



Illinois Elks Association Drug Awareness Program Newsletter

September 15, 2011

Poster and Essay contest Theme

This years theme is:

"I Choose Not To Use"

All entries for both the essay contest and the poster contest must be submitted to me no later than November 15, 2011. Your entry must include the hold harmless waiver form. To find out more about the contest, please go to the Drug Awareness Program section on the Illinois Elks Association WEB Page.

Enrique S. Camarena Award!!



Are you working on your, Enrique S. Camarena Award?

It's easy to do; it's fantastic publicity and it lets your community know that you take a stand. It's also a great way to recognize and support law Enforcement. Lodges should make their selection of a

Greetings,

The Drug Awareness Program session at the Fall Convention is scheduled to be held on Saturday September 24th at 2:00 pm in Conference Center 4. Please plan to attend this important session. We need as many District and Lodge DAP chairs to attend as possible. If you cannot attend, please ask your ER, Leading Knight, or a member of your Lodge to attend in your place. We will be covering the following items:

1. Two new pamphlets
2. Changes to the comic book program
3. P2D2 Grant
4. Changes to the Poster and Essay contest (Thanks to Mr. Sulsberger GER, Mr. Kennedy and Mr. Campbell)
5. UR Voice - UR Choice Tour
6. DAP reporting on CLMS (Maybe, Mr. Klatt will join us!)

These are just some of the items that will be addressed. If you have an item or concern you think should be covered at the general session please let me know.

Kickoff the New School Year with a Clear Message to Students and Parents: Underage Drinking Is Not Tolerated Here!

As students are returning to school, it is important to set the tone early that underage drinking will not be tolerated. It is important for school administrators to educate parents about their legal responsibility and the health risks associated with underage drinking. The Parents Who Host, Lose The Most: Don't be a party to teenage drinking public awareness campaign message is one that we hope can be shared throughout the year (fall sporting events, school dances, theatrical performances, before holiday breaks, etc.).

nominee in October and forwarded their application on to me no later than November 15th. Please work with your local Law Enforcement Agencies and nominate an officer for this award. I would like to see one from every Lodge or at least one from every District.

DAP Reporting on CLMS!

It is very important that the CLMS system have all Drug Awareness Activities entered in to it. This way your Lodge will get credited for all the great work you do in the Drug Awareness Program and if there are any questions about your charitable activities it will help you prove your point.

Each time your Lodge holds an event/program that the Drug Awareness Program is involved in make sure the information gets put into the CLMS systems. This is usually done by submitting the information to your Lodge Secretary. As a reminder in most cases only the Lodge Secretary can enter information into CLMS.

The following are just some of the information that can be entered into CLMS: the date of the

Homecoming dances have become almost as celebrated as proms. Despite best intentions, some parents will allow a homecoming drinking party for their teenager and friends with the thought that if they take away the car keys and not allow the teens to leave the party, they have somehow provided a safe haven for them. This is simply not the case. Underage use of alcohol often leads to other harmful consequences for teens and their families including suicide, drowning and sexual assaults. It is important that we, as a community of concerned adults, send a unified message that underage drinking is not only illegal, it is unsafe, unhealthy and unacceptable.

For additional information, please go to the following link:

<http://drugfreeactionalliance.org/pwh.php>

To Ease Back-To-School Anxiety

It's a fact! Access, availability and the pressure to drink, smoke and use other drugs continues to increase as students get older. It is also true that as anxiety and stress builds, youth are at greater risk of turning to alcohol, marijuana or other substances as a coping mechanism.

The start of a new school year can stir up a mix of emotions. While children may look forward to the increased independence a higher grade level brings, they may be filled with anxiety at the thought of increased expectations both inside and outside the classroom.

Four key areas of common concern: Academics, Athletics, Appearance & After-School Activities

ACADEMICS: Am I smart enough? Can I handle more homework? What will my teacher and parents expect of me?

ATHLETICS: Am I good enough to compete? Am I big enough, fast enough, strong enough? What will my coach and teammates expect of me?

APPEARANCE: Am I good-looking enough? Are my clothes fashionable? What will people think of me?

event/program, number of Elks, hours spent and even the number of participants. At the end of the year all this information gets totaled and the final counts are submitted to Grand Lodge. This information can then be used to fill-out your End of the Year Drug Awareness Report.

Remember the Drug Awareness Program counts on the All American Lodge form and I can only submit the information I receive even though I know a Lodge has an active program and/or did more than what was reported.

[They're Back: Camel Sticks, Strips & Orbs](#)

After pulling the Camel Dissolvables from their test markets (Columbus, OH, Indianapolis, IN, Portland, OR) late last year, Reynolds America, owners of the Camel Dissolvable products, have re-designed their Sticks, Strips and Orbs. The company has identified two new cities of distribution; Denver, CO and Charlotte, NC. The re-design appears to be primarily in the packaging, which continue to look similar to candy dispensers. The only apparent difference is that the candy-dispenser-like packaging is now easier to open.

More dissolvables have entered the market. Other tobacco giants are joining the trend by developing sticks. Phillip Morris USA, an Altria company, has developed Marlboro Smokeless Tobacco Sticks in flavors such as 'Cool Mint' and 'Smooth Mint'. Another Altria division, U.S. Smokeless Tobacco Company has developed a similar product, Skoal Smokeless Tobacco Strips, which offer

AFTER-SCHOOL ACTIVITIES: Who will I hang out with? What will they expect of me and how will I be treated? Will I get pressure to drink, smoke or use other drugs?

While parents cannot expect to eliminate all of their child's worries, you can and should take into consideration your child's potential concerns and do what you can to help ease back-to-school anxieties.

- Explain to your child that it is normal and ok to feel nervous about heading back to school.
- Take advantage of open house opportunities to visit the school so that your child can get a lay of the land and meet (or get reintroduced to) teachers, coaches and some peers in advance.
- Be optimistic but realistic when sharing your academic expectations with your child.
- Start working toward the school sleep schedule in advance with earlier bedtimes and earlier rise times (knowing your preteen/teen should be getting 8-10 hours of sleep each night).
- Encourage your child to participate in sports, clubs and other group activities based on his/her interests, not based on what will please others.
- Help build your child's self-esteem with praise and encouragement. Remind your child that he/she is loved and valued and his/her feelings and opinions matter.
- When it comes to drinking, smoking or using other drugs, remind your child, "You are your own person, capable of making decisions based on your morals and values and what is right for you, regardless of others' decisions."

Open the lines of communication with your children, and keep them open, reassuring them that you are their support and their sounding board, here to talk, listen and discuss.

Source: FamilyEducation.com.

[America's biggest drug problem isn't on the street...it's in our medicine cabinets.](#)

Did You Know?

- Four out of the top five drugs abused by 12th graders are prescription or non-prescription medications. (Monitoring the Future)
- Every day, approximately 2,500 young people between the ages of 12 and 17 abuse a prescription painkiller for the first time. (Office of the National Drug Control Policy)
- 40 percent of teens surveyed believe the abuse of prescription and over-the-counter medications is safer than illegal drugs. (Partnership Attitude Tracking Study)

similar flavors. Both the Marlboro Smokeless Tobacco Sticks and Skoal Smokeless Tobacco Sticks are being sold in select Kansas retail outlets.

The products are promoted as a smoke-free option to cigarettes; however, their flavors and easily concealable packaging, looking like gum or candy containers, can serve as hooks to catch youth.

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- Approximately 70 percent of those who abuse prescription medications get them from family members or friends, often from the medicine cabinet. (National Survey on Drug Use and Health)
- Unintentional drug poisoning is the second leading cause of accidental death in the US and the leading cause in Ohio. (Centers for Disease Control and Prevention)

In closing, we must continue to grow the Drug Awareness Program in every way possible and in every Lodge to stay ahead of the game and to help the youth in the State of Illinois. We know we cannot save every Child from drug or alcohol abuse, but we need to do our best to try!!! Losing even one Child to drug and alcohol, is one too many and hurts the future of Illinois and the Country!

Sincerely,

Frank Burr

Frank Burr

Illinois Elks Association Drug Awareness Program Chair

