



**EVENTS**

- January 13**  
LEAD Community Leadership Seminar @ NCSS Family Center Ted Mable Conference Room
- January 20**  
SPF Training Capitol Plaza Montpelier
- January 20**  
Dr David Jonergin @ Middlebury College
- January 21**  
Dr David Jonergin @ the Statehouse and Montpelier High School
- January 22**  
Dr David Jonergin @ Lyndon State College - St. Johnsbury
- January 22**  
Community Dance @ Grand Isle School 6:30 PM More info at [www.gicct.org](http://www.gicct.org)
- February 3**  
Fresh Start Quit Smoking Class  
See page 2 for more info
- February 7**  
Super Bowl XLIV Survey  
See page 4 for full details
- February 10**  
LEAD Government & Politics @ the State House - Montpelier
- February 10**  
Fresh Start Quit Smoking Class
- February 13**  
Valentine's All Age Community Dance @ St Albans Historical Museum. Doors open at 6:45
- February 17**  
Fresh Start Quit Smoking Class
- February 19**  
Community Dance 6:30PM @ Grand Isle School
- February 24**  
Fresh Start Quit Smoking Class

**Vermont Welcomes Dr David Jonergin!**

**January 20<sup>th</sup>** Middlebury College "From Global to Local" 6:30-8:00pm in the McCardell Bicentennial Hall Room 220 with cookies and cider.

**January 21<sup>st</sup>** Montpelier "On January 21, Let's Talk about 21!" Montpelier High School Cafeteria at 5:00pm for dinner & the Auditorium at 6:00pm for presentation.

**January 22<sup>nd</sup>** St. Johnsbury "How to Make 21 Better" Lyndon State College 6:30-8:00pm in the Rita Boles Room with treats and free drawings.

This is a series of FREE speaking events open to the public. No registration required. Parents, law enforcement, educators, City Council members and legislators are encouraged to attend on the 21st.

Dr. Jernigan is an Associate Professor of Health, Behavior and Society at the Johns Hopkins Bloomberg School of Public Health. He is also the Director of the Center on Alcohol Marketing and Youth at Johns Hopkins University. He is an advisor to the World Health Organization and the World Bank.

**What Does He Have to Say?**  
*"On television alone, in 2005, the average kid saw 309 alcohol commercials. So, this industry has 309 conversations with our children about the positive aspects of drinking."* Note: The more youth are exposed to alcohol advertising in magazines, on TV, the radio and at



Dr David Jonergin

social and community events the more likely they are to use alcohol.

*"Underage drinking costs the United States more than \$62 billion each year. At this crucial time when*

*research shows that girls are binge drinking with alarming regularity, more must be done to reduce youth access to alcohol, and the appeal of alcohol to our youth."* Note: The 21 Minimum Legal Drinking Age will be most successful when combined with supporting policies and prevention education.

This event is hosted by **Prevention Works!**, a statewide collaborative of community-based prevention coalitions. For more information about the upcoming visit, or to learn more about Prevention Works! contact coordinator Christine Peterson by emailing [teenleadaa@myfairpoint.net](mailto:teenleadaa@myfairpoint.net) or by calling 802) 479-7378.



**Mission:**  
To build a safe and healthy Vermont for us all by organizing prevention advocates to work collaboratively on issues of policy, practice and attitude related to substance abuse.

**Vision:**  
All of Vermont's communities will be safe and healthy.



**Smokeless tobacco use represents an important and often overlooked public health problem.**

**Thinking about Quitting Smoking?**

Join others for a 4-session series to help you **successfully** quit smoking

**When?**

Wednesday, February 3rd, 10th, 17th and 24th 5-6 pm

**Where?**

Northwestern Medical Center Conference Center Rm. 2

**Sign up** at 524-8831



Many thanks to Pam McCarthy, Chrissie Birong, Gary Rutkowski, Emerson Lynn, Jonathan Billings, Judy Ashley-McLaughlin, Janet McCarthy and Ted Mable for all those (too numerous to list here) who assisted in the seminars!

**Kick Off the New Year by Kicking Smokeless**

Help is being offered at no charge by MyLastDip.com with two Quit Chew Projects available; one for 14 - 25 year olds, and one for older users.

Chewers and dippers aged 14 - 25 are invited to enroll in a web-based tobacco cessation program designed just for them. The online program is available at any time and offers step-by-step evidence based approaches to quitting

for good. Visit **MyLastDip.com** to learn more and enroll.

There is also a study looking at a program designed just for chewers and dippers aged 18 and over. They are testing various combinations of quit tobacco phone counseling and a cessation web program. Call **1 800 844-CHEW** to learn more and enroll.

Both programs are supported by grants from

the National Cancer Institute. All participants receive small compensation for completing surveys.

Most of the approximately 12 million chewers in the U.S. want to quit but have found few resources available to them. This situation is even more difficult for youth as very few cessation programs have their unique needs in mind.

**LEAD Fall Semester News**

A beautiful September day kicked off LEAD 2009/2010 at the Grand Isle Lake House! The enthusiastic group learned what has been planned for the next 10 months and how looking beyond the self will be tackled as part of the overall experience.

Brian Searles, one of the founders of LEAD, addressed the class with an informative talk on Leadership from Several Perspectives. Students also heard presentations on leadership personality and style and how a successful team functions. Students spent time getting to know each other through an interactive exercise to better understand leadership traits and working as a team. A panel discussion rounded things off with LEAD alums sharing their experiences while in the program and those that followed in the years after graduation.

The group of individuals left the Opening Session as four distinct teams as-



**Top row:** Brant Hopkins, Gina Clark, Suzanne Rude, Jan Keith-Young, Lisa Howrigan **Middle row:** Colleen Kelly, Jim Naylor, Johanne Hamilton, Mike Oddy, Michelle Boudreau, Vickie Senagra, Mandie Grissom **Bottom row:** Roy Benoit, Jay Buermann, Susan Csavant, Brian Monaghan, Danielle Lindley, Ellen Stebbins **Not pictured:** Deirdre Clifford

signed to interview a leader within the Franklin/Grand Isle community. The results of these meetings will be presented at the Community Leadership seminar in January. The October, November and December seminars immersed the class in the local Human Services and Health Care models and the Vermont media in all its varieties.

## What Kids Need: Thriving and Sparks

*Continued from the Search Institute's Developmental Assets and Youth*

### What is Thriving?

Thriving is a new way to define and understand the dynamics of healthy development. The term "thriving" is used to complement the litany of negative outcomes, such as "avoiding alcohol and other drug abuse" and "avoiding teen pregnancy," that have dominated federal, state, and foundation approaches to documenting the health of U.S. teenagers for decades.

As the conversation around thriving matures, it is expected that youth will begin to hear a new vocabulary about why they matter and why their healthy development is crucial for growing the health and vibrancy of the society in which they live.

### What Makes the Idea of Thriving Unique?

Thriving is focused both on how an individual is "doing" at any given point in time as well as the path that he or she is taking into the future, and effectively takes into account both the current status of a young person and a process that unfolds over time.

### What are Sparks?

The idea of a "spark" is one of the central metaphors in understanding thriving. A spark is an interest, talent, skill, asset, or dream that truly excites a young person and helps them discover their true passions, whether they be academic, relational, athletic, artistic, or intellectual—anything that inspires and motivates.

Sparks "light a fire" in a person. But sparks, by themselves, go out if they are not nurtured with enough ongoing fuel to keep them alive and strengthen them. This fuel comes in the form of supportive peers and adults who help celebrate, affirm, and grow a young person's sparks and are essential if those sparks are to help the young person truly thrive.

### Markers and Indicators of Thriving

The development of sound indicators of thriving has three purposes:

- To provide U.S. communities with a more balanced view of adolescents and their capabilities and contributions.
- To provide programs and agencies with an alternative set of metrics for evaluating program success (indeed, many youth development programs are designed with positive outcome intentions but forced to make their case by documenting their impact on risk behaviors).
- To posit a set of positive indicators that could begin a national and international conversation about the kinds of constructive behavior, postures and commitments societies value and need in youth.

Visit [searchinstitute.org](http://searchinstitute.org) [Research on Thriving and Sparks page](#) to read more and visit [www.ignitesparks.com](http://www.ignitesparks.com) for more information on sparks and how you can help youth find them.



for more information contact Karen Browning, G.I.C. Mentoring Coordinator at 372-5239 or email [gicmentoring@gmail.com](mailto:gicmentoring@gmail.com)

### Why are Sparks Important?

Sparks help give young people joy and energy, meaning, purpose, and direction.

Pursuing one's sparks helps young people make positive choices about their activities and use of time, helps them develop their potential to the fullest, and helps them contribute to their families, schools, and communities right now, as young people.

Young people with sparks lead more caring, responsible, healthy, and productive lives than those who do not have sparks.



## Grand Isle County Clean Team

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### STAFF

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### ADVISORY BOARD

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Mary Pickford  
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The Grand Isle County Clean Team is a Substance Abuse Prevention Coalition established in 2005. Its mission is:

### **Working to Promote Prevention and Healthy Choices in Grand Isle County by Connecting Our Communities and Resources.**

GICCT is a member of the Youth Transition Team, coordinates activities and events around Red Ribbon Week, Alcohol Awareness Month, the 8th Grade Transition Event, the Big Shabang and the L.E.A.D. program. GICCT is a recipient of the Strategic Prevention Framework and the Drug Free Communities grant.

For more information please contact [info@gicct.org](mailto:info@gicct.org)



SAFE . HEALTHY . COMMUNITY .



The National Football League's  
Super Bowl XLIV February 7, 2010,  
with television coverage on CBS

The Super Bowl is known for its commercials almost as much as it is for the game itself. Yet the type of products being advertised and the audience viewing those advertisements are of great concern.

Results from the Drug-Free Action Alliance Super Bowl Survey 2009 revealed that two of the top three "most memorable" commercials, according to middle and high school students, were beer commercials.

This falls in line with the studies that suggest alcohol companies are targeting youth in their advertising. Through research, we know that the more youth are exposed to alcohol in advertising, the more likely they are to consume alcohol underage. In

our quest to further research the impact of advertising on our youth, we invite you to participate in the [Drug-Free Action Alliance Super Bowl Survey 2010](#).

Through a simple, three-question, student survey given Monday morning following the Super Bowl, middle and high school students share their thoughts on what advertisements they remember seeing and which commercial takes their top vote. This information is then collected, summarized and shared. You'll see the results within several days post Super Bowl Sunday.

This valuable, fresh and local information can then be used to educate parents, students, lawmakers and the media about the

effects of alcohol advertising on youth.

In the [Super Bowl Survey Kit](#), Drug-Free Action Alliance includes everything you'll need to quickly and easily implement your local student survey, with additional ideas on student engagement and follow-up activities.

Make the winning pass by taking advantage of this opportunity to get in the game!

If you have any Super Bowl Survey questions, please contact: Drug-Free Action Alliance Communications Director Michelle Morse, [mmorse@DrugFreeActionAlliance.org](mailto:mmorse@DrugFreeActionAlliance.org) or (614) 540-9985.