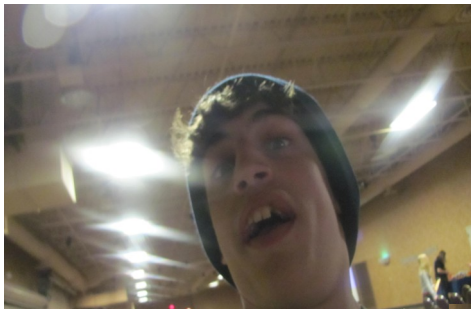
Klaryssa getting things ready!



Student Advisory Board members hard at work



Let's dance!



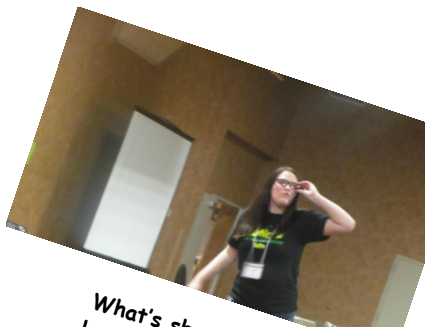
Carter's "selfie"!



Group activity!



Emily at work!



What's she looking for?



Ummm, what's going on?



Briana being silly!



Mrs. J. on the drums!!!



A good message!

South Dakota Social Host Law Signed

Governor Dennis Daugard signed the bill on March 14th, passing into law South Dakota's first social host law. This law is aimed at prohibiting a social host from permitting the underage consumption of alcoholic beverages on the social hosts' premises. A social host is defined as "anyone hosting a social gathering and knowingly condones the illegal consumption of alcohol by underage persons on property that the host controls." The first two sections of Codified Law 35-9 will read as follows:

Section 1. That chapter 35-9 be amended by adding thereto a NEW SECTION to read as follows:

No person, acting as a social host, may, knowingly, permit any person under the age of eighteen to illegally consume any alcoholic beverage, regardless of the source of the alcoholic beverage, on or at the premises of the person acting as social host. Any violation of this section is a Class 1 misdemeanor.

Section 2. That chapter 35-9 be amended by adding thereto a NEW SECTION to read as follows:

No person, acting as a social host, may, knowingly, permit any person aged eighteen, nineteen, or twenty to illegally consume any alcoholic beverage, regardless of the source of the alcoholic beverage, on or at the premises of the person acting as social host. Any violation of this section is a Class 2 misdemeanor.

April Is Alcohol Awareness Month

When it comes to problem drinking, many people assume it mostly involves males. That assumption however, is false. In fact, when it comes to young females, girls have not only caught up to boys when it comes to drinking, but in many cases have surpassed them. According to results from the 2012 National Survey on Drug Use and Health, among youth aged 12 to 17, the percentage of females who were current drinkers (13.2 percent) was higher than their male counterparts (12.6 percent). When it comes to women and alcohol, 60% of U.S. women report having used alcohol over the past year. Among those women, 13 percent said they had more than seven drinks per week (which goes beyond the recommended limits published in the Dietary Guidelines for Americans, issued by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

Research also shows that while alcohol use among males and females is leveling out, alcohol's impact on their bodies and brains are not. Females are more vulnerable to alcohol's effects than males, and here's why:

- Females have less water in their bodies to help dilute the alcohol in the bloodstream;
- Females absorb alcohol at a slower rate;

Females naturally produce less "alcohol dehydrogenase" (a gastric enzyme that breaks down ethanol in the stomach - that otherwise is toxic). What this means is that a female and male of the same size and weight can drink the same amount of alcohol and yet the female will have a higher concentration of alcohol in her blood. It also means that females who go "drink-for-drink" with males are likely to become intoxicated more quickly and are more susceptible to alcohol poisoning.

Females are also more sensitive to alcohol-induced brain damage than males. Research has found that females who drink heavily for long periods of time may experience a reduction in their corpus callosum (a band of nerves deep within the brain that connect the left and right hemispheres of the brain to communicate and coordinate one's activities), whereas males do not.

Females also struggle more than males to break down fatty acids in the body, therefore resulting in a higher number of adult women who develop liver diseases after comparatively shorter periods of heavy drinking than men. But even young ladies in their late teens and early 20s who chronically abuse alcohol are at increased risk for ulcers and other gastrointestinal problems.

Underage drinking is damaging and dangerous. Parents are encouraged to talk early and often, sharing clear anti-use messages with daughters and sons alike; including in your talks, especially with our daughters, the fact that that drinking impacts females more intensely.

Moderate drinking is defined as no more than seven drinks per week and no more than three on any given day. However, women 21 and over who chose to drink alcohol need to be aware that there is no one-size-fits-all when it comes to the how often and how much she can "safely" drink. It depends on:

- Individual weight and health;
- Personal genetic makeup and family history;
- The time since eating;
- Medications she may be taking;

And for pregnant women, no amount of alcohol is deemed safe.

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), an estimated 5.3 million women in the United States drink in a way that threatens their health, safety and general well-being.

Drug Free Action Alliance encourages you to share this information with the females in your life to arm them with knowledge and help them make healthy, positive lifestyle decisions.

For more information on risks and guidelines for women and alcohol, please visit:

http://www.helpguide.org/harvard/women_alcohol.htm

<http://pubs.niaaa.nih.gov/publications/brochurewomen/women.htm>

<http://pubs.niaaa.nih.gov/publications/womensfact/womensfact.htm>

Additional Sources: 2012 National Survey on Drug Use and Health: Summary of National Findings. Girls, Women and Alcohol: Making Informed Choices resource from Healthy Child Manitoba. NYU Langone Medical Center - The Child Study Center: Girls and Alcohol.

* The above article was taken from the April e-newsletter from the Drug Free Action Alliance.