

Siouxland CARES

December e-News

Siouxland CARES is a community anti-drug coalition whose mission is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and its related violence.

Learn more about our online and offline activities below!

CONTACT US:

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[m](#)

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To learn more, visit:

www.siouxlandcares.org

Upcoming Events!

Happy Holidays! Celebrate with Care!

REMINDER:

***No Siouxland CARES
Advisory Board Meeting in January***

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoisson.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.primeagetoengage.com

Stay Informed!

Tri-State Area Curfew

If you're serious about preventing alcohol and other drug abuse in Siouxland, know the curfew laws and enforce them in your home! Keep our kids safe, healthy and drug-free!

Other Resources

Contact the Boys Town National Hot Line,

**TRI-STATE AREA
CURFEW TIMES**

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

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, to obtain information and to access supportive services for the victim. www.acf.hhs.gov/trafficking

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**

Outreach Update!

National Drunk & Drugged Driving Prevention Month

December marks Drunk and ~~Drugged Driving Prevention~~ Prevention Month! The reality is that drunk and drugged driving is entirely preventable.

There are alternatives:

- Designate a sober driver or offer to be a designated driver
- Appoint a designated driver to take all car keys
- Call a taxicab
- Stay the night where you are
- Discuss the risks of drugged driving with friends in advance

If you don't find a safe way home, consider yourself lucky if you are arrested. If you drive after drinking or using drugs, you can lose your life.

Why is drugged driving dangerous?

The effects of specific drugs differ depending on how they act in the brain. For example, marijuana can slow reaction time, impair judgment of time and distance, and decrease coordination. Drivers who have used cocaine or

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 510 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,531 hours in 2019 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.

methamphetamine can be aggressive and reckless when driving. Certain kinds of sedatives, called benzodiazepines, can cause dizziness and drowsiness. All of these impairments can lead to vehicle crashes.

Research studies have shown negative effects of marijuana on drivers, including an increase in lane weaving, poor reaction time, and altered attention to the road. Use of alcohol with marijuana made drivers more impaired, causing even more lane weaving.

It is difficult to determine how specific drugs affect driving because people tend to mix various substances, including alcohol. But we do know that even small amounts of some drugs can have a measurable effect. As a result, some states have zero-tolerance laws for drugged driving. This means a person can face charges for driving under the influence (DUI) if there is any amount of drug in the blood or urine. It's important to note that many states are waiting for research to better define blood levels that indicate impairment, such as those they use with alcohol.

Read more about other commonly abused drugs and their health effects, which could impair driving, at <https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts>.

Information provided by National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. Learn more, here: <https://www.drugabuse.gov/publications/drugfacts/drugged-driving>.

Youth Spotlight!

Mayor's Youth Commission Senior Recognition

As we close out another year, we cannot forget to recognize the wonderful Sioux City Mayor's Youth Commission Seniors who have served as dedicated leaders of the Youth Commission. Due to COVID-19, their formal Senior Recognition Ceremony was reworked into a Drive By Senior Recognition. The event was held on Monday, December 14.

Respect: Give it. Get it.
Responsibility: Take it. Teach It.
Fairness: Share it. Practice it.
Caring: Show it. Receive it.
Citizenship: Have it. Honor it.

Make Your Character Count in Siouxland!

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!>

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, 401 Douglas Street, Suite 519, 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.



Additionally, we would like to send a special thank you to our Sioux City City Council members for setting a great example for these future leaders! Members of the Sioux City City Council shared their congratulatory messages for the Mayor's Youth Commission Seniors, here: <https://youtu.be/JlrtsHHCwYE>. What a great way to end 2020!

Mayor's Youth Commission **Oath of Office**

On Monday, December 14, Mayor Bob Scott swore in the 2021 Sioux City Mayor's Youth Commission Mayor and Mayor Pro Tem. Congratulations to Mayor Estella Ruhrer-Johnson, East High School, and Jake McGowan, Bishop Heelan High School! We look forward to your leadership in 2021!



beSomebody
Quote of the Month

Check out our December quote in the image below!

**I'M AN UPSTANDER
BECAUSE...**

*I have felt pain and have
experienced my own
problems with bullying.*

'beSomebody' is a social norming campaign on good

citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse.

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