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Parents Matter News Letter XXVIII

March 2013



83%

of our students do not use substances!!!

(Pride Survey 2013)

It wasn't just luck— It was parents and our community members working together to reduce and/or prevent substance abuse. Thank you for your efforts. See page 3 for more data results.

Parents Matter Coalition Meeting

Wednesday , March 13, 2013

Noon * Lunch provided

Avera /St. Mary's Hospital

5th Floor Conference Room

RSVP: 224-3189

Alcohol Compliance Checks

By Captain Elton Blemaster

Thanks to a grant from Parents Matter of Pierre/Fort Pierre and Growing Up Together, law enforcement officers from the Pierre Police Department and Hughes County Sheriff's Office conducted an Alcohol Compliance Check. 20 area establishments were checked and only one failed: Kroeplin .

Congratulations to all those who were in compliance: Longbranch, Bob's Lounge, American Legion, Dakotamart, Happy Jacks, Bubba Ray's, Aces and Eight's, Crossing, Sutley's, 4-Play, Get n Lucky, Pub 34, Whiskey River, Golden Isle, Hideout, Maxine's, Triple M, Medicine Creek Bar and Stables.

Communities Mobilizing for a Change on Alcohol Policy (CMCA) strategy's have proven that compliance checks are the most effective means of decreasing youth's accessibility to alcohol.

LEGISLATIVE UPDATES

Social Hosting Law - placed for a Summer Study. Congratulations to Joyce Glynn for all her efforts.

House Transportation Committee have several Bills up for hearings regarding teen driving.

SB 105: revise certain provisions regarding instruction permits and restricted minor's permits to drive a motor vehicle.

SB 106: prohibit certain minors from using wireless communication devices while operating a motor vehicle upon the public highways.

SB 107: limit the number of passengers allowed in a motor vehicle operated by a holder of a restricted minor's permit.

SB 216: establish a state-wide driver education program.

Committee hearings for the Bills listed above are scheduled for 10:00 AM, Tuesday, February 26, 2013, Room 413: Committee: House Transportation.



South Dakota Attorney General, Marty Jackley ,was the guest speaker for the February Parents Matter Coalition Meeting. Mr. Jackley spoke to the attendees about synthetic drugs. There are more types of synthetic drugs being manufactured and all of them threaten the safety of those who use them. "It is a public safety and health issue." There has been an increase in synthetic drugs coming into South Dakota which is targeted at teens. Legislators have been willing to strengthen criminal penalties involving synthetic drugs. Marty also stated that alcohol is still the number one drug of abuse and a gateway drug to other drug use.

In the Midst of Basketball Season, Lets Take a Look at the Effects of Alcohol on Athletes

Alcohol and Athletic Performance

How alcohol affects a person depends on the amount consumed, the environmental context, and individual differences in tolerance. While a small amount of alcohol consumed daily may have a protective effect on the cardiovascular system, chronic heavy alcohol use is associated with a wide range of physiological and societal negative outcomes, which account for approximately 100,000 deaths yearly in the United States.

The fitness-oriented individual should be aware of the acute and chronic effects of alcohol on physical performance. Acutely, alcohol can cause negative effects on motor skills and physical performance. Chronically, alcohol abuse may eventually impede physical performance; individuals diagnosed with alcohol dependence have displayed varying degrees of muscle damage and weakness.

Alcohol abuse is at least as prevalent in the athletic community as it is in the general population; in fact, the majority of athletes have begun drinking by the end of high school. Both male and female college students have higher rates of binge drinking than non-athletes, and drinking five or more drinks on any one occasion affects the brain and body for several days.

How Could Drinking Affect My Athletic Performance?

Alcohol has been described as a performance impairing drug. Exercise is a complex activity utilizing many of the body's organ systems; alcohol exerts an effect on most of these systems, including the central nervous system, muscle energy stores and the cardiovascular system.

What Happens if I Exercise With an Elevated Blood Alcohol Level?

Alcohol has acute effects on motor skills, strength and power, and aerobic performance.

- Alcohol and motor skills
Low amounts of alcohol (0.02-0.05g/dL) result in:
 - decreased hand tremors
 - slowed reaction time
 - decreased hand-eye coordination
- *Moderate amounts of alcohol (0.06- 0.10 g/dL) result in:*
 - further slowed reaction time
 - decreased hand-eye coordination
 - decreased accuracy and balance
 - impaired tracking, visual search, recognition and response skills
- Alcohol and strength, power, and short-term performances
Alcohol will not improve muscular work capacity and results in:
 - a decrease in overall performance levels
 - slowed running and cycling times
 - weakening of the pumping force of the heart
 - impaired temperature regulation during exercise
 - decreased grip strength, decreased jump height, and decreased 200- and 400-meter run performance
 - faster fatigue during high-intensity exercise
- Alcohol and aerobic performance
Adequate hydration is crucial to optimal aerobic performance. The diuretic property of alcohol can result in:
 - dehydration and significantly reduced aerobic performance
 - impaired 800- and 1500-meter run times
 - increased health risks during prolonged exercise in hot environments
- Medical Concerns
 - Alcohol has been linked to exercise-induced anaphylaxis and asthma
 - Acute ingestion may cause myocardial irritability, resulting in arrhythmias.

What Happens if I Exercise With a Hangover?

Hangovers are caused by alcohol toxicity, dehydration, and the toxic effects of congeners in alcoholic drinks. Hangovers are commonly characterized by a depressed mood, headache, and hypersensitivity to outside stimuli, such as light and sound. These lingering effects of alcohol may lead to decreased athletic performance.

Drinking on the day or night before athletic activity hinders physical conditioning progress, and exercising with a hangover has been shown to significantly decrease aerobic performance capacity - by as much as 11%. Regardless of the type of activity, conditioning progress will be impeded. Teammates who do not drink the day before competition will be ahead of the game.

Alcohol and Injury

- Athletes who drink alcohol at least once per week have an elevated risk of injury as compared to athletes who do not drink.
- Consuming alcohol regularly depresses immune functioning and slows the healing process for sports-related injuries.
- Alcohol-related injuries in sports like cycling, boating, ice skating, snow skiing and swimming are likely related to a decrease in psychomotor functioning and impaired judgment.
- Nearly 1/3 of college students consume alcohol during participation in recreational boating or swimming, while greater than 50% of young adult drowning victims have detectable post-mortem blood alcohol levels.

The Big Idea

When active people make decisions about drinking, they may want to consider.

- How important is my sport to me?
- How important is drinking or partying to me?
- How important is it that I perform to the best of my ability?
- How will drinking affect my ability to perform?
- How will my body feel if I drink? How will I feel if I don't drink?
- How will I benefit from my decision to drink or not to drink?
- How motivated am I to drink in a low-risk way?
- How confident am I that I can make low-risk choices around alcohol?
- Will I violate team, University, or state laws and regulations if I choose to drink?

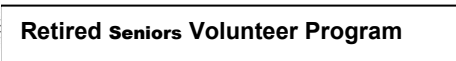
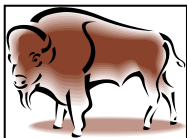
SOURCE: <http://www.uhs.uga.edu/aod/athletic-performance.html>

2008-2012 Pride Survey Comparison Report

<u>2008-2009-6th-12th</u>	<u>2009-2010- 6th-12th</u>	<u>2010-2011-6th-12th</u>	<u>2011-2012-6th-12th</u>
<i>Age of first use</i>	<i>Age of first use</i>	<i>Age of first use</i>	<i>Age of first use</i>
Alcohol: 13.0 years	Alcohol: 13.0 years	Alcohol: 12.95	Alcohol: Not collected.
Marijuana: 13.8 years	Marijuana: 13.8 years	Marijuana: 13.854	Marijuana: Not collected.
Tobacco: 12.9 years	Tobacco: 12.8 years	Tobacco: 12.371	Tobacco: Not collected.
<i>Past 30 Day Use</i>	<i>Past 30 Day Use</i>	<i>Past 30 day Use</i>	<i>Past 30 day Use</i>
Alcohol: 23.6%	Alcohol: 24.0%	Alcohol: 20.6%	Alcohol: 17.3
Marijuana: 10.6%	Marijuana: 11.5%	Marijuana: 12.0%	Marijuana: 7.3
Tobacco: 17.8 %	Tobacco: 17.2%	Tobacco: 15.0%	Tobacco: 13.0
			Prescription:3.7
<i>Perception of Harm</i>	<i>Perception of Harm</i>	<i>Perception of Harm</i>	<i>Perception of Harm</i>
Alcohol: 70.5%	Alcohol: 66.1%	Alcohol: 69.2%	Alcohol: 77.6
Marijuana: 64.2%	Marijuana: 63.8%	Marijuana: 61.8%	Marijuana: 76.8
Tobacco: 86.0%	Tobacco: 87.2%	Tobacco: 86.7%	Tobacco: 88.2
			Prescriptions: 87.3
<i>Parental Disapproval</i>	<i>Parental Disapproval</i>	<i>Parental Disapproval</i>	<i>Parental Disapproval:</i>
Alcohol: 89.5%	Alcohol: 89.2%	Alcohol: 90.2%	Alcohol: 92.0
Marijuana: 96.4%	Marijuana: 95.4%	Marijuana: 94.7%	Marijuana: 95.2
Tobacco: 92.7%	Tobacco: 92.9%	Tobacco: 94.2%	Tobacco: 94.1
			Prescription Drugs: 96.6
<i>Availability-Very Easy</i>	<i>Availability-Very Easy</i>	<i>Availability- Very Easy</i>	<i>Availability – Very Easy</i>

Our Sponsor's Thank You!

Curt Merriman Printing



- Pierre Police Department.
- KGFX Dakota Radio Group
- KCCR Radio
- SD Dept of Education
- Pierre School District
- Stanley County School
- SD Dept of Labor, Experience Works
- Teen Court (CAC's)
- Capital Journal
- Hughes County Sheriff
- Stanley County Sheriff
- Rocky & Skyla Nicholas
- Capitol University Center



- 4-H Youth Development
- SD Regional Cooperative
- Extension Service

