



Email us at: mcleodmeada@yahoo.com

<http://mcleodmeada.org/>



Family Dinners Help Young People Resist Substance Use!

Did you know that the more often children and teens eat dinner with their families, the less likely they are to smoke, drink or use drugs?

According to CASA Columbia's report The Importance of Family Dinners VII, compared to teens who have frequent family dinners (five to seven per week), those who have infrequent family dinners (fewer than three per week) are:

- Almost four times likelier to use tobacco
- More than twice as likely to use alcohol
- Two-and-a-half times likelier to use marijuana
- The report also found that teens who have frequent family dinners are likelier to get better grades in school and to say they have an excellent relationship with their parents.
- Download the free Family Dinner Kit from www.CASAFamilyDay.org that has a toolkit for parents, games that kids can play, placemats kids can color, fun conversation starter questions to use during dinner and recipes that families can enjoy.



"So, Why Not Just Lower The Drinking Age?"

Submitted by: Jean Johnson,
BS, Med
McLeod County Public
Health

Research shows, when the drinking age is 21, those younger than 21 drinks less and continue to drink less through their early 20s. There are

also substantial, well-documented declines in alcohol-involved youth highway fatalities, homicides, suicides, and unintentional injuries associated with the age 21 [Minimum Legal Drinking Age Laws](#), or MLDA's, as these state policies are also known. [Alcoholism: Clinical and Experimental Research](#).

Smoking Marijuana Regularly As a Teen May Lower IQ Scores as an Adult

By CBS News Staff

Teens who smoke marijuana frequently are more likely to experience a long-term drop in their IQ, according to a new study.

That could be a potential pitfall for millions of teens, given recent estimates show about one in 10 teens in grades nine through 12 smoke marijuana at least 20 times per month. The researchers however didn't find the same IQ dip for people who became frequent users of pot after 18, suggesting pot use is especially dangerous for the developing brain.

For more information, [click here](#)

Desomorphine aka Krokodil

Carmen Morrow
Chemical Health Prevention
Specialist
Hutchinson School District



Another synthetic drug trend has made its way back to the US and is causing serious life threatening side effects.

"McLeod County has seen an increase of prescription drug abuse over the years. Heroin abuse has increased as Prescription drugs are harder to get and time release agents added to the tablets make them harder to abuse. Heroin is cheaper and easier to get. Krokodil is even cheaper and can be made in labs".

Krokodil is a derivative of morphine, has sedative and analgesic effects, is around 8-10 times more potent than morphine and is a cheaper alternative to heroin.

The drug is easily made from codeine, iodine, lighter fluid, industrial cleaning fluid, paint thinner, gasoline and red phosphorus; similar to the process of making Meth from pseudoephedrine.

Side Effects:

- Drug is a neurotoxin that causes brain damage
- Drug is named for its scale-like appearance of the skin on its users
- Has become notorious for producing severe tissue damage: Phlebitis and gangrene, sometimes requiring limb amputation in long-term user.

Most legal...most destructive... Alcohol

by Ruben Rosario



Bath salts, designer drugs, prescription drug abuse, the return of heroin -- all bad, no doubt, and all the subject of recent headlines on rising illicit drug trends. But nothing touches alcohol abuse. The most legal of controlled substances is still the most destructive.

Excessive drinking cost the U.S. economy \$223.5 billion in 2006, according to the federal Centers for Disease Control and Prevention. In 2009, 10,839 people were killed in alcohol-impaired driving crashes, accounting for roughly one-third of all traffic-related deaths in the U.S. that year.

For complete column: [click here](#)



Consequences for Juvenile Offense Can Permanently Stain Future

Michele Barley
Assistant Public Defender
1st Judicial District

Every parent should know that the juvenile justice system is much different today than it was when they were growing up. In the past if an adolescent was caught doing something wrong at school or in the community chances were that it was handled within the school or with your parents and law enforcement. Not so today. Today our adolescents face a world where doing something wrong can permanently stain their future.

As a parent it is important to educate your child on the consequences of involvement with the criminal justice system. Many times, however, parents do not realize that the law has changed significantly. Consequences occur both in the criminal justice system and outside of it. The consequences which occur outside of the criminal justice system after a juvenile has been charged with a crime are called collateral consequences. The consequences are far too numerous to address in an article so the following examples are an incomplete list. You should go through this list with your child so that he or she can begin to have a basic understanding of what results their behavior can trigger.

- Juveniles charged with gross misdemeanor or felony level offenses must be booked and fingerprinted. Juveniles who are arrested for misdemeanor level offenses must be booked and fingerprinted. Note that these "arrest" records do not require a

PARENT THE POWER OF PARENTS YOUR CHILD



Email us at: mcleodmeada@yahoo.com

<http://mcleodmeada.org/>

finding of guilty or adjudication. The records do not go magically disappear when the juvenile turns 18. Government agencies can access these arrest records when reviewing requests for certification or licensing. For example, a high school senior who rarely ever gets into trouble got into a fight at school when he/she were a sophomore. The juvenile was arrested by the police for assault, booked, fingerprinted, and then released. The juvenile ultimately admitted to a lesser charge of disorderly conduct. The juvenile then takes the course for a CNA (certified nursing assistant). The juvenile may not get certified by the state due to the prior arrest for assault. This applies to all health care, daycare, school, nursing home, and law enforcement related occupations.

- A juvenile who is adjudicated (term analogous to convicted) of a felony level offense which is deemed to be a



crime of violence can lose their firearm rights for life. The definition of crimes of violence includes many crimes that most people would not define as violent in nature.

- A juvenile who is adjudicated of a criminal sexual conduct offense must register as a predatory offender for a period of ten years, which may be extended for various reasons. A criminal sexual conduct offense includes where the "victim" is between the ages of 13 and 16 and the "perpetrator" is more than 24 months older than the "victim" and they engage in consensual sexual penetration. For example, a high school senior age 17 years, 3 months

engages in consensual sex with a high school sophomore age 15 years, 2 months. Results: Booked, fingerprinted and loss of firearm rights.

- A juvenile 16 years old who gets charged with a DWI must go to adult court.
- Alcohol related driving offenses such as DWI or "Not a Drop" will remain on the juvenile's record forever.
- A juvenile who gets into a physical fight with a brother or sister may be arrested for domestic assault. He or she may be held in detention for a few days until the court determines that it is safe to release the juvenile back home. Results: Booked and fingerprinted.
- Juveniles who are caught "sexting" messages via phone or email can be charged with a felony level offense of Dissemination or Possession of Child Pornography. A juvenile adjudicated of this offense is required to register as a predatory offender. Results: Booked, fingerprinted and loss of firearm rights.
- Juveniles who stalk, harass, or threaten other juveniles via social media can be charged with a serious Stalking or Harassment offense which requires fingerprinting. Results: Booked, fingerprinted and loss of firearm rights.
- Prescription medications are to be used only by the person for whom the prescription is written. So, if you share medications within your family you may be committing a crime. If a juvenile shares any of his medication with a friend he or she could be committing a felony level drug offense. Drug offenses can affect a



person's ability to receive federal student aid for college. Results: Booked, fingerprinted and loss of firearm rights.

- A juvenile who mistakenly brings a pocketknife to school may be expelled for the remainder of the school year and charged with a crime. Results: Booked and fingerprinted.
- A juvenile who goes hunting in the early morning hours before school and then goes directly to school with the firearm properly cased in the motor vehicle may be charged with a felony level offense and expelled from school. Results: Booked and fingerprinted.
- Although juvenile records are not deemed to be public information, there are many ways that employers and apartment management companies get the information. Some juveniles are denied employment with all major retail businesses due to a shoplifting offense that occurred when they were younger.
- Although a juvenile may drink at home with their parents, the privilege does not extend to their guests or to drinking at another house where the parents are not present.
- A juvenile who hosts a party at his/her house where alcohol is present may be charged with Providing Alcohol to a Minor even though that juvenile is not of legal age to purchase the alcohol. Results: Booked and fingerprinted.
- A juvenile who sneaks into the neighbor's garage and takes a 12 pack of beer has committed the felony level offense of Burglary. Results: Booked, fingerprinted and loss of firearm rights.

