



Congratulations
to our

**ee I had
a
BLAST!**

—Lorraine, age 8

WINNER!

Meet Lorraine, age 8, from Indiana!

She is the winner of The Century Council's Be A Nick Reporter for a Day Sweepstakes as featured in the May issue of Nickelodeon Magazine. Lorraine, her friend Courtney and her parents won a trip to Los Angeles where they spent a day on the set of the hit Nickelodeon show Zoey 101™. Lorraine got to take a tour of the set, watch a taping of the show, meet the stars of Zoey 101 and even have lunch with cast members!



Top Photo
From Left to Right:
Victoria Justice (Lola),
Courtney, Lorraine
(our winner!), and
Alexa Nikolas (Nicole)



Bottom Photo From Left to Right:
Matthew Underwood (Logan),
Sean Flynn (Chase),
Christopher Massey (Michael),
Erin Sanders (Quinn),
Jamie Lynn Spears (Zoey).
Front row Left to Right:
Courtney and Lorraine.

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THE CENTURY COUNCIL

Fighting drunk driving and underage drinking

Say NO and walk away

—Lorraine, age 8

Lorraine knows how to refuse alcohol. **DO YOU?** If you or any of your friends are offered alcohol, remember, Saying “NO” is the way to go! After all, What YOU DON’T “NO” can HURT you.



Lungs Large quantities of alcohol can make it hard for you to breathe. You can pass out. If you throw up, you may not be able to clear your airway easily and you might choke.

Blood Alcohol can affect your blood's ability to clot, meaning if you are cut, it will be harder to stop bleeding and form a scab. Your white blood cells—the ones that fight germs—may not function as well, so you may get sick.

Liver Alcohol can cause fat to build up in your liver. That becomes scar tissue, which can lead to a liver disease that can eventually kill you.

Small Intestines/Pancreas Alcohol can damage the lining of your intestines. Your pancreas can become irritated.

Stomach Alcohol can irritate your stomach and make it produce more acid. More acid in your stomach can cause you to throw up or feel sick later.

Kidneys Alcohol can make you go to the bathroom over and over and over. You become dehydrated, meaning you don't have enough water in your body. Severe dehydration can cause your kidneys to stop working.

Brain Drinking alcohol might depress you. It can affect your brain cells, which help you think and move normally. This could make you do all sorts of things that are not like you.

You might not be able to remember your address. You might start crying just because someone looks at you, or for no reason at all. You might pick a fight with someone much bigger than you. You might have a hard time concentrating on what people are saying. You might commit a crime like stealing or vandalizing. You might call your best friend ugly in front of everyone. You might become so dizzy that you are unable to do such basic things as tie your shoes or unlock a door. You might run across a highway or do something else dangerous.

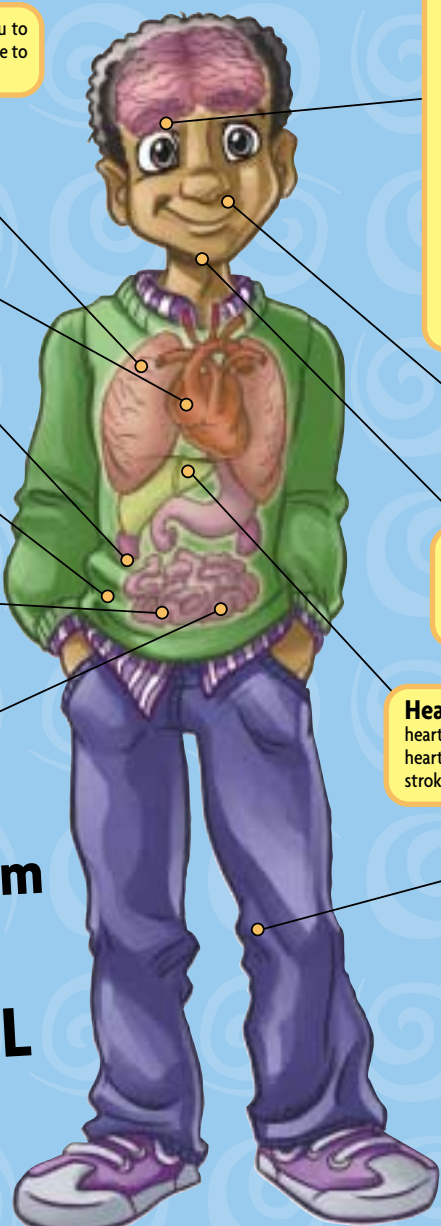
On top of all this, it can give you a fierce headache that seems to last forever.

Eyes Alcohol can make it hard to stay awake, but then it disturbs your sleep. When you wake up, you will still be tired, and maybe grouchy, as well.

Mouth Alcohol can make you mumble your words. You may speak too loudly. You may say rude things that offend people. You may say things you'd never say if you hadn't drunk alcohol. Your breath may stink.

Heart Alcohol can stress your heart. You may have an irregular heartbeat, high blood pressure, a stroke, even heart failure.

Legs Alcohol makes you clumsy. You can't walk straight and you trip, even over nothing.



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**KIDS and ALCOHOL
DON'T MIX**

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