



Cheeba Chew, looks and feels like Tootsie Roll "same as smoking a joint"

Here is another current drug trend that is making its way across the nation. Cheeba Chew has the appearance and texture like a Tootsie Roll but is the same as smoking a marijuana joint

For more information, [click here](#).

Keep Your Teens Safe During Homecoming!

Posted by [Regional Medical Center Bayonet Point](#)

Going to the homecoming dance is an exciting experience for high school students, but many parents worry about their teens' safety at such events. You might be concerned about the possibility of underage drinking, drugs, teen drivers, drunk driving and peer pressure. Talk to your teens before the big day and make sure they have the tools they need to have a safe and fun homecoming!

Underage Drinking

When talking to your teens about drinking, explain that you trust them but peer pressure can play a role in what they ultimately decide to do. According to the [Centers for Disease Control and Prevention](#), underage drinking accounts for nearly 4500 teen deaths each year. Make sure your teen knows the dangers of underage drinking, as well as the laws. Drinking can impair their judgment and lead to other bad decisions—make sure your teen knows the consequences.

Peer Pressure

You may be worrying about how your teens will deal with peer pressure, so talk to them beforehand to make sure they know how to

say no. If they are going with a date to the homecoming dance, arrange to meet the date and their parents prior to the dance. Explain to your teens that they should have self-respect and not give in to something just because others are. Set out a plan with your teens about where they are allowed to go. If you allow them to go to parties after the dance, make sure you get the details: where it's located, who is hosting it, whether it is adult-supervised, etc., and get their contact information.

Teen Drivers

Statistics from the CDC show that teen drivers age 16-19 are four times as likely as adult drivers to crash. If your teens are driving, and taking passengers, be sure they are comfortable doing so. Make sure they wear seat belts and instruct all of their passengers to do the same. If your teens are riding with another person, the best way for them to protect themselves is to wear seat belts and make sure their driver is not drinking.



Drugs

As with underage drinking, your teens may be asked or pressured to try drugs during homecoming. Give them the tools they need to make a good decision. Explain the dangers of drugs and tell them that it is okay to say no.

Talking with you teens beforehand can set your mind at ease while they enjoy this exciting time of their lives. Homecoming can be a fun and special experience, but make sure your teens are prepared for anything that may come their way.



Use of Marijuana Doesn't Change, Attitude Does

Written by Lindsay Machak,
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Submitted by Aaron Berry,
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"Whether they call it kush, loud or weed, Officer Wilson Pierce can smell the freshly smoked marijuana on students as they file into their morning classes. Officials have seen a change in the attitude toward teenage drug use.

School officials and law enforcement officers across Lake and Porter counties and Illinois' Cook County have seen a **more passive attitude toward using drugs in the teens of this generation -- and among some of their parents as well.**"

"They try to downplay it like a cigarette," Pierce said. "But at the end of the day, it's wrong -- it's illegal."

"In noting how parents' attitudes toward drug use have become more lax over the 17 years he's been with the county, Porter County Drug Task Force Coordinator Robert Taylor said he's concerned with a **growing trend of substance abuse being passed from one generation to the next.**" **"You can't just paint it as a kid's problem," he said. "It's an adult problem."**

"I've arrested Mom and Dad, and now I'm arresting their 17-year-old son or 17-year-old daughter," he said. "Children are watching parents and learning from their behaviors, Taylor said. As part of the drug task force, he's one of the officials trying to address the problem by talking to parents and children."

For full article, [click here](#)



I Never Thought It Would Happen To Me!

By: David Yurek, AA, ADC-T, CD
counselor at Recovery Resources
Winsted

I never thought it would happen to me. I was a bright young man. I had good grades. I was active in sports and other clubs in high school. I was very much the kid next door, a regular guy. I never thought I would end up in prison, but I did. It was not something that happened over night, but one day I found myself in prison asking, "How the heck did I get here?" Methamphetamine was a big part of the reason I was there.

There were a few defining moments, but mostly it was a slow gradual deterioration of what I would call my sanity. The decision to use meth was a conscious one. I was not alone. Too many people make the choice, even knowing the legal, physical and mental consequences of using the deadly drug. There was this strange combination of my feeling hopeless and yet eternally optimistic. I felt things couldn't get worse and besides nothing serious would happen to me. I thought I was smart enough to keep myself out of any real danger and I figured I was a good guy, so they wouldn't put me in prison. I was wrong on both accounts. No one is strong enough to control their use of a drug like Meth and prison is full of good people who made really bad decisions.

I have seen bright, kind, loving people turn into unscrupulous thieves and liars, and best friends turn on one another, brother against brother and even mothers turned against their own children. The disease of addiction is devastating to those who have it and to their loved ones as well. The devastation caused by meth appears quicker and is maybe more

severe than other drugs, because of the incredible hold it has on those who use it.

Other drugs may take years to develop into dependence, where meth use develops into dependence much quicker. This drug can trigger the reward centers of the brain to a much higher level than other drugs. For example, food raises dopamine levels to 150%, sex raises it to 200%, cocaine raises it to 350% and meth raises it 1250%. It is hard to resist that kind of feeling once exposed to it.

The down side to the high? After food and sex, dopamine levels return to normal. After drugs like coke and meth, the dopamine levels are completely depleted. The user of the drug feels good for the moment, but returns to a state of feeling very depressed. It was because I did not care that I got into using Meth; it was others' care and compassion that brought me back.

There were people out there who were willing to help me, who still cared and who were willing to sacrifice. That care shook my perspective of the world and it restored my faith. Many had given up hope on me. I had certainly given up hope on myself. But there were people out there who did not give up, and for those people I am eternally grateful. I can never repay the gift I was given, but I do try to pay it forward and to be that light in other people's lives.

I lost much to my use of chemicals, my family, friends, my home, my vehicles and everything I held dear to me. At that point, the thing I wanted most was another hit. That was my point of surrender. When I reached out for help, it was there.

Today I have a life I could only dream about in my prior life of addiction. I have family and friends; I have a home once again. I also have

peace and I am a productive member of society. So I encourage those involved to keep working hard and for those thinking about getting involved to get involved, because it works. Only by working together can we hope to make changes towards the positive and combat problems like Meth Amphetamine when they hit our communities.

For work cited, [click here](#).

Know! Sleepy Students are at Greater Risk for Substance Use



Science Daily (Jan. 27, 2012)

About 70 percent of U.S. high school students don't get enough sleep on school nights and this is linked to health-risk behaviors, according to a study conducted by the Centers for Disease Control and Prevention.

They concluded that insufficient sleep is associated with a variety of health-risk behaviors, including: physical inactivity, drinking alcohol, smoking cigarettes, drinking soda, fighting, being sexually active, marijuana use and seriously considering attempting suicide.

High school students participating in the 2007 national Youth Risk Behavior Survey were asked, "On an average school night, how many hours of sleep do you get?"

The study, published online by *Preventive Medicine*, said 68.9 percent of adolescent responders reported insufficient sleep on an average school night. Insufficient sleep was considered less than 8 hours and sufficient sleep 8 or more hours of sleep.

Students who reported insufficient sleep were more likely to engage in the health-risk

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behavior than students who reported sufficient sleep, researchers said.

"Many adolescents are not getting the recommended hours of sleep they need on school nights. Insufficient sleep is associated with participation in a number of health-risk behaviors including substance use, physical fighting, and serious consideration of suicide attempt," Lela McKnight-Eily of the CDC said in a statement to United Press International.



Campus Life softball team
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Grand prize winner
Electric Aquarium



Battle of the Bands Contestants
McLeod County Fair, August 16, 2012
Corey Roskamp and Steve Olcott, Masters of Ceremony