

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**.

SMOKEFREE
nebraska

So long smoke. Hello clean air.
June 1, 2009

The Nebraska Clean Indoor Air Act of 2008 requires indoor workplaces in Nebraska to be smoke-free effective June 1, 2009. The purpose of the Act is to protect the public health and welfare by prohibiting smoking in public places and places of employment.

The Act eliminates smoking in enclosed indoor workspaces including restaurants, bars, keno establishments, other workplaces (retail/office space, manufacturing, etc.) and indoor public places. To see a summary of the law in either English or Spanish, click here: <http://smokefree.ne.gov/>



Rethinking Drinking-- Alcohol and Your Health



The National Institute of Alcohol Abuse and Alcoholism (NIAAA) has created a new website called "Rethinking Drinking," designed to help users define their drinking patterns and develop strategies and options for dealing with alcohol-related problems, the Wall Street Journal reported March 10.

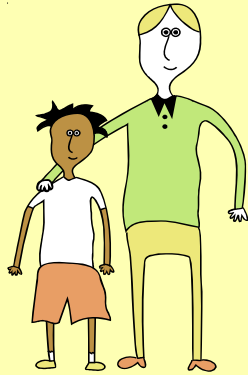
The website utilizes an interactive form that allows users to enter daily and weekly drinking amounts to determine how their consumption compares with national averages. The site has a drink-size chart and a content calculator to aid in determining what comprises a "standard" drink.

<http://rethinkingdrinking.niaaa.nih.gov/>

SAAC

Lancaster County Substance Abuse Action Coalition

Parenting for Prevention: Teen Stress Signals



Stress is a part of all of our lives and can often be a motivating factor for us to push ourselves and achieve success. Teens, however, say they are feeling increasing levels of stress and most have not yet developed the proper coping mechanisms to keep stress levels in check.

Without guidance from a parent or caregiver, teens will often find their own ways of coping, sometimes involving unhealthy behaviors such as drug use, alcohol consumption, or smoking. To read more, click here:

<http://www.lcad.org/resources/ENews23/TeenStress.pdf>



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Wear the Gear, Drink the Beer

A Dartmouth–led study of young U.S. teens showed that between 11 and 20 percent own T-shirts or other items featuring an alcohol brand, and those who do appear more likely to transition through the stages of drinking from susceptibility, to beginning drinking, to binge drinking. The study highlights the importance of coalitions to remain vigilant of any products promoting or glorifying alcohol use in stores popular with teens. Get the story here:

<http://www.lcad.org/resources/ENews23/Gear.pdf>



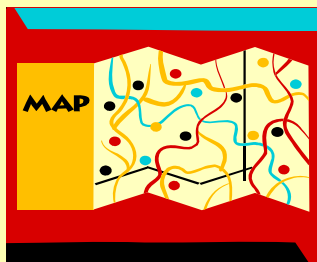
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Slang Term of the Month Do You Know What It Is?

“Hippie Crack”

Last month’s street drug term was “Spacedust” which refers to a combination of crack dipped in PCP.





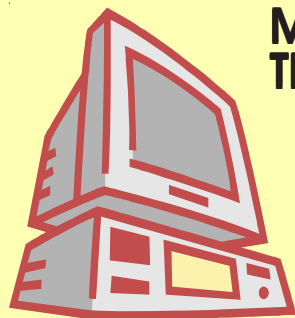
Keep an Eye on Crime In Your Neighborhood

Creating more self reliance among community members is a great benefit to community oriented policing efforts everywhere. The Crime Mapping application allows you to choose the area you want to monitor and automatically sends you an email report with timely and accurate data in the forms of maps and reports. Keep an eye on your neighborhood by signing up here: www.CrimeMapping.com



Is Prescription Drug Misuse on Your Radar?

A survey of 12-to-17-year-olds conducted by the National Center on Addiction and Substance Abuse (CASA) at Columbia University revealed that teens are finding it increasingly easy to obtain prescription drugs, and “problem parents” may be contributing to their teens’ drug use. For the full story, click here: <http://www.lcad.org/resources/ENews23/RxDrugs.pdf>



MEDIA FOCUS: This is College?

Nearly one million U.S. teens viewed internet videos related to alcohol or other drug use in June 2008, according to an online survey that monitored the internet activity of 13-18 year olds. Of the 1.2 million substance-related videos viewed by teens, 39% portrayed explicit use of alcohol or other drugs and/or intoxication.

Check out the music video for Asher Roth’s “I Love College.” This song is not only easily obtained on You Tube, but also in rotation on radio stations. This is just one example of the media messages that are actively shaping our youth.

<http://www.youtube.com/watch?v=43pkqgame8>

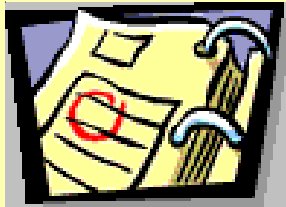
Middle School Spring Dance

Friday, April 3, 7-9:00 PM

Admission \$3

Irving Rec. Center

Sponsored by
LCAD Drug Free Youth Board



UPCOMING COMMUNITY GROUP MEETING DATES

April

Time/Location

2nd:	Norris C.A.R.E.S.	7:30 p.m./Middle School Media Center
6th:	Raymond Central	4:30 p.m./Raymond Central Media Center
6th:	Lincoln Southwest	7 p.m./Lincoln Southwest Media Center
13th:	Lincoln Northeast	7 p.m./LNE Media Center
13th:	Lincoln East	7 p.m./LEHS Media Center
13th:	Lincoln High	5 p.m./Vicki's House
8th:	Malcolm Action Coalition	6:30 p.m./Malcolm High Media Center
16th:	Dist. 145 Prevention Coalition	6 p.m./Waverly HS Conference Room
26th:	LCAD Drug Free Youth Board	1 p.m./LCAD
27th:	Lincoln Southeast	7 p.m./Lincoln Southeast Media Center