

Siouxland CARES

October Offline Happenings!

Domestic Violence Month

Thursday, October 6

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

Thursday, October 6

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

Monday, October 10

Red Ribbon Week Proclamation, 5 p.m.
South Sioux City Council Meeting, City Hall
South Sioux City, Nebraska

Tuesday, October 11

Grandview Park Disc Golf Course Dedication and Siouxland CARES dedication of Bench donated by 100+ Men Who Care, 10:30 a.m.
Ribbon Cutting by Siouxland Chamber of Commerce Ambassadors
Grandview Park (park in upper parking lot)
Sioux City, IA

Tuesday, October 11

LWVSC State Candidate Forum, 7-8:30 p.m.
Western Iowa Tech Community College
Sioux City, IA

Monday, October 17

CONTACT US:

cares@longlines.com

Follow us on Facebook: **beSomebody**

Follow us on Twitter: **@beSomebody_us**

Follow us on

Instagram: **SiouxCityMayorsYouthCommission**

FACT

Perceived parental disapproval is the strongest influence on youthful alcohol use. In fact, 80% of teens say parents are the leading influence in their decision to drink or not!

Parents--"Be In The Know"--attend the October 24th Parent Session at 7 p.m. at City Hall, 405 6th Street, Sioux City, Iowa.

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoinson.org

www.elks.org

www.jacksonrecovery.com

www.iowa.gov/oncp

Red Ribbon Week Proclamation, 4 p.m.
Sioux City Council Meeting, City Hall
Sioux City, IA

Monday, October 17
LWVSC County Candidates' Forum, 7-
8:30 p.m.
Western Iowa Tech Community College
Sioux City, IA

Wednesday, October 19
**Siouxland Council on Child Abuse &
Neglect Meeting**, Noon
Siouxland Chamber of Commerce
101 Pierce Street, Sioux City, IA

Saturday, October 22
Prescription Take Back Day, 10 a.m. - 2
p.m.
or drop unused prescriptions off any time at
the Sioux City Police Department Drop Box
in the Lobby on Douglas Street.
Locations: Walgreens, Target, WalMart-
Floyd, HyVee-Hamilton, Drilling Pharmacy-
Morningside Avenue, Fareway-War Eagle
Drive, Sioux City, Iowa

October 23-31
Red Ribbon Week
Plant Your Tulips

Monday, October 24
Parents-Be In The Know!!
Parent Session on
"Your Child's Prescription-Use and
Misuse"
Educational session for parents presented by
Dr. Ray Sturdevant and Marlene Sturdevant,
ARNP
(see article below)
7:00 - 8:00 p.m.
City Hall, 5th Floor Council Chambers
405 6th Street, Sioux City, IA

Monday, October 24
Sioux City Mayor's Youth Commission
Meeting, 6:30 p.m. - 8:00 p.m.
Red Ribbon Youth Event, 6:30-8:00
p.m.
City Hall, 405 6th Street, Main Floor
Sioux City, IA

Pizza and draw string back packs provided by
Elks given to youth. Organizations and MYC
members will hand out candy and items from
businesses, youth to chalk red ribbons on the

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

About Siouxland CARES

Siouxland CARES (Community-wide Awareness,
Resources, Education and Support) About Substance
Abuse is a community coalition comprised of 394

sidewalks, hang red ribbons, make thank you cards for those in uniform.

Tuesday, October 25
Dakota County Teen Court, 5 p.m.
1615 First Ave, South Sioux City, NE

Friday, October 28
ACES Training by Lori Hayungs, ISU
Extension, 8:30-9:30 a.m.
Siouxland District Health Department
Sioux City, IA

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

The tulip bulbs are here! Celebrate **Red Ribbon Week**, October 23-31 by planting your bulbs in October and watch them grow in April as we celebrate **Alcohol Awareness Month**.

Fundraiser for Siouxland CARES. Cost = \$1.00 per bulb.

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

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

Siouxland Celebrates Red Ribbon Week October 23-31

"No Use of an Illegal Drug...No Illegal Use of a Legal Drug"

Parents-Be in the Know!!!

On Monday, October 24, Siouxland will kick off Red Ribbon Week. Join us for a parent session on **"Your Child's Prescription-Use and Misuse"** from 7-8 p.m. at City Hall, Sioux City, Iowa presented by Dr. Ray Sturdevant, Pediatrician, Prairie Pediatrics, Sioux City, and Marlene Sturdevant, ARNP and CNS, Prairie Pediatrics.

Dr. Sturdevant earned his undergraduate degree from the University of Illinois in Champaign/Urbana. He is trained and experienced in all areas of general pediatrics, with special interest in the management and treatment of children with behavior and

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.

school problems. A member of the American Academy of Pediatrics, Dr. Sturdevant has been active in medical staff affairs, serving as Chairman for the Department of Pediatrics.

Marlene Sturdevant is an Advanced Registered Nurse Practitioner and also a Clinical Nurse Specialist with experience in pediatrics and special interest in adolescent health care and transcultural nursing. Her thesis focused on special-needs children and their families. She has served as health care provider for the Crittenton Center Shelter and Boys & Girls Home for over 15 years.

Use Red Ribbon Week as an opportunity to talk to your children about alcohol and other illegal substances. Talking with children about drugs is not as difficult as you may think, but it is not as simple as delivering one message ("Don't do drugs"). Ongoing communications that "grows" with your child is important!

It's More Than Just a Red Ribbon.

The Red Ribbon Campaign originated when Federal Agent Enrique Camarena was murdered by drug traffickers in 1985. He spent his life dedicated to making a visible effort to eradicate illegal drugs from our communities. In response to his death, communities across the country began wearing Red Ribbons as a symbol of the commitment to raise awareness of the killing and destruction caused by drugs in America. Red Ribbon Week is dedicated to teaching drug prevention in our school systems and community.

Youth are invited to trick and treat and eat pizza prior to decorating for Red Ribbon Week and making thank you cards for those in uniform. This event will take place from 6:30- 8 p.m. at City Hall, Sioux City, and is sponsored by the Elks Lodge, Siouxland CARES, and the Sioux City Mayor's Youth Commission.

Keep Our Children Safe & Healthy!!

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.

Homecomings 2016

October 6

West

October 7

Westwood Sloan
South Sioux City
Elk Point Jefferson

*In most instances, the Homecoming Dance
is the following day.