

YOUR Voice



100
 Newsletter for the
 Lancaster County Community Groups

EAST COMMUNITY GROUP
 Monica Pribil
 eastcsg@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

**NORTHEAST AREA COUNCIL ON
 TEEN SAFETY (N-ACTS)**
 Meg Johnson/Susie Carlson
 402.464.5067/402.464.5218

RAYMOND CENTRAL PREVENTION COALITION
 Mary Rittenburg
 402.785.2685

LSE PREVENTION COALITION
 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
 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**.



**100 Safe Rides Home
 on st. patrick's day**

Lincoln Council on Alcoholism and Drugs has committed to paying for 100 cab rides home for intoxicated individuals on the evening of St. Patrick's Day. In order to raise funds to fulfill this commitment, LCAD is seeking public donations to cover the cost. LCAD's goal is to raise \$1500 because the average cab ride costs \$15.

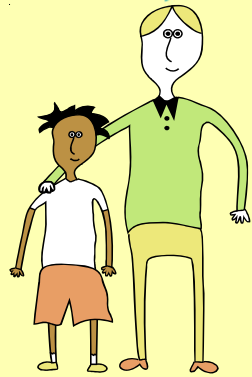
The public can make a donation in any amount (suggested \$15 donation), by visiting www.lcad.org or may send a check payable to LCAD to 914 L Street, Lincoln, NE 68508 by March 16.

"We understand that adults want to celebrate on St. Patrick's Day," says Darrell Fisher, executive director. "But drunk driving is a community issue and this is an opportunity for Lincoln to show that we care about everyone arriving home safely."

Some corporate and individual sponsors have already committed funds to the project including KLIN and B107.3 radio, Craig Loeck of Woods Bros Realty; Carpetland; Bob Bennie Wealth Management; Internet Nebraska; Schwartzkopf, Schroff & Holmquist; Ameritas; UStop; The State Trooper's Association of Nebraska; Eagle Printing; Servant Cab Co. and Kelly Johnson.

In addition to paying for safe rides home, LCAD is also educating the public on safer celebrating through radio promotion and via their website.

Any additional funds raised will be put toward LCAD's mission of promoting healthy lifestyles free from the abuse of alcohol or drugs. Learn more by visiting www.lcad.org or calling **402-475-2694**.



PARENTING FOR PREVENTION: Study Says Drinking with Your Kids Doesn't Prevent Abuse

Dutch teens who were allowed to drink alcohol at home drank more outside the home than their peers and — along with other teens who drank — were at increased risk of developing alcohol problems, according to researchers from Radboud University Nijmegen. To see the rest of the article, click here: <http://www.lcad.org/resources/ENews34/drinking.pdf>

.....



Your Student can win free food from Raising Canes just for taking our survey!

Go to: www.lcad.org and click the link on the top of the page, then follow the instructions to be entered to win!

.....

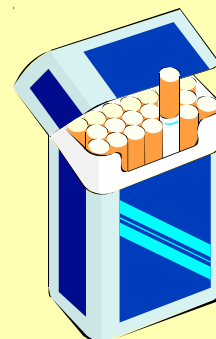
Friends of Underage Drinking Victim Sued

Taylor Meyer went out drinking after a high-school football game in October 2008, attending house parties and ending up at an abandoned airport. Sometime during the night, Meyer wandered off into a nearby swamp; her body was found in the water three days later. <http://www.lcad.org/resources/ENews34/friends.pdf>

.....

Tobacco Companies Change Cigarette Packaging--Barely to Comply with Law

The packaging is almost exactly the same, but Philip Morris' Marlboro Lights brand is no more: with terms like "light" and "mild" now banned by law from tobacco marketing, the cigarettes are now being called "Marlboro Gold."



<http://www.lcad.org/resources/ENews34/tobacco.pdf>

Slang Term of the Month

Do You Know What It Is?

“Vitamin D”



Last month’s slang drug term was “Miss Emma” one of the street names for Morphine. Morphine is an opiate, derived from the poppy plant. It is classified as a narcotic and is commonly prescribed to manage pain. Morphine affects regions of the brain that mediate what we perceive as pleasure, resulting in initial feelings of euphoria. Morphine can also produce drowsiness, cause constipation, and, depending upon the amount taken, depress breathing. Taking a large single dose could cause severe respiratory depression, coma or death.



dodge ball

Get your team of 8-10 together and get ready for the Drug Free Youth Board’s first-ever dodgeball tournament 4.24.10.

Call 475-2694 for more info

GET INVOLVED! UPCOMING MEETING DATES



March 2010

4th Norris CARES
4th Dist. 145 Prevention Coalition
8th N-ACTS
10th Malcolm Action Coalition
14th Drug-Free Youth Board
15th East Prevention Group
17th LCAD’s 100 Safe Rides Home
22nd Raymond Central Prev. Coalition
29th LSE Prevention Coalition

7:30 p.m. Norris MS Library
12 noon/Waverly High School Conference Room
7:00 p.m./Lincoln Northeast Media Center
6:30 p.m./Malcolm Media Center
1:00 p.m. LCAD
7:00 p.m./Lincoln East Media Center
Downtown Lincoln
6:00 p.m./RCHS Art Room
7:00 p.m./LSE Media Center

April 2010

1st Norris CARES
5th Lincoln High
5st Southwest Parent Group
4th Dist. 145 Prevention Coalition
11th Drug-Free Youth Board
12th Prevention Leadership
12th N-ACTS
14th Malcolm Action Coalition
17th LCAD’s 100 Safe Rides Home
19th Raymond Central Prev. Coalition
19th Parent Forum-Lincoln East
24th Dodgeball Tourney
26th Parent Forum-LSE

7:30 p.m. Norris MS Media Center
4:45 p.m./LLCHD
7:00 p.m. SWHS Media Center
12 noon/Waverly High School Conference Room
1:00 p.m. LCAD
5:15 p.m. AAA Building
7:00 p.m./Lincoln Northeast Media Center
6:30 p.m./Malcolm Media Center
Downtown Lincoln
4:30 p.m./RCHS Art Room
7:00 p.m./LEHS
10 am/LSE
7:00 p.m./LSE