

YOUR Voice



Newsletter for the Lancaster County Community Groups

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# Creating a POSITIVE community RESPONSE to underage drinking and other substance abuse ISSUES.

## Celebration Season: Preventing Substance Abuse During Prom and Graduation Season



High school prom and graduation are important milestones in a young person's life, and the season is often marked with parties, outings, and other celebrations. During this

time, teens may feel more pressure to celebrate by partying with illicit drugs, alcohol, or even prescription (Rx) drugs

### Tips for Parents

By following a few simple tips, parents in your community can help keep their teens safe during prom and graduation celebrations:

- Set clear rules about no drug and alcohol use, establish consequences, and reinforce expectations.
- Be aware and ask questions; know who they will be with, where they will be, and at what times.
- Be a good role model.

At this time of year, parents need to be aware of what their teens are doing and talk to them about the dangers of drugs and alcohol. <http://www.lcad.org/resources/ENews36/grad.pdf>

## Sick of Hearing Big Tobacco's Lies?

Join No Limits and the Lincoln Council on Alcoholism and Drugs for a one-day activism training in Lincoln. Come have fun, make new friends, and discover the truth behind Big Tobacco's Lies. Call Susanne at 475-2694 to register.

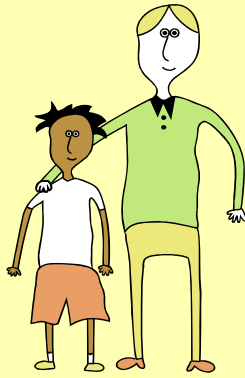
<http://www.lcad.org/resources/ENews36/poster.gif>

**WHO:** Teens entering into grades 7-12 in the fall

**WHEN:** Sunday, June 27th, 12:00 p.m.-5:00 p.m.

**WHERE:** Lincoln Lancaster Health Department, 3140 N Street





## PARENTING FOR PREVENTION: Study: Kids Who Watch R-Rated Movies More Likely to Drink, Smoke

Among students with no restrictions on the movies they watch, 35 percent had tried smoking, compared to only 12 percent of those who had some restrictions on their film choices, and just 2 percent among children who were not allowed to watch R-rated movies at all.

Further, 46 percent of students allowed to watch what they want had tried alcohol, compared to 16 percent of those with partial restrictions, and 4 percent of students with complete restrictions.

<http://www.lcad.org/resources/ENews36/study.pdf>



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## Helping Drinkers Assess Risk and Change Behavior: AlcoholScreening.org Expands

Since 2001, [AlcoholScreening.org](http://www.alcoholScreening.org), an online assessment tool, has helped 1.3 million people across the United States take stock of their alcohol consumption to understand if they practice unhealthy drinking patterns. This month, the site was re-launched with expanded intervention tools that not only help drinkers identify unhealthy drinking patterns but assist them in developing a personal action plan to change their behavior

The new AlcoholScreening.org site offers an intervention session similar to one with a trained health provider. AlcoholScreening.org does not ask participants for names, only age, gender and zip code. The web tool does not collect any personal data from users. Approximately 55 percent of those who log on are male, and 45 percent are female. The average age is 32.

<http://www.lcad.org/resources/ENews36/screening.pdf>



## Researchers Warn of Candy-Like Tobacco Products' Appeal to Kids

A group of public health researchers is urging health authorities to examine whether certain new smokeless tobacco products should be regulated further in order to keep them out of children's hands, Dow Jones Newswires reported April 19.

Researchers led by Gregory Connolly, director of the tobacco control research program at the Harvard School of Public Health, suggested that public health authorities closely examine the new smokeless tobacco products such as Reynolds American Inc.'s Camel Orbs — candy-like pellets made of finely milled tobacco and containing nicotine — to determine what type of regulation might be needed.



Read related MSNBC story here:

[http://www.msnbc.msn.com/id/36564107/ns/health-kids\\_and\\_parenting/from/toolbar](http://www.msnbc.msn.com/id/36564107/ns/health-kids_and_parenting/from/toolbar)



**Free Fest 2010**

**M | u | s | i | c**

**is my Anti-Drug. What's Yours?**

**Bands:**

- Jarana
- Buffington
- Learning To Fall
- Burning Down the Villager

Antelope Park  
May 14th, 4-7 PM

Sponsored by LCAD's Youth Board. For more info: [www.lcad.org](http://www.lcad.org) or 415-2694

Logos for Lincoln Council on Alcoholism and Drug Abuse, Inc., Pepsi, and 106.3 KFRX are also visible.

## Freefest 2010

Antelope Park's bandshell will be the gathering place for Lancaster County youth celebrating at FREEFEST 2010. FREEFEST is an alcohol, tobacco and other drug free event for Lancaster County middle and high school youth and organized by the Lincoln Council on Alcoholism and Drug's Drug-Free Youth Board with promotion provided by KFRX 106.3 FM.

<http://www.lcad.org/resources/ENews36/fest2010.pdf>

## Slang Term of the Month

Do You Know What It Is?



**“Apache”**

Last month’s drug term, SPICE is also known as K2. This new illicit drug product that has begun to appear in a limited number of drug markets in the United States. This product is a small package of herbal blends and appears to be treated with differing versions of synthetic Cannabinoids. Effects are reportedly analogous to marijuana but include additional dangers to users such as panic attacks, heart palpitations, hallucinations, delusions, vomiting, increased agitation, dilated pupils, and other symptoms.



**GET INVOLVED!**

**UPCOMING MEETING DATES**

### May 2010

9 <sup>th</sup> Drug-Free Youth Board	1:00 p.m. LCAD
10 <sup>th</sup> Southwest PAC	7:00 p.m. SWHS Forum A
10 <sup>th</sup> Lincoln Northeast N-ACTS	7:00 p.m./ LNE Media Center
12 <sup>th</sup> Malcolm Action Coalition	6:30 p.m./Malcolm Media Center
14 <sup>th</sup> Free Fest	4:00 p.m. Antelope Park
17 <sup>th</sup> Raymond Central Prev. Coalition	4:30 p.m./RCHS Art Room
24 <sup>th</sup> LSE Prevention Group	7:00 p.m./LSE Media Center
East Community Group	Off in May

### June 2010

6 <sup>th</sup> Norris CARES	6:30 p.m. Norris MS Media Center
7 <sup>th</sup> Lincoln High	4:45 p.m./LLCHD
9 <sup>th</sup> Malcolm Action Coalition	6:30 p.m./Malcolm Media Center
13-15 <sup>th</sup> Drug-Free Youth Board	June Jam
14 <sup>th</sup> Southwest PAC	7:00 p.m. SWHS Forum A
14 <sup>th</sup> Lincoln Northeast N-ACTS	7:00 p.m./ LNE Media Center
21 <sup>st</sup> Raymond Central Prev. Coalition	4:30 p.m./RCHS Art Room
27 <sup>th</sup> Drug-Free Youth Board	12-5 p.m. No Limits Conference
28 <sup>th</sup> LSE Prevention Group	7:00 p.m./LSE Media Center