

T H E R E S O U R C E

ENHANCING THE QUALITY OF LIFE IN JONES COUNTY



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Coalition Action: Text 2 Tell, Training Opportunities, and More!



The Coalition is moving forward with several initiatives. One of the most important is the new anonymous texting tip line. This is a great way for all ages of community members to get involved in keeping our community and youth safe. Besides texting crime tips, you can also send in your tips on-line by going to www.JonesText2Tell.com or by downloading the app TipSubmit Mobile on your smart phone.

Training members of the community is another important goal of the Coalition. There are several opportunities this summer. As mentioned on page 2, thirteen youth and adults from BEASTS are headed to the Y2Y Conference on June 16. On Tuesday, June 26, 9-3:30 the Coalition is sponsoring an **Evaluation Training** along with rural Linn County and Benton County coalitions. It will be held in Marion at the Low Park Arts and Environmental Center. The Coalition is also sponsoring a **Youth Leadership Day** from 9-3 on July 11, at Kirkwood JREC in Monticello for up to fifty 7th-9th grade students with National trainer, Nigel Wrangham, who believes there is a hero inside each of us! In addition, there will be four **Responsible Beverage Server Trainings** for stores, bars, and volunteers of community events during the week of July 9. There may be a couple more opportunities yet later this summer for youth and adults so stay tuned.

Fundraising opportunities for the Coalition are mentioned below and on the back page of this newsletter. Check out the "Burma Shave" message on back and be looking for three more sets of these signs to go up in Jones County soon. The Coalition is also working to educate the community on how to properly monitor and dispose of Rx and over the counter drugs. Soon another permanent collection spot may be located in Monticello for disposal of the medicines most at risk of abuse. More efforts are also needed yet to look at store policies as to where and how over-the-counter medicines commonly abused are sold.

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Coalition meetings are usually the second Wednesdays of the month at 11:30 a.m. This month we meet in Monticello at the Pizza Ranch.

Next meeting is June 13! Come join us!



Purse Sale Fundraiser is Saturday, June 16, 8 a.m. to Noon at the Coalition office!

BEASTS UPDATE

BY AMY DOERRFELD, CPS

This spring has been busy for the B.E.A.S.T.S. group. In April and May for prom, they distributed “PROM-ise to Be Alcohol Free” stickers to all the local flower shops to be placed on the corsage and boutonniere boxes. They also planned an event in honor of “Kick Butts Day (KBD).” KBD is a day of activism when thousands of youth in every state and around the world stand out, speak up, and seize control against big tobacco. This year they decided to hold a kickball tournament they called, “Kickball to Kick Butts.” They had around 30 middle school students who participated in this event.

In June, 10 youth and 3 adults will attend the “Youth to Youth” leadership conference in Columbus, Ohio. There is youth representation from all four schools in Jones County. This is the second year the group will send youth and adults to this conference. This conference provides a lot of opportunities for the youth to learn about substance use issues and how to be leaders in substance use prevention. They have the opportunity to meet other youth from all across the country as well as internationally.



Coalition Campout: Prescribing the Outdoors!

SCHOOL BASED PREVENTION EFFORTS

BY LINDSEY UNGS, ASAC PREVENTION

I wanted to share with you how I have been serving the Jones County youth on behalf of the coalition. This spring I taught at both Olin Middle School and Monticello Middle School.

In Olin, I worked with the 7th and 8th grade students every Wednesday. I was able to administer a curriculum called “Life Skills.” This curriculum included lessons on drugs and violence, media influence, resolving conflict, making decisions, anger, and other topics. The hope is that this curriculum will help prepare the students for tough decisions they will be facing as they grow, especially related to drugs and alcohol. Thanks to Kylie Ruess for setting this group up!

In Monticello I had the opportunity to work with two smaller groups including 7th and 8th graders on Fridays. Here I was able to administer lessons based on facing tough situations either with friends or family. We addressed several issues including safe friends, healthy decisions, communication, problem solving, and other topics. I had the joy of seeing the students within the group start to bond. This was one of the goals for my smaller groups. The children in the groups will hopefully feel they can talk with each other when facing difficult issues. Thanks to Angie Bibb for allowing me to work with the students!

I faced a few challenges this year with my groups. I was hoping to begin programs in more than just Monticello and Olin schools. However, I look forward to this fall as I have been invited into 2 new schools. Another challenge was that this was my first year teaching the

curriculums. This meant a lot of preparation on my part. Regardless, I enjoyed researching each topic and believe I found ways to make the material interesting to my middle school students. One of the ways I did this was by utilizing You Tube videos that addressed the topic at hand.

Next year I look forward to working at Wyoming Middle School, Olin Middle School, and possibly at the Anamosa High School. I am always looking for more ways to serve our youth in the Jones School District. If you are a counselor I invite you to speak with me about what I can offer your students.

Thanks for your hard work coalition members!



Youth helping raise awareness before Graduation about the Social Host law.



Community Conversation on Underage Drinking -well attended!

THE POWER OF PARENTS: TALKING WITH TEENS ABOUT ALCOHOL
BY PATTI BMMERT, JONES CO. SPF SIG COORDINATOR

Parents do make a difference! Despite how you may feel sometimes, research shows that parents are an important influence on whether or not teens choose to drink alcohol. Teens do care about their parent’s opinions. Parents sometimes hesitate to impose rules against underage drinking or even to discuss drinking with their teens. Maybe they are embarrassed or assume their son or daughter is not at risk. Please, do not underestimate how dangerous alcohol is for teens!

ARE YOU MAKING THIS ASSUMPTION?	READ THE REAL FACTS:
My son or daughter is not interested in drinking.	According to data from a Monitoring the Future national survey, about 75% of teens try alcohol outside the home before graduating from high school.
My teen’s friends are good kids who do not drink alcohol.	About 43% of high school seniors have drunk alcohol in the past 30 days.
My son or daughter has learned about the negative effects of alcohol in school.	Although most teens do learn about alcohol in their health classes, research show that many important issues never get covered. School programs alone are not enough to stop teens from drinking.
My son or daughter should know better.	Unfortunately, the reality is that many teens at this point in their lives are still uninformed about how powerful a drug alcohol can be.
My son or daughter won’t listen to me.	Leading national surveys reveal that parents are the number one source that teens turn to for important information. Parents can influence their teen’s decision not to drink alcohol.

Research findings show that teens who are given alcohol at home are more likely to drink alcohol when they are away from their parents. They also get drunk more often at early ages. Bottom line: teens who believe their parents approve of them drinking alcohol at home are more likely to drink outside the home. Set a family rule of no alcohol use before age 21 and agree on consequences for breaking the no-use rule. Then enforce “zero-tolerance”.

The science is clear about young people and alcohol: Early alcohol use puts the developing brain at risk and substantially increases the risk of addiction. Kids whose parents allow them to drink at home drink more often and heavily outside the home. For the health and safety of a child, the only safe level of alcohol use under the age of 21 is no alcohol use.

Parenting is the process of empowering your teen to become an effectively functioning and happy adult. Remember, teens do care about what their parents think. Have the conversation about alcohol today.

(Information from: Mothers Against Drunk Driving (madd) Parent Handbook for Talking with Teens about Alcohol)

Visit our **UPDATED** webpage at
www.jonescountycoalition.org

Jones County Safe and Healthy Youth Coalition Mission Statement:
Engaging our communities in efforts to create and
maintain safe and healthy youth in Jones County



Become a fan of our facebook page by clicking on "Like" — www.facebook.com/jcshycoalition

Please donate time or items for our Ragbrai Dessert Fundraiser on July 27. Contact Jennifer at 462-5030 if you would like to help by lending folding chairs, coolers, or a small frig, or by baking or purchasing ingredients for other members to bake!

My name is Tyler Jeffrey. I am a Junior at Anamosa High School. Trent and Tami Jeffrey are my parents. I am involved in Golf, Baseball, Speech, Student Council (Sophomore Class President, Junior Class VP), Band, Choir, Fit 4 Life, STARS (Students Taking Action and Resisting Substances), AHS Leadership, Salt & Light, Church Youth Group and Music Team, as well as the Coalition's Youth Advisory Board—BEASTS (Being Excellent And Staying Totally Safe). I also work part-time at Wapsi Physical Therapy. My future plans are to attend college for a Masters or Doctorate in Physical Therapy.

I am a part of STARS, BEASTS, and the Coalition because I want to make a difference in not only Anamosa, but Jones County. I am looking forward to the opportunity to attend the Youth to Youth Leadership Conference in Ohio this month with BEASTS. I was fortunate to be chosen to speak at the Underage Drinking Prevention Day on the Hill this year with the Governor's wife and others at a press conference. I personally want to help the upcoming generations make safer decisions, creating better names for themselves and our communities.

**The Jones County Safe and
Healthy Youth Coalition
Spotlight is shining on...**



Tyler Jeffrey