

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.

THANK YOU

Another Red Ribbon Week here and gone, and we'd like to take this moment to thank all those who helped make it such a success! With the help of LCAD, many schools across Lancaster County celebrated the week with rallies, drug-free pledges and the symbolic red ribbons. Our thanks to the school administrators and staff who commit their time and efforts to the cause. We also want to thank the Lancaster County Community Groups for underwriting the cost of this year's ribbons and making Red Ribbon Week part of their community prevention efforts. Finally, our thanks to Bruce and his great staff at The Skate Zone for their help in making our Red Ribbon Week Skate Party on November 24 another huge success, with nearly 300 elementary students celebrating their choice to be drug free.

Urgent News to Parents About Over The Counter Drug Abuse by Teens:



Although overall teen drug use has declined in the last several years, parents are often unaware that the abuse of over counter medications has become one of the latest threats. Many of these medications contain Dextromethorphan (DXM), a cough suppressant, which when taken in excessive amounts can cause delusions, loss of consciousness, and even death.

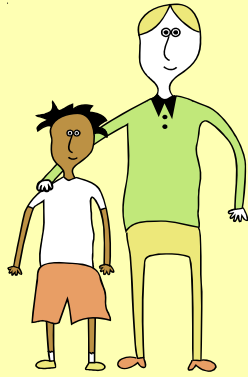
Even more startling is that some teens consume these drugs along with alcohol, making the effects even more dangerous. Because these medications can be found in nearly every home, it is important that parents understand the scope of the issue. Click here for more:

<http://www.lcad.org/resources/Enews19/OTCdrugs.pdf>

SAAC

Lancaster County Substance Abuse Action Coalition

Parenting for Prevention: Using Technology to Strengthen Family Ties



While it may seem like you've "lost" your teen to social technology, like Facebook or text messaging, a new report finds that this technology - namely the Internet and cell phones - is actually creating a "new connectedness" for American families. In particular, parents say cell phones allow their families to stay more regularly in touch. And many parents say they are now using the Internet to view material online together.

Are you using technology to its best advantage? Before you put your trust in the latest gadgets, make sure you set a few ground rules for your family:

www.theantidrug.com/teens-technology/parent-tips.asp



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Alcohol License Lost Over Incriminating Facebook Photos



A Kennesaw, Ga., restaurant had its license to serve alcohol revoked after photos of minors drinking in the restaurant surfaced on the social-networking site Facebook, the Atlanta Journal-Constitution reported Nov. 11.

<http://www.lcad.org/resources/Enews19/licenselost.pdf>

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Slang Term of the Month Do You Know What It Is?

“Chips”

Last month's slang drug term was "Space Monkey" which slang for the choking game. The choking game is a dangerous activity that older children and early adolescents sometimes play to get a brief high. They either choke each other or use a noose to choke themselves. After just a short time, children can pass out, which may lead to serious injury or even death from hanging or strangulation. Go here for more information:

www.cdc.gov/Features/ChokingGame/



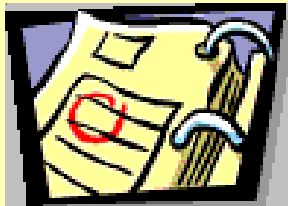
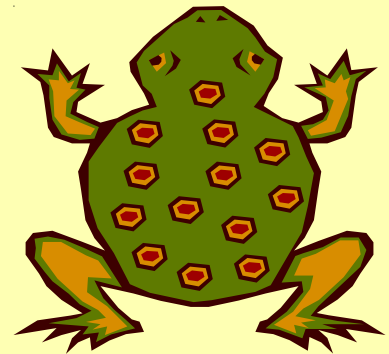
Mythbusters

This is a new section of the Lancaster County E-Newsletter for readers to get answers to those questions we all have or hear from time to time. Urban legends abound surrounding drugs and alcohol, some of them are true, some of them are false, and some of them are downright scary. If you have a question you'd like us to research and answer email Teri E at tcirisheyes@aol.com to see it answered in an upcoming edition of the E-Newsletter.

This Month:

“Licking a toad will get you high.”

<http://www.lcad.org/resources/Enews19/toadlicking.pdf>



UPCOMING COMMUNITY GROUP MEETING DATES

Dec: Community Group

Time/Location

4th: Norris C.A.R.E.S.	7:30 p.m./Haven Manor Sunroom, Hickman
8th: Lincoln East	7 p.m./Lincoln East Media Center
8th: Lincoln High	4:45 p.m./Lincoln High Media Center
10th: Malcolm	6:30 p.m./Malcolm High School Media Center
14th: LCAD Drug Free Youth Group	3:30-6:00p.m./LCAD
15th: Raymond Central	5:45 p.m./Raymond Central Media Center
15th: Prevention Leadership Team	5 p.m./Triple AAA, 2900 O Street
OFF Lincoln Southwest	7 p.m./Lincoln Southwest Media Center
OFF Lincoln Southeast	7 p.m./Lincoln Southeast Media Center
OFF Dist. 145 CPC	5 p.m./Waverly High Commons Area