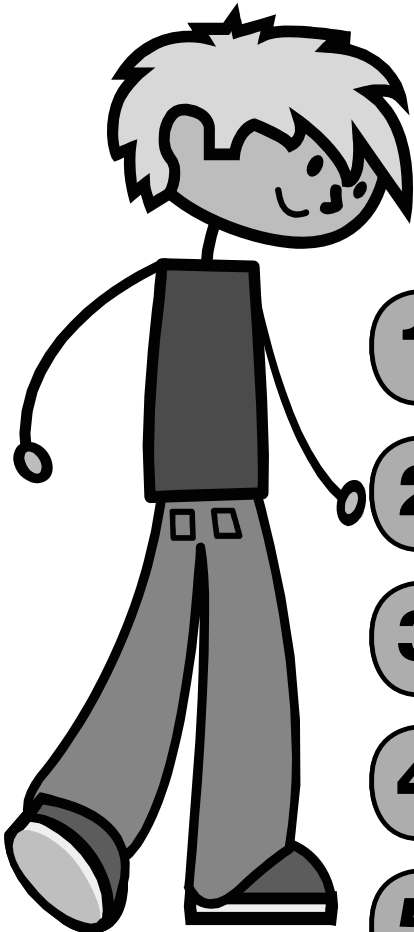


It's An Attitude!

drugfreeidaho.org
working for a drug free culture

Spring 2010 Newsletter
Activities, fun and so much more!

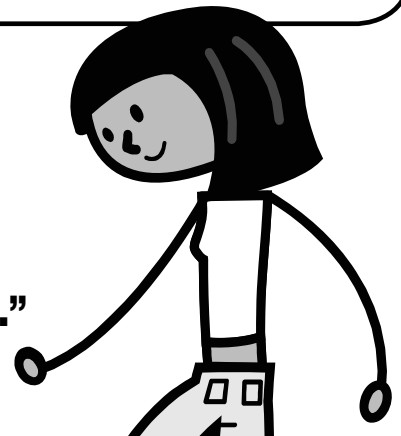


Get the Facts About Alcohol

How much do you really know about how alcohol can affect your brain and your body? Take this true or false quiz to find out. The answers may surprise you!

- 1 When a person drinks alcohol, it travels through nearly every organ system in his or her body. **True False**
- 2 Drinking alcohol affects the ways your brain works. **True False**
- 3 Alcohol affects every person in the same way. **True False**
- 4 Beer is less harmful to the body than other types of alcohol. **True False**
- 5 Heavy alcohol use over a long period of time may increase a person's risk for getting some types of cancer. **True False**

- 5 Correct Congratulations!**
You're a champion of mastering the facts.
- 3-4 Correct On your way to mastering the facts!**
You have a good grasp of the facts.
- 0-2 Correct We know you are "too smart to start."**
Continue to learn the facts.



1. Answer: True. Alcohol enters your bloodstream within 5 to 10 minutes of being consumed. It passes from your stomach into your bloodstream and then travels throughout your entire body—affecting nearly every organ system in the body. 2. Answer: True. Alcohol slows the processes in your brain that allow you to think and move. Alcohol can affect your ability to make decisions; research suggests that some of these effects may be long-lasting. 3. Answer: False. How alcohol affects a person depends on a number of factors. For example: Weight: The same amount of alcohol more strongly affects a person who weighs less than a heavier person. Youth: Because their bodies are still developing, young people are more at risk to some types of alcohol damage; Gender: The same amount of alcohol typically affects women more than it does men. 4. Answer: False. There is the same amount of alcohol in a 12-ounce beer as there is in 1.5 ounces of hard liquor. The alcohol in beer and wine can be just as harmful as the alcohol in other drinks. 5. Answer: True. Alcohol abuse can cause damage in some organs in the body that may lead to cancer, including stomach cancer.

WORD PUZZLE

Directions: The following words are hidden in this word search puzzle. Find the words and then complete the sentences below about the dangers of alcohol.

- ALCOHOL
- BLACK OUT
- BRAIN
- COMMUNICATE
- MAKE DECISIONS
- IMPAIR
- DEPRESSANT
- JUDGMENT
- MEDIA MESSAGE
- SOLVE PROBLEMS



In spite of the _____ that _____ will make life more fun, it actually is a _____.

Just one drink can _____ your _____ 's ability to _____ and use good _____.

Alcohol can make you slur your speech, messing up your ability to _____. If you drink a lot of alcohol, you might even _____.



FAN FEST 2010

The Boise Hawks and DrugFree Idaho are hosting an evening of fun and substance abuse prevention, education and safety awareness!

May 7th • 6pm-10pm at MEMORIAL STADIUM

- Family Concert featuring Jonny Law!
- Fireworks!
- K-9 Drug Dog Demo!
- Kid's Carnival!
- Batting Practice!
- Climbing Wall!
- Martial Arts Demos!
- Fire/Emergency Vehicle Tours!
- Race Cars!
- Inflateables!
- Humphrey the Hawks and other mascots!
- Interactive/Educational booths from the Library, YMCA and more!
- \$1 concessions to benefit HawksNation Charity!

Fan Fest Timeline

- 6:00 - Gates Open
- 6:00-8:45 - Kids Carnival/Booths
- 6:00-8:45 - Treasure Valley Mascots
- 6:00-8:30 - Batting Practice on the field
- 8:45-9:00 - Raffle Drawing
- 9:00-9:45 - Jonny Law performs
- 9:30-9:45 - Fireworks!

FIREWORKS!

It's totally free!



322-5000
BOISEHAWKS.COM

