

# Siouxland CARES

## **April/May Offline Happenings!**

**Wednesday, April 6th**  
**Substance Awareness Event for Parents,**  
6:30-8 p.m.  
South Sioux City High School Little Theatre,  
Enter through Door #25 (Commons Door/West  
Door)

**Featured Speaker: Linda Kalin** RN, BS,  
CSPI, Executive Director of Iowa Poison Control  
Center  
FREE Event-Childcare Provided.

Supported by SAMHSA Town Hall Meeting  
funding through Siouxland CARES

**Thursday, April 7th**  
**Bullying Prevention Coalition** @ 10 a.m.  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Thursday, April 7th**  
**Advisory Board Meeting** @ Noon  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Monday, April 18th**  
**Town Hall Meeting on Underage  
Drinking, 7-8 p.m. for Adults and Youth**  
**Sioux City Mayor's Youth Commission  
Meeting**  
City Hall, 405 6th Street, Sioux City, IA

Supported by SAMHSA Town Hall Meeting  
funding through Siouxland CARES

## **CONTACT US:**

[cares@longlines.com](mailto:cares@longlines.com)

Follow us on Facebook: **beSomebody**

Follow us on Twitter: **@beSomebody\_us**

Follow us on

Instagram: **SiouxCityMayorsYouthCommission**

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## **Fact**

### **May is Healthy Baby Month**

See a doctor or health care provider for early and  
regular prenatal care. Eat a nutritious, well-  
balanced diet.

You knew your baby would cry. No matter how  
frustrated you feel...**DO NOT SHAKE THE  
BABY!** Safely place the baby in a crib and walk  
away. Count to 20 or 100. Turn on music and  
sing. Splash water on your face. Phone a  
friend. But never, ever shake a baby.

“When You Use, So Does Your Baby!”

Don't smoke, drink or use drugs – even over the-  
counter drugs – during pregnancy.

Regardless of whether it is the mother or the  
father, an infant whose parents smoke, drink, or

**Tuesday, April 19th**  
**IPFS Underage Drinking Sub  
Committee @ 2 p.m.**  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Wednesday, April 20th**  
**SCCAN @ Noon**  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Tuesday, April 26th**  
**Dakota County Teen Court @ 5 p.m.**  
1615 First Ave, South Sioux City, NE

**Saturday, April 30th**  
**Prescription Drug Take-Back Day**

**Monday, May 2nd**  
**Sioux City Mayor's Youth Commission  
Young Ambassador Recognition Event**  
City Hall, 405 6th Street, Sioux City, IA

**Thursday, May 5th**  
**Bullying Prevention Coalition @ 10 a.m.**  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Thursday, May 5th**  
**Advisory Board Meeting @ Noon**  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Sunday, May 8th**  
**Mothers Day**

**Monday, May 9th**  
**Sioux City Mayor's Youth Commission @  
7 p.m.**  
405 6th Street, Sioux City, IA

**Tuesday, May 17th**  
**IPFS Underage Drinking Sub  
Committee @ 2 p.m.**  
Siouxland Chamber of Commerce  
101 Pierce Street, Sioux City, IA

**Tuesday, May 24th**  
**Dakota County Teen Court @ 5 p.m.**  
1615 First Ave, South Sioux City, NE

use other drugs are at an increased risk for illness  
and possibly premature death.

Fetal Alcohol Syndrome is the leading known  
cause of mental retardation.

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#### Looking for some helpful websites?

Great information for parents and youth on laws and  
other helpful tools can be found in the 13th  
Anniversary Issue of the Parent Survival Guide from  
IHeart Media by clicking  
on [http://www.1071kissfm.com/articles/parents-  
survival-guide-489226/parents-survival-guide-  
12899289/](http://www.1071kissfm.com/articles/parents-survival-guide-489226/parents-survival-guide-12899289/)

[www.drugfreeinfo.org](http://www.drugfreeinfo.org)

[www.samhsa.gov](http://www.samhsa.gov)  
[www.iowapoisson.org](http://www.iowapoisson.org)  
[www.elks.org](http://www.elks.org)  
[www.jacksonrecovery.com](http://www.jacksonrecovery.com)  
[www.iowa.gov/oncp](http://www.iowa.gov/oncp)  
[www.stopbullying.gov](http://www.stopbullying.gov)  
[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)  
[www.educateiowa.gov](http://www.educateiowa.gov)  
[www.iowapridenetwork.org](http://www.iowapridenetwork.org)  
[www.iowasafeschools.org](http://www.iowasafeschools.org)  
[www.oneiowa.org](http://www.oneiowa.org)  
[www.reportbullyingiowa.com](http://www.reportbullyingiowa.com)  
[www.sai-iowa.org/bullying](http://www.sai-iowa.org/bullying)  
[www.safeyouth.gov](http://www.safeyouth.gov)  
[www.standforthesilent.org](http://www.standforthesilent.org)  
[www.parentfurther.com](http://www.parentfurther.com)  
[www.girlscoutsiowa.org](http://www.girlscoutsiowa.org)

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#### Other Resources

Contact the Boys Town National Hot Line,  
1-800-448-3000 or  
the National Suicide Prevention Lifeline,  
1-800-273-8255

If you think someone is a victim of human  
trafficking, call the National Human Trafficking  
Resource Center, 1-888-3737.888, yo obtain  
information and to access supportive services for  
the victim. [www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)

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**Parents: Help Your Teens  
Party Right at Prom and Graduation**

Parents and Graduates... **Make memories, NOT headlines.**  
Celebrate alcohol and other drug free.

Prom and Graduation...  
Prom and Graduation season is a time to celebrate. Take the time to talk with teens about alcohol—it just may save a life.

It's about your teen...  
A teenager's brain is still developing and it is very sensitive to alcohol effects on judgment and decision-making.

Too much alcohol becomes a deadly poison...  
If your teen drinks enough, they will eventually get sleepy and pass out. Reflexes like gagging and breathing can be suppressed. That means they could vomit and choke to death or just stop breathing. They may even be at risk for alcohol poisoning.

Think about it!  
If teens drink too much, it can mean trips to the emergency room, arrests, and sexual assaults. They could put themselves and their friends in real danger.

Talk with your graduate...  
Research shows that parents do make a difference. Talking with your teen about alcohol now could prevent serious problems later.

*Information from the U.S. Department of Health and Human Services, SAMHSA, National Institutes of Health. For more information please visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).*

## Have a Safe Prom!

**April 2nd**  
**Woodbury Central**

**April 9th**

## beSomebody

Find out more about the beSomebody campaign by connecting to the Siouxland CARES website at [www.siuoxlandcares.org](http://www.siuoxlandcares.org) or Like us on the beSomebody Facebook page.

**JOIN** the beSomebody initiative today and text "**41411**" and type in **besomebody** to receive weekly text messages (rates may apply).

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## Tri-State Curfew

The following curfew is in effect in Sioux City, Sergeant Bluff, and Woodbury County, Iowa, North Sioux City, South Dakota, South Sioux City, Nebraska, and Dakota County, Nebraska.  
Please enforce these times in your home.

**10:00 p.m. for minors under the age of 14**  
**11:00 p.m. for minors ages 14 and 15**  
**Midnight for minors ages 16 and 17**

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## About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 394 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) and staff contributed 13,355 hours in 2015 to CARES programs and services. The mission of CARES is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and related violence.

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## The Anti-Drug is Communication.

Ask Who? Ask What? Ask Where?  
It's not pestering, it's parenting!

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**Trustworthiness:** Think it. Be it.

**Respect:** Give it. Get it.

**Responsibility:** Take it. Teach It.

**Fairness:** Share it. Practice it.

**Caring:** Show it. Receive it.

**Bishop Heelan  
Gehlen Catholic  
Kingsley-Pierson  
Sergeant Bluff  
West Monona**

**April 16th  
Hinton  
Homer  
Remsen St. Mary's**

**April 23rd  
Dakota Valley  
Elk Point Jefferson  
Lawton-Bronson  
Maple Valley Anthon Oto  
South Sioux City  
Westwood Sloan**

**April 30th  
North  
West  
Akron-Westfield  
River Valley**

**May 7th  
East  
LeMars Public  
Remsen Union  
Whiting**

## **Have a Safe Graduation!**

**May 7th  
Homer**

**May 14th  
Dakota Valley  
Elk Point Jefferson**

**May 15th  
South Sioux City  
Westwood Sloan**

**May 21st  
Whiting**

**May 22nd  
Bishop Heelan  
Akron-Westfield  
Gehlen Catholic  
Hinton  
Kingsley-Pierson  
Lawton-Bronson  
LeMars Public  
Maple Valley Anthon Oto  
Sergeant Bluff  
Remsen St. Mary's  
Remsen Union  
River Valley  
West Monona**

**Citizenship:** Have it. Honor it.

***Make Your Character Count in  
Siouxland!!***

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Siouxland CARES is now part of the AmazonSmile Program where Amazon donates 0.5% of the purchase price of eligible products to CARES if you select our charitable organization. It's easy. Go to this direct link for Siouxland CARES and shop. <http://smile.amazon.com/ch/42-1331282>

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Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice to be drug free and improve outcomes for children and families. Thank you for your consideration of a gift to CARES.

Please send your gift made payable to Siouxland CARES, 101 Pierce Street, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland CARES are deductible to the maximum extent allowed by law.

**Woodbury Central**

**May 23rd**  
**West**

**May 24th**  
**East**

**May 25th**  
**North**

**MAKE MEMORIES...NOT HEADLINES**

**Celebrate Drug-Free!!**

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