

Community 2000

Regional Support Center

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Drunkenfreude

By: Susan Cheever

As dessert ended, the woman in the red dress got up and stumbled toward the bathroom. Her husband, whose head had been sinking toward the *bûche de Noël*, put a clumsily lecherous arm around the reluctant hostess. As coffee splashed into porcelain demitasse cups, the woman in the red dress returned, sank sloppily into her chair and reached for the Courvoisier. Someone gently moved the bottle away. “Are you shaying I’m drunk?” she demanded. Even in the candlelight I noticed that the lipstick she had reapplied was slightly to the left of her lips. Her husband, suddenly

bellicose, sprang from his chair to defend his wife’s honor. But on the way across the room he slipped and went down like a tray of dishes. “Frank! Are you hurt?” she screamed. Somehow she had gotten hold of the brandy. “S’nothing,” he replied, “just lay down for a little nap. Can I bum a smoke?”

That dinner party was almost 10 years ago; it was the last time I saw anyone visibly drunk at a New York party. The New York apartments and lofts which were once the scenes of old-fashioned drunken carnage — slurred speech, broken crockery, broken legs and arms, broken marriages and broken dreams

— are now the scene of parties where both friendships and glassware survive intact. Everyone comes on time, behaves well, drinks a little wine, eats a few tiny canapés, and leaves on time. They all still drink, but no one gets drunk anymore. Neither do they smoke. What on earth has happened?

If alcoholism is an addiction — which it is — how can people control their drinking just because it is no longer acceptable to get drunk? What about smoking, another addiction? Addicts are supposed to be powerless; is a little social disapproval more powerful than all the rehabilitation centers and

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Kicking the Habit: Harder if You’re A Teen

Some disadvantages of being a teenager: can’t drive, can’t vote, always broke, curfew, homework, and those pesky zits. But you can add a new one to the list: it seems teens have [fewer aids](#) for kicking the smoking habit.

While there are plenty of options for adults to stop smoking, there aren’t as many for teens. First, there’s the issue of seeking treatment since you’re stuck in class all day, then there’s the fact you aren’t *supposed* to be

smoking, so asking your parents for help isn’t the most desirable option. (Who really wants to get grounded, right?) So what’s a teen to do who wants to stop sucking on the ole nic stick?

One option is The American Lung Association’s program, [Not-On-Tobacco](#). It’s designed to help teens 14-19 quit, offering “schools and community groups a unique, proven program for helping these teens quit.” That’s right, you can quit in the

convenience of your own school.

Of course, the best way to avoid this problem is to not start smoking, but we know that’s easier said than done. I don’t smoke, but I personally never thought my candy habit would escalate the way it has, so in some ways, I can relate. Sort of.

-Anne

***Source:**
www.iheartdaily.com*

Drunkenfreude

12-step programs and fancy new drugs?

Does fashion trump addiction?

Addiction specialists and scientists have identified three causes of most addictions: early trauma, genes, and environment. Still, addiction has eluded all attempts at a precise definition or a complete understanding. In most models, environment is thought to be the least of the three so-called causes. But maybe environment is the elephant in the room. In an environment where it is not attractive to get drunk, no one gets drunk.

In his brilliant book about addiction, "America Anonymous," Benoit Denizet-Lewis describes an experiment done by Vancouver professor Bruce Alexander in which rats in small cages were compared to rats in a specially designed Rat Heaven, a room where lab rats had everything that lab rats like. The rats in cages drank 16 times as much of the sugary morphine solution offered than the rats in Rat Heaven. Can addictions be controlled just by circumstances? Are parties and vacations an overlooked way to treat alcoholism?

In the old days, drunkenness

was as much part of New York City society as evening clothes. This is the city where Zelda Fitzgerald jumped wildly in the fountain in front of the Plaza, the city of "Breakfast at Tiffany's," written by another fabulous alcoholic, Truman Capote. It's the city of late nights with sloshed celebrities at the Stork Club. It's the city that gave its name to Manhattans and Bronx Cocktails, the city of John O'Hara and Frank O'Hara, of drunken brilliance and brilliant drunks.

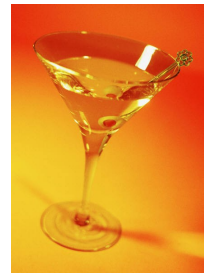
I don't drink. I know the savage, destructive power of alcoholism. It's a soul stealer. Yet, there's a mischievous part of me that misses all that extreme behavior, all those nasty but somehow amusing surprises, all that glamor even when so much of it ended in pain, institutions and early death. For us sober people there is a kind of *drunkenfreude* to watching others embarrass themselves, mangle their words and do things they will regret in the morning — if they even remember them in the morning.

After our host poured the woman in the red dress and her husband into a taxi that long ago night, we all chortled over our nightcaps at their behavior. In his sober years my father

used to mix killer martinis for guests and then watch with amusement as they tried to navigate down the stairs of his house to the driveway — stairs that they had bounded up so easily a few hours earlier.

There are certainly moments when it is embarrassing not to drink. A friend will start to pour me a glass of wine and then apologize profusely. At a party someone will notice my club soda and decide to make an issue of it. Why can't I just have a little white wine? But there were many more embarrassing moments when I did drink, and that's what watching other people get drunk helps me remember. For me, the psychology is often in reverse. I learn from seeing what I don't want and avoiding it, rather than from seeing what I do want and aspiring to it. I have been to many wonderful Christmas parties in the last decade and seen many glorious women behave with dignity and grace. I don't remember them. It's the woman in the red dress I won't forget.

Source: Proof: Alcohol & American Life; New York Times



Does fashion trump addiction?

"It's the woman in the red dress I won't forget."

When 'just say no' isn't enough: Try science

Teens are fascinated by their brains, the way they work, change, and even "freeze" sometimes. The American Association for the Advancement of Science recommends that parents, teachers, and caregivers use that fascination to engage middle and high school students in a discussion of why they shouldn't drink alcohol.

Shirley Malcom, head of the Education & Human Resources Directorate at AAAS says

"science is such a tool, and it is providing new insights on alcohol's effects on the maturing brain."

Scientists used to believe that the human brain finished developing before adolescence. However, new and ongoing brain research shows that important regions and their inter-connections are still developing well into a person's twenties.

The brain is made up of more than 100 billion neurons, each

making tens of thousands of connections. Alcohol can damage or even kill neurons, perhaps altering development of those parts of the adolescent brain that are still forming. Research suggests that alcohol can cause teens to: make bad decisions, develop a tolerance for alcohol and drink more over time, take risks the usually would not take, harm their memories, and cause problems with medications.

Source: www.eurekaalert.org/pub_releases/2008-12/aaft-120308.php



With the iBreathe accessory you can perform your own BAC test.

New question for iPod: Am iDrunk?

By: Dawn C. Chmielewski

These days, the iPod can be many things. A musical instrument, a gaming device, a phone, a taxi hailer, a trail tracker.

Apparently, it can also be an alcohol breathalyzer.

With **iBreathe**, a \$79 accessory that plugs into the base of the iPod, you can perform your own field sobriety test. The person using it exhales into a retractable "blow wand" and the internal sensor measures the blood-alcohol content. Within two seconds, it displays the results on an LED screen. A

reading of .08 or above sets off an alarm, signaling a blood-alcohol level above the legal driving limit in all 50 states.

"We are absolutely not advocating drinking and driving, but we know that people just don't observe that," said Don Bassler, chief executive and founder of David Steele Enterprises in Newport Beach, an online retailer and creator of the iBreathe. "We don't want people to think that this makes it all OK, but it's a safety device that we hope people will use, and it may save lives." Not everyone is as optimistic about its prospects in terms of

preventing alcohol-related incidents.

Laura Dean-Mooney, national president of Mothers Against Drunk Driving, said she was worried that young people would use the breathalyzer for drinking games, to see who can score the highest reading. (iBreathe caps the readings at .20, more than twice the legal definition of intoxication.)

Source: LA Times, www.latimesblogs.latimes.com

Smokebusters Training Held

By: Gerri Smith

Two hundred and forty three area teens attended this year's Phase 1 Smokebusters Training, representing 19 schools in the bootheel area. These schools included Senath- Hornersville, Southland, Kennett, Holcomb, Clarkton, Campbell, Cooter, Hayti, Delta C-7, Risco, Gideon, Ste. Genevieve, Meadow Heights, Fisk, Quilin, Broseley, Poplar Bluff, Zalma and Marquand -Zion. The teens took part in the Phase 1 Smokebusters training held throughout November 2008.

Gerri Smith, Southeast Smokebusters Outreach Coordinator, said "Phase I of the program began this year with an emphasis on establishing school teams that are committed to the three year project and teaching students to serve as advocates for change in their school and community through policy change. During Phase I of the program, the students learn to recognize the characteristics of youth and adult audiences learn the chemical make-up of tobacco and its negative effects on the human body, while identifying the positive aspects of being tobacco free.

The objective for Phase II to be held next fall is to teach students to be advocates for a tobacco-free society using media and government. Through the program teens will to understand how tobacco advertising and its promotion deceives the youth and to develop the self confidence to encourage advocacy for tobacco use prevention. The students will learn how to organize facts that will produce effective radio, TV, and print anti-tobacco messages," she added. "In addition they collaborate with school boards, city councils, and state officials to work toward environmental policy changes targeted in their action plans the prior year."

In Phase III, which will not begin until the 2010-2011 school year, the youth are empowered to ask for environmental and policy change at target sites based on the knowledge gained in prior workshops. Also in Phase III, the students will learn how big tobacco's influence in the community makes it hard for changes in policy to occur.

The main goal of the program is

to influence youth to become critical thinkers, to avoid tobacco use, and to become advocates for a tobacco free environment.

Through this three year program, students present programs to others in their schools and communities, learn how to work with the media to produce effective radio spots, interviews, and articles and to approach their school board or other public officials, businesses, etc., regarding tobacco free policies," Gerri Smith said.

This year's Project Smokebusters training was sponsored in part by University of Missouri, Family & Community Medicine, Missouri Foundation for Health, DHSS, Dunklin County Health Department, Scott County Health Department, New Madrid County Health Department, Butler County Health Department, Carter County Health Department, Bollinger County Health Department, American Lung Association, Family Counseling Center, and Stoddard County Health Department.

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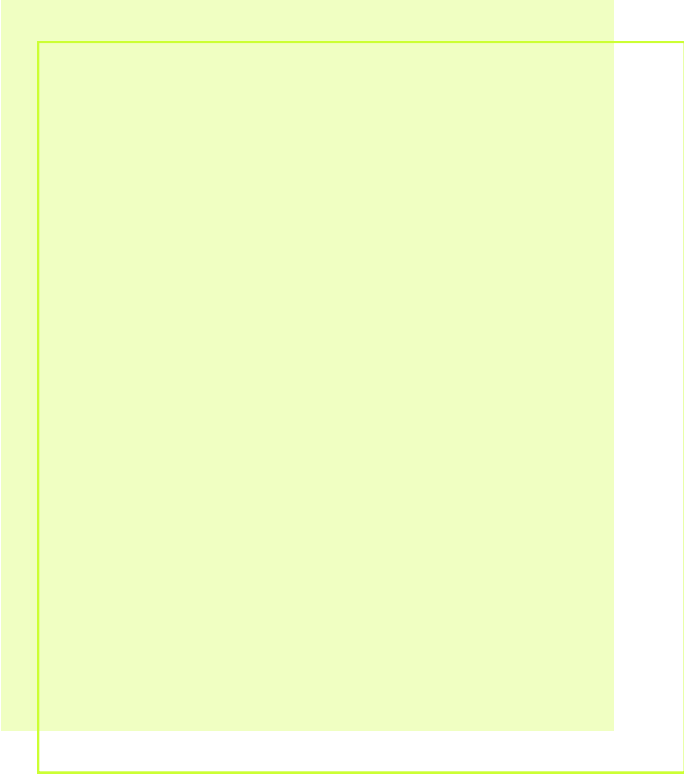
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We're on the WEB!
www.prev.fccinc.org



Be a part of Community 2000.

Community 2000: A Grassroots Initiative

Our Mission

The mission of the Regional Support Center is to educate, promote and facilitate the development of community and school prevention initiatives concerning the use and abuse of alcohol, tobacco and other drugs by serving as a catalyst for mobilization and change in the communities of Service Area 20.

Our Purpose

The Regional Support Center is a resource center for the C2000 prevention program, community coalitions, churches, schools, and interested citizens. This program and its resources

can be used by any supporter in Dunklin, Mississippi, New Madrid, or Pemiscot counties. The Community 2000 initiative is a grassroots approach to the crisis of substance abuse and its related problems, including but not limited to violence, teen pregnancy, HIV, child abuse and crime in our communities. Our support center can provide your community or school with several types of prevention materials and activities to enhance the grassroots volunteer efforts.

As a supporter of the Regional Support Center together we can:

Reduce underage drinking and use of other drugs and tobacco.

Reduce tobacco, alcohol and other drug related deaths.

Reduce teen pregnancy.

Reduce HIV and other sexually transmitted diseases.

Reduce alcohol and other drug related violence.

Contact the Regional Support Center today to become part of this important grassroots movement.