

# Siouxland CARES

## April Offline Happenings!

**Thursday, April 4**

***Bullying Prevention Community Coalition Meeting***

10:30 a.m.

Long Lines Family Rec Center, 3rd Floor Conference Rm  
401 Gordon Drive Sioux City, IA

**Thursday, April 4**

***Siouxland CARES Advisory Board Meeting***

Noon - 1:15 p.m.

Long Lines Family Rec Center, 3rd Floor Conference Rm  
401 Gordon Drive Sioux City, IA

**Monday, April 8**

***Alcohol Awareness Month Proclamations***

Sioux City Council Meeting, 4 p.m.

South Sioux City Council Meeting, 5 p.m.

**Tuesday, April 9**

***Iowa Partnership for Success Subcommittee***

3:30 p.m.

701 Pierce Street, Suite 100

Sioux City, IA

**Saturday, April 13**

***Jackson Recovery Centers  
Friends of Recovery Banquet***

6:00 p.m.

Sioux City Convention Center  
Sioux City, IA

[Learn more, here!](#)

**Monday, April 15**

### CONTACT US:

[siouxlandcaresdirector@gmail.com](mailto:siouxlandcaresdirector@gmail.com)

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Follow us on [Instagram](#).

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### Looking for some helpful websites?

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

[www.samhsa.gov](http://www.samhsa.gov)

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

[www.elks.org/dap](http://www.elks.org/dap)

[www.jacksonrecovery.com](http://www.jacksonrecovery.com)

[www.stopbullying.gov](http://www.stopbullying.gov)

[www.siouxlandmentalhealth.com](http://www.siouxlandmentalhealth.com)

[www.primeagetoengage.com](http://www.primeagetoengage.com)

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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

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If you think someone is a victim of human trafficking, call the National Human Trafficking Resource Center, 1-888-3737.888, to obtain information and to access supportive

**Town Hall Meeting on Underage Drinking & Vaping**

6:30-8:00 p.m.  
Bishop Heelan High School  
1231 Grandview Blvd.  
Sioux City, IA

**Tuesday, April 23**

**Dakota County Teen Court**

5:00 p.m.  
1615 First Avenue  
South Sioux City, NE

**Thursday, April 27**

**Prescription Drug Take Back Day**

10:00 a.m.-2 p.m.  
Various locations throughout Siouxland  
[Find a location, here!](#)

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**Town Hall Meeting on Underage Drinking & Vaping**



Siouxland CARES along with the Sioux City Mayor's Youth Commission, Jackson Recovery Centers, Siouxland District Health Department, the Sioux City Police Department and Partnership For A Healthy Iowa are hosting a "Communities Talk: Town Hall Meeting on Underage Drinking & Vaping" on Monday, April 15, 2019 from 6:30-8:00 p.m. at Bishop Heelan High School, 1231 Grandview Blvd., Sioux City, Iowa.

services for the victim. [www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)

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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 14**

**11:00 p.m. for minors 14 and 15**

**Midnight for minors 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 349 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 6,580 hours in 2018 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.

This is an opportunity for the community, both youth and adult, to share their thoughts on these important issues.

**Town Hall Schedule:**

6:15 p.m. Check-In  
6:30 p.m. Introductions & Overview  
-Peter Komendowski, Partnership For A Healthy Iowa  
6:40 p.m. Underage Drinking Presentation  
-Rachel Lundgren, Jackson Recovery Centers  
6:50 p.m. Vaping Presentations  
-Steve Beekman, Siouxland District Health Department  
-Officer Elisha Schmeckpeper, Sioux City Police Department  
7:15 p.m. Youth & Adult Breakouts  
7:50 p.m. Town Hall Wrap-Up

For more information, please contact Britney  
Book at [siouxlandcaresdirector@gmail.com](mailto:siouxlandcaresdirector@gmail.com). We hope to see you there!

*Supported by SAMHSA Town Hall Meeting funding through Siouxland CARES.*

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**Parents and Graduates...  
Party Right at Prom and Graduation**

Make memories, NOT headlines. Celebrate alcohol and other drug free. Talk with your graduate...Research shows that parents do make a difference. Talking with your teen about alcohol now could prevent serious problems later.

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.

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.

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.

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

*Information from the U.S. Department of Health and*

**Caring:** Show it. Receive it.  
**Citizenship:** Have it. Honor it.

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

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Siouxland CARES is 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 Donate Today!**

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.

*Human Services, SAMHSA, National Institutes of Health.  
For more information please visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).*

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**Have a Safe Prom!**

**April 6**

Kingsley-Pierson  
Lawton-Bronson  
Sergeant Bluff  
Woodbury Central  
Homer

**April 13**

Remsen St. Mary's  
West Monona  
Dakota Valley

**April 27**

Hinton  
Le Mars Public  
Maple Valley  
Remsen  
River Valley  
Westwood  
South Sioux City  
Elk Point Jefferson

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