



Extreme Underage Drinking

Parade magazine recently published an article with startling information on the rising trend of underage binge drinking. According to the CDC, 90% of teen drinking is in the form of binge drinking. Dr. Mary Claire O'Brien, an emergency medicine physician and associate professor at Wake Forest University School of Medicine says, "We're seeing kids coming in with blood alcohol levels in the mid-.3s, even .4, which is four to five times the legal limit for driving ...Ten years ago, we saw those levels only in chronic alcoholics." The increasing popularity of alcoholic energy drinks and flavored malt beverages only adds fuel to the fire. A survey of more than 10 colleges in North Carolina showed that students who were mixing alcohol and energy drinks drank more and got drunk twice as often. Last year, after the FDA stepped in, the makers of one alcohol energy drink, Four Loko, reformulated the beverage to remove the caffeine. However, it still may contain the alcohol equivalent of 4-5 beers and is sold in sweet, fruity flavors and brightly colored 23.5 oz. cans. Consuming that amount of alcohol over a 2-hour period is considered binge drinking. Go to <http://www.parade.com/health/2011/06/12-teen-drinking-epidemic.html> for more. Thanks to Trainer Lori McKnight for sending this link!

News & Updates

Don't forget to register for the annual PRIDE Summer Retreat! The deadline to register is next Wednesday, June 29. Please contact louanne@prideyouthprograms.org for more.

Please join us in welcoming our new Trainers: Emma Eisert-Wlodarczyk-Lake Erie PRIDE, Courtney Fortress-Rochester PRIDE, Aaron Gillette-PRIDE of Chandler Oklahoma, Brennan Montague-PRIDE of Polk County, Taylor Montague-PRIDE of Polk County, Gabrielle Nguyen-Cheboygan PRIDE, Harley Rohrbacher-Toledo PRIDE and Daphne Willis-Arkansas PRIDE.

PRIDE2012 News

We are pleased to announce that Toledo, Ohio will host the PRIDE2012 World Drug Prevention Conference! Mark your calendars now for April 4-6, 2012, and plan to join us for PRIDE's 35th anniversary! While it's always nice to visit a new city, returning to Toledo allows us to keep costs down and take advantage of the momentum of support that was begun last year in that area. It's also great for teams and advisors who learned a lot about the area and what it has to offer. We're excited for another opportunity to work with the friendly and gracious staff at the Park Inn Toledo and SeaGate Convention Centre!

The Starfish

Many of you have heard the story of the starfish: A young man walking down a beach early in the morning sees an older man picking up stranded starfish and throwing them back into the ocean. When asked why, the older man replies that the starfish will die if left stranded in the sun. "But there must be thousands of beaches and millions of starfish! How can your efforts make any difference?" the young man asks. The older man tosses another starfish back into the safety of the ocean and replies, "It makes a difference to that one."

One PRIDE team has taken this message to heart. They purchased a dried starfish at a craft store and, after each team event, the starfish is given to a team member along with a brief explanation of what that person did to make a difference. That person then passes the starfish on to another teammate of his or her choice after the next program or event. A new member may pass it to a teammate who made him feel welcome; someone else may pass it along to someone who helped her rehearse for a part or made her laugh on a tough day. It's a way for team members to be recognized for the seemingly little things they do that make a big difference to someone else.