



CESA 5

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

Columbia County Connects Newsletter

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Make this a fun and safe summer with 0,1,2,3 as your Responsibility Guideline!

How Much Alcohol Is Too Much?

How Much Alcohol Is Too Much?

What is responsible drinking? Listen to any alcohol ad and you will hear them say, "Drink responsibly." The problem is that no one ever defines what drinking responsibly is! At last there is a definition. The CDC (Center for Disease Control) has defined drinking responsibly as:

- No more than two drinks per day for men
- No more than one drink per day for women

Prime for Life, a research based alcohol abuse diversion program, goes even further with the definition: On occasion men can have three drinks (women, two), but not every day and never more than 14 in one week.

People often assume that if someone drinks every day, they are an alcoholic. A bigger factor in whether someone will develop a problem with alcohol is the amount they drink in a sitting. When looking at responsible drinking it is also important to know the definition of a drink. Twelve ounces of beer, five ounces of wine, and 1.5 ounces of 80 proof distilled spirits all contain the same amount of alcohol and all take one hour for the body to process.

These 0,1,2,3 guidelines are a simple way to keep responsible drinking guidelines in mind:

- 0** – the number that someone under 21 can drink responsibly
- 1** – the number of drinks that a body can process in one hour and the number of drinks that most women over 21 can drink daily without risking their health
- 2** – the number of drinks most men over 21 can drink daily without risking their health and the highest number of drinks a woman over 21 can drink on occasion, but not every day
- 3** – the highest number of drinks a man over 21 can drink on occasion, but not every day

If you would like more information, please go to the following websites: <http://www.alcoholscreening.org/Screening/Page02.aspx> (You will be able to take a confidential screening and get more information on responsible drinking.)

<http://www.cdc.gov/alcohol/faqs.htm> (Information on alcohol and moderate drinking from the CDC)

Busy April & May for Youth Groups

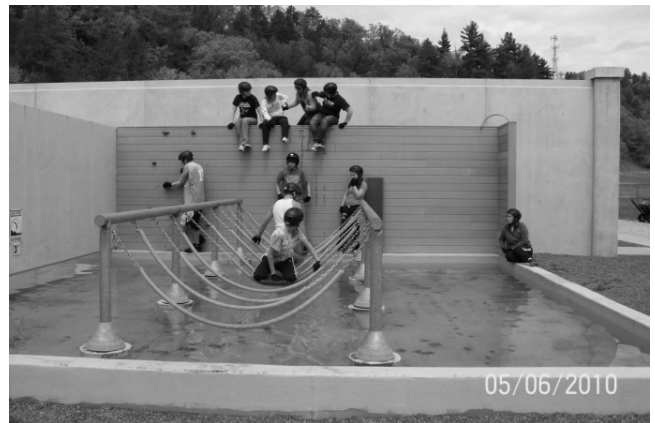
On April 27th, 70 middle school students from four different districts attended the Youth Spring Retreat held at Volk Field. The youth took part in a low ropes course sponsored by the Wisconsin National Guard. At the end of the day, Columbia County Connects was presented with a plaque for their past and future participation in the program. The students are members

of Youth Leadership groups in Pardeeville, Portage, Rio and Wisconsin Dells.



On May 6th, 65 students attended the High School Youth Retreat hosted at Volk Field. The students participated in the event titled Leadership Education Adventure Program (LEAP). The program consists of 12 challenges students must overcome as a team. Teams consist of 10 students. Six of the challenges are held above three feet of water. The

students participating were from Lodi, Pardeeville, Rio, and Wisconsin Dells.



On May 13th, 17 Portage High School students participated in their first Youth Leadership retreat. The group, recently organized, was not in place early enough to participate in the county-wide High School retreat. The new group is using this year as a launching pad for next year's program. The students went indoor rock climbing at Boulders Gym in Madison.



**Low Ropes,
High Ropes,
Rock
Climbing...
who said
youth groups
don't have
fun?!!**

Youth Leadership Year End Celebration

The annual Youth Leadership year end celebration was held on Wednesday May 19th at the Chula Vista Resort in Wisconsin Dells. Over 150 students, parents and other adults attended the event. After a brief presentation, all participants

were invited to use the waterpark and have something to eat from the snack bar.

Youth from the following schools were in attendance: Fall River, Portage, and Lodi high schools and middle and jr. high students from Pardeeville, Portage, Rio, and Wisconsin Dells.

Wisconsin goes smoke-free on July 5th



July 5th is right around the corner.

That's the day Wisconsin finally goes smoke-free. That's right, all workplaces

including restaurants, bars, bowling centers, hotels and motels, and many other types of business will no longer have secondhand smoke filling their structures.

Here are some basics of the law: *No smoking in any workplace.* This includes the above mentioned locations, as well as office buildings, private clubs (like the VFW), and sports arenas (like Lambeau Field and Miller Park), and more. Smoking will still be allowed in private homes, tobacco retailers, and existing tobacco bars. Smoking will also be allowed in outdoor areas (on patios outside of main establishment).

Citizens witnessing violations of the new law can either call their local police department or 1-800-NO-SMOKE.

If you'd like more detail regarding the new smoke-free air law, you can go to www.wibetterSmokefree.com. There are fact sheets for employers and employees, as well as signs for business owners to use on their establishment windows. In addition, you can share your story of why smoke-free is better. Finally, the site provides quit smoking tips and resources.

Wisconsin's new smoke-free air law will breathe new life into business, customers, workers, and visitors.

Congrats Wisconsin, July 5th is almost here.

*Bev Jambois, Chair
Tobacco Free Columbia-Dane County
Coalition*

**Wisconsin
will breathe
smoke-free
on July 5th!**



Wisconsin Dells High School SADD group is implementing FACT activities to celebrate the smoke free air legislation.

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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!