

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



# Red Ribbon Week



## LANCASTER COUNTY COMMUNITY GROUPS SUPPORT YOUTH IN THEIR PLEDGE TO BE DRUG FREE

October is the month when students all across the nation celebrate Red Ribbon Week and say “NO!” to drugs and alcohol. This year’s theme is: “Step it Up: A Call to Action” and challenges all of us to take our school and community based prevention efforts to the next level. The Lancaster County Community Groups, which consist of community members searching for positive answers to underage drinking and other drug use, have taken this challenge to heart underwriting this year’s efforts. With their help, nearly 30,000 red ribbons will be distributed to LPS students and staff as they celebrate Red Ribbon Week with activities, rallies and proclamations. For the rest of the story, click here:

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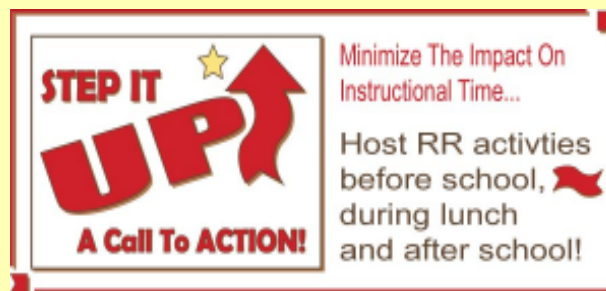
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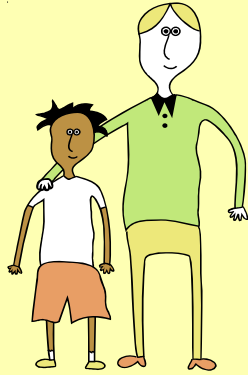
### LINCOLN COUNCIL ON ALCOHOLISM & DRUGS

Teri Vosicky, Editor  
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### Other Red Ribbon Week Resources:

- [www.lcad.org](http://www.lcad.org)
- [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)
- [www.prc3.org/red ribbon](http://www.prc3.org/red%20ribbon)
- [www.redribboncoalition.com](http://www.redribboncoalition.com)



## Parenting for Prevention: NET Television's "Your Kids Are Drinking"

*Your Kids are Drinking* is a new NET Television/NET Radio project exploring how lax attitudes among adults aggravate the youth drinking problem and corresponding ways that adults can provide realistic solutions.

LCAD Drug Free Youth Board members and local community group members were interviewed for this project. To learn more about this program go here: <http://www.netnebraska.org/extras/kidsdrinking/>



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## Underage Drinking: What Parents Need to Know

New data from the Substance Abuse and Mental Health Services Administration's (SAMHSA) report on underage drinking offer parents, teachers and other concerned adults information on where drinking occurs and how young people obtain alcohol. To see the August 28 report "Where Young People Drink" click here: <http://www.lcad.org/resources/Enews17/UnderageDrinking.pdf>



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

**"Study Drug" or  
"Vitamin R"**

Last month's slang term was "Crazy Flip" street term for a mix of ecstasy, LSD, cocaine, xanax, Crown Royal and pot.



## Media Focus: Pharmaceutical Companies Use New Media to Market to Teens

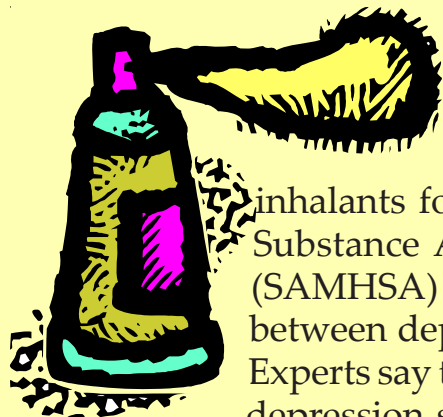
As government officials warn about the increased misuse of prescription drugs by adolescents, drug companies are using text messages, e-mail, and even music downloads to market pharmaceuticals directly to teens. To read more click here:

<http://www.lcad.org/resources/Enews17/CompaniesUseNewMedia.pdf>



## Study Links Inhalant Use to Depression

According to the 2007 National Survey on Drug Use and Health (NSDUH), there were 775,000 youth aged 12 and older who used



inhalants for the first time. Now a new report by the Substance Abuse and Mental Health Administration (SAMHSA) shows that there is a link between depressive symptoms and inhalant use.

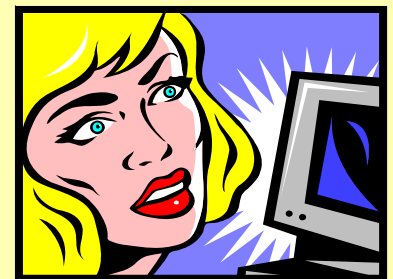
Experts say this means that young people suffering from depression should be monitored for inhalant use. For more, click here:

<http://www.lcad.org/resources/Enews17/InhalantsandDepression.pdf>

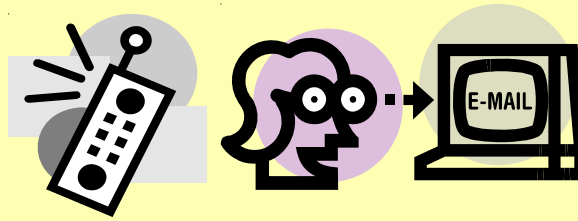


## Word to the Wise: Don't Drink and Post

If your resume doesn't leave an impression on your potential boss, the pictures from your most recent kegger certainly will, employment experts say. A study conducted by [CareerBuilder.com](http://www.CareerBuilder.com) found that employers are turning to social networking pages to get information about job candidates.



<http://www.lcad.org/resources/Enews17/DontDrinkAndPost.pdf>



## 10 Acronyms that Parents Need to Know

*So you think you have a good grasp on Internet Safety for your children.* You are limiting the amount of hours your kids spend online and you are monitoring their activity to some degree. You've even limited online access to a single computer in a very public location in your home. But, your children are using acronyms all the time - and standing over their shoulder, you have no clue what they are saying or who they are talking to. **Here Are 10 Internet Acronyms Every Parent Needs To Know:** ·



POS - Parent Over Shoulder ·

PIR - Parent In Room ·

P911 - Parent Alert ·

PAW/PAL - Parents Are Watching/Listening ·

420 - Marijuana ·

ASL - Age/Sex/Location ·

LMIRL - Let's Meet In Real Life ·

ADR - Address ·

KPC - Keeping Parents Clueless ·

KFY - Kiss For You



## UPCOMING COMMUNITY GROUP MEETING DATES

### Oct: Community Group

### Time/Location

**2nd:** Dist. 145 CPC

**2nd:** Norris C.A.R.E.S.

**8th:** Malcolm

**12th:** LCAD Drug Free Youth Group

**13th:** Lincoln East

**13th:** Lincoln High

**20th:** Prevention Leadership

**20th:** Raymond Central

**22nd:** Lincoln Southeast

**22nd:** Lincoln Southwest

5 p.m./Waverly High Commons Area

7:30 p.m./Haven Manor Sunroom, Hickman

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

3:30-6:00p.m./LCAD

7 p.m./Lincoln East Media Center

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

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

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

7 p.m./Lincoln Southeast Media Center

7 p.m./Lincoln Southwest Media Center