



CESA 5

Juveniles are 25% of the population, but 100% of our future.

Columbia County Connects Newsletter

Circulation: 1100

Fall Edition, 2010

Inside this issue:

| | |
|--|---|
| Energy Drinks-Do Kids Really Need Caffeine? | 2 |
| Local Teens Attend Teen Adventures Leadership Summit | 3 |
| Newsletter Update | 3 |
| CCC Information | 4 |

Alcohol reduces performance potential by as much as 15-30% in high school athletes.

Alcohol and the Athlete



Everyone knows that participating in sports while under the influence of alcohol can be dangerous, but beyond the possible injuries,

few athletes really know what alcohol can do to their game. Here are some facts that parents, athletes, and coaches should be aware of:

-Athletes who drink are twice as likely to become injured as non-drinkers

-Alcohol use prevents muscle recovery

- Alcohol affects sleep and muscles need sleep to repair and build
- Alcohol increases the time for recovery of training hormones (up to 96 hours – 4 days)
- Alcohol decreases the protein synthesis for muscle fiber repair

-Alcohol use depletes your source of energy

- It is absorbed through the stomach and small intestine and finally into the cells. It can disrupt the water balance in muscle cells, altering their ability to produce Adenosine Triphosphate (ATP), which is muscles' source of energy.

-Consuming five or more alcoholic beverages in one night can affect brain

and body activities for up to three days

- Alcohol impairs reaction time up to 12 hours after consumption
- Two consecutive nights of drinking five or more alcoholic beverages can affect brain and body activities for up to five days

-Alcohol affects nutrition and endurance

- Alcohol use constricts metabolism and endurance
- Alcohol reduces performance potential by up to 11% in elite athletes and by as much as 15 - 30% in high school athletes
- Alcohol greatly increases the release of Cortisol (the stress hormone) and Cortisol negates training effect
- Not only is alcohol devoid of proteins, minerals and vitamins, it actually inhibits the absorption and usage of vital nutrients such as thiamin (vitamin B1), vitamin B12, folic acid and zinc.

Sources: *The American Athletic Institute, 2008 and the University of Notre Dame, 2004.*



Please feel free to post this newsletter or share it with a friend!

Energy Drinks – Do Kids Really Need Caffeine?



7.6 million U.S. teens report that they drink energy drinks ("Caffeine drinkers getting younger - Health - Diet and nutrition - msnbc.com," 2006). The drinks are so popular with young people that they have websites, Facebook and MySpace pages, and even receive fan mail. Like almost everything these days, there have been rumors about energy drinks causing problems ranging from cancer to brain tumors. While many of the rumors can be dismissed after looking them up on snopes.com (the urban legends-debunking website), the bottom line is that doctors have concluded that energy drinks are not good for kids.

The main ingredient in most energy drinks is caffeine. According to Dr.

Judith Owens, head of Pediatric Sleep Disorders Clinic at Hasbro Children's Hospital in Providence, RI, caffeine is the most widely used drug in the world. Flavia Herzog, a registered dietitian at "Better Start" in Philadelphia, PA said, *"A child's body is still developing and growing and is much more vulnerable to the impact of these drinks. Energy Drinks can stay in a child's system for up to 12 hours. What is that doing to their kidneys and liver to clean it out?"* Dr. Amen, a psychiatrist and owner of Amen Clinics, said, *'Caffeine constricts blood flow to the brain and prematurely ages it.'*

Another disturbing trend related to energy drinks is caffeine overdose. The Chicago Poison Control Center

reports a high number of caffeine overdoses involving young people ("Caffeine drinkers getting younger - Health - Diet and nutrition - msnbc.com," 2006). So how much caffeine do energy drinks really contain? The chart below was taken from the iParenting Media Network website.

We haven't even touched on the many other ingredients found in energy drinks, including high doses of sugar. It is clear that energy drinks are not only bad for kids; drinking them can have serious health implications. Parents are encouraged to talk to their pediatrician about the use of caffeine and energy drinks.

| Drink | Serving Size | Caffeine |
|-----------------------------------|--------------|---------------------|
| Starbucks Regular Drip | 8 ounces | 200 milligrams |
| Red Bull | 8.3 ounces | 80 milligrams |
| Amp | 8.4 ounces | 74 milligrams |
| Maxwell House Filter Pack Singles | 6 ounces | 55 to 60 milligrams |
| Mountain Dew | 8 ounces | 37 milligrams |
| Diet Coke | 8 ounces | 31 milligrams |
| Pepsi | 8 ounces | 25 milligrams |
| Diet Pepsi | 8 ounces | 24 milligrams |
| Coca-Cola Classic | 8 ounces | 23 milligrams |

Sources:

"Caffeine Drinkers Getting Younger - Health - Diet and Nutrition - Msnbc.com." Breaking News, Weather, Business, Health, Entertainment, Sports, Politics, Travel, Science, Technology, Local, US & World News- Msnbc.com. <http://www.msnbc.msn.com/id/15403552/wid/11915773> (accessed September 08, 2010).

Granberry, Melissa. "High Energy Drinks, Do Kids Really Need Caffeine?" Recipes Today. <http://www.recipestoday.com> (accessed February 19, 2007).

Lallanilla, By Marc. "What's the Buzz on Energy Drinks for Kids?" ABCNews.com - Breaking News, Politics, Online News, World News, Feature Stories, Celebrity Interviews and More - ABC News. <http://abcnews.go.com/print?id=1160174> (accessed September 08, 2010).

Which Brain Do You Want? DVD. By Daniel Amen, M.D. Performed by Dr. Daniel Amen. U.S.A.: Mindworks Press, 2004.

A child's body is still developing and growing and is much more vulnerable to the impact of these [energy] drinks.

Local Teens Attend Teen Adventure Leadership Summit

From August 17-19, twelve fantastic local youth attended the Teen Adventures Leadership Summit held at the Mackenzie Center Lodge in Poynette. Teams of youth worked on advocacy projects, fundraising ideas, and community service projects for the upcoming school year. As a group, they came up with the following vision statement: **“Our vision is to increase youth involvement in Columbia County and heighten public awareness about alcohol and drug industries’ influence on young adults.”** Presentations to County Boards, fundraisers at local businesses, and petitions and quizzes on Facebook are some of the projects for the coming year.

Comments from the youth at the summit included:

“I know now that I can make a difference.”

“I enjoyed getting together with everyone, having fun, but still making a difference.”

“I will try to make my voice heard.”

“I enjoyed meeting other kids my age that don’t do drugs or alcohol.”

Youth were given the opportunity to rock climb at Devils Lake State Park, participate in campfires and team building games, and enjoy a scavenger hunt designed by two of the StepUp SpeakOut county youth group members.

“I know now that I can make a difference.”

-youth participant



Newsletter Update

In an effort to save money, we would like to send the newsletter via e-mail. If you would like to receive the newsletter by e-mail, please call Laurie at 608/742-8814, #275, e-mail at deakinsl@cesa5.k12.wi.us or mail the enclosed postcard. If you decide to mail the card in, please be sure to include all the pertinent information. If we do not hear back from you, we will continue to mail your copy of the newsletter.



Coalition members putting the finishing touches on the float for the Portage 3rd of July Parade.

CESA 5
P.O. Box 564
626 E. Slifer St.
Portage, WI 53901

Phone: 608-742-8811
Toll Free: 1-800-862-3725
Fax: 608-742-2384

Current Resident or

*We're on the web:
www.columbiacounty
connects.org*

The Staff

Columbia County Connects Project
Director / Youth Coordinator:
Tim Belleau, ext. 225
belleaut@cesa5.k12.wi.us

Communities in Action Coordinator
Paula Enger, ext. 243
engerp@cesa5.k12.wi.us

Community Advocacy
Coordinator / Teen Court
Coordinator:
Meg McCullough, ext. 242
mcculloughm@cesa5.k12.wi.us

Advisor:
Genevieve Kirchman, ext. 247
kirchmang@cesa5.k12.wi.us

Support Staff:
Laurie Deakins, ext. 275
deakinsl@cesa5.k12.wi.us

Andrea Schneiter, ext. 293
schneitera@cesa5.k12.wi.us

Columbia County Connects

The Columbia County Connects Coalition is made up of members that represent school districts and communities throughout the county. This coalition was established through the Columbia County Juvenile Justice Committee.

Funding is provided by Columbia County Health and Human Services, the Wisconsin Department of Public Instruction (DPI), a Federal Drug-Free Communities Support grant, Wisconsin Partnership Fund for a Healthy Future and the STOP grant.

The two main programs are Youth Connects (teen leadership) and Community Connects (community education). The 40 Developmental Assets play a major role in our programming. The following are the top 4 assets we are currently addressing:

- **Caring School Climate** - School provides a caring, encouraging environment.
- **Safety**-Young person feels safe at home, at school, and in the neighborhood.

- **Restraint**-Young person believes it is important not to be sexually active or to use alcohol or other drugs.
- **Youth as Resources**-Young people are given useful roles in the community.

Community Advocacy

The Community Advocacy Department works with the Community Liaisons to provide community education on prevention, hold responsible beverage server classes for community groups, alcohol compliance checks, coordinate Community Action Teams, work with Project Northland teachers on 6th grade Poster Fairs coordinate Project Northland 7th grade Amazing Alternative activities and media advocacy campaigns.

Youth Connects

The Youth Connects Coordinator works with the Youth Liaisons in the individual schools in creating service programs and leadership opportunities with students. An adult from each school district supports the local youth efforts.

Please feel free to post this newsletter or share it with a friend!