What’s Included

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

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=trZk70kVPxU

Did you know?!?!?!?

All polar bears are left handed.

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).
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
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
**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**

**January - February 2009**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location and Time</th>
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<tbody>
<tr>
<td>January 2, 9, 16, 23, 30th</td>
<td>Wii Rockband Competition</td>
<td>Create Cafe and Catering 4660 E. Camp Lowell Drive 6:00pm start</td>
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<tr>
<td>January 15</td>
<td>Jeff Dunham</td>
<td>Tucson Arena 260 South Church Ave 8:00pm showtime</td>
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<tr>
<td>January 21</td>
<td>U of A Wildcats Vs. ASU</td>
<td>McKale Center 1 National Championship Dr, 7:30pm start</td>
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<td>February 12</td>
<td>U of A Wildcats Vs. USC</td>
<td>McKale Center 1 National Championship Dr, 8:30pm start</td>
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<tr>
<td>February 14</td>
<td>U of A Wildcats Vs. UCLA</td>
<td>McKale Center 1 National Championship Dr, 11:00am start</td>
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**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

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

-Elbert Hubbard
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

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