

YOUR Voice



Lancaster County Community Groups

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ALCOHOLISM AND DRUGS  
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Creating a POSITIVE community RESPONSE to underage drinking and other substance abuse ISSUES.

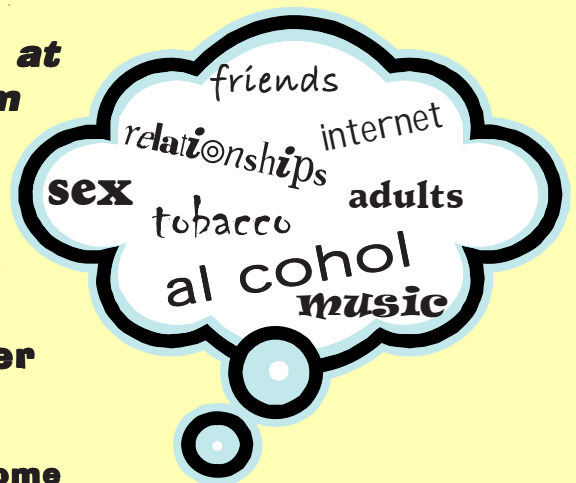
# Wanna Know What Our Kids are Thinking.....? Come Find Out From THEM!

## Lancaster County Town Hall Meeting

Presented by LCAD's Drug Free Youth Board

*An eye-opening look at our community from Lancaster County Teens*

**Wednesday, April 23  
7-8:30 p.m.  
Auld Rec Center**



**Everyone is welcome  
Call 475-2694 for more information**

## Lancaster County Community Groups Launch County-wide Campaign to Celebrate Prom Sober



The Lancaster County Community Groups along with multiple business partners and participation by art students at East High School are sponsoring a safe and sober prom campaign for students throughout the county this spring. More than 50 businesses have agreed to host prom posters throughout Lancaster County . If you would like to

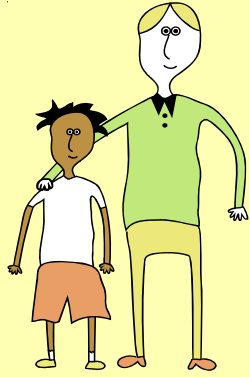
post the safe and sober prom artwork call LCAD at 475-2694 for details. You can view the poster artwork here:

<http://www.lcad.org/resources/ENews12/PromPoster.pdf>

Also, keep an eye out for the Safe and Sober Prom promotion on Channel 10/11. You can catch a sneak peek at the TV spot here:

<http://www.youtube.com/watch?v=UJbOtOSugBU>

Remember if you have a student attending prom, or you just know someone else who is, prevention starts with you, remind them to celebrate safe and sober.



## Parenting Tip of the Month: Parent Tips for Upper Classmen

Tis the season for high school upper classmen to celebrate: from spring break to prom to graduation parties. It's also an opportune time for parents to talk to their teens about the drinking, drug use, and risky behavior that sometimes occur at these celebratory events. Even if you've already talked to your teen about these issues, now is a good time to reinforce your expectations.

<http://www.lcad.org/resources/ENews12/ParentTipsUpperclassman.pdf>



## Slang Term of the Month

Do You Know What It Is?

### “Macaroni & Cheese”



Last month's slang term was “Atom Bomb” which refers to a combination of marijuana and heroin.



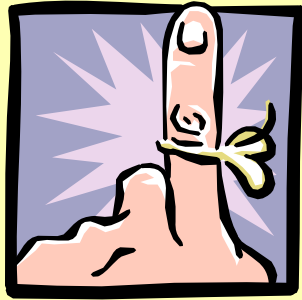
*Did you know.....The average age of first use of alcohol is between 10-12. The average age of first use of marijuana is between 12-14. (Youth Risk Behavior Survey 2005)*



## Snapshot: Tobacco Use in Lancaster County

When we say it's never too early to start talking to your children about using drugs, we really do mean it. Nebraska statistics show that age of first use of tobacco is BEFORE the age of 13. If you haven't been clear about your expectations about non-use of tobacco and other drugs in elementary school, don't forget to include the risks involved with using tobacco or other drugs. See more on Nebraska tobacco statistics by going here:

<http://www.lcad.org/resources/ENews12/TobaccoTeenUse.pdf>



## Researchers Find Lingering Memory Problems Related to Binge Drinking

U.K. researchers say that teens who binge drinking can suffer from memory impairment even days after they stop drinking alcohol, the BBC reported April 3.

<http://www.lcad.org/resources/ENews12/MemoryProbsBingeDrink.pdf>

# Save the Date:

**You & Your Youth in Cyberspace**  
**Monday, April 28, 6:15-9 p.m.**  
**Ceresco Elementary**



This free workshop is open to any parent. Dinner is provided. Class will cover: social hosting sites, blogging, keystroke monitoring, checking your cache, texting, and more. This free workshop is offered by the Raymond Central Prevention Coalition whose vision is to create a safer environment for our youth. For more information, contact Tara Nettifee at [tnettifee@lcad.org](mailto:tnettifee@lcad.org). **Space is limited, register now at 475-2694.**



**Free Food,  
Free Music,  
Free Stuff:  
Free Fest!**

This drug-free event is for middle and high school students. There will be 3 bands performing,

games, blow-up obstacle course, food, soda, and water, giveaways, and t-shirts. Everything is FREE. For more information, call Tara at 475-2694.

Lincoln High/Near South Community Group presents  
the Todd Becker Foundation

## A Life-changing Message...

A choice of taking the easy road of sex, drinking, gossip, partying or taking the narrow road of truth, trust and faith. It's about so much more than just one night of drinking... it's about going the other way, the way that leads to LIFE.

Please join us at Lincoln High School auditorium (North doors) May 13, 2008, 7:00 p.m. for a presentation to the high school youth of Lincoln & Lancaster County and their families from the Todd Becker Foundation.



For more information contact Vicki Fasnact, Lincoln High/Near South Coordinator at 489-2681 or click here:

<http://www.lcad.org/resources/ENews12/toddbeckerflyer.pdf>



## UPCOMING COMMUNITY GROUP MEETING DATES

### May: Community Group

**1st:** Norris C.A.R.E.S.

**8th:** Dist. 145 Community  
Prevention Coalition

**12th:** Lincoln East

**12th:** Lincoln High

**14th:** Malcolm

**19th:** Raymond Central

**19th: Prevention Leadership**

**20th:** Lincoln Southeast

### Time/Location

7 p.m./Hickman Community Center

5-8 p.m./Waverly Middle School Media Center

7 p.m./Lincoln East Media Center

4:45 p.m./Lincoln High Media Center

6:30 p.m./Malcolm High School Media Center

5:45 p.m./Raymond Central High Media Center

**5 p.m./AAA Nebraska, 2900 O Street**

7 p.m./Lincoln Southeast High School Media