

# EXHIBIT "B" QUARTERLY REPORT CHECKLIST AND CERTIFICATION DISTRIBUTION/DWI GRANT

Grantee: Los Alamos County

Quarter: 4

To be completed by **DWI Coordinator**

To be completed by **LDWI Program Manager**

<p><i>~Complete and submit electronically in quarterly report~</i></p> <p>Grant:</p> <p><input type="checkbox"/> Exhibit D &amp; D(1)</p> <p><input type="checkbox"/> Exhibit G</p> <p><input type="checkbox"/> Exhibit G In-Kind</p> <p><input type="checkbox"/> Backup Documentation</p> <p>Distribution:</p> <p><input checked="" type="checkbox"/> Exhibit F &amp; F(1)</p> <p><input checked="" type="checkbox"/> Exhibit G</p> <p><input checked="" type="checkbox"/> Exhibit G In-Kind</p> <p><input checked="" type="checkbox"/> Backup Documentation</p> <p><input checked="" type="checkbox"/> Backup Documentation of screening fees collected &amp; spent</p> <p><input checked="" type="checkbox"/> Planning Council Meeting Agenda and Minutes (Signed)</p> <p><input checked="" type="checkbox"/> Planning Council Meeting Sign in Sheet(s)</p> <p><input checked="" type="checkbox"/> Successes/Challenges</p> <p><input checked="" type="checkbox"/> Evaluation Update Narrative</p> <p style="text-align: center;"><i>~COMPLETE IN NOBLE~</i></p> <p><input checked="" type="checkbox"/> Enter Law Enforcement activities in MDS</p> <p><input checked="" type="checkbox"/> Enter Prevention information in MDS</p> <p><input checked="" type="checkbox"/> Review MDS Report in NOBLE</p> <p><input checked="" type="checkbox"/> Review Database Quarterly Report in NOBLE</p> <p><input checked="" type="checkbox"/> Review and confirm active users in NOBLE</p>	<p>Grant: <span style="float: right;">Received complete: _____</span></p> <p><input type="checkbox"/> Exhibit D &amp; D(1)</p> <p><input type="checkbox"/> Exhibit G</p> <p><input type="checkbox"/> Exhibit G In-Kind</p> <p><input type="checkbox"/> Backup Documentation</p> <p>Distribution: <span style="float: right;">Received complete: _____</span></p> <p><input type="checkbox"/> Exhibit F &amp; F(1)</p> <p><input type="checkbox"/> Exhibit G</p> <p><input type="checkbox"/> Exhibit G In-Kind</p> <p><input type="checkbox"/> Backup Documentation</p> <p><input type="checkbox"/> Backup Documentation of screening fees collected &amp; spent</p> <p><input type="checkbox"/> Planning Council Meeting Agenda and Minutes (Signed)</p> <p><input type="checkbox"/> Planning Council Meeting Sign in Sheet(s)</p> <p><input type="checkbox"/> Successes/Challenges</p> <p><input type="checkbox"/> Evaluation Update Narrative</p> <p style="text-align: center;"><i>~REVIEW IN NOBLE~</i></p> <p><input type="checkbox"/> Review MDS Report</p> <p style="padding-left: 20px;"><input type="checkbox"/> Law Enforcement</p> <p style="padding-left: 20px;"><input type="checkbox"/> Prevention</p> <p><input type="checkbox"/> Review Database Quarterly Report</p> <p><input type="checkbox"/> Active users in NOBLE confirmed</p>
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Under penalty of law, I hereby certify that all payments made from LDWI distribution monies were verified and accounted for by locally implemented policies and controls; no "individually identifiable health information" as defined by the HIPAA Regulations has been included in the report; and that to the best of my knowledge and belief, the information contained in this report is correct and true and that no other funding source is reimbursing these specific expenditures.

Sara Martinez  
Program Representative Signature

Sara Martinez  
Print Name

7/28/25  
Date

Anne W. Laurent  
County/City Official Signature

Anne W. Laurent  
Print Name

7/29/2025  
Date

FOR DFA USE ONLY

I certify that I have reviewed the attached documents for accuracy.

\_\_\_\_\_  
LDWI Program Manager Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

**Local DWI Distribution Program**  
Financial Status Report

Exhibit F

Financial Status Report: Quarter 4

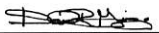
<b>Program Name</b>	Los Alamos County	<b>Distribution Received:</b>				<b>Distribution Balance:</b>			
<b>Address:</b>	1000 Central Ave Ste 300 Los Alamos NM 87544	<b>September:</b>		<b>24,451.00</b>		<b>Distribution Year To Date:</b>		<b>\$91,160.00</b>	
		<b>December:</b>		<b>22,975.00</b>		<b>Expenditures Year To Date:</b>		<b>\$66,365.77</b>	
		<b>March:</b>		<b>25,831.00</b>		<b>Expenditures This Quarter:</b>		<b>\$27,719.06</b>	
<b>Telephone No.:</b>	505-662-8062	<b>June:</b>		<b>17,903.00</b>		<b>Distribution Balance:</b>		<b>\$24,794.23</b>	
<b>Distribution No.:</b>	25-D-D-16	<b>Total Year To Date:</b>		<b>91,160.00</b>		<b>Report Period Ending:</b>		<b>30-Jun-25</b>	
Budget Line Items	Distribution				Budget Line Items	In-Kind Match			
	Approved Budget	Expenditures This Report	Remaining Budget	Expenditures YTD		Approved Budget	Expenditures This Report	Remaining Budget	Expenditures YTD
Personnel Services	58,967.00	11,709.81	23,667.30	35,299.70	Personnel Services	0.00	0.00	0.00	0.00
Employee Benefits	13,561.00	3,329.34	3,354.04	10,206.96	Employee Benefits	178.30	178.30	0.00	178.30
Travel (In-State)	1,500.00	282.34	706.48	793.52	Travel (In-State)	2,371.70	0.00	1,721.70	650.00
Travel (Out-of-State)	5,763.61	177.96	2,187.53	3,576.08	Travel (Out-of-State)	0.00	0.00	0.00	0.00
Supplies	1,964.82	1,237.00	577.88	1,386.94	Supplies	2,000.00	0.00	2,000.00	0.00
Operating Costs	9,752.57	7,023.61	0.00	9,752.57	Operating Costs	0.00	0.00	0.00	0.00
Contractual Services	5,350.00	3,959.00	0.00	5,350.00	Contractual Services	129,000.00	51,410.82	26,662.31	102,337.69
Minor Equipment	0.00	0.00	0.00	0.00	Minor Equipment	0.00	0.00	0.00	0.00
Capital Purchases*	0.00	0.00	0.00	0.00	Capital Purchases*	0.00	0.00	0.00	0.00
TOTALS	96,859.00	27,719.06	30,493.23	66,365.77		133,550.00	51,589.12	30,384.01	103,165.99

24794.23

CERTIFICATION: Under penalty of law, I hereby certify to the best of my knowledge and belief, the above information is correct, expenditures are properly documented, required matching funds have been spent/obligated in the reported amount, and the copies of all required documentation are attached, or on file for review. The documentation for this payment is true and reflects correct copies of the originals. All payment requests listed are not funded by any other funding source. The service provider shall not bill the grantee and another funding source for the same client at the same time.

David Griego      Accounting Operations Manager  
Program Fiscal Officer (Printed Name and Title)

Sara Martinez - Program Coordinator  
Program Representative (Printed Name and Title)

      7/28/2025  
Program Fiscal Officer (Signature)      Date

      7/28/25  
Program Representative (Signature)      Date

(DFA/Local Government Division Use Only)

Local Government Division Fiscal Officer      Date

Local Government Division Program Manager      Date

**LOCAL DWI DISTRIBUTION PROGRAM**  
**Distribution Program Financial Status Report**  
**Breakdown By Component**

Exhibit F (1)  
Adjustment #6

Program: Los Alamos County  
Dist No.: 25-D-D-16  
Report Quarter 4

Total Distribution Reported This Quarter	27,719.06
Total In-Kind Match This Quarter	51,589.12
Total Expenditures Reported This Quarter	79,308.18

**Distribution:**

	<u>Budget</u>	<u>This Report</u>	<u>Remaining Budget</u>	<u>Expenditures YTD</u>
Community Wellness & Outreach	9,417.39	8,260.61	8.00	9,409.39
Treatment	5,350.00	3,959.00	0.00	5,350.00
Alternative Sentencing	28,745.61	5,265.85	15,106.52	13,639.09
Program Administration	53,346.00	10,233.60	15,378.71	37,967.29
<b>Totals:</b>	<b>96,859.00</b>	<b>27,719.06</b>	<b>30,493.23</b>	<b>66,365.77</b>

**In-Kind Match:**

	<u>Budget</u>	<u>This Report</u>	<u>Remaining Budget</u>	<u>Expenditures YTD</u>
Community Wellness & Outreach	129,000.00	51,410.82	26,662.31	102,337.69
Treatment	0.00		0.00	0.00
Alternative Sentencing	2,000.00		2,000.00	0.00
Program Administration	2,550.00	178.30	1,721.70	828.30
<b>Totals:</b>	<b>133,550.00</b>	<b>51,589.12</b>	<b>30,384.01</b>	<b>103,165.99</b>

		Checks:	
Total Expenditures This Period:	79,308.18	↔	79,308.18
Total Expenditures Year to Date:	169,531.76	↔	169,531.76

**Incorp. County of Los Alamos  
Successes and Challenges  
FY25 Quarter: 4**

**Community Wellness & Outreach**

**Successes:**

**NM YRRS 2023 Data Los Alamos County** – LAPS Prevention Program staff presented at the Los Alamos Public Schools board meeting and the Los Alamos County Health Council meeting reviewing YRRS data and related prevention programming and community collaborations.

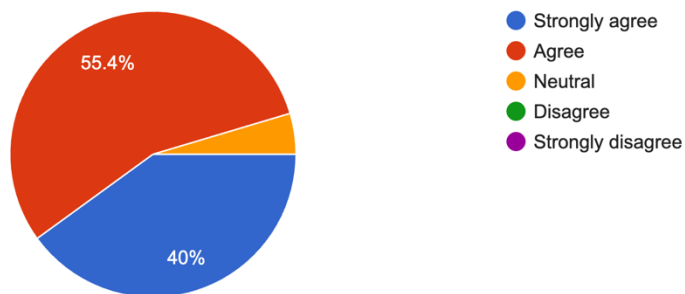
**Distracted/Impaired Driving Prevention** – Collaborated with Los Alamos High School and the Los Alamos Police Department’s School Resource Officer at a pre-prom school assembly.

**Alcohol Awareness and Fatal Vision Goggles Lessons** were facilitated by the LAPS Prevention Support Specialist, the DWI PC Chair, and the DWI Program Coordinator in LAHS Drivers Ed Classes – 75 students. The presentation includes evidence-based curriculum, and a video entitled Binge Drinking and Blackouts: What Every Teen Needs to Know in response to YRRS data showing an increase in binge drinking rates, as well as a review of local and state alcohol data and an interactive component designed to simulate walking while impaired.

65 students responded to the post-survey.

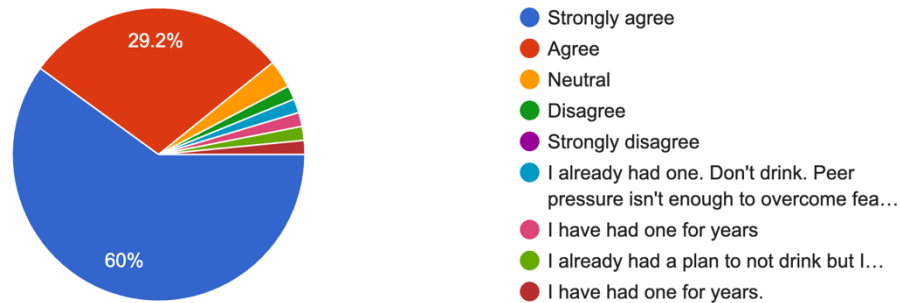
The presentation included useful information.

65 responses



After participating in this presentation, I will make a plan to avoid drinking and driving.

65 responses



#### Student feedback:

- I think the video was the most useful because it was emotionally impactful for me. Also because the video talked about real experiences it can show the viewer how alcohol can truly impact your life.
- The video with the stories about recovering teen alcoholics was the most powerful part. It was the easiest way for me to comprehend the effects of teen-drinking.
- I think the most valuable part which showed how it actually feels were the vision goggles so they knew how it felt to be drunk so they won't drink and drive
- The people who spoke up about their experiences. They shows real life experiences, and let people know that if they are struggling there is someone to talk to.
- I think that the video was very valuable to the presentation, and the statistics of our town and the consumption of alcohol were shocking. They were good to know.
- Learning what can happen if you blackout, get alcohol poisoning, and how drinking can affect your brain function in the long run. Also, don't drink and drive, your judgement is affected when you drink alcohol, you don't really know how fast you're going or what you're doing.
- I planned on never drinking and driving/teen-drinking before this presentation, but it solidified that belief.
- I will apply what I learned by thinking about what I will do in the future when an I encounter an unsafe situation.

- I will not drink underage because I know it harms my body and brain. I will never drink and drive because I know how dangerous and costly it is. I will avoid situations where peer pressure is towards drinking or taking drugs.

**Screenagers Under the Influence** – film watched and discussed in LAHS Health classed – 70 students.

**Overdose Prevention** – LAPS Prevention Program staff provided overdose recognition and response training for Los Alamos Family YMCA staff and Los Alamos Public Schools transportation department. 23 adults - distributed Narcan to all.

**Nicotine Use Prevention** – LAPS Prevention Program staff facilitated the Stanford Tobacco Prevention Toolkit vaping curriculum with 9 LAMS and LAHS students.

**Suicide Prevention** – LAPS Prevention Program staff attended the LAUNCH (Los Alamos United for Community Health) kick off presentation – an initiative designed to increase collaboration and coordination re: community suicide prevention efforts.

### **Challenges:**

There are limited resources for students who are addicted to vaping. The LAPS Prevention Program has recently signed an MOU with Constellation Consulting to increase resources and support in this area.

## **Treatment**

### **Successes:**

RACSTOP –

- They have had 3 referrals that were sent to Outpatient Treatment.
- One referred that completed the basic/core program in April.
- No one has failed or been unsuccessfully discharged.

SMART Recovery –

- 14 different people attended meetings in Q4. Nine first time attendees.
- 13 meetings were held
- Total attendance was 62
- During Q4 three program attendees completed their treatment goals, of which included participation in SMART Recovery for a certain number of weeks (client dependent).
- The relaunch of their Substance IOP program (not a state certified program which requires nine hours a week)
- New intern joining from Southwestern College in Santa Fe.

### **Challenges:**

RACSTOP – The funds from the FY25 contract with Los Alamos County ran out and it was hard to take referrals from Los Alamos without funding. More funding will be available at the beginning of FY26.

## **Alternative Sentencing**

### **Successes:**

Allowing clients to be able to do probation check-in by office and phone has been successful in clients staying in touch with the court and being able to make their court appearances.

The DWI school has started classes in person again throughout the state which has made it easier to get clients enrolled for classes.

### **Challenges:**

A significant challenge has been locating treatment centers that can facilitate Spanish-speaking assessments. Additionally, assisting bilingual clients without medical insurance who cannot self-fund their treatment has proven difficult.

## **Program Administration**

### **Successes:**

- The Los Alamos County DWI Planning Council was able to hold a two half day strategic planning meeting. It we held with Concha Montano leading the conversation and helping build the strategic plan for this program for the next 3 years.
- Summer community events have started which means that there has been a DWI Booth or has been someone on the DWI board attending and sharing information.
- The program coordinator and board member Judy Lovejoy were at the Senior Appreciation Night with Los Alamos Police Department's (LAPD) tipsy cart station talking to the seniors about making right choices. They also interacted with the teens and talked to them about DWIs and how choices make a difference.
- The Los Alamos County Summer Concerts started at the end of May. They happen every Friday night. DWI Hosts a booth, typically, every other Friday. The booth this year has informational brochures and a question wheel. There at 14 questions, the participant spins the wheel and gets asked a true false question regarding DWI in the state and in Los Alamos County.
- DWI had a booth at the Los Alamos ScienceFest. The program coordinator did some research and created a "The Science of DWI," brochure. The trivia question wheel was also there, and it brought in a lot of attendance.
- LANL invited the DWI back to their WESST Fest this year. This is LANL's safety fest that they hold for their employees. The booths needed to be movie themed, and Los Alamos DWI went with the Mighty Ducks. This being because at the beginning of the movie, Mr. Bombay was convicted of a DWI and sentenced to coach the local youth hockey team. When drinking he was angry and frustrated, but after sobering up he helped pull together an underdog hockey team into a winning team.
- The Los Alamos DWI Program has teamed up with the Atomic City Transit (ACT), Victims Advocate, and the Fire Department for the Friday Night Concerts. DWI puts together informational swag bags with brochures, pencils, and swag from the other departments then hand them over to the ACT. The ACT hands them out to the first 10

people to ride on their routes. They have three routes in progress during the Friday night concerts.

**Challenges:**

- Making sure someone is available to host a booth for the events.

**Other**

## **Evaluation Update Narrative**

### **Q4**

The DWI Coordinator has been exceptionally busy with the surge in summer programs kicking off across the community. This increase in activity presents a valuable opportunity, and the coordinator is actively leveraging it to strengthen the program's impact.

A key focus has been on forging new relationships and reinforcing existing ones with various departments and organizations within the community. These collaborations are crucial for broadening the reach of our DWI prevention efforts. By working closely with diverse groups, the coordinator is ensuring that vital information about the dangers of impaired driving and effective prevention strategies is disseminated widely, reaching more residents and ultimately contributing to a safer community.

The Los Alamos DWI Planning Council did have an attendance and/or co-hosted the following events and community outreach program(s):

- Senior Appreciation Night
- Los Alamos County Summer Concert Series
- WESST FEST (LANL)
- Los Alamos County ScienceFest

## Evaluation Update Narrative

### Q4

Senior Appreciation Night, an event orchestrated by the YMCA's Senior Appreciation Night Board members, serves as a capstone celebration for graduating seniors. Following morning graduation ceremonies and initial festivities, seniors gather from 5:00 PM until 5:00 AM the following day for a safe, supervised, and memorable night. This long-standing tradition was specifically established not only to honor the accomplishments of our high school graduates but also to proactively deter late-night parties that might involve alcohol and drugs.

The DWI Program actively participated in this year's event, maintaining a visible and engaging presence. We distributed small, branded gifts along with informational brochures, offering tangible reminders to the graduating class about making responsible choices. Councilor Judy Lovejoy joined the Program Coordinator, personally handing out these items and engaging seniors in crucial conversations about the severe consequences of DWIs and how they can irrevocably alter lives. We connected with over 100 teens, and the interactions were overwhelmingly positive and impactful.



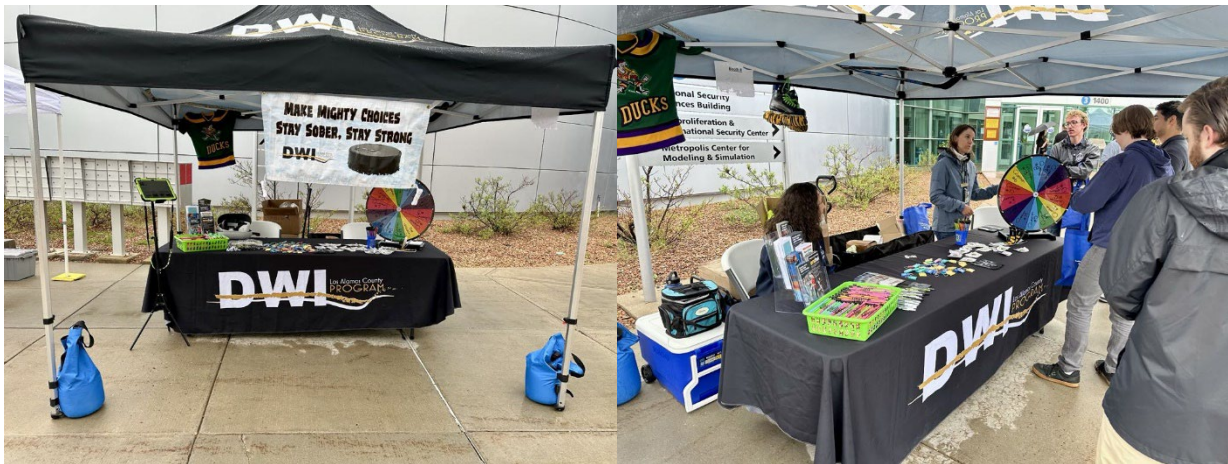
*Councilor Judy Lovejoy talking to Senior at Senior Appreciation Night about DWIs and good choices.*

## Evaluation Update Narrative

### Q4

The Los Alamos DWI Program was once again honored with an invitation to participate in LANL's annual WESST Fest, an event designed for all their employees. Embracing the requested movie theme, our booth proudly featured "The Mighty Ducks," alongside the impactful slogan: "Make mighty choices! Stay sober, stay strong."

To engage attendees, we offered custom-made stickers, stress-relief hockey pucks, and interactive trivia and facts related to DWI prevention. Despite the rainy weather, our booth saw impressive engagement, with over 300 LANL employees stopping by for conversations and to participate in our activities. We found the trivia questions particularly effective in conveying vital information, and the overall interactions with employees were overwhelmingly positive.



*Left: The DWI Booth at WESST Fest with the "Make Mighty Choices, Stay Sober, Stay Strong" banner.*

*Right: Vice-Chair Lauren Smith talking to LANL employees about the questions and information. Sr. Court Clerk Adriene Orozco listening and helping with the booth.*

## Evaluation Update Narrative

### Q4

The Los Alamos DWI Program has been a consistent presence at this year's Los Alamos Summer Concert Series, aiming to host a booth every other Friday night. This initiative is a key part of our community outreach strategy.

In conjunction with our booth presence, the Program Coordinator has been assembling DWI informational bags for Atomic City Transit (ACT) to distribute along their three routes. Each route receives 10 bags containing DWI brochures, various DWI giveaways, Victim Advocates swag, ACT brochures, and Los Alamos Fire Department swag. While direct feedback from recipients has been limited, we're confident that this distribution method is effectively disseminating crucial information to the public.

Our booth at the concert series has been a hub of activity. The Los Alamos Police Department even lent a hand setting up on the first Friday night and posed for a photo with our display! The booth features informational brochures, stickers, and a popular question wheel. The wheel engages attendees with true/false trivia questions about DWI facts specific to New Mexico and Los Alamos County. To ensure broad appeal, we've crafted three different sets of questions tailored for adults/teens, kids/teens, and even toddlers, making learning about DWI prevention fun for all ages.



*Corporal Jaime Gonzales and Corporal Cindy Garcia standing in front of the DWI booth at the Los Alamos County Summer Concert Series.*

## Evaluation Update Narrative

### Q4

The Los Alamos DWI Program was pleased to participate in this year's Los Alamos County ScienceFest. Our booth continued to feature the popular question/trivia wheel, engaging attendees with fun and informative challenges. We also distributed informational brochures delving into the science behind DWI, offering a deeper understanding of its effects.

Throughout the event, we had numerous conversations with a diverse range of community members, including adults, kids, teens, and seniors, discussing DWI facts and prevention efforts pertinent to both Los Alamos County and New Mexico as a whole. We find that having a booth at community events like ScienceFest is an invaluable way to connect directly with various demographics and reinforce the importance of safe and responsible choices.



*Left: DWI booth set up ready to have a conversation with the community.*

*Right: Local teen, Jolene Martinez, reads the question to a teen.*

The coordinator has been diligently working with procurement to finalize the Fiscal Year 2026 contracts with the vital treatment programs utilized by the DWI Program. We're pleased to report that these contracts are now ready to proceed, ensuring a seamless continuation of services starting in July.

As Fiscal Year 2025 draws to a close, it's clear it has been a period of significant learning and positive transformation for the DWI Program. The coordinator has demonstrated remarkable dedication in navigating the complexities of budget management, deepening their understanding of DWI initiatives, and effectively collaborating with a diverse range of organizations and entities. This year has been instrumental in building a stronger foundation for the program.

The DWI Program is not static; it's a continually evolving entity. The insights gained and relationships forged throughout FY25 have been crucial in refining our strategies and improving our operational effectiveness. We've seen ongoing adjustments and enhancements to our approaches, all contributing to a more robust and impactful program dedicated to addressing DWI challenges. This commitment to continuous improvement ensures the DWI Program is becoming increasingly better equipped to serve its mission.

# TRIVIA QUESTIONS

#1: True or False: Los Alamos is ranked among the top five in the state with excessive drinking.

TRUE

#2: True or False: In New Mexico, 25.6% of fatal crashes in 2023 involved alcohol.

FALSE – 37.1%

#3: True or False: In Los Alamos County, the last fatal crash involving alcohol was in 2022.

FALSE - 2024

#4: True or False: In New Mexico, 15.8% of 20–24-year-olds were involved in crashes that involved alcohol in 2023.

TRUE

#5: True or False: In 2022 there were 8 crashes in Los Alamos County that involved alcohol.

FALSE - only 6

#6: True or False: There was an increase of about 15.8% in alcohol related deaths from 2016-2020 in New Mexico.

FALSE – 34%

#7: True or False: In 2022 the highest number of crashes per hour was at 6:00pm in Los Alamos County.

FALSE – 5:00 pm

#8: True or False: In 2023, 9.4% of 15–19-year-olds were involved in alcohol crashes.

TRUE

#9: True or False: In Los Alamos County, a person under 21 years old can be charged with DWI if their Blood Alcohol Content (BAC) is .02% or higher.

TRUE

#10: True or False: From 2008 – 2012 there were a total of 5,483 alcohol related deaths in New Mexico.

TRUE (if they want to know how many were from Los Alamos County it was 27)

#11: True or False: In New Mexico, from 2008 – 2012, there were a total of 1,579 alcohol-related chronic disease deaths.

FALSE – 2,693 (Males 1,888 – Females 806)

#12: True or False: In 2022, Los Alamos County was responsible for 23 or 0.3% of DWI Arrests in New Mexico.

TRUE – Los Alamos had 23 arrests out of 8,381 arrests in New Mexico.

#13: True or False: In 2022, Los Alamos County had a total of 22 first time DWI offender arrests.

FALSE – 16

#14: True or False: In 2022, Los Alamos County has a total of 7 repeat DWI Offender Arrests.

TRUE

# Children Trivia Questions

#1. True or False: Even a small amount of alcohol can affect a kid's brain and body differently than an adult's.

- True - Why: A child's brain and body are still developing, making them much more sensitive to the effects of alcohol. Even a small amount can have a more significant impact on their coordination, judgment, and long-term brain development compared to an adult.

#2. True or False: Marijuana is a natural plant, which means it has no harmful effects on your health.

- False - Why: While marijuana comes from a plant, "natural" doesn't always mean "safe." Marijuana contains chemicals that can affect brain development, memory, concentration, and can even impact lung health if smoked.

#3. True or False: Vaping is a safe alternative to smoking traditional cigarettes because it doesn't produce smoke.

- False - Why: Vaping devices still contain nicotine, a highly addictive chemical. They also produce an aerosol that can contain harmful chemicals, heavy metals, and ultrafine particles that are bad for your lungs and heart, even though it's not "smoke" in the traditional sense.

#4. True or False: Nicotine is the main reason why people find it hard to stop smoking or vaping.

- True - Why: Nicotine is incredibly addictive. It changes the way your brain works, creating a strong craving for more nicotine. This makes it very difficult for people to quit once they start using products containing it.

#5. True or False: If someone passes out from drinking too much alcohol, the best thing to do is let them "sleep it off."

- False - Why: If someone passes out from too much alcohol, it can be a medical emergency. They could choke on their vomit, or their breathing could stop. It's crucial to get help immediately by calling an adult or emergency services. Never leave them alone.

#6. True or False Using marijuana regularly as a teenager can negatively affect your memory and ability to learn.

- True - Why: The teenage brain is still developing. Regular marijuana use during these critical years can interfere with the brain's ability to process information, form new memories, and learn effectively, potentially impacting school performance and future success.

#7. True or False: The legal drinking age of 21 in the United States is primarily to protect young people's health and safety.

- True - Why: Setting a higher legal drinking age helps protect young people from the immediate and long-term harms of alcohol, including impaired driving, risky behaviors, and negative effects on brain development.

#8. True or False: E-cigarettes and vape pens contain harmless flavored water vapor.

- False - Why: While some vapes have flavors, the "vapor" is actually an aerosol that contains more than just water. It often includes nicotine, propylene glycol, vegetable glycerin, flavorings, and other chemicals and heavy metals that are not meant to be inhaled.

#9. True or False: Because alcohol can make you feel more confident, it helps you make better decisions.

- False - Why: Alcohol impairs judgment and lowers inhibitions. While it might make someone feel more confident, it actually makes them less likely to think clearly or understand the consequences of their actions, often leading to poor and risky decisions.

#10. True or False: Smoking cigarettes is only harmful if you smoke for many years.

- False - Why: Every cigarette smoked causes immediate damage to the body. Even short-term smoking can lead to respiratory problems, increased heart rate, and reduced lung function. The harm accumulates over time, but it starts from the very first puff.

#11. True or False: It is always illegal for a minor (someone under 18 or 21, depending on the substance) to possess or use alcohol, marijuana, or nicotine products.

- True - Why: Laws are in place to protect young people from the dangers of these substances. It is illegal for minors to purchase, possess, or consume alcohol, marijuana (even where adult use is legal), and nicotine products in most places.

#12. True or False: Marijuana use can sometimes lead to feelings of anxiety or paranoia, even in people who don't normally experience those feelings.

- True - Why: While some people report feeling relaxed, marijuana can also trigger or worsen feelings of anxiety, fear, and paranoia, especially in individuals who are predisposed to these conditions or when consuming high-THC strains.

#13. True or False: Secondhand smoke (smoke from someone else's cigarette) is not harmful to people who are just breathing it in.

- False - Why: Secondhand smoke contains many of the same harmful chemicals as directly inhaled smoke. Exposure to secondhand smoke significantly increases the risk of respiratory infections, asthma attacks, heart disease, and various cancers in non-smokers, especially children.

#14. True or False: Choosing to avoid alcohol, marijuana, and nicotine products completely is the best way to protect your long-term health and well-being.

- True - Why: Avoiding these substances entirely eliminates the risks associated with them, including addiction, health problems (like lung disease, heart disease, brain damage), impaired judgment, and potential legal consequences. It supports a healthy and clear-headed lifestyle.

# Itty Bitties Trivia Questions

1. Question: True or False: It's okay to run into the street to get a ball. Answer: False!  
(Explanation: We always stop at the street and look for cars with a grown-up.)
2. Question: True or False: We should always hold a grown-up's hand when we cross the street. Answer: True! (Explanation: Holding hands keeps us safe from cars.)
3. Question: True or False: If you see shiny medicine on the floor, it's okay to taste it because it might be candy. Answer: False! (Explanation: Medicine is not candy and can make us very sick. We never touch medicine.)
4. Question: True or False: We always ask a grown-up before we pet a dog or cat we don't know. Answer: True! (Explanation: Some animals might not want to be petted, and asking first keeps us safe.)
5. Question: True or False: It's okay to play with matches or a lighter. Answer: False!  
(Explanation: Matches and lighters are very hot and can start a fire. Only grown-ups can use them.)
6. Question: True or False: If there's a fire alarm, we should hide in our room. Answer: False! (Explanation: When the fire alarm goes off, we need to go outside with our family to a safe meeting spot.)
7. Question: True or False: We should never open the door for a stranger. Answer: True!  
(Explanation: We only open the door when a grown-up says it's okay.)
8. Question: True or False: We always wear our seatbelt in the car. Answer: True!  
(Explanation: Seatbelts keep us safe in the car.)
9. Question: True or False: If you get lost in a store, you should look for someone with a name tag, like a cashier. Answer: True! (Explanation: People who work in the store can help you find your grown-up.)

10. Question: True or False: It's okay to play near a hot stove or oven. Answer: False!  
(Explanation: Stoves and ovens get very hot and can burn us. We stay away from them.)
11. Question: True or False: If someone offers you candy, you should always take it even if you don't know them. Answer: False! (Explanation: We never take things from strangers without asking our grown-up first.)
12. Question: True or False: When we ride our bike, we should always wear a helmet.  
Answer: True! (Explanation: Helmets protect our heads if we fall.)
13. Question: True or False: It's okay to stick your fingers into electrical outlets. Answer: False! (Explanation: Outlets have electricity that can hurt us very badly. We never touch them.)
14. Question: True or False: If you fall down and hurt yourself, you should tell a grown-up.  
Answer: True! (Explanation: Grown-ups can help make you feel better and check if you're okay.)

# SUNSET SERENADE SPARKLING BERRY REFRESHER

## Ingredients:

- 1 cup fresh or frozen mixed berries (strawberries, raspberries, blueberries)
- 1/4 cup fresh lime juice
- 2-3 tablespoons agave nectar or honey (adjust to taste)
- 2 cups sparkling water or club soda, chilled
- Fresh mint leaves and lime slices for garnish
- Ice

## Instructions:

1. In a small saucepan, combine mixed berries with 1/4 cup water. Simmer over medium heat for 5-7 minutes, until berries are soft and bursting. Mash lightly with a fork.
2. Strain the berry mixture through a fine-mesh sieve into a bowl, pressing to extract all the juice. Discard the solids. Let the berry syrup cool.
3. In a pitcher or individual glasses, combine the cooled berry syrup, lime juice, and agave nectar/honey. Stir well.
4. Fill glasses with ice. Top with sparkling water or club soda.
5. Garnish with fresh mint leaves and a lime slice. Sip, enjoy, and stay refreshed!

# Summer Concert Checklist

- ☐ **Designated Driver(s) – If you don't have one, check out the Atomic City Transit**
- ☐ **Lawn chairs or Picnic Blanket**
- ☐ **Payment Methods – Cash, credit/debit cards**
- ☐ **Sunscreen**
- ☐ **NON-alcoholic beverages, like lemonade, tea, soda, WATER**
- ☐ **Insect Repellent**
- ☐ **Comfortable Shoes**
- ☐ **Small Backpack or Tote**
- ☐ **Hand Sanitizer**
- ☐ **Snacks**
- ☐ **Cooler**

# SUMMER CONCERT DO'S & DON'TS



**DO** - have a designated driver or plan to use the bus

**DON'T** - serve alcohol to minors

**DO** - hydrate with water

**DON'T** - get into a vehicle with a driver who is impaired

**DO** - know your limits

**DON'T** - let friends drive drunk

**DO** - prepare for unexpected weather

**DON'T** - risk your future

**DO** - stop drinking alcohol about an hour before the concert ends.

**DO** - make responsible choices

**DO** - have a great time



**Ken Block from Sister Hazel**



## LOS ALAMOS COUNTY DWI PROGRAM

WEBSITE



**Don't let a DWI steal  
your summer fun**

## **DID YOU KNOW?**

### **Penalties for serving alcohol to minors:**

- 4th Degree Felony.
- Up to \$10,000 in Fines
- Up to 18 months in jail.
- Probation for 1 or more years.



A type of social host penalty is monetary. Under New Mexico law, if you gratuitously provide alcoholic beverages to a guest in a social setting, you can be civilly liable for damages to any person for bodily injury, death or property damage due to the intoxication of the guest is the beverages provided, "recklessly in disregard of the rights of others including the social guest." This law applies to any guest without age limitations.

## **Los Alamos County Summer Concert Series**

## **DWI PREVENTION Tips**



**DWI**  **Los Alamos County  
PROGRAM**

# The Science of DWI: Understanding Impairment

## The Science Behind the Law: Why 0.08% Matters

**The Legal Limit (0.08% BAC):** This limit is rooted in scientific research that reveals significant impairment in driving abilities at or above this level for most individuals. Studies conducted in laboratories and on test tracks have shown that critical driving tasks like braking, steering, and maintaining attention are significantly impaired at BACs of 0.05% and higher.

**Field Sobriety Tests (FSTs):** Field Sobriety Tests (FSTs) like the Walk-and-Turn, One-Leg Stand, and Horizontal Gaze Nystagmus are designed to assess impaired coordination, balance, and cognitive function, which are directly impacted by alcohol consumption. In essence, these tests challenge the individual's ability to control their movements, maintain balance, and process instructions simultaneously, which are key functions impacted by alcohol-induced impairment.

## Make a Scientific Choice: Drive Sober

The only truly safe BAC for driving is 0.00%.

### Prevention Strategies:

- Designate a sober driver
- Use public transportation
- Stay overnight
- Never let friends drive impaired

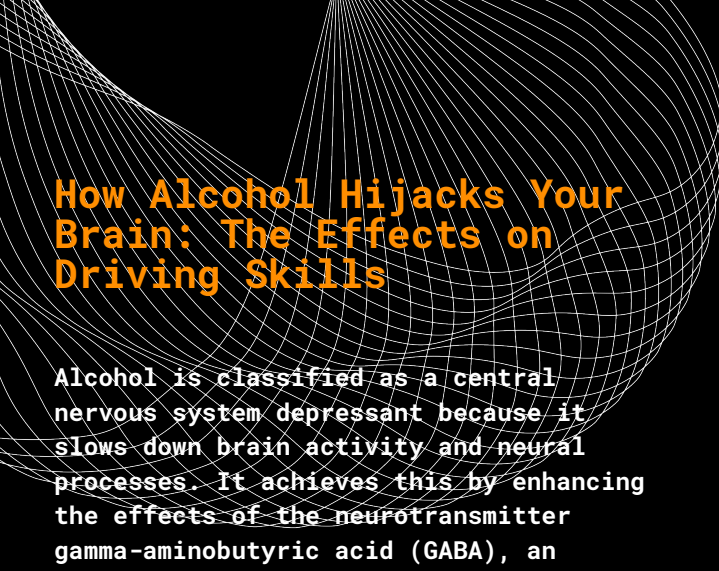
### Resources:

- To report an impaired driver call 505-662-8222
- <https://madd.org/>
- <https://www.nhtsa.gov/>



How Alcohol Affects Your Body,  
Your Brain, and Your Driving  
Ability





## How Alcohol Hijacks Your Brain: The Effects on Driving Skills

Alcohol is classified as a central nervous system depressant because it slows down brain activity and neural processes. It achieves this by enhancing the effects of the neurotransmitter gamma-aminobutyric acid (GABA), an inhibitory neurotransmitter, which slows down nerve cell communication. This leads to a reduction in alertness, slower reaction times, and impaired cognitive functions like judgment and decision-making.

Alcohol affects numerous areas of the brain, including the cerebral cortex, cerebellum, hippocampus, hypothalamus, and medulla. These regions are involved in functions like thinking, memory, balance, coordination, and automatic bodily functions. Long-term heavy drinking can lead to damage in these areas, potentially causing cognitive decline, memory problems, and impaired motor skills.

This impacts driving ability by slowing reaction times, reducing coordination, and impairing judgment. Specifically, alcohol affects the cerebral cortex, cerebellum, and other regions, leading to difficulties in processing information, making decisions, and controlling movements, all crucial for safe driving.

## The Science of Absorption and Distribution

**Absorption:** Alcohol absorption primarily occurs in the stomach and small intestine, with the latter being the most efficient due to its larger surface area. About 20% is absorbed through the stomach, and the remaining 80% through the small intestine. From these locations, alcohol enters the bloodstream and is then distributed throughout the body.

**Distribution:** After being absorbed into the bloodstream, alcohol distributes rapidly throughout the body via the circulatory system, affecting all organs except bone and fat. It's carried by the blood and diffuses into body tissues, reaching a relatively even concentration in most tissues compared to the blood. The liver, however, experiences higher exposure due to its direct blood supply from the stomach and small intestine.

**Metabolism:** Alcohol is primarily metabolized in the liver by enzymes like alcohol dehydrogenase (ADH), which converts alcohol to acetaldehyde, a toxic substance. Acetaldehyde is then further metabolized by aldehyde dehydrogenase (ALDH) into acetate, which is then broken down into harmless substances. The rate at which this process occurs is relatively constant, about 0.015% BAC decrease per hour. Blood alcohol concentration (BAC) is a measure of how much alcohol is in the blood, and it increases when alcohol is consumed faster than the liver can metabolize it.

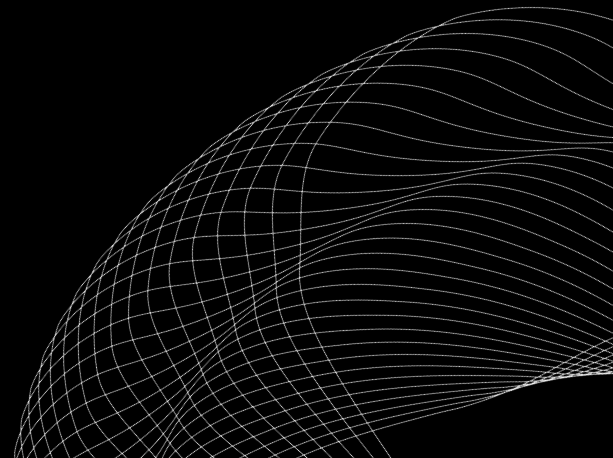
## DWI: More Than Just a Legal Term

DWI stands for Driving While Intoxicated or Driving While Impaired. It refers to the crime of operating a motor vehicle while under the influence of alcohol or drugs, or both, to the point where the driver's ability to operate the vehicle safely is impaired.

In the state of New Mexico the legal Blood Alcohol Content (BAC) limit for drivers ages 21+ it is 0.08%. For drivers under 21 it is 0.02%. Then for commercial drivers it is 0.04%.

In New Mexico, there are ~ 6 alcohol-related vehicle crashes per day. While not every crash results in a fatality, 37% of all traffic fatalities in New Mexico involve an intoxicated driver.

This brochure will focus on alcohol impairment and the goal is to prevent harm by understanding the science.



**MAKE MIGHTY CHOICES**  
**STAY SOBER, STAY STRONG**

**DWI** Los Alamos County  
PROGRAM



STRONG MAKE MIGHTY CHOICE - STAY SOBER, STAY



**DWI**

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