

November Offline Happenings!

Thursday, November 3

Bullying Prevention Community Coalition, 10:00 a.m.
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Thursday, November 3

Advisory Board Meeting, Noon
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Tuesday, November 15

Dakota County Teen Court, 5 p.m.
1615 First Ave, South Sioux City, NE

Thursday, November 17

Great American Smokeout

November 17-18, 2016

National Drug Court Institute
Improving Your drug court outcomes for
Individuals With Co-occurring Disorders
[Click Here To register.](#)

Location: Briar Cliff University – St Francis Center - Stark Student Center

3303 Rebecca St. Sioux City, Iowa

This training is approved for 7.0 hours of CLE – Activity #=247438

Monday, November 21

Sioux City Mayor's Youth Commission Meeting, 7:00 p.m. -
8:00 p.m.
City Hall, 405 6th Street,
Sioux City, IA

Thursday, November 24

Thanksgiving Day

Please say thank you to others!

Great American Smokeout

You'd like to quit tobacco, you intend to quit, but, well, you just need to pick a day.

How about Thursday, November 17, 2016?

That's the American Cancer Society Great American Smokeout. You can join millions of Americans and start living tobacco free.

Although the Smokeout is a big day, any day is good for starting a healthier, happier life. Call the American Cancer Society and see if you're eligible for the proven Quit For Life program, offered year-round in partnership with Optum. It's helped more than one million tobacco users make a plan to quit for good. Those not eligible are transferred to their state quitline for help with quitting smoking.

To learn more, visit cancer.org/smokeout or call the American Cancer Society at 1.800.227.2345.

When trying to quit smoking, support can make all the difference.

Let's Plant the Town Red, Yellow, Purple, and Orange!

The tulip bulbs are here!

Fundraiser for Siouxland CARES.

Cost = \$1.00 per bulb.

This year we have red, yellow, orange and purple!

CONTACT US:

cares@longlines.com

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

FACT

According to the latest Siouxland CARES Youth Survey, 6.4% or 277 students in grades, 6, 8, 10, and 12 in the tri-state area of Iowa, Nebraska and South Dakota, smoked cigarettes in the past 30 days and 192 students or 4.4% used smokeless tobacco. In the past 30 days, 7.4% or 321 students in those grades smoked marijuana.

**Know the facts...Be In the Know
and Let's Start Talking!!!!**

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

www.siouxlandmentalhealth.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 services for the victim. www.acf.hhs.gov/trafficking

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 14
11:00 p.m. for minors ages 14 and 15
Midnight for minors ages 16 and 17

Supplies are limited so order your tulip bulbs today by emailing cares@longlines.com.

Have You Seen It?

Siouxland CARES recently dedicated a bench which has been placed on the first tee of the Grandview Park Disc Golf Course. This bench was made possible by a donation to CARES from the 100+ Men Who Care organization. Thank you!



Grandview Park Disc Golf Park Open

The Grandview Park Disc Golf Course was made possible through a partnership between a local citizen, the Parks and Recreation Department, the Sioux City Mayor's Youth Commission, and local businesses.

Jordan Brummond, a local resident, approached the Parks and Recreation Board about the idea for the disc golf course back in October of 2015. Jordan's design for the disc golf course, which surrounds the water tower, had a lot of support and partnerships were developed. The Mayor's Youth Commission raised \$4,500 to fund the entire nine-hole course. Sponsors are recognized on the tee marker signs. **Thank you to all the sponsors that made this course possible. The sponsors are:**

- Hole 1 & 2--Chris & Joy Bogenrief & Family
- Hole 3--Gleeson Constructors & Engineers
- Hole 4--Guarantee Roofing, Siding, and Insulation Co.
- Hole 5--Crary Huff Law Firm
- Hole 6--King, Reinsch, Prosser & Co.
- Hole 7--McDonald's of Siouxland
- Hole 8--Sioux City Mayor's Youth Commission members, Bake Sale, Susan Gottsch, Derek Winkel Insurance, and Patty Bortscheller
- Hole 9--Siouxland Chamber Foundation



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.

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 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.