

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

Follow us on Facebook: **beSomebody**

Follow us on Twitter: **@beSomebody_us**

Follow us on

Instagram: **SiouxCityMayorsYouthCommission**

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.

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

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

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

**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.

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.siouxlandcares.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).

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

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.

The Anti-Drug is Communication.

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

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!!***

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>

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!!
