

# Coalition News

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## Future Meetings

### June

**23** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

### July

**28** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

### August

**25** ASAP Meeting  
5:00 p.m.  
Trees For Tomorrow

## A Cigarette a Month Can Get a Kid Hooked

*Teens who bum cigarettes every now and then find that addiction can happen before they know it.*

A study of adolescent smokers in the journal Pediatrics tracks the course of addiction to nicotine among a group of sixth-graders. After following 1,246 middle-school children for four years, researchers say a pattern emerged of occasional smoking that led to an addiction to tobacco: A cigarette a month will do it.

"When people are just wanting a cigarette, every now and then, they think they just enjoy smoking," says study coauthor Dr. Joseph DiFranza of the University of Massachusetts Medical Center. "As time passes, then they start to notice they will crave a cigarette. So even when they are with someone who is not smoking, something will pop into their mind that will tell them it is time for a cigarette."

He adds, "When they get to the point of needing a cigarette, that means they have an urgent need to smoke and they have to smoke to get it out of their heads." . . .

Before this study, DiFranza says, most research did not view wanting a cigarette every once in a while as a sign that addiction was starting. This study concludes that people ought to be educated to recognize that this is the beginning of addiction, and the best time to quit.

People who keep smoking – even occasionally, DiFranza says – are fooling themselves if they think they don't have an addiction to nicotine.

**Source:** National Public Radio (NPR)

**Date:** 2010-05-31

**Author:** Brenda Wilson

**URL:** <http://www.npr.org/templates/story/story.php?storyId=127241145>

*To Join the Alliance for Substance Abuse Prevention coalition,  
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## Hialeah Students Abusing OTC Medications Are Not Alone. Lock Your Meds.

*By Peggy Sapp, President, Informed Parents, The Florida Family Partnership*

The dozen students at Hialeah Middle School who were hospitalized after taking over-the-counter (OTC) decongestants at school this week are part of an alarming and growing trend with our nation's youth. Every day, more than 4,000 children and young adults begin experimenting with prescription and OTC drugs as a way to get high. In fact, these are the drugs of choice among children as young as 12. And, the sad news is, the age of such experimentation is beginning to drop. Many adolescents believe that since the medicines were prescribed by doctors or given to them by their parents when they were sick, they are not harmful when abused. To many teens, prescription or OTC drugs provide an inexpensive, legal and medically safe high. According to recent studies, 7.3 million young people believe there's nothing wrong with using non-prescribed medicines periodically and that parents "don't care as much if you get caught."

Where do they get these drugs? Look around your home . . . what's in your medicine cabinet, on your kitchen counter or beside your bed, in your purse or coat pocket? Seventy percent of abusers get their drugs from relatives or friends, not from street pushers.

Medicines can turn into dangerous substances in the wrong hands. Between 1999-2004, 20,950 people died from an overdose of prescription drugs – that's more than cocaine and heroin combined.

Many kids are taking their parents' pain relievers, their grandparents' tranquilizers, their brothers' Ritalin, their aunts' herbal diet pills . . . whatever they can get their hands on to alter their moods and behaviors. They may use their own lingo to secretly communicate with each other about these drugs. For example, you go "fishing" for grouper, they go "phishing" for pharmaceuticals. Kibbles & Bits may be something you feed your dog, but that's Ritalin to many abusers. And, there's a football team in Minnesota called the Vikings, but it's also a slang name given to the pain reliever, Vicodin.

Parents often wonder why teens feel the need to abuse prescription or OTC drugs. They have many reasons, such as wanting to be accepted by their peers, needing to cope better with life's stresses, relieving depression and anxiety, sleeping better, or increasing their concentration power in school. Some want to control their weight. Others want to self-medicate to relieve pain. In all likelihood, the Hialeah Middle School students wanted to get high. They were lucky this time – some became violently ill, but fortunately, no one overdosed and died.

Teen abuse of prescription and OTC drugs is fast becoming one of our nation's biggest problems. The National Family Partnership, along with King Pharmaceuticals, has launched a national campaign called Lock Your Meds to alert adults about this disturbing trend and to provide ideas for prevention. We can all be part of the solution by removing drugs from our medicine cabinet or handy household spot.

## Wisconsin's Statewide Smoke-Free Air Law

### Definitions:

**Place of Employment:** any indoor place that employees enter carrying out their work duties such as office, work area, employee lounge, restroom, conference room, meeting room, classroom, elevator, stairway, lobby, common area, vehicle, cafeteria, meeting room, or hallway.

**Public Place:** any place open to the public or where the public may be invited

**Enclosed Place:** a structure or area that has a roof and more than two substantial walls

**Substantial Wall:** a wall with no opening or with an opening that either does not allow air in from the outside or is less than 25 percent (25%) of the wall's surface area

**Smoking:** a cigar, cigarette, pipe or other lighted smoking equipment , **Note:** E-cigarettes are not included

### Enforcement & Fine Structure:

Department of Justice is authorized to enforce the smoke-free law. An individual in violation of the law will be fined \$100 to \$250.

Person in charge provisions: A person in charge can't provide matches or ashtrays, must post adequate signage, ask any person violating the law to stop smoking, ask any person violating the law to leave, refuse service to any person violating the law in the case of restaurants, bars, and private clubs, and notify law enforcement if the person refuses to comply. Any person in charge who violates the law will be fined \$100. The first violation requires a warning\* and the maximum daily fine is \$100 regardless of the number of violations.

### Effective:

July 5th, 2010

### Limits on local authority to regulate smoking:

Local authorities (city, county, village, towns) may further restrict outside smoking on public properties such as parks, fairgrounds, and the like. Local authorities may not define the term reasonable distance or set any set number of feet as being a reasonable distance. Restaurants, taverns, private clubs, and retail establishments may designate an outside area a reasonable distance from the main/front entrance where people can smoke.

*\*Any person in charge who does not take appropriate action as outlined above will also be fined.*

**Smoking is prohibited in the following places:**

- State Capitol and immediate vicinity
- Residence halls of colleges and universities
- Day care centers and outside of a day care center when children are present
- Educational facilities
- Correctional facilities (and on the grounds of juvenile correction facilities)
- State institutions (mental health, developmentally disabled persons)
- All restaurants and taverns
- All retail establishments
- All bowling centers
- All skating rinks
- Private clubs (any facility used by an organization that limits membership and is organized for recreational, social, political etc. purposes)
- Common areas of multi-unit residential properties
- Hotels, motels, bed & breakfasts, and tourist rooming houses
- All municipal buildings
- A reasonable distance from smoke-free places and entrances
- Sports Arenas of all kinds including Lambeau Field, Miller Park, gymnasiums, & swimming pools (whether or not they fit the definition of an enclosed space)
- Bus shelters, public transit
- Health and medical centers including hospitals, physician's offices, treatment centers
- Inpatient health care facilities (county home, nursing homes, hospice, veteran's home)
- Theaters
- All other enclosed places other than list above that are places of employment or public places

**Smoking is permitted in the following places:**

- Private residences
- Certain residence rooms in assisted living facilities designated as smoking
- Tobacco retailers\*\* who generate more than 75% of its revenue from the sale of tobacco not including cigarettes
- Tobacco bars\*\* which generate 15% or more of its revenue from the sale of cigars or pipe tobacco (vending machines are not included)

*\*\*Tobacco retailers and tobacco bars must be in existence by 6/3/09; smoking of cigarettes is prohibited .*

**Next meeting:**  
**Wednesday,**  
**June 23rd,**  
**5:00 p.m.**  
**at Trees For**  
**Tomorrow**

## **April A.S.A. P. Meeting Minutes**

### **I. Call to order**

The meeting was called to order at 5:05 pm.

### **II. Introductions**

The following persons were present: Nancy Junkerman, Nancy Anne Miller, Jeremy McClaine, Carol Wright and Heidi Nykolayko.

### **III. Review of April Minutes**

The minutes from the last meeting were reviewed. Minutes were approved without any changes.

### **IV. Parents Who Host Lose The Most**

Carol Wright mentioned that the Smoke Shop in Lac du Flambeau put PWHLM stickers on liquor bottles. Heidi contacted Phelps school several times but has not received a reply to date. Patrols were done in the Lakeland area over prom weekend. Results are not in yet. Suggested locations for stickers included florists, Pizza Hut, Subway.

Jeremy McClain reported that he passed out stickers in Minocqua to Subway, Pizza Hut and Dominoes. Was having trouble getting into the Ministerial Association. Bob Kovar and Lori Collins both offered assistance. PSAs were provided to WRJO and WRHN radio. WXPR was suggested as another radio station to pursue. There was one party broken up in Three Lakes on prom night. Police were tipped off on Facebook.

### **V. Kids' Fun Run**

Heidi Nykolayko explained that the Kids Fun Run is done in conjunction with Journeys Marathon and is a healthy activity sponsored by the Public Health Department. It is also an anti-tobacco initiative.

### **VI. Parent Networks**

Bob Kovar reported on the start of a parent network at Lakeland Union High School. Interest came from the administration and school board. There was a board meeting on Monday where this was to be discussed. No word on it yet, but Bob has a meeting next week. The school is discussing who should run it, but they are definitely going to start one. Talked about coalitions supporting it which meets the goals of the coalitions. Three Lakes is having a parent meeting on May 12 to discuss a parent network.

Lori Collins reported that Northland Pines Middle School has a PTSA that includes students. However, there isn't any organization at the high school level. Scott Foster, the principal is interested but does not have the time. He spoke with Patty Schoppe about being the liaison. Heidi Nykolayko offered to contact Patty about doing something over the summer to start a parent network for the upcoming school year.

### **VII. Other Business**

Discussed post prom activities. Decided that this is something that we would be interested in pursuing at a later date. Nancy Junkerman agreed to speak with Sheriff Niebuhr about alcohol sales compliance checks.

### **VIII. Next Meeting**

The next ASAP meeting is scheduled for Wednesday, June 23 at 5:00 pm at Trees For Tomorrow.

### **VIII. Adjourn**

The meeting was adjourned at 6:25 pm.

Minutes submitted by Heidi Nykolayko. Accepted at the May meeting.