



March Offline Happenings!

Monday, March 18

Sioux City Mayor's Youth Commission

7:00 p.m.
City Hall, 5th Floor
Sioux City, IA

Tuesday, March 19

Iowa Partnership for Success Subcommittee

3:30 p.m.
701 Pierce Street, Suite 100
Sioux City, IA

Tuesday, March 26

Dakota County Teen Court

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

Sunday, March 31

***Faces of Siouxland
Multicultural Fair***

12:00 p.m. - 4:00 p.m.
Sioux City Convention Center
Sioux City, IA

CONTACT US:

siouxlandcaresdirector@gmail.com

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Follow us on [Instagram](#).

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org/dap

www.jacksonrecovery.com

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.primeagetoengage.com

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, to obtain
information and to access supportive

Nominate a Young Ambassador Today!



The Sioux City Mayor's Youth Commission is accepting applications for its Young Ambassadors program that honors students who have displayed good character and/or exceptional leadership inside or outside of the classroom.

All nominated students will receive a free Young Ambassadors t-shirt, gifts from area businesses, and public recognition on May 6, 2019 at 7:00 p.m. at City Hall. From the nominations, 10 students will be selected to be mentored by members of the Sioux City Mayor's Youth Commission.

To be eligible, the student must be in 4th - 7th grade during the current school year, enrolled in a Sioux City public or parochial school, reside in Sioux City but attend a school outside of Sioux City, or be home schooled in Sioux City.

To submit an application, please go to <https://www.surveymonkey.com/r/P38KDJG> and fill out the requested information. Nomination deadline is March 29, 2019. Please direct questions to siouxcitymyc@gmail.com.

To learn more about the program, visit www.siouxlandcares.org.

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

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.

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.

Citizenship: Have it. Honor it.

Town Hall Meeting on Underage Drinking & Vaping



Siouxland CARES along with Jackson Recovery Centers, the Sioux City Police Department and Sioux City Mayor's Youth Commission will be hosting a Town Hall Meeting on Underage Drinking & Vaping on Monday, April 15 from 6:30-8:00 p.m. at Bishop Heelan High School, 1231 Grandview Blvd., Sioux City, IA. The Town Hall Meeting is free and open to the public. Adults and youth are welcome to attend. We hope to see you there!

Questions? Please contact Britney at siouxlandcaresdirector@gmail.com.

Supported by SAMHSA Town Hall Meeting funding through Siouxland CARES.

2019 Des Moines Legislative Day



Members of the Sioux City Mayor's Youth Commission traveled to Des Moines with

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!](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, 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

the Siouxland Chamber on January 29, 2019 for their Legislative Day. The City of Sioux City has sent a group of Sioux City Mayor's Youth Commission members to the State Capitol to visit with our local legislators and leaders since 2003.

The Youth Commission has 178 members which includes 150 students in grades 9-12 from the Sioux City high schools and 28 elementary and middle school students who serve as Young Ambassadors. Last year the Youth Commission and Young Ambassadors contributed 3,810 volunteer hours back to our community.

Annually, the Sioux City Mayor's Youth Commission asks its new members what they feel are the biggest problems facing youth today. The top issue identified this year by our members is Alcohol, Tobacco & Other Drug Use, with a large number stating Vaping as a recent issue of concern. The members had the opportunity to share these priorities with Governor Kim Reynolds and Lt. Governor Adam Gregg as well as their State Senators and Representatives - what an incredible experience!

2018-19 Parent Survey Gas Card Winners

Thank you to all of the parents who participated in our 2018-19 Parent Survey! Participants had the option to submit their information for a chance to win a \$25 Gas Card. Two individuals were selected from each school. Congratulations to our winners!

Bishop Heelan:

Rhiannon Trierweiler
Sheila Pithan

Dakota Valley:

James Heeren
Rebekah Bryan

East High School:

Sue Ringling
Wendy Lastor

North High School:

Jennifer Maliszewski
Gretchen Baller

South Sioux City Senior High School:

Marisa Nelson
Perla Solis

West High School:

Nicole Sloan
Esther Alcala
