

YOUR Voice



Newsletter for the Lancaster County Community Groups

EAST COMMUNITY GROUP  
Monica Pribil  
eastcgm@gmail.com

LINCOLN HIGH/NEAR SOUTH  
COMMUNITY GROUP  
Vicky Fasnacht  
402.489.2681

MALCOLM PREVENTION COALITION  
Sue Vanderkolk  
402.796.2145

NORRIS C.A.R.E.S.  
Lisa Loseke  
norriscars@hotmail.com

PIUS PARENT GROUP  
Rhonda Litt  
402.489.3819

RAYMOND CENTRAL PREVENTION COALITION  
Mary Rittenburg  
402.785.2685

SOUTHEAST COMMUNITY GROUP  
Cindy Potthoff  
402.499.6565

SOUTHWEST COMMUNITY GROUP  
Shelly Shanahan  
sshanah@lps.org

DISTRICT 145 COMMUNITY  
PREVENTION COALITION  
Shannon Berry  
402.464.2551

COMMUNITY YOUTH GROUP  
LCAD Youth Program Coordinator  
Susanne Cramer  
402.475.2694

LINCOLN COUNCIL ON ALCOHOLISM & DRUGS  
Teri Lindstrom Vosicky, Editor  
402.475.2694

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



### One in Five Teens Share Their Prescription Drugs with Friends

A survey of 12- to 17-year-olds in the U.S. has found that about 20 percent said they have given their prescription drugs like Oxycontin and Darvocet to friends or obtained drugs the same way, Reuters reported Aug. 18.

Allergy drugs, narcotic pain relievers, antibiotics, acne medications, antidepressants, and anti-anxiety medications were the most commonly shared. Three-quarters of those who borrowed drugs from friends said they did so in lieu of visiting a doctor. Get the rest of the story by clicking here:

<http://www.lcad.org/resources/ENews28/rxdrugs.pdf>



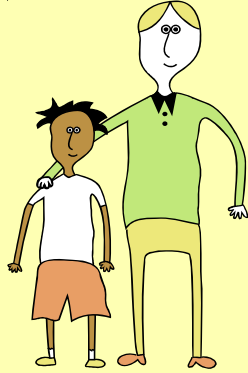
### Parents: Wake up to the Dangers of Prescription Drug Abuse

Although teens are turning away from street drugs, now there's a new threat and it's from the family medicine cabinet: The abuse of prescription (Rx) and over-the-counter (OTC) drugs.

Every day 2,500 youth age 12 to 17 abuse a pain reliever for the very first time. More teens abuse prescription drugs than any illicit drug except marijuana. In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Among 12- and 13-year-olds, prescription drugs are the drug of choice.

[http://www.theantidrug.com/drug\\_info/prescription\\_dangers.asp](http://www.theantidrug.com/drug_info/prescription_dangers.asp)

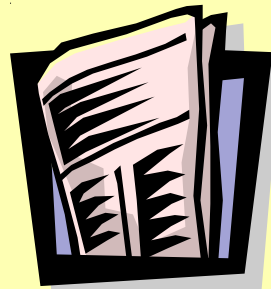
## Parenting for Prevention Check in to Keep Teens Safe



As the lazy days of summer come to an end and your family members start running in all directions again, remember to check in with your teens. They might be able to drive and they might be focused on going off to college, but that doesn't mean they don't need you. Parents are the single greatest influence when it comes to drug prevention and kids who are close to their parents are less likely to engage in all risky behaviors. The more involved you are and the more questions you ask, the more valued they will feel.

Questions like where are you going, who will you be with, and when will you be home are sure to incite eye rolling, but will also help to keep them safe. It's also important to keep tabs on them when they are at home. Keeping track of their activities, monitoring their computer and cell-phone use, and paying attention to new or changing lifestyle patterns will all help to keep your teens out of harm's way.

<http://www.lcad.org/resources/ENews28/checkin.pdf>



## In Your Neighborhood

**Lincoln Journal Star August 12, 2009:**

**"Man pleads guilty after huffing arrest"**

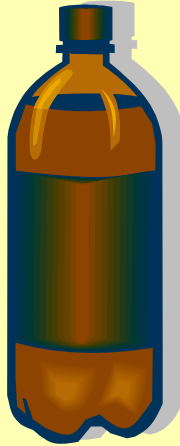
A guard at St. Elizabeth Regional Medical center was summoned when someone noticed a man in a car twitching and not looking right. Upon checking, the man was found with a can of 3M Dust remover and passed out in the front seat of the car. The officer was able to wake the man who said he had been huffing the chemical for the last four hours.

**Lincoln Journal Star August 13, 2009:**

**"Woman arrested for DUI twice in two hours"**

A 33-year old Lincoln woman was taken to detox after police witnessed an illegal lane change and erratic driving. Her blood alcohol level measured .19, more than two times the legal limit. Two hours later police pulled over a driver straddling the center line, only to discover the same woman driving a different car. Her boyfriend had picked her up, taken her to retrieve her car and was following her home when she was pulled over again. This time her blood alcohol level measured .154. The legal limit is .08. She spent the night in jail, and the boyfriend was not cited.

## New Meth Formula Avoids Legal Bans



Only a few years ago, making meth required an elaborate lab — with filthy containers simmering over open flames, cans of flammable liquids and hundreds of pills. The process gave off foul odors, sometimes sparked explosions and was so hard to conceal that dealers often “cooked” their drugs in rural areas.

But now drug users are making their own meth in small batches using a faster, cheaper and much simpler method with ingredients that can be carried in a knapsack and mixed on the run. The “shake-and-bake” approach has become popular because it requires a relatively small number of pills of the decongestant pseudoephedrine.....

<http://www.lcad.org/resources/ENews28/newmeth.pdf>



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## Teen Drinkers Often Intend to Get Drunk, Survey Finds

Most teens are not regular drinkers, but those who do drink on a monthly basis are frequently imbibing in order to get drunk, according to a major finding of the 2009 Teen Survey released today from The National Center on Addiction and Substance Abuse (CASA\*) at Columbia University.

About one in three U.S. 12- to 17-year-olds taking part in the National Survey of American Attitudes on Substance Abuse XIV said they had previously consumed alcohol, and of these about one in four said they had a drink within the previous 30 days.

<http://www.lcad.org/resources/ENews28/teendrunk.pdf>

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## Stroke, Heart Attack Risk Tied to Smokeless-Tobacco Use

More than 5 percent of all strokes and heart attacks in Sweden are associated with smokeless-tobacco use, according to a research review that confirmed a small but firm association between use of such products and disease.

<http://www.lcad.org/resources/ENews28/stroke.pdf>



## Slang Term of the Month

Do You Know What It Is?

**“Yerba mala”**

Last month’s street drug term was “Fry Daddy” which refers to a marijuana cigarette laced with crack.



The Lincoln Southeast Prevention Coalition invites you to join us for a closer look at the

### **40 Developmental Assets**

a prevention framework that helps youth make healthy decisions regarding risky behaviors.

**Monday, September 21, 7-9 p.m.**

**Lincoln Southeast Commons Area**

This training is open to anyone who is interested.

For more information contact LCAD at 475-2694



## **GET INVOLVED!**

## **UPCOMING MEETING DATES**

### September

- 3rd: Norris C.A.R.E.S.
- 9th: Malcolm Action Coalition
- 10th: Dist. 145 Prevention Coalition
- 14th: Lincoln East
- 14th: Lincoln Northeast
- 21st: Raymond Central
- 21st: Lincoln High
- 27th: Youth Board
- 28th: LSE Prev. Coalition
- 28th: Lincoln Southwest

### Time/Location

- 7:30 p.m./Middle School Media Center
- 6:30 p.m./Malcolm High School Media Center
- 12 p.m./Waverly HS Conference Room
- 7 p.m./LEHS Media Center
- 7 p.m./LNE Media Center
- 4:30 p.m./Raymond Central Art Room
- 5 p.m./LLCHD
- 1 p.m./LCAD
- 7 p.m./Lincoln Southeast Media Center
- 7 p.m./Lincoln Southwest Media Center