

Siouxland CARES

May/June Offline Happenings!

Monday, May 27
Memorial Day
Celebrate with care!

*No Siouxland CARES Advisory Board or
Bullying Prevention Community Coalition
meetings in June.*

Tuesday, June 18
Iowa Partnerships for Success Subcommittee
3:30 p.m.

701 Pierce Street, Suite 100
Sioux City, IA

Tuesday, June 25
Dakota County Teen Court
5:00 p.m.
1615 First Avenue
South Sioux City, NE

**Siouxland CARES Welcomes
New Data & Outreach Coordinator**

CONTACT US:

siouxlandcaresdirector@gmail.com

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Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org/dap

www.jacksonrecovery.com

www.stopbullying.gov

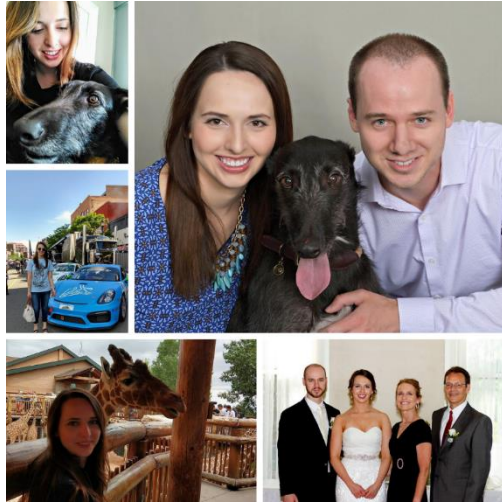
www.siouxlandmentalhealth.com

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



Siouxland CARES is excited to introduce our new Data and Outreach Coordinator, Rachel Lundgren! Before officially joining the Siouxland CARES team, Rachel was an active member of the Siouxland CARES Advisory Board and Bullying Prevention Community Coalition. She also served as an Adult Advisor for the Sioux City Mayor's Youth Commission and Sioux City Young Ambassadors.

Rachel has over five years' experience as an instructor and group facilitator. Additionally, she has a background in quantitative, qualitative, and mixed-methods research. Rachel is an Iowa Board Certified Prevention Specialist, serves on the Sioux City Neighborhood Network Board, and volunteers as a "Big" through Big Brothers Big Sisters of Siouxland. Rachel lives in Sioux City, Iowa with her husband, Adam, and dog, Fargo.

As Data and Outreach Coordinator, Rachel will handle all of CARES' surveys and assessments - including our youth and parent surveys - as well as the delivery of the results to the schools and the community. She will also be assisting with the collection of data for the Comprehensive Strategy community data booklet. Rachel can be reached at 712-255-3188 or siouxlandcaresdata@gmail.com.

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.

Siouxland CARES Wiffle Ball Classic



Wiffle Ball Classic
Sunday, August 25, 2019
11:00 a.m. – 3:00 p.m.
Miracle Field of Sioux City
1001 Riverside Blvd., Sioux City, Iowa

SAVE THE DATE! Siouxland CARES is hosting the third annual, family-friendly Wiffle Ball Classic on Sunday, August 25, 2019 from 11:00 a.m. to 3:00 p.m. at the Miracle Field of Sioux City! This event will bring together some of our community partners and organizations. Proceeds will benefit Siouxland CARES' positive youth development programs.

Family-friendly activities will take place around the Miracle Field of Sioux City and concessions will be available. Additionally, we will hold two Home Run Derbys with the farthest hit winning a prize! To learn more, please contact Siouxland CARES at 712-255- 3188 or siouxlandcaresdirector@gmail.com.

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, 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.

"Plant the Town Red" Tulip Bulb Fundraiser



Siouxland CARES will, again, be selling tulip bulbs for our "Plant the Town Red" fundraiser! We are accepting pre-orders now through June 27, 2019. Available colors are red, yellow, purple and orange. The price is \$1/bulb. The tulip bulbs will arrive in late September – just in time to be planted during Red Ribbon Week (October 23-31)! Please note, you do not need to pay for the tulip bulbs until they arrive.

If you would like to purchase tulip bulbs, please complete our short online order form, here: <https://www.surveymonkey.com/r/PlantTheTownRed>. Or, email siouxlandcaresdirector@gmail.com with the number and color of tulip bulbs you would like to order.

We truly appreciate your consideration of buying tulip bulbs to help raise funds to support CARES' services!

Sioux City Mayor's Youth Commission Recognizes Young Ambassadors



The Sioux City Mayor's Youth Commission honored nearly 40 students in grades 4-7 as Young Ambassadors at its annual

recognition event. The Young Ambassadors program honors students who demonstrate the six pillars of character in both school and the community.

All nominated students received recognition, a Young Ambassadors t-shirt, and gifts from area businesses. From the nominations, ten students were selected to be mentored by members of the Sioux City Mayor's Youth Commission, beginning in the fall. They are:

Jacob Bissell, Sacred Heart

Ruben Dieguez, Unity Elementary

Hannah Koehler, Siouxland Christian

Andy Lam, Liberty Elementary

Layla Lilly, Perry Creek Elementary

Maria McGowan, Blessed Sacrament

Anya O'Connor, Mater Dei

Abrahm Scott, Sacred Heart

Nathan Solma, Mater Dei

Kayla VonHaden, East Middle School

To be eligible, the student had to be in grades 4-7 during the 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.

Recommendations were submitted by a teacher, family member, or an adult associated with the child who is aware of the child's good character and service.

This program is a partnership between the City of Sioux City, Sioux City Mayor's Youth Commission, and Siouxland CARES.

Leif Erikson Park Disc Golf Course Opening



The City of Sioux City and Sioux City Mayor's Youth Commission hosted a grand opening event for the recently completed Leif Erikson Park Disc Golf Course. The event took place on Monday, May 13, 2019.

The Leif Erikson Park Disc Golf Course was made possible through a partnership between the Parks and Recreation Department, the Mayor's Youth Commission, and local businesses. The Mayor's Youth Commission raised funding for the entire nine-hole course and the Parks and Recreation staff designed and installed the course. Thank you to the following sponsors for their support: BAC Clinic of Chiropractic, Elite Staffing, Guarantee Roofing Siding and Insulation, Coldwell Banker Associated Brokers Realty, Save-A-Lot, Continental Fire Sprinkler, and the Siouxland Chamber Foundation, as well as a special thanks to CW Suter Services and Brad, Jennifer and Elizabeth Clay.

The course is intended for beginner and intermediate players. Players may also try the Grandview Park Disc or Sertoma Park Disc Golf Courses. All of three locations were developed with assistance from the Mayor's Youth Commission and are free and open to the public during regular park hours. The only equipment needed is a disc.

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