



What's Included

- ◆ Alcohol Health Info
- ◆ AIDS Information
- ◆ Word Puzzles
- ◆ High School Football State Champions
- ◆ Tucson Events
- ◆ Teen Programs

Volume 7

January, 2009

USA Population
305,887,544

Arizona Population
6,338,755

Quote of the Month:

“Things turn out best for those who make the best of the way things turn out.”

-Jack Buck

Phrase of the Month:

“If it's sent by ship then it's a cargo, if it's sent by road then it's a shipment”

-Dave Allen

University of Arizona Project Information

Project DAP:

Project DAP (Determining Another Path) is a program for adolescents aged 12-17. One of the goals of the program is to promote healthy behaviors among youth, especially with regard to the prevention of HIV, STI's, and unintended pregnancies.

Proyecto de las Mariposas:

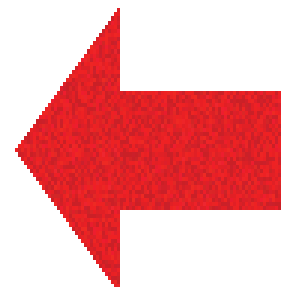
Las Mariposas is a project serving adolescents in an outpatient substance abuse treatment program and is free of charge to those who qualify. The project uses effective models of Adolescent Community Reinforcement Approach (ACRA) along with ongoing support through Assertive Continuing Care (ACC).



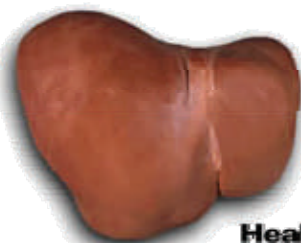
Project DAP News Update

Project DAP has published their first video in their new online education series. The video, Snooze Fest- Importance of Sleep is up and running. You can visit it at www.youtube.com/watch?v=trZk7OkVPxU

Did you know?!?!?!?
All polar bears are left handed.



HERE'S TO YOUR HEALTH!



Healthy



Cirrhosis

In today's world, health has become a serious factor that people of all ages and ethnicities should pay close attention to. I'm sure you care about what outfit, hairstyle, shoes or even what CD you'll listen to for the day therefore, why not be concerned about your health, right?

WHAT IS ALCOHOL?

Alcohol is created when grains, fruits, or vegetables are fermented. Fermentation is a process that uses yeast or bacteria to change the sugars in the food into alcohol. Fermentation is used to produce many necessary items — everything from cheese to medications. Alcohol has different forms and can be used as a cleaner, an antiseptic, or a sedative.

So if alcohol is a natural product, why do teens need to be concerned about drinking it? When people drink alcohol, it's absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions. Because experts now know that the human brain is still developing during our teens, scientists are researching the effects drinking alcohol can have on the teen brain.

ALCOHOL MYTHS:

MYTH #1: BEER IS LESS INTOXICATING THAN OTHER TYPES OF ALCOHOLIC BEVERAGE.

FACT: One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits

MYTH #2: EVERYONE REACTS TO ALCOHOL IN THE SAME WAY.

FACT: Many factors affect a person's reaction to alcohol — body weight, metabolism, gender, body chemistry, and many others.

MYTH #3: I CAN DRINK AND STILL BE IN CONTROL.

FACT: Drinking impairs your judgment, which increases the likelihood that you will do something that you'll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.

ALCOHOL FAQ'S:

QUESTION: ARE SOME GROUPS MORE LIKELY TO DEVELOP ALCOHOL PROBLEMS?

ANSWER: Yes. Nearly 14 million people in the United States, 1 in every 13 adults, abuse alcohol or are alcoholic. However, more men than women are alcohol dependent or experience alcohol-related problems. In addition, rates of alcohol problems are highest among young adults ages 18-29 and lowest among adults 65 years and older. Among major U.S. ethnic groups, rates of alcoholism and alcohol-related problems vary.

QUESTION: WHAT IS A SAFE LEVEL OF DRINKING?

ANSWER: Most adults can drink moderate amounts of alcohol -- up to two drinks per day for men and one drink per day for women and older people -- and avoid alcohol-related problems.

However, certain people should not drink at all. They include women who are pregnant or trying to become pregnant; people who plan to drive or engage in other activities requiring alertness and skill; people taking certain medications, including certain over-the-counter medicines; people with medical conditions that can be worsened by drinking; recovering alcoholics; and people under the age of 21.



Every day do something that will inch you closer to a better tomorrow.

-Doug Firebaugh

Seeking further health information?
Visit the following:
<http://www.kidshealth.org/>
<http://www.collegedrinkingprevention.gov>
<http://www.alcoholism.about.com>



Sexual Health

Let's talk sex! We know you think it so let's talk....

People make different sexual choices throughout their lives and it's important to know the risks of engaging in unprotected sexual activities.



A sexually transmitted infection (STI) is an infection that is caused by either a bacteria, virus, or a parasite. A person can get an STI by having unprotected oral, vaginal or anal sex with an infected person. In some cases a person can get STI's by skin to skin contact with an infected person.

STI of the Month: HIV/AIDS

HIV is caused by a VIRUS and can be treated with medications, but not cured.

HIV is passed from one person to another by:

- ⇒ having sex (vaginal, anal, or oral) with a person who has HIV
- ⇒ sharing needles with a person who has HIV for drugs, tattoos, and piercings.
- ⇒ birthing or breast-feeding if a mother has HIV
- ⇒ getting a blood transfusion from a person with HIV

HIV can be transmitted or passed to another person through:

- ⇒ blood
- ⇒ semen
- ⇒ vaginal fluids
- ⇒ breast milk

Transmission of HIV while getting a tattoo or through a body piercing is possible, but it can be prevented through:

- ⇒ Single-use instruments intended to penetrate the skin being used only once, then disposed of
- ⇒ Reusable instruments or devices that penetrate the skin and/or contact a client's blood should be thoroughly cleaned and sterilized between clients according to medical guidelines.

Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That's relativity.

-Albert Einstein

HIV cannot be transmitted by casual contact. Here are the facts:

- ⇒ You cannot get HIV from shaking hands or hugging a person with HIV/AIDS
- ⇒ You cannot get HIV from using a public telephone, drinking fountain, restroom, swimming pool, Jacuzzi, or hot tub
- ⇒ You cannot get HIV from sharing a drink
- ⇒ You cannot get HIV from being coughed or sneezed on by a person with HIV/AIDS
- ⇒ You cannot get HIV from giving blood
- ⇒ You cannot get HIV from a mosquito bite

Abstaining from (not having) sex is the most effective way to prevent HIV transmission. There are several ways to protect yourself or to prevent transmitting HIV during vaginal, oral, or anal sex if you choose to have sex:

- ⇒ Get tested for HIV and know the HIV status of yourself and your partner
- ⇒ Be faithful to your sexual partner
- ⇒ Use condoms or other latex barriers during vaginal, oral, and anal sex, and never reuse condoms or latex barriers

If someone you know has had unprotected sex and thinks he/she might have an STI or be pregnant, below are organizations who can provide services and offer free condoms:

- Pima County Health Department (STI/HIV testing only) #624-8272
- PCHD Family Planning North #887-0715
- Kino Teen Center #740-4600
- Planned Parenthood #884-5562

Note: We strive to bring you the most current and factual information. But our information sources vary and in confirming the content on herpes in our last issue, we determined that some of the information was incorrect and we apologize for our mistake.



Not a shred of evidence exists in favor of the idea that life is serious.
-Brendan Gill

Seeking further health information? Visit the following:
<http://www.aids.gov>
<http://www.hivandhepatitis.com>
<http://www.fda.gov>
<http://www.health.gov>

Did you know?

Ironically, when doctors in Los Angeles, California went on strike in 1976, the daily number of deaths in the city dropped 18%

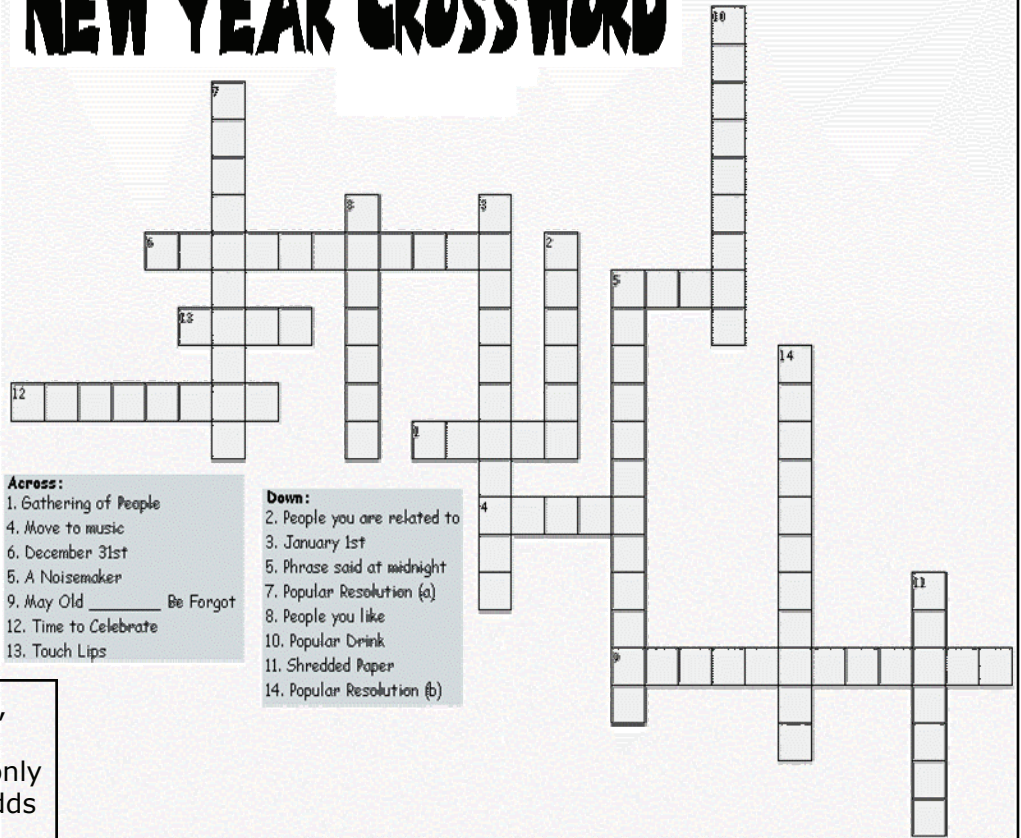


DON'T FORGET ABOUT YOUR FOLLOW-UP INTERVIEW!!!!!!

Contact a Prevention Specialist today to schedule your appointment!

(contact information on pg. 6)

NEW YEAR CROSSWORD



Across:

- 1. Gathering of People
- 4. Move to music
- 6. December 31st
- 5. A Noisemaker
- 9. May Old _____ Be Forgot
- 12. Time to Celebrate
- 13. Touch Lips

Down:

- 2. People you are related to
- 3. January 1st
- 5. Phrase said at midnight
- 7. Popular Resolution (a)
- 8. People you like
- 10. Popular Drink
- 11. Shredded Paper
- 14. Popular Resolution (b)

Don't take life too seriously, always find time to laugh... Remember that laughter not only adds years to your life, but adds more Life to your Years....
-Anonymous

NEW YEAR WORD SEARCH

ISVZOSRQMJRRTSFVDBHTS
 DSJBALLLOONSKKDOYPCMA
 MIDNIGHTOASTSNIGGLDR
 DKPLOCQIVJITTEFNOCNP
 DAASODSYMKNRSIEJCTPG
 WCLFWEXNAOCNRDVAIFR
 HDAHMUHTIDOSIFQKLMWP
 QTSAUDETHITNFUODEEWF
 LNKFUIUITNOSYSAHNSWC
 OEREYLHIIUCVRQYEDSUT
 RMOEOBDGUSOOAIHTAQNH
 CIWSNAHLTJVGUTFDRUMX
 KREFRTQRAAAVNNCPVASS
 CRRTEMEUFNHIAITHVRPY
 OEIBUAMYRSGYJCRDBERD
 LMFKMRTDWNHSTUOWOLBR
 CELEBRATIONBYRAGEWAC
 ZRRYADSRARYWENAVRQNU
 FSAPRVXFGMSXHLEPVHFS
 NKQKJKSZDNSOKRLGKS YU

- | | | | |
|----------------|-----------------|------------------|------------|
| auld lang syne | balloons | blowouts | calendar |
| celebration | clock | confetti | countdown |
| fireworks | first day | first night | friends |
| january | january first | kiss | merriment |
| midnight | new year | new years day | noisemaker |
| party | party favors | party hat | resolution |
| revelry | ring in the new | ring out the old | streamers |
| times square | toast | traditions | twelve |

Anonymous Question Box

Q: Why are girls so sensitive when they are having their period?

A: The period, or menstruation, is caused by hormones in the female body. As the hormone levels rise and fall during a female's menstrual cycle, they can affect the way she feels. The hormones may cause physical symptoms, like menstrual cramps, headaches, sore breasts, or emotional changes, like feeling more intense emotions than usual, such as moodiness, sadness, or anger. Some females do not experience these symptoms at all, some experience them to a small degree, and some may experience many side effects. There is a wide range of what is "normal" and everyone is different. Eating right, avoiding caffeine and alcohol, getting enough sleep, and exercising may relieve some of these symptoms. If someone is concerned about these symptoms, it is always a good idea to talk to a health care provider.

Answered by Program Coordinator, Sr., Alison Greene



HIGH SCHOOL FOOTBALL STATE CHAMPIONS

5A DIVISION I - HAMILTON
5A DIVISION II - CENTENNIAL
4A DIVISION I - SAGUARO
4A DIVISION II - NOTRE DAME
3A - PAYSON
2A - ST. JOHNS
1A - MOGOLLON



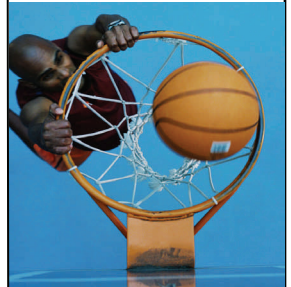
CHANDLER, AZ
PEORIA, AZ
SCOTTSDALE, AZ
SCOTTSDALE, AZ
PAYSON, AZ
ST. JOHNS, AZ
HERBER, AZ

Teen Programs:

John Valenzuela Cntr.
 1559 S. 6th Avenue
 South Tucson, 85713
 Phone: 792-9251

Freedom Center 29th
 Summer and school
 year recreation program
 Tuesday and Thursday,
 3:30-5:30 p.m.,
 Wednesday 2:30-4:30
 p.m. Enjoy trips, sports,
 games, exercise,
 community service
 projects, crafts and
 music.
 Freedom Center, 5000
 E. 29th St., 791-4969.

**LittleTown
 Community Center**
 After School Program
 Homework/Tutoring
 Teen Program
 6465 S. Craycoft Rd.
 Tucson, AZ 85706



**Late Night Hoops
 Basketball Program**
 Ages 13-19
 Offered Saturdays from
 October-February at the
 Randolph, William M.
 Clements, El Pueblo
 and Morris K. Udall
 Centers.
 Includes evening play
 from 7-11 p.m. Contact
 the Sports Office at 791
 -4870 for
 Information.

A failure is a man
 who has
 blundered, but is not
 able to cash in on
 the experience.
 -Elbert Hubbard



January - February 2009		
January 2, 9, 16, 23, 30th	Wii Rockband Competition	Create Cafe and Catering 4660 E. Camp Lowell Drive 6:00pm start
January 15	Jeff Dunham	Tucson Arena 260 South Church Ave 8:00pm showtime
January 21	U of A Wildcats Vs. ASU	McKale Center 1 National Championship Dr, 7:30pm start
February 12	U of A Wildcats Vs. USC	McKale Center 1 National Championship Dr, 8:30pm start
February 14	U of A Wildcats Vs. UCLA	McKale Center 1 National Championship Dr, 11:00am start

Looking for stuff to do???

YMCA
 222 N. Church Ave
 1010 W. Lind St
 5085 S. Nogales Hwy
 401 S. Prudence Rd

Boys and Girls Club
 5010 W. Calle Torim
 5901 South Santa Clara
 2585 East 36th Street
 1935 S. Columbus Blvd.
 3155 East Grant Road
 1375 North El Rio

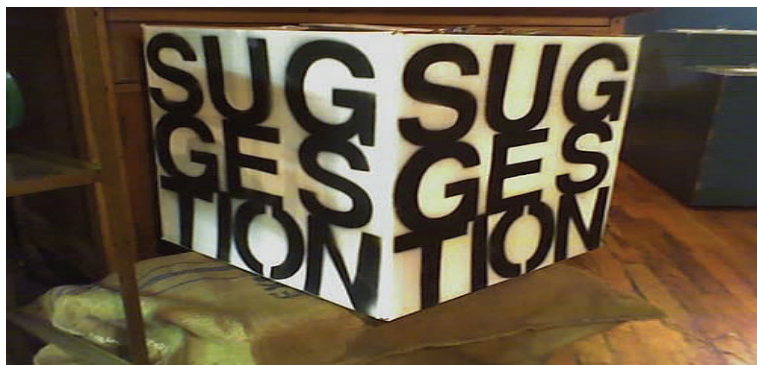
Interested in getting involved in the community?:

Greater Tucson Youth Leadership Program:
 The Greater Tucson Youth Leadership is a program of the Volunteer Center of Southern Arizona in partnership with the Pima Community College. Middle and high school youth will earn Pima Community College credit and will gain insight to community issues while building leadership skills.
 Interested?

Contact info: 881-3300
 Or log onto website: www.volunteertucson.org

University of Arizona
181 S. Tucson Blvd. Ste. 101
Tucson, AZ 85716

US Postal
Code
Here



Are there things in this newsletter that caught your eye, anything you have suggestions on or would like to read about—let us know! We want to provide you the information. Please feel free to submit suggestions to dbernal@email.arizona.edu or mail to 181 S. Tucson Blvd, Tucson, AZ 85716

Pictures and the information in this issue are curiosity of:
theteacherscorner.net
hivandhepatitis.com
aids.gov
alcoholism.about.com

This Newsletter was brought to you by:
Michael Hasman

The University of Arizona contact information:

Monica Davis-	Office- (520) 295-9339 x204; cell 975-9642
Isaac Durgin-	Office- (520) 295-9339 x212; cell 235-2144
Alison Greene-	Office- (520) 295-9339 x206
Kristin Hedges-	Office- (520) 295-9339 x205; cell 240-4607
Carlos Moll-	Office- (520) 295-9339 x202; cell 488-6925