

YOUR Voice



Newsletter for the Lancaster County Community Groups

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LINCOLN COUNCIL ON ALCOHOLISM & DRUGS

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

Prescription Drug Forum Open to Everyone



**Prescription Drugs: Friend or Foe?
Tuesday, February 24, 7-8:30 p.m
Lincoln East High School**

In an informal survey of high school youth who had visible injuries, eight out of eight students said they had been approached and asked to sell their pain medication to another student.

Prescription drugs are a rising concern in the Lincoln community. Treatment, law enforcement officers and schools are all seeing an increase in the use and abuse of prescription and over the counter medications among youth. On February 24, the East Community Group is hosting a panel discussion to include experts who will share vital information that will help participants prepare to address the issue of misusing medication.

Anyone is welcome to register, but seating is limited! Call 475-2694 to register today!



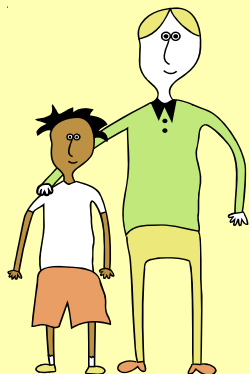
Youth Use of Legal Drugs Eclipses Illicit-Drug Use

The War on Drugs has long been cast as a battle against illegal narcotics, but the latest federal data shows that seven of the top 10 drugs being mis-

used by high-school seniors are legal prescription or over-the-counter medications.

Factor in high use rates of legal alcohol and tobacco by teens, and the incoming Obama administration will face a very different battle than that waged by his predecessors.

<http://www/lcad.org/resources/Enews21/legaldrugs.pdf>



Parenting for Prevention: Renew Family Ties in the New Year

As this year marks the beginning of change in the country, why not make some changes in your home? Take this opportunity to renew your relationships. In today's world of Internet connectedness and social networking, it's easy to lose your teen in cyberspace. But you can use this tool to your advantage by reading up on popular social networking and surfing sites like Facebook, YouTube, and MTV.com.

<http://www.lcad.org/resources/Enews21/renewties.pdf>



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Teens Display Risky Behaviors on MySpace

Researchers say that half of teen MySpace sites include references to sex, drug use, or other high-risk behavior, with 41 percent of sites studied featuring drug-related information, [Reuters](#) reported Jan. 6.

<http://www.lcad.org/resources/Enews21/riskmyspace.pdf>



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

“Hugs & Kisses”

Last month's street drug term was “Chips” which refers to a cigarette or marijuana joint laced with phencyclidine (PCP).



Mythbusters

Urban legends abound surrounding drugs and alcohol, some of them are true, some of them are false, and some of them are downright scary. If you have a question you'd like us to research and answer email Teri E at tcirisheyes@aol.com to see it answered in an upcoming edition of the E-Newsletter.



“Smoking banana peels can get you high.”

<http://www.lcad.org/resources/Enews21/Bananas.pdf>



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Youth Drinking Higher Where Alcohol Outlets Proliferate



The Los Angeles Times reported Dec. 29 that drinking rates were higher among 12- to 17-year-olds who lived within a half-mile of an alcohol outlet, and that

minority neighborhoods tended to have a higher density of alcohol outlets than predominantly white communities

<http://www.lcad.org/resources/Enews21/outletdensity.pdf>

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Adults Provided Free Alcohol to 40 Percent of Underage Drinkers

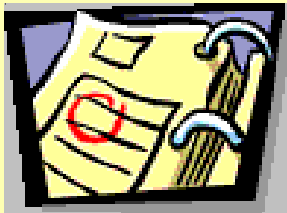
The report states that more than 40 percent of youths ages 12 to 20 who used alcohol in the past 30 days reported receiving free alcohol from an adult. One in 16 underage drinkers, or an estimated 650,000 youths, had received alcohol from a parent or guardian in the past month.

<http://www.lcad.org/resources/Enews21/adultsprovide.pdf>





Friday, February 13, 7-9:00 PM
Irving Rec Center  Admission \$3
Sponsored by the LCAD Drug free Youth Board



UPCOMING COMMUNITY GROUP MEETING DATES

February

2nd: Prevention Leadership
3rd: Lincoln Southeast

5th: Norris C.A.R.E.S.
9th: Lincoln Northeast
9th: Lincoln East
9th: Lincoln High

11th: Malcolm Action Coalition
15th: LCAD Drug Free Youth Board

16th: Raymond Central
19th: Dist. 145 Prevention Coalition

23rd: Lincoln Southeast
25th: Lincoln Southwest

Time/Location

4:30/Triple AAA Building, 2900 'O' Street
7 p.m./Lincoln Southeast Media Center
5 p.m./Waverly High Commons Area

7:30 p.m./Middle School Media Center
7 p.m./LNE Media Center
7 p.m./LEHS Media Center
5 p.m./LHS Media Center

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

5:45 p.m./Raymond Central Media Center
1 p.m./Waverly HS Conference Room

7 p.m./Lincoln Southeast Media Center
7 p.m./Lincoln Southwest Media Center