

13th Anniversary Issue

 **iHeart**MEDIA

# PARENTS

## Survival Guide



 **SiouxlandCARES**

107.1  
**KISSFM**  
ALL THE HITS

**KG95**

 **SOMEBODY**



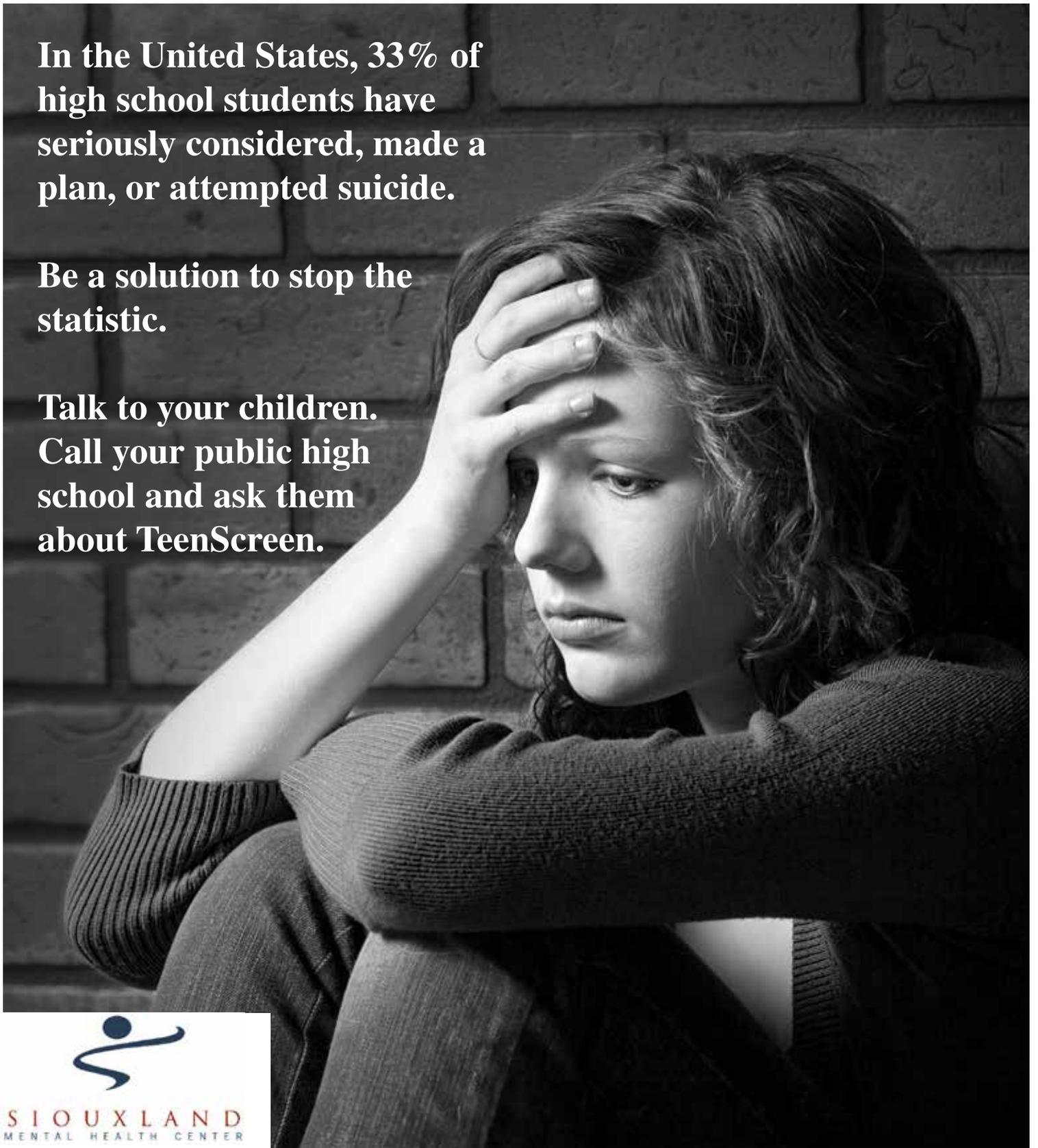
**Family Health Care**  
OF SIOUXLAND

Proud to be Siouxland's First Choice for over 10 Years

**In the United States, 33% of high school students have seriously considered, made a plan, or attempted suicide.**

**Be a solution to stop the statistic.**

**Talk to your children. Call your public high school and ask them about TeenScreen.**



13th Anniversary Issue  
**iHeartMedia**  
**Parent Survival Guide**

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*Throughout this guide the word drug will be used many times. A “drug” is defined as alcohol, all forms of tobacco, inhalants and other legal and illegal substances.*

*This Guide is a publication of iHeartMedia, 1113 Nebraska Street, Sioux City, Iowa 51105; 712-258-5595. Special thanks to Siouxland CARES for coordinating the contents of this Guide, cares@longlines.com, www.siouxlandcares.org.*

Dear Parents,

Big changes come with our Thirteenth Annual Issue of the Parent’s Survival Guide!

First, we have joined the 21st Century and are enjoying the many benefits of publishing digitally this year! We can get our message to more people through digital publishing, plus we save lots of trees by not printing hard copies! All good! We hope you enjoy the change and, as always, we welcome your feedback!

Another change is our company name. We are now iHeartMedia instead of Clear Channel Media + Entertainment. Same great company, same great people here locally and nationally, just a different name.

What hasn’t changed is that we have once again filled our Guide cover-to-cover with resources you can use over and over as you face various challenges. Different stages in the Parenting journey present varying Survival challenges. It’s our goal to be a resource for you and for your family throughout all of those challenges and hope in some way to be of help in getting you closer to the phrase “I survived!”

We are very fortunate in this area to have valuable resources like Siouxland CARES, and many other organizations that are always ready to lend a hand. We want to thank the wonderful staff of Siouxland CARES for being our partner in the Parent’s Survival Guide. We look forward to many more years together!

We’d also like to thank our sponsors for sharing our vision and supporting us with their advertising. Please help us thank them by letting them know you appreciate their support and by letting them earn your business.

We are also very proud to be a part of Siouxland CARES’ successful beSomebody Campaign! You’ll find lots of information about it in this issue. This campaign is supported by many local companies, including iHeartMedia, and continues to help individuals find it inside themselves to make a difference.

Thank you and please enjoy your 13th Anniversary Parent’s Survival Guide!

Kelli Erickson, Market Manager  
iHeartMedia  
kellierickson@iheartmedia.com

# YOUR CHILDREN ARE LISTENING... ARE YOU TALKING? START TALKING BEFORE THEY START DRINKING

As Parents we can easily underestimate our ability to influence our children from abusing alcohol and other drugs. However, perceived parental disapproval is the strongest influence on youthful alcohol use. In fact, 80% of teens told us parents are the leading influence in their decision to drink or not!

Seventy-four percent of 9th grade parents who participated in CARES' parent survey in August said they felt they have the power to influence their child from abusing alcohol and other drugs. Interestingly, about the same percentage of students that age do not use. So parents, you ARE positively influencing your children. Your voice, message, and expectations are important to combating influences that promote poor decision making. So start talking, and don't stop reinforcing your message to your kids.

## What else does your child need?

The message was loud and clear from youth at the April 2014 Town Hall Meeting on Underage Drinking hosted by Siouxland CARES—Make us more aware of the consequences!! They want to know what you think...what you expect their behavior to be...what the consequences are if they don't follow your expectations. You may think your kids aren't really listening, but they are.

Raising parental awareness is one of the biggest challenges we face. Siouxland CARES' annual surveys show youth drug use has dropped over the last 27 years, and most significantly, in the last five. Risky behaviors such as tobacco and alcohol use and sexual activity, are also on the decline; however, there's still work to be done, and there will always be work to be done. We're here to tell parents they are not alone and

there are some straightforward steps parents can take -- not only to help prevent alcohol and drug use, but also to talk to your child about the consequences of drug abuse in order to keep them safe and healthy.

The 13th Annual Parents Survival Guide will give you information on tips that are practical and useful in your everyday life. Please keep this guide on hand and refer to it as necessary and don't forget to share it with other parents and your child.

Additionally, I want to encourage all of our readers be an Upstander. Even in small everyday decisions, do the right thing and make a difference in the lives of those around you and the quality of life for our whole community-beSOMEBODY.

If you want to receive monthly updates from us, send an email to [cares@longlines.com](mailto:cares@longlines.com) and request that you be added to our newsletter. Start talking BEFORE they start drinking!

Michael McGowan, President of the Board - Siouxland CARES, and Parent



*Perceived parental disapproval is the strongest influence on youthful alcohol use.*

# ***Facts on Underage Alcohol and Other Drug Abuse in Siouxland***

➔ The goal of this guide is to educate parents and families about alcohol and other drugs, as well as related issues, in order to positively impact lives in our community. Gathering and sharing data is an important component so that we can see the progress being made.

Siouxland CARES conducts a survey of students to assess the ease/difficulty in obtaining alcohol, tobacco, and other drugs; students' self-reported use; age of onset of use; and perception of harm of using these substances. A special thank you to the following school districts for participating: Sioux City Community School District, Bishop Heelan Catholic Schools, Sergeant Bluff-Luton School District, Woodbury Central School District, River Valley School District, and Lawton-Bronson School District (all in IA), South Sioux City (NE), and Dakota Valley School District (SD). Results are compiled by Northwest Area Education Agency.

What are our community goals and what is the data telling us?

Increase youth's perception of harm/risk of alcohol use. In 2014, 77% of the 4,388 students who took the survey thought that drinking two glasses of alcohol a day was harmful and 76% thought smoking marijuana was harmful.

Decrease the percentage of students who have used alcohol in the past 30 days. In 2014, 31% of the 12th graders and 20% of our 10th graders tell us they have used alcohol in the past 30 days.

Decrease the percentage of students who have participated in binge drinking in the past 30 days. In 2014, 19% of the 12th graders did this and 11% of 10th graders binge drink.

Increase in student's perception of their parent's perception of how wrong it would be for them to drink alcohol. This has increased from 81% in 2010 to 84% in 2014.

Decrease the percentage of youth who have driven a car after using alcohol or other drugs. 20% of 12th graders and 12% of 10th graders have done this (this is about half of what it was 10 years ago).

Decrease the percentage of youth around other youth using alcohol. 50% of 12th graders and 39% of the 10th graders have been around other youth using.

Congratulations to the Siouxland Community. In the past 10 years, we have 23% fewer 10th and 12th graders who have used alcohol in the past 30 days, and 23% fewer 12th graders who have participated in binge drinking.

**We ARE Making a Difference!**



# Red Ribbon Week

Siouxland schools, businesses, churches, synagogues, and agencies will once again participate in Red Ribbon Week activities from October 23 – 31.

The red ribbon symbolizes a commitment to a healthy, drug-free lifestyle...no use of any illegal drug and no illegal use of a legal drug.

The Red Ribbon Campaign originated when Federal Agent Enrique “Kiki” Camarena was murdered by drug traffickers in 1985. On February 7, 1985, he was on his way to meet

his wife and their three sons for lunch in Mexico where they lived at the time. He didn’t show up. Nearly a month later, on March 5, the body of Kiki Camarena was found. He had been tortured and murdered. Enrique 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.

***Celebrate Red Ribbon Week with the entire family by attending a Red Ribbon Week kick-off event on Monday, October 27, 5:00-7:00 p.m., at the Long Lines Family Rec Center, 401 Gordon Drive, Sioux City, Iowa. Fun, games, free food!***

**Sponsored by Sioux City Elks Lodge, Siouxland CARES, and the Sioux City Mayor’s Youth Commission.**



## **185th Air Refueling Wing Color Guard at Red Ribbon Kick Off Event 2013**



# Red Ribbon Week SCCSD

## October 27-31, 2014

### *Possible School Themes for the Week*

*The hope is that all schools participate in Red Ribbon Week in some way!*

*(Adopted by Sioux City Schools)*

#### **Monday, October 27:**

UNITED we stand Against Drugs!

Wear camouflage or red, white, & blue clothing



#### **Tuesday, October 28:**

Being Drug Free is No Sweat! Wear your favorite sweats or warm-up outfit



#### **Wednesday, October 29:**

National Wear Red Day

Wear your red clothing

Celebrate Red Ribbon Week not just for a Week but for Life!



#### **Thursday, October 30:**

Give Drugs the Boot!

Wear your country clothing with boots



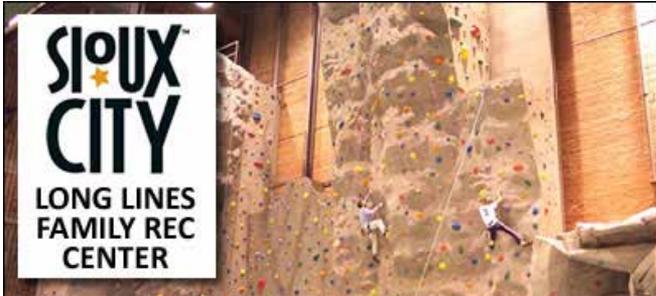
#### **Friday, October 31:**

My Future is Bright...No Drugs in Sight!

Wear your sunglasses with jeans and bring Halloween clothing



# Long Lines Family Rec Center Events



Office Hours: M – F: 8:00 a.m. – 4:30 p.m.

Facility Hours:

M-F: Arena: 9a-9p / Wall: 4-8p

Sat: Arena 10a-9p / Wall: 10a-8p

Sun: Arena and Wall 12p-8p

Sioux City Parks and Recreation and Long Lines Family Rec Center have the perfect locations for your various events whether indoor / outdoor

or formal / fun! Book a private conference room; hold a Climbing Wall party; book a beautiful wedding location at the Rose Garden or Anderson Dance Pavilion; rent a swimming pool or an outdoor shelter at many City parks.

Engage your children with activities such as swimming lessons, youth sports, golf, tennis and other fun recreation activities from concerts to movies.

Watch Sioux City Parks and Recreation Facebook for updates or check out us out on the City web –[www.sioux-city.org](http://www.sioux-city.org)

## Climbing Wall Hours

M-F 4-6pm • 6-8pm

Sat. 10am-12pm Sun. 12-2pm

12-2pm 2-4pm

2-4pm 4-6pm

4-6pm 6-8pm

6-8pm

Great for birthday parties, corporate meetings, or team building.

Climbing Wall: 712-224-5124

## Climbing Wall Fees:

\$7 2 hr. session (ages 5 & Up)  
includes harness & helmet, shoes \$3  
(fee does not include gym usage)

\$63 10 Punch Pass

\$100 3 Month Membership

\$175 6 Month Membership

\$250 Annual Membership

\$750 Family Membership includes two adults and two minors

(\$180 for each additional family member)



# Tips & Parenting Resources

## Parenting Websites

### PÁGINAS DE INTERNET PARA LOS PADRES

- [www.drugfree.org](http://www.drugfree.org), Partnership for a Drug Free America
- [www.nida.nih.gov](http://www.nida.nih.gov), National Institute on Drug Abuse
- [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov), SAMHSA
- [www.underagedrinking.SAMHSA.gov](http://www.underagedrinking.SAMHSA.gov)
- [www.Elks.org/dap/](http://www.Elks.org/dap/), The Elks Drug Abuse Prevention Program
- [www.streetdrugs.org](http://www.streetdrugs.org), Street Drugs
- [www.drugfreeinfo.org](http://www.drugfreeinfo.org), Service of the Iowa Substance Abuse Information Center
- [www.siouxlandcares.org](http://www.siouxlandcares.org), Siouxland CARES About Substance Abuse
- [www.nimh.nih.gov](http://www.nimh.nih.gov), National Institute of Mental Health, phone numbers: 1-866-615-6464 (toll-free), 1-866-415-8051 (TTY toll-free)
- [www.nami.org](http://www.nami.org), National Alliance for Mental Health
- [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org), National Eating Disorders Association

*The Drug Enforcement Administration (DEA) announces the launch of the all new GetSmartAboutDrugs.com, the website for parents, educators, and caregivers. Originally launched in 2008, the website has updated drug information, resources and is totally redesigned for easier navigation. To learn about marijuana use and drugged driving; how to identify drug paraphernalia; why spice/K2 is a serious drug trend; how your school can be involved in Red Ribbon Week and more, please visit the website at [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)*

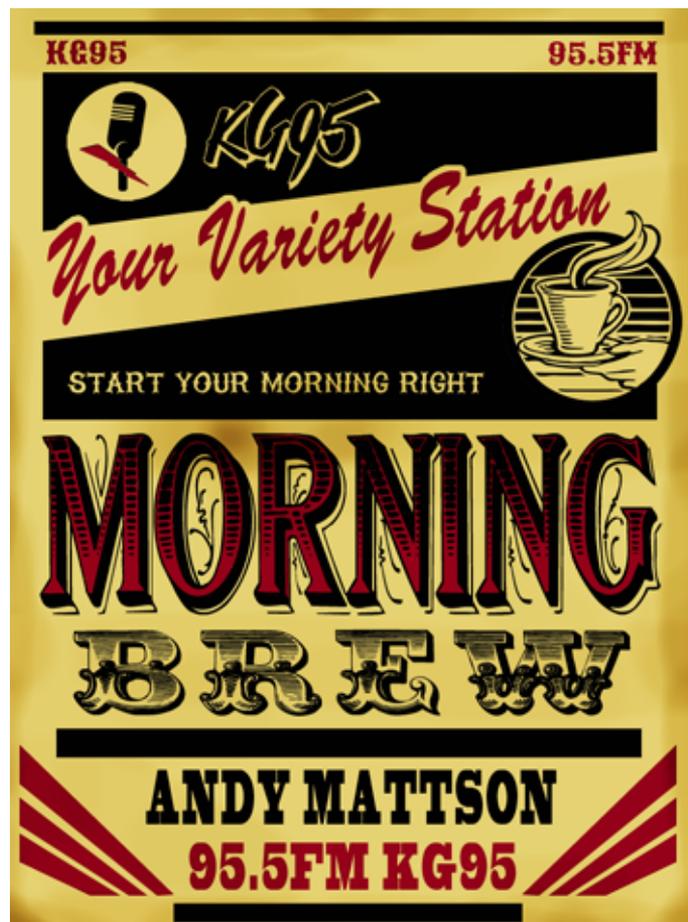
*See more websites under Bullying section of this guide.*

## Parenting Guidelines

Suggestions for helping keep teens from alcohol and other drug involvement:

- \*Know your child's friends and their parents.
- \*Insist on knowing where your child will be.
- \*Make reliable arrangements to have someone live in your home while you are away.
- \*Confirm "overnight" plans with the other parents.
- \*Challenge last minute changes in plans.
- \*Know what your child keeps in his/her room. It is your home.
- \*Set a definite curfew for your home.
- \*Observe city and county curfew laws. Know the laws.
- \*Know the signs and symptoms of substance use/abuse.
- \*Call for help if you have any questions.

This information furnished by Siouxland CARES, (712) 255-3188, [www.siouxlandcares.org](http://www.siouxlandcares.org)



## PARENTS -

Ask Who? What? Where?

It's not pestering, it's parenting!  
National Youth Anti-Drug Media  
Campaign

# Parenting Guidelines

## → Parent Resources and Services

### EVALUATION RESOURCES

### RECURSOS DE EVALUACIÓN

*(Please note: Types of evaluations listed after telephone number)*

**Associates for Psychological & Therapy Services**, 1551 Indian Hills Drive, Ste, 221, Sioux City, Iowa 51104. Telephone (712) 252-1473. Substance Abuse, IQ, ADD/ADHD and Mental Health.

**Boys and Girls Home and Family Services**, 2101 Court Street, Sioux City, Iowa 51104. Telephone (712) 293-4900. Psycho-Social, ADD/ADHD, Psychiatric Evaluation.

**Catholic Charities**, 1601 Military Road, Sioux City, Iowa 51103. Telephone (712) 252-4547. Substance Abuse, Mental Health Sex Offender.

**Choices Counseling & Consulting, Inc.**, 520 Nebraska Street, Suite 408, Sioux City, Iowa 51105, (712) 294-4230, Family Therapy, Individual Therapy, Play Therapy, Sexual Abuse Survival, Domestic Violence, Marital Therapy, and Group Therapy.

**Dean and Associates**, 3549 Southern Hills Drive, Sioux City, Iowa 51106. Telephone (712)-274-6729. Mental Health Family. Mental Health Outpatient Services.

**Ditmeyer Counseling Services**, 620 Rustin Street, Sioux City, Iowa 51106. Telephone (712) 253-2758 or 274-8635. Substance Abuse – Adult and Adolescent.

**Family Medicine Center**, 2501 Pierce Street, Sioux City, Iowa 51104. Telephone (712) 294-5000. Mental Health, Divorce & Custody Mediation, Substance Abuse.

**Heartland Counseling Services, Inc.**, 917 West 21st, South Sioux City, NE 68776. Telephone (402) 494-3337. Substance Abuse, Psychiatric, Psychological, Mental Health, Outpatient treatments.

**Integrated Counseling Practice**, 1221 Pierce Street, Sioux City, Iowa 51105. Telephone (712)

255-0232. Substance Abuse Assessments and treatments, intensive out-patient, mental health therapy, Access to Recovery, Play therapy.

**Jackson Recovery Centers**, 800 5th Street, Sioux City, Iowa 51101. Telephone (712) 234-2300. Comprehensive Substance Abuse, Addiction evaluation includes - Mental Health, Free gambling assessments, Drug Free Workplace Training, EAP.

**Mental Health Associates**, LLC, 2212 Pierce Street, Suite 100, Sioux City, Iowa 51104. Telephone (712) 255-8323. Substance Abuse, Mental Health, Psychological Testing.

**Parkview Psychological Services**, 2601 Apache Court, Sioux City, Iowa 51104. Telephone (712) 239-1111. Mental Health and Psychological Testing.

**River Hills Recovery Center**, 3320 West 4th Street, Sioux City, Iowa 51103, Telephone (712) 202-0777. Substance abuse, Gambling, Process addictions, Children's Mental Health.

**Siouxland Mental Health Center**, P.O. Box 1917, 625 Court Street, Sioux City, Iowa 51102. Telephone (712) 252-3871. All Mental Health Services, Psych.

**Stokes and Associates Psychological and Forensics Services**, 705 Douglas Street, Sioux City, Iowa 51101, Telephone (712) 222-1432. Co-Occurring Substance Abuse, Mental Illness, Co-Dependency, PTSD, Childhood Trauma, Veterans, IQ, and Personality Testing.

Information compiled by Siouxland CARES. This list should not be considered all-inclusive, nor is there an implied endorsement of any particular service.

# The Power of PARENTS

→ Parents are critically important to helping their children avoid underage drinking. In fact, more than 80 percent of children say parents are the leading influence in their decision to drink or not.

**You are the most powerful influence on your child's behavior.**  
Source: SAMHSA

## → Alcohol Poisoning

A teenager's brain is still developing and it is very sensitive to alcohol effects on judgment and decision-making. Too much alcohol becomes a deadly poison. They will eventually get sleepy and pass out. Reflexes like gagging and breathing can be suppressed, that means they could vomit and choke to death or just stop breathing. They may even be at risk for alcohol poisoning. Take the time to talk with them about alcohol - it just may save a life! Source: HHS, SAMHSA, NIH

Symptoms of alcohol poisoning:

1. Person is unconscious or semi-conscious and cannot be awakened.
2. Cold, clammy, pale, or bluish skin.
3. Check to see if breathing is slow, less than 8 times per minute, or irregular, with 10 seconds or more between breaths.
4. Vomiting while "sleeping" or passed out, and not waking up after vomiting.

If a person has any of these symptoms, he or she may be suffering from acute alcohol intoxication and may be in danger. You should:

1. Get help. Call someone, a staff member, an ambulance, public safety, anyone who can help.
2. Do not leave the person alone. Turn the victim on his/her side to prevent choking in case of vomiting.
3. Always "better to be safe than sorry" if you are not sure what to do. How can your friend be angry about you caring for him/her?

**When in Doubt, Call 9-1-1**

## ENVENENAMIENTO DE ALCOHOL

→ Los síntomas del envenenamiento del alcohol:

1. La persona está inconsciente o semiconsciente y no puede despertarse.
2. Tiene la piel fría, húmeda, pálida, o azulada
3. Revise si la respiración está lenta, menos de 8 veces por minuto, irregular, 10 segundos o más entre cada respiración.
4. Vomita mientras "duerme" o mientras está desmayado, y no despierta después de haber vomitado.

Si una persona tiene cualquiera de estos síntomas, puede estar sufriendo una intoxicación de alcohol aguda y puede estar en peligro.

Usted debe:

1. Buscar ayuda. Llamar a alguien, un miembro de personal, una ambulancia, alguien de seguridad pública, o cualquier persona que pueda ayudar.
2. No deje a la persona sola. Voltée de lado a la víctima para prevenir que se ahogue si está vomitando.
3. Siempre es "mejor prevenir que lamentar" si usted no está seguro qué hacer. ¿Cómo se puede enojar su amigo por querer ayudarlo?

**Cuando tenga duda, llame al 9-1-1**

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➔ **HOW DO I START TALKING?**

**5-8 Years Old**

- Now is the time to begin explaining what alcohol, tobacco and drugs are.
- Discuss how anything you put in your body that is not food can be harmful.
- Explain the idea of addiction, that drug use can become a bad habit that's hard to stop.
- Praise your children for taking good care of their bodies and avoiding things that might harm them.

**9-11 Years Old**

- Children this age can handle more sophisticated discussion; use their curiosity about traumatic events (such as car accidents or divorces) to discuss how drugs could cause these events.
- Friends become extremely important at this time, and older children may expose your child to alcohol, tobacco or drugs.
- Rehearse scenarios in which friends offer drugs.
- "Upsetting my parents" is one of the top reasons preteens give for why they won't use marijuana; give them permission to use you as an excuse, such as, "My mom will kill me if I drink a beer!"

**12-14 Years Old**

- Adolescence is often a confusing and stressful time as teens try to figure out who they are and how to fit in. Nearly nine out of ten teens agree that "it seems like marijuana is everywhere these days."
- Take advantage of a teen's concerns about social image and appearance to point out immediate, distasteful consequences of alcohol, tobacco and marijuana use: bad breath, stained teeth, smelly hair and clothes. Point out that alcohol and other drug use is not only dangerous, but can also lead to broken friendships, even prison.
- Also point out long-term consequences, such as brain damage, cancer, and the potential for accidents, alcohol poisoning or death.

**15-17 Years Old**

- Older teens have already made decisions about whether or not to use alcohol and other drugs. Now is the time to help them continue to resist peer pressure.
- Use specific reasons to reinforce why using alcohol and other drugs is bad: addiction, birth defects, car accidents, prison.
- These students are thinking about their futures; remind them that illegal alcohol and other drug use could ruin their chances of college acceptance or embarking on their career choice.

*Information from the Partnership for a Drug Free Iowa's "Take Five" Campaign*



➔ **¿COMO COMIENZO A CONVERSAR?**

**5-8 Años de Edad**

- Ahora es el tiempo de comenzar a explicar lo que es el alcohol, el tabaco, y las drogas.
- Hable acerca de que cualquier cosa que se meta en el su cuerpo puede causar daño.
- Explique lo que es una adicción, que el uso de droga puede ser un hábito malo que es difícil de dejar.
- Felicite a sus niños por cuidar sus cuerpos y evitar sustancias que puedan causar daño.

**9-11 Años de Edad**

- Los niños de esta edad pueden manejar una conversación más sofisticada; use su curiosidad sobre los acontecimientos traumáticos (tales como accidentes de tráfico o divorcios) para conversar sobre cómo las drogas podrían causar estos acontecimientos.
- Los amigos son extremadamente importantes en esta etapa y los niños mayores pueden exponer a su hijo al uso de alcohol, tabaco o

drogas.

- Ensaye situaciones en que los amigos ofrezcan drogas.
- “Defraudaré a mis padres” es una de las razones que los preadolescentes usan para no fumar marijuana; permítale a su hijo utilizarlo como excusa, por ejemplo, “¡Mi mamá me mataría si tomo una cerveza!”

### 12-14 Años de Edad

- La mayoría del tiempo la adolescencia es una etapa confundida y estresada cuando los adolescentes tratan de encontrar quiénes son y cómo pertenecer a un grupo. Casi nueve de diez adolescentes están de acuerdo que “parece que la marijuana está en todas partes hoy en día”.
- Aproveche las preocupaciones de los jóvenes ó sobre la imagen social y apariencia para precisar las consecuencias del uso de alcohol, tabaco, y marijuana: mal aliento, dientes manchados, mal olor en el cabello y en la ropa. Precise que el alcohol y el uso de drogas no sólo es peligroso, sino también termina con amistades y puede llegar a ser encarcelado.
- También explique las consecuencias a largo plazo, por ejemplo daño al cerebro, cáncer, y el riesgo de sufrir accidentes, envenenamiento de alcohol o incluso la muerte.

### 15-17 Años de Edad

- Los jóvenes mayores ya tomaron la decisión de consumir o no alcohol y otras drogas. Ahora es el momento de ayudarlos a resistir la presión social.
- Use razones específicas para reforzar porqué el uso de alcohol y otras drogas no es la decisión correcta: adicciones, defectos de nacimiento, accidentes de vehículo, y encarcelamiento.
- Estos estudiantes están pensando en su futuro; recuérdenes que todo el uso de alcohol y drogas ilegales pueden arruinar su oportunidad de ser aceptados en la universidad o emprender en la carrera de su opción.

*Information from the Partnership for a Drug Free Iowa's "Take Five" Campaign*

**Finding a local family doctor is just a call or click away!**

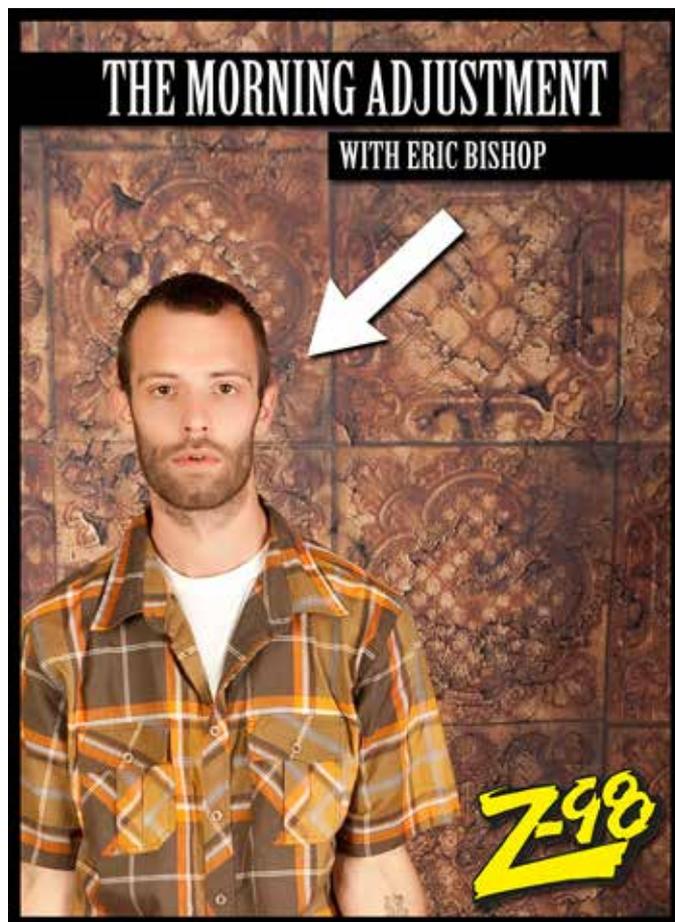


CALL

Indian Hills Clinic	712-239-3300
Morningside Clinic	712-274-2400
Northside Clinic	712-239-4300
Dakota Dunes Clinic	605-217-2175
So. Sioux City Clinic	402-412-4220
Moville Clinic	712-873-5225

CLICK

[www.familyhealthcareofsiouxland.com](http://www.familyhealthcareofsiouxland.com)



# State and LOCAL LAWS

➔ Below are a few of the laws/ordinances that seem to impact youth and their families. These laws have been summarized by Siouxland CARES and cannot be construed as the final authority. They are simply summarized so that you can understand what your child might face if they are out past a certain time or if found at an underage party. For a complete listing of each of the ordinances, go to the websites of the City or County that you have an interest in reviewing.

### Tri-State Curfew

- Sioux City, Iowa
- Sergeant Bluff, Iowa
- Woodbury County, Iowa
- Dakota County, Nebraska
- South Sioux City, Nebraska
- North Sioux City, South Dakota

- 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

Note: In certain situations, a minor shall not be considered in violation of the curfew ordinance. Other communities-check your local community laws.

### Onawa, Iowa Curfew

- September 1 through May 31
- For minors under the age of 14**
- Sunday-Thursday, 10 p.m.
- Friday & Saturday, 12:00 Midnight
- For minors ages 15 to 17**
- Sunday-Thursday, 11 p.m.
- Friday & Saturday, 1:00 a.m.

- 
- June 1 through August 31
  - For minors under the age of 14**
  - Sunday-Thursday, 11 p.m.
  - Friday & Saturday, 12:00 Midnight
  - For minors ages 15 to 17**
  - Sunday-Thursday, 12:00 Midnight
  - Friday & Saturday, 1:00 a.m.

Frequenting a Disorderly House Ordinance (Sioux City): If you are at a home or structure, or any part of the premises adjacent to this structure, and any disorderly conduct occurs, i.e. gambling, open storage, use or consumption of a controlled substance, dispensing, selling or consumption by underage people, or prostitution, you may be issued a citation for Frequenting a Disorderly House. In the case of alcohol being present, you may be issued a citation for being present, even if you have not consumed alcohol because you are present where an illegal activity is taking place and are guilty by association.

Minor in Possession (most jurisdictions): The legal drinking age is 21. Any person under the legal age shall not individually or jointly have alcohol in their possession or control (some exceptions apply). What does this mean for your child? If your child is at a place where alcohol is available to minors illegally, they may be issued a citation, even if the underage person hasn't been drinking.

Graffiti: In most cases, it is unlawful for any person to apply graffiti without the permission of the owner and may be unlawful for them to purchase or have in their possession spray paint. Check your City ordinance about graffiti as it varies by jurisdiction.

### Changes to Iowa "Social Host" Law related to the Underage Possession or Consumption of Alcohol and Providing Penalties- Code 123.47 (as of 7/1/14). Guidance from AC4C's Legislative Committee.

#### 123.47 Section 1- NEW

- A "Social Host violation" is defined: A person who is the owner, is leasing, or has control over property that is not a licensed premise, who knowingly permits a person to consume or possess any alcohol on the property if they know or have reasonable cause to believe the person to be under the age of eighteen.
- Exceptions: This does not apply to the landlord or manager of the property. This also does not apply to a social host of a person under legal age who consumes or possesses alcohol in connection with a religious observance, ceremony or right.
- Penalties: A person who violates this subsection commits the following:
  - (1) For a first offense, a simple misdemeanor punishable as a scheduled violation under section 805.8C, subsection 7A (The scheduled fine is \$200).
  - (2) For a second or subsequent offense, a simple misdemeanor punishable by a fine of \$500.

#### 123.47 Section 2-

- Underage possession or consumption of alcohol: In addition to prohibiting purchase, attempts to purchase, and possession, the law now also prohibits consumption for those under the legal age of 21. (NEW)
- Exceptions for parental presence and consent within a private home and medicinal purposes have not changed.
- Penalties and Notification requirements have not changed.

There is no Preemption in Iowa. What that means is a county or a city can go beyond or be stricter than this law. \*We encourage discussion with your city and/or county attorneys regarding their interpretation of changes to the law.

# Leyes Locales y ESTATALES

Abajo hay algunas de las leyes/regulaciones que parecen impactar a los jóvenes y a sus familias. Estas leyes han sido subrayadas por Siouxland CARES y no se deben interpretar como la autoridad. Estas leyes son ejemplos para que usted comprenda que puede ocurrir si su hijo está en la calle después de lo que se permite o si se encuentra en una fiesta de menores de edad. Para obtener una lista completa de cada regla, visite la página de Internet de la Ciudad o el Condado.

## HORARIO FIJO (TOQUE DE QUEDA) EN AREA TRI-STATE DE SIOUXLAND (TRES ESTADOS)

**Toque de Queda**  
Sioux City, Iowa  
Sergeant Bluff, Iowa  
Woodbury County, Iowa  
Dakota County, Nebraska  
South Sioux City, Nebraska  
North Sioux City, South Dakota

10:00 p.m. para los adolescentes menores de 14 años de edad

11:00 p.m. para los adolescentes menores de 14 y 15 años de edad

Media noche para los adolescentes menores de 16 y 17 años de edad

Nota: En ciertas situaciones, un menor de edad no será considerado en violación de las regulaciones del toque de queda. Otras comunidades-revise las leyes de su comunidad local.

Frecuentar una Casa Desordenada (Sioux City): Si usted frecuenta una casa, edificio, o cualquier lugar adjunta a un edificio donde se esté llevando a cabo una conducta ilegal por ejemplo, apostar por dinero, usar, consumir, distribuir, vender cualquier sustancia, o prostitución, usted puede ser multado. Aún si usted no estuvo realizando los actos, simplemente por el hecho de haber frecuentado el lugar será considerado cómplice.

Menor de Edad en Posesión (la mayoría de las jurisdicciones): La edad legal para consumir alcohol es 21 años. Ninguna persona menor de 21 años debe tener alcohol en su poder (algunas excepciones aplican). ¿Qué significa esto para su hijo? Si su hijo frecuenta un lugar donde haya alcohol disponible para adolescentes menores de edad, puede ser multado, aún si el menor de edad no consumió alcohol.

Graffiti: En la mayoría de los casos, es contra la ley que cualquier persona aplique graffiti sin permiso del dueño. Puede ser contra la ley comprar o tener en

su poder pintura de aerosol. Revise las regulaciones de la ciudad donde vive sobre el graffiti ya que varía por jurisdicción.



*The following information is from the Iowa Poison Control Center.*

## Alcohol is Alcohol

➔ A lot of people think there is less risk in drinking beer or wine than in drinking liquor (either straight or in a mixed drink). They probably heard the percentage of alcohol is lower in beer (about 5%) and wine (about 12%) than in liquor (ranges from 40-50%). While it is true the percentage is different, the volume or serving size is also different: Beer is generally in a 12 ounce serving; wine 5 ounces and 80-proof liquor in a 1.5 ounces serving (these are approximate, as different brands and types of beverages vary in their actual alcohol content.) Therefore, these standard size servings contain **the same amount of alcohol** and are considered to be “drink equivalents”—equivalent in their alcohol content. And they are all the same to a breathalyzer.

A standard drink contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Another way of specifying the amount of alcohol is alcohol proof, which in the United States is twice the alcohol-by-volume number (ex. most vodkas are 40% alcohol by volume (ABV) or 80 proof).

In the words of the American Dietetic Association, “Knowing the facts of beverage alcohol equivalence is a crucial aspect of responsible drinking.” For example, people won’t be fooled by the myth that drinking “hard liquor” leads more quickly to intoxication than other alcoholic beverages. Alcohol is alcohol and a drink is a drink. It’s not what people drink but how much they drink that counts.



## What is Beezin?

➔ Teens are always trying to find new ways to entertain themselves. The most recent example is “beezin’,” which supposedly involves smearing Burt’s Bee’s Lip Balm on one’s eyelids. The tingling sensation, due to the balm’s peppermint oil, allegedly heightens the sensation of being drunk or high. Although there are reports this can cause a drunk or high feeling, there’s no scientific, toxicological basis for the idea that lip balm on the eyelids causes an enhancement of the high. Using lip balm on the eyelids can cause an inflamed eyelid, stinging and obviously some can run into the eye itself. Teens emulate things they see on YouTube videos that include even far more serious or deadly games such as the choking game, cinnamon challenge, the salt-and-ice challenge, and chubby bunny. Although teens have acted on risky behavior fads for years, trends catch on faster through social media.

## Prescription Drug Use

➔ The Centers for Disease Control and Prevention has classified prescription drug abuse as an epidemic in the U.S. Behind marijuana, prescription drugs are the second-most abused substances. Because prescription drugs are legal to possess with a doctor’s prescription, they can be found as easily as looking in your home medicine cabinet. Many of these medicines sit unused and unsecured and thereby are readily available.

According to the 2009 National Survey on Drug Use and Health, among people age 12 or older who reported using pain relievers non-medically in the past year, 70 percent got the drugs from a friend or relative (either for free, purchased, or by theft). It is important, therefore, for prescription drugs to be disposed of properly and not left where they can be easily diverted and abused.

Prescription drug abuse is the use of a prescription medication in ways the medicine was not intended, such as:

- Taking a prescription medicine that was not prescribed to you

- Taking the medicine in order to “get high”—often times by taking larger doses than prescribed or by crushing a pill and then snorting the contents or by dissolving the pill in water and injecting into the blood stream.
- Taking the medicine for reasons other than the medical conditions prescribed – such as taking ADHD medications to help with studying.

**Aren’t prescription drugs safer than illegal/illicit drugs?** People may think that abusing prescription drugs is safer since the manufacturing of prescription drugs is regulated in the U.S. or because the medicine is prescribed by a doctor. However, this does not mean that abuse of these drugs is safer for someone who was not prescribed them or when taken in ways other than how they were intended. Abusing prescription drugs is NOT safer than abusing illicit drugs.

**What prescription drugs are commonly involved?** Among the most commonly abused prescription medications include:

**Opioids** (Painkillers and narcotic analgesics) Morphine, codeine, oxycodone, hydrocodone and fentanyl all fall into this category. These drugs act by depressing or slowing the central nervous system, leading to slowed breathing, coma and death if too much is taken. They can be addictive. The CDC reports that more unintentional deaths are caused by opioids than by illicit drugs.

**Stimulants** These include drugs such as Ritalin, Concerta and Adderall, which are often used to treat ADHD, narcolepsy and even sometimes depression. These drugs may be abused to “get high”, or they can be misused for weight loss, to stay awake, or to increase performance. Along with being highly addictive, stimulants sometimes lead to feelings of hostility and paranoia, along with risks like irregular heartbeat and seizures. When a stimulant is combined with another medication, such as an over-the-counter cold medicine that contains a decongestant, it can cause dangerously high blood pressure or irregular heart rhythms.

**Sedatives and Depressants** Used to treat anxiety, panic attacks and sleep disorders, medications such as Valium, Xanax, and Ambien are also addictive and cause side effects like confusion, drowsiness and impaired coordination. This can be especially risky if the user then gets behind the wheel to drive, as it increases the risk of accidents. Further, if these drugs are combined with alcohol or pain medications, the effects are compounded and can be deadly.

**How to dispose of medicines properly:**

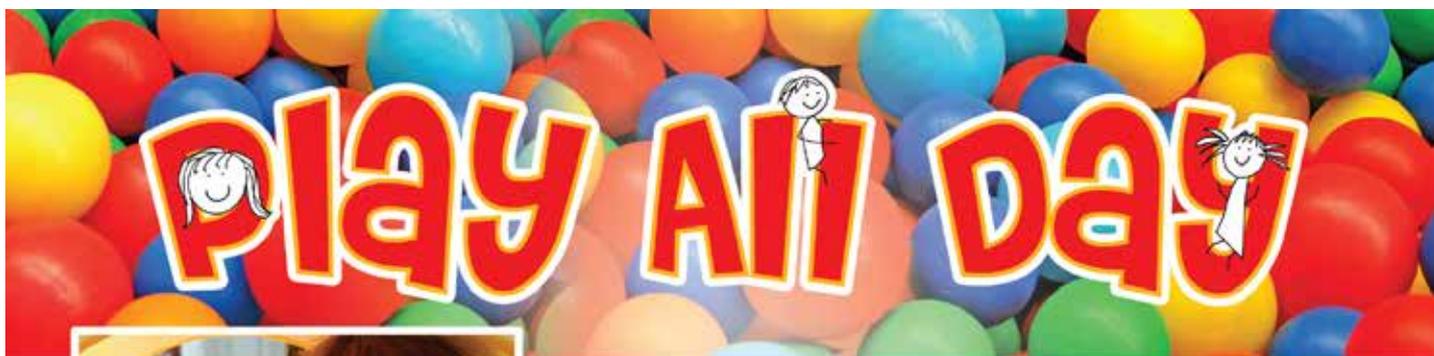
Flushing medicine down the toilet is no longer recommended for most medicines. Disposing of unused medicine in the trash is the most reasonable and easiest disposal method. Follow these simple steps:

(1) Remove names and other personal information from the bottle for confidentiality.

(2) Water down and / or grind up pharmaceutical tablets to make them unusable. Mix this slurry or powder with kitty litter, coffee grounds, or cleaning powders for an added safeguard. Liquid pharmaceuticals should be diluted with water before mixing them with kitty litter, coffee grounds, etc.

(3) Place the pharmaceutical and kitty litter mixture into a sealed container (plastic bag, glass or plastic jar, etc) and dispose of in the trash. Because of the possibility of children or pets getting into the trash, dispose of the pharmaceuticals as close to trash-collection time as possible.

(4) If available in your community, take advantage of medicine take-back programs or medicine disposal days. They allow the public to bring unused medicines to a central location for proper disposal. Call your local pharmacy to see if they participate in the take-back program.



***Play All Day is Sioux City's Premier Party and Play Center!***

We are a parent-supervised play area, located in the Gordon Plaza that offers over-the-top fun with four awesome inflatables, a specific area for children 3 and younger, and many play centers that engage young imaginations. Play All Day is a safe, fun, friendly & comfortable environment where families can spend quality time playing together.

***Play All Day also offers Birthday Parties and Group Discounts.  
We also have a large retail area with a wide variety  
of specialty merchandise.***

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## New Synthetic Hallucinogens (a.k.a. K2, Spice, Bath Salts)

→ The terms “K2,” “Spice” and “Bath Salts” have become generic terms for the newer synthetic hallucinogens, the same way “Kleenex” is used as a generic term for facial tissues. As LSD and PCP were the popular hallucinogens of the 1960’s and 1970’s, the new synthetic hallucinogens have become the popular hallucinogens of the 2010’s.

Synthetic hallucinogens are potent laboratory chemicals that have been found to cause intense hallucinations. These chemicals are sold over the counter at convenience stores, tobacco shops, gas stations and over the internet. They are deceptively marketed as common household products, such as incense and bath salts, in an attempt to get around law enforcement. The products are almost always labeled “Not for human consumption” or “Not for sale to minors.” Like any other illicit drug, there is quality control for these products and the person buying these chemicals has no idea what truly is in the product they are about to put into their bodies.

The synthetic hallucinogens now being abused fall into two main categories: synthetic cannabinoids and synthetic cathinones.

### Synthetic Cannabinoids

Some of the popular early brand-name synthetic cannabinoid products were K2 and Spice. Now there is an extremely long and ever growing list of brand names these products are sold under. Deceptively marketed as incense, herbal incense, potpourri, “fake weed,” and “legal marijuana,” these chemicals are derivatives of THC (tetrahydrocannabinol), the active ingredient in marijuana. These chemicals are much more potent than THC, anywhere from 5 to 800 times more potent than THC. Because they are so potent, they cause much more intense hallucinations and a greater number of bad side effects than THC.

The synthetic cannabinoids are typically sprayed onto various plant materials, such as potpourri, plant cuttings, herbs, spices and even grass clippings. The final products often appear like crushed grass and are typically sold in small plastic bags.

### Synthetic Cathinones

These chemicals were first marketed under

the disguise of “bath salts” in an attempt to get around law enforcement, but they are nothing like the Epsom salt or real bath salts sold at reputable stores. Epsom salts and real bath salts are NOT hallucinogens. There are many types of products these chemicals are deceptively marketed as: bath salts, plant food, glass cleaner, jewelry cleaner, phone screen cleaner, toy cleaner, pipe cleaner and decorative sand. These chemicals are similar to methamphetamine and ecstasy, but cause much more intense hallucinations and a greater number of bad side effects than methamphetamine.

The synthetic cathinones are white to light brown in color and are typically sold as powders or crystals (like crystal meth) in plastic or foil pouches. They have also been sold in small, lip-balm-type jars. Just like synthetic cannabinoids, there is a long and ever growing list of brand names these products are sold under.

### Symptoms Caused by Synthetic Hallucinogens

The symptoms that have developed in persons taking these synthetic hallucinogens include a fast heart rate, elevated blood pressure, elevated temperature, nausea, vomiting, chest pain, disorientation, confusion, agitation, psychosis, panic attacks, paranoia, anxiety, seizures, violent behavior, suicidal ideas, coma and death.

Numerous reports have described people becoming violent, combative, homicidal, suicidal and self-destructive when stoned on these chemicals. They have become a threat to both themselves and others.

A blog post about an experience with bath salts gives another reason why not to abuse these chemicals: “I am an experienced drug user who has experimented with more drugs than I have fingers. [It] was the worst experience of my life. ... Nothing but fear, heart palpitations, jitters, severe nausea, and everything coming and going a million miles an hour. It was terrible. ... I am lucky to still have a living human body to use to warn you with. STAY AWAY FROM THIS [STUFF]!”

If you have questions about these substances or think someone has taken them, contact your poison center at 1-800-222-1222.

## What Can I Do As A Parent To Prevent My Child From Becoming Involved In Gang Activity?

- Provide responsible supervision for your child, especially between 2 and 6 p.m., peak juvenile violence hours.
- Monitor the clothing your child wears, especially if you are concerned it might be 19 related.
- Put a high value on education and do everything possible to prevent dropping out of school.
- Be involved with your child's school and teachers.
- Provide discipline. Remember that YOU are in charge. If you don't approve of activities or behavior, just say no.
- Monitor TV, music, video games, books, and other media. Know what your child is seeing, hearing, and playing.
- Know your child's friends. Meet and talk to the parents of your child's friends.

### ¿Que puedo hacer yo como padre para prevenir que mi hijo se involucre en actividades de pandillas?

- Proporciónale a su hijo una supervisión responsable, especialmente entre 2 y 6p m., son las horas de más violencia juvenil.
- Revise la ropa de su hijo, especialmente si cree que esté relacionada con pandillas.
- Póngale un valor muy alto a la educación y haga todo lo posible para prevenir que su hijo no desierte la escuela.
- Esté al pendiente con los maestros y la escuela de su hijo.
- Proporcione disciplina. Recuerde que USTED está a cargo. Si usted no está de acuerdo con las actividades o el comportamiento, simplemente diga no.
- Revise y regule la televisión, la música, los videos, los juegos, libros y otros medios. Esté al pendiente de lo que mira, escucha y juega.
- Conozca a los amigos de su hijo. Conozca y platique con los padres de los amigos de sus hijos.

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# UnityPoint Health – St. Luke’s Seeks Junior Volunteers

UnityPoint Health – St. Luke’s encourages children ages 13 and older to join our team of junior volunteers. The Junior Volunteer Program at St. Luke’s offers those interested the opportunity to gain health care experience firsthand.

St. Luke’s Junior Volunteers:

- Experience the personal satisfaction that comes from providing extra services for our patients.
- Gain a better understanding of the various types of health careers a hospital offers.
- Acquire community service hours that are vital for applications for National Honor Society, college scholarships, college admission and future jobs.

- Develop maturity by learning how to meet and work with other people including patients and staff.
- Make new friends and have fun while learning new skills.

For more information on St. Luke’s Junior Volunteer Program or to request an application, call St. Luke’s Volunteer Services at (712) 279-3220.



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*The point of unity is you.*



UnityPoint Health

St. Luke’s  
UnityPoint Clinic  
UnityPoint at Home

# Back to School Health Tips

→ While the start of a new school year is an exciting time, it can also signal the start of some less than desirable health concerns including pinkeye, influenza or lice.

As much as you would like to, sending your kids to school in plastic gloves and a surgical face mask is not an option. However, there are ways we can help prevent the spread of bacteria and viruses without the medical garb.

## **Colds**

A large group of children in a small space quickly becomes a breeding ground for illness-causing germs. A single sneeze or cough can send tiny germs flying into the air, infecting anyone in their path. Because of this easy transmission, the common cold alone accounts for 22 million school days lost each year.

## **Tips for Kids**

Having good hygiene is instrumental in preventing the spread of infection, so make hand washing a routine. Teach children to wash their hands after using the restroom or blowing their nose, before every meal and after playing outdoors. Consistency at home will rollover into the classroom and could prevent illness-causing germs from entering your home.

## **Influenza**

It only takes one infected child to bring a virus into the school – from there it can spread like wildfire as children share books, tables and countless other items. The flu virus is particularly contagious and leads to around 38 million lost school days each year.

## **Tip for Kids**

Because the flu virus is spread mainly through coughing or sneezing, show kids the “vampire,” a move they should use to prevent airborne pathogens. The “vampire,” which encourages kids to cough or sneeze into their elbow, looks like Dracula with his cloak. Making hygiene fun can support children’s willingness to practice it at home and school!

In addition, getting a flu shot or nasal vaccine is the best way to fight infection. Although they’re not 100 percent effective, even if your child does get influenza, his or her symptoms will be less severe and they will be less likely to suffer from other complications.

## **Fifths Disease**

In the last year or so, Iowa doctors have seen more cases of fifths disease popping up. Fifths disease is a viral disease that produces a distinctive red rash that begins on the face and then spreads to other areas of the body. In addition to the rash, fifths disease can cause headache, fever and mild cold-like symptoms.

## **Tip for Kids**

In conjunction with hand washing, remind children not to share personal items, such as water bottles or food, to help mitigate their risk of catching viral infections like fifths disease.

## **Pinkeye**

While irritants or allergies can cause some forms of pinkeye, the majority of cases are due to viral or bacterial infections. This highly contagious infection usually causes a green or yellow discharge from the eye and may cause the eye to burn or itch.

## **Tip for Kids**

To help prevent pinkeye, remind your children that our hands are covered in germs, so avoid eye rubbing and putting their hands in or around their mouth. Regular hand washing is also a big proponent in preventing pinkeye.

## **Head Lice**

The head louse is a parasitic insect that feeds on human blood and lives close to the scalp. While they are not known to spread disease, they do cause severe itching, irritability and difficulty sleeping. Just talking about head lice is enough to make your squirm, and actually dealing with the little buggers can be a serious pain!

### Tips for Kids

Because lice cannot fly or hop, these bugs are passed through close contact with others who have lice or by sharing personal items. Remind children not to share hats, scarves, hair ties or brushes. In addition, if a classmate at school reportedly has lice, do an inspection of your child's head right away.

### When to Keep Kids Home

Although you don't want your children to miss school, sometimes it is better to keep kids at home to prevent the spread of infection. You should keep your child home if he or she is:

- Vomiting
- Has Diarrhea
- Has had a fever above 101.1 degrees Fahrenheit within the last 24 hours
- Has an unexplained rash, and you haven't seen a doctor
- Has a severe cough
- Has lice and has not been treated
- Has pinkeye and has not been treated
- Your child is too sick to engage in classroom activities or lessons

## Uno nunca sabe lo que la vida le va a lanzar.

Nunca nos olvidamos de que es un individuo. Y usted tiene sus propias necesidades de salud. Por eso, en UnityPoint Health, tomamos un enfoque más personal, que le rodea con la atención coordinada entre el consultorio de su doctor, St. Luke's, y su casa. Así que tendrá acceso al nivel de atención que necesita. Por lo tanto usted será tratado en donde tiene más sentido para usted. Así podrá participar más en el manejo de su propia salud. El punto de atención de coordinación es encontrar la mejor manera de llegar sano y mantenerlo de esa manera. No importa qué sorpresas la vida lance en su camino. UnityPoint Health.

*The point of unity is you.*

[unitypoint.org](http://unitypoint.org)

## Seeking Medical Attention at UnityPoint Clinic

Because illnesses don't always occur during normal business hours, UnityPoint Clinic offers convenient clinic locations to our patients that are on a walk-in basis and can be used when meeting with your primary care provider isn't an option. Urgent Care provide convenient and cost-effective service for treating minor medical problems that require a health care provider's attention, but are not life threatening. These include things such as allergies, colds, coughs, ear aches, fevers, flu, infections, sore throats and pinkeye.

For more information on UnityPoint Clinic Urgent Care and wait times, visit [unitypoint.org](http://unitypoint.org).



UnityPoint Health

St. Luke's  
UnityPoint Clinic  
UnityPoint at Home

# SMART Snacking for Back-to-School

by Allison Rossow, RD, LD, LMNT, Southern Hills Hy-Vee Registered Dietitian

A new school year has officially begun. Children, teachers and parents alike are excited for the learning, challenges and fun in store for the coming year. Learning is fueled by healthy meals and snacks, but healthy habits can be hard to develop. The SMART snacking tips below help parents teach kids healthy snacking habits - habits they will carry with them as they continue to grow and mature. Teaching kids healthy habits at a young age sets them up to successfully care for themselves as adults.

## S: Structure

Plan to make snacks a part of the daily routine. Set a specific snack time, plan the foods you will serve at snack and stick to it. When kids know and trust that a snack will be served at roughly the same time every afternoon, they are less likely to snack casually throughout the afternoon or make impulsive choices to satisfy their hunger.

## M: MyPlate

According to MyPlate, fruits and veggies should make up half your plate at meals, but the same goal applies to snacks as well. Plan snacks that pair fruits or veggies with foods kids already like. Some ideas include:

- Celery sticks + low-fat cream cheese + raisins
- Hummus + baby carrots + whole grain crackers
- String cheese + grapes
- Whole grain bread + peanut butter + sliced banana
- Yogurt + sliced strawberries + granola

## A: Attitude

Kids have high energy and need nutrition to fuel their growing bodies and minds. Teach kids that snacking helps take care of their bodies by providing the energy and nutrients their bodies need. Model this attitude for kids by caring for yourself with a healthy snack too.

## R: Roles

Parents and kids each have important jobs at snack time. Parents decide what, when and where the snack will be. They set up the snack structure and make sure it becomes a routine. Kids choose if they will eat the snack that day and how much they will eat. Keeping these

roles allows kids to try new foods, enjoy favorite foods and provides the energy and nutrients their bodies need.

## T: Try It!

Gently encourage kids to try new foods by serving new foods at snack once in a while. Pair new foods with foods that are kid favorites (like cheese or crackers) and be patient. You may have to serve a new food a few times before kids will even try it, but persistence will pay off. The more times kids are around a new food, the more likely they are to eventually try it and like it. You may be surprised at what your pickiest eater will taste and learn to enjoy eating.

These tips are not just for kids; adults benefit from healthy snacking habits too. Kids who see their parents modeling SMART snacking habits are more likely to become SMART snackers themselves. What better time to start a new routine than with the start of school? Before you know it, the whole family will be SMART snacking their way to healthier habits.

For more tips on healthy eating, contact your Sioux City and South Sioux City Hy-Vee dietitians.

*Siouxland Hy-Vee Dietitians are here to help make your lives easier, healthier, and happier!*



Alyssa Chafe,  
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Hy-Vee  
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Korie Lown, RD,  
LD, LMNT  
Hamilton Hy-Vee  
712.277.8120

Corrinna  
Schwartz, RD,  
LD, LMNT  
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Hy-Vee  
402.494.4675  
712.258.0117

Allison Rossow,  
RD, LD, LMNT  
Southern Hills  
Hy-Vee  
712.274.1036



## UNDERAGE DRINKING COMES AT A COST.

The funny guy. The singer. The athlete. The nice one. The ambitious one. Or the person who ruined friendships, got thrown off the team, and threw away their future because of drinking. The choice is yours.

[whatdoyouthrowaway.org](http://whatdoyouthrowaway.org)



Plymouth County Health Planning Committee  
Siouxland CARES

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# Jackson Recovery Centers

## Child and Adolescent Recovery Hospital Update

➔ In just a few short months, the doors to Jackson Recovery Centers' Child and Adolescent Recovery Hospital for youth ages 12-18 will be open. For nearly 40 years, thousands of young people have found a lifetime of recovery from addictions and/or mental health issues in Jackson's programs.

The new 53,000 square-foot facility is being built to meet the continuing needs of our community when it comes to helping children get well. When complete, it will be the new home for Jackson's current inpatient treatment program for substance abuse, addiction and co-occurring disorders, and will increase our current program capacity from 50 to 72 inpatient treatment beds. There will also be a 12 bed stabilization unit, something no other hospital in Sioux City has. Currently, teens are being sent to places like Council Bluffs or Sioux Falls to receive emergency mental health and stabilization services. But this new facility will change that, keeping families closer, which is

key to a patient's recovery and saving their life.

The new building will also feature a 150 seat auditorium where families and community members will learn more about the disease of addiction. This training will help enhance Jackson's vision of creating a recovery-centered Siouland.

This hospital will cost around \$11 million to complete. Jackson has partnered with Woodbury County and a local bank to issue \$7 million of tax exempt bank qualified bonds. Jackson will raise \$3 million through philanthropy and use \$1 million of reserve money. The new hospital will maintain 45 current jobs and add 25 new jobs with an increase in payroll of \$1.13 million.

We look forward to opening our door to our new center in March of 2015 on our West 4th Street campus.

## School Policies

➔ In April 2014, a survey conducted by Siouland CARES, at the Woodbury County Town Hall on Underage Drinking showed 94% of the students felt the current drinking rate of high school seniors was a somewhat serious or serious problem. Students said a way to combat underage drinking was to increase awareness about the associated negative consequences.

As a parent, you can increase awareness by discussing both your expectations and the legal consequences of alcohol and drug use with your child. In the recent Siouland CARES School Survey 74% of parents feel they can influence their child's usage of illegal substances. Below are three example conversations from TimeToTalk.org that can be used to broach the subject of alcohol and drug use.

1. There are a lot of changes ahead of you in middle school. I know we talked about drinking and drugs when you were younger, but now is when they're probably going to be an issue. I'm guessing you'll at least hear about kids who are experimenting, if not find yourself some place where kids are doing stuff that is risky.

I just want you to remember that I'm here for you and the best thing you can do is just talk to me about the stuff you hear or see. Don't think there's anything I can't handle or that you can't talk about with me, okay?

2. You must be so excited about starting high school... it's going to be a ton of fun, and we want you to have a great time. But we also know there's going to be some pressure to start drinking, smoking pot or taking other drugs. A lot of people feel like this is just what high school kids do. But not all high school kids drink! Many don't, which means it won't make you weird to choose not to drink, either. You can still have a lot of fun if you don't drink.

3. You'll have a lot of decisions to make about what you want to do in high school and you might even make some mistakes. Just know that you can talk to us about anything—even if you DO make a mistake. We won't freak out. We want you to count on us to help you make smart decisions and stay safe, okay?

When discussing alcohol and drugs with your

children, it is ok to repeat yourself. It can take multiple conversations before the information is fully processed by their still developing brains. Another way to combat underage drinking and drug use is by making sure your children know and understand their school's policy. Research shows schools that establish alcohol policies with clear expectations and penalties are able to not only reinforce that underage drinking is an unacceptable behavior, but it also changes student norms around drinking.

Last year school districts in Woodbury County reviewed policies related to alcohol. This review with the school insures that each policy:

- Establishes or strengthens school penalties for possession of alcohol or alcohol intoxication on school property or at school-related event;
- Prohibits the consumption of alcohol at all school-related events, including adult consumption;
- Adopts practices to prevent students from bringing alcohol to school or school-related events, such as prohibiting reentry at events, and monitoring of gates and parking lots at events.

The policies are available on the school districts' website or by calling your school's counselor. The School Policy Survey was made possible because of the partnership between Siouxland CARES and Strategic Prevention Framework State Incentive Grant (SPF SIG) and the Woodbury County Schools. The SPF SIG grant's goal is to raise awareness of alcohol laws and associated social and health consequences.

SPF SIG funding is provided through Jackson Recovery Centers and funded by Iowa Department of Public Health, through the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services. For more information, please contact Davidson Wissing, SPF SIG Coordinator in Woodbury County at [Dwissing@jacksonrecovery.com](mailto:Dwissing@jacksonrecovery.com) or 712-234-2327.

## It's a Bet: Problem Gambling and Kids

Young people today are our first generation to grow up surrounded with gambling as acceptable entertainment. From lottery tickets at the store and poker tournaments online to sports broadcasters casually talking about scoring spreads, kids are exposed to gambling images every day.

Even though gambling is illegal for teens, research shows many do bet on sports and purchase lottery tickets. In 2012, an Iowa Youth Survey showed 46 percent of 11th grade boys had bet or gambled for money or possessions. This number was just under the state-wide average of 47 percent. That same survey showed 5 percent of 8th grade boys in Woodbury County won or lost more \$100 in a single day. The state-wide numbers were lower at 3 percent for the same age group.

Youth problem gambling has been connected to a number of negative outcomes. Some of the consequences of problem gambling include poor mental health, such as depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), low self esteem and personality disorders.

Signs that your loved one's gambling has become problematic include:

- borrowing/stealing money,
- selling personal belongings,
- becoming secretive about how time is spent,
- having an unusual interest in sports scores,
- being overly interested in conversations about gambling and
- having large unexplained debts or increases of money.

It's important that parents talk to their children about gambling to make sure they understand the risks. A study done in 2012 shows only 5 percent of parents would stop their child from taking part in gambling activities, where as the vast majority would prevent drugs and alcohol use.

If your child is showing any of the signs of problem gambling, it's important to get them help right away. Call Jackson Recovery Centers today, at 712-234-2300 or 1-800-472-9018 to talk with someone about the next step.

# Siouxland District Health Department

## To Use, Or Not To Use, Electronic Cigarettes... That is the Question

Electronic Cigarettes are everywhere. We see them being used in restaurants, gas stations and even in the mall. A battery-powered vaporizer produces an aerosol vapor that resembles smoke and allows smokers to get nicotine without the smoke.

Electronic Cigarettes were introduced to the U.S. market in 2007. They are advertised as being safer than regular cigarettes, and as a great, safe way to stop smoking. But is this true? Are they safer than tobacco? At this time, there is little evidence to answer these questions. All the research into the effects of e-cigarettes lags behind their popularity.

We don't know all the potential risks, how much nicotine or other potentially harmful chemicals are being inhaled during use. But we do know, secondhand e-cigarette vapor contains nicotine, ultrafine particles and low levels of toxins that are known to cause cancer, and this vapor has a higher concentration than in conventional tobacco cigarette smoke.<sup>1</sup> These particles may cause respiratory illness like asthma, and constrict arteries which could trigger a heart attack.

According to Thomas J. Glynn, PhD, American Cancer Society's director of cancer science and trends and international cancer control, e-cigarettes may one day be a useful tool to help people quit smoking. But until the FDA regulates them and more research is conducted, he says users won't know for sure what they're inhaling or how much nicotine they're getting. "The results suggest that

e-cigarettes may be useful as a cessation tool, but no more so than nicotine patches, which are currently a commonly-used and physician-recommended cessation tool which have undergone years of testing and research. E-cigarettes are still in the early phases of testing."

Bottom line, there is not enough information to be able to say that E-cigarettes are safe, or safer than cigarettes. We know that we need more information. Also remember this: nicotine is nicotine, you are getting through a traditional cigarette or an e-cigarette. Nicotine is addictive no matter the delivery system. E-cigarettes are not regulated. Because of this, there is a huge risk of nicotine poisoning.

As an educated consumer, safety should be your primary concern. E-cigarettes are not proven to be safe, or even a safe alternative to a regular cigarette.

1 Fuoco, F.C.; Buonanno, G.; Stabile, L.; Vigo, P., "Influential parameters on particle concentration and size distribution in the mainstream of e-cigarettes," *Environmental Pollution* 184: 523-529, January 2014. 2 Grana, R; Benowitz, N; Glantz, S. "Background Paper on E-cigarettes," *Center for Tobacco Control Research and Education, University of California, San Francisco and WHO Collaborating Center on Tobacco Control. December 2013.* 3. Simon, Stacy. "Study Compares E-Cigarettes to Quit-Smoking Aids" *September 10, 2013*

Get involved in the Siouxland Healthy Homes Coalition!

Healthy Homes Principles: Keep it dry, Keep it clean, Keep it ventilated, Keep it pest-free, Keep it safe, Keep it contaminate-free, Keep it maintained

For more information on becoming involved in the Healthy Homes coalition contact Alicia Sanders at [asanders@sioux-city.org](mailto:asanders@sioux-city.org) or 712-279-6119.



# PREVENTING BULLYING IS A COMMUNITY GOAL

➔ The Bullying Prevention Community Coalition consists of people from across our community whose purpose is to increase community awareness, provide information, and empower our community to prevent bullying. This coalition has developed materials to assist you, as a parent, in dealing with bullying and conflict.

## What Can You Do?

- Attend PTA meetings!
- Model Upstander behaviors
- Attend parent/teacher conferences
- Read information that comes from school
- Friend your child on Facebook
- Monitor online behavior and texting
- Practice Problem Solving Steps
- Join with the Bully Prevention Community

Coalition to reduce bullying in our schools, neighborhoods, and community!

## Common Vocabulary is Important!!

**Bullying** – Bullying is any unwanted aggressive behavior(s) by another individual or group of individuals that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted individual including physical, psychological, social, or educational harm.

**Conflict** – A state of disharmony between persons of equal strength and/or power; a clash.

**Upstanders** – People who take action to oppose the bullying in some way.

**Bystanders** – People who attempt to remain uninvolved in the situation, often by looking on silently or finding an excuse to walk away.

**Target** – The person or persons being bullied.

**Bully** – The person who initiates and continues the harassment.

**Associates** – Join in the bullying, escalate the harassment, or initiate new attacks on the target later.

**Empathy** – The ability to recognize and understand the feelings of others and how our actions affect those around us.

## Second Step Problem Solving

1. **Identify** the problem.
2. **Brainstorm** solutions.
3. **Evaluate** the solutions – Is it safe? Is it reasonable? How do parties involved feel about it?
4. **Choose** a solution and use it.
5. **Evaluate** how the solution worked – Did it work? If not, what else can we try?

## Signs a child may be bullied

Afraid to go to school; declining grades; stomachaches or headaches; loss of friends; spending more time alone; seeming sad or angry; lost or damaged articles of clothing or possessions.

## What can I do?

Talk to your child and find out what is going on. Try to determine if it is bullying or conflict.

## Ask:

Is it on purpose? Does it make him or her feel alone/humiliated/separate from everyone else? Does it create situations where he or she is afraid or uncomfortable enough to prevent participation in activities?

## Listen:

What kind of support does your child want? Just to be heard? Advice on how to handle things? Adult action?

**Remember: If you react with fear and anger, so will your child. You'll be more effective if you feel empowered and in control.**

## Intimidación v. Conflicto

➔ La intimidación es cuando un desequilibrio de poder, real o percibido es utilizado por una persona o un grupo de personas para herir, avergonzar o asustar intencionalmente a otra persona por lo general una y otra vez.

El conflicto es un estado donde falta la armonía entre personas de igual fuerza y/o poder.

Señales que pueden indicar que está siendo intimidado

Tiene miedo de ir a la escuela; bajan sus calificaciones; Padece de dolores de estómago o de cabeza; Pierde amigos; pasa mucho tiempo a solas; Se ve triste o enojado; Pierde o se le daña ropa o artículos.

¿Qué puedo hacer yo?

Hable con su hijo/a y averigüe que está pasando. Trate de determinar si es intimidación o conflicto.

Pregunte:

¿Lo hacen a propósito? ¿Hacen sentirlo/a solo/humillado/separado de los demás? ¿Crea situaciones en las que él/ella tiene miedo o se siente lo suficientemente incomodo/a para no participar en actividades?

Escuche:

¿Qué tipo de apoyo quiere su hijo/a?  
¿Solamente quiere ser escuchado? ¿Quiere consejos de como manejar la situación?  
¿Quiere que un adulto tome acción?

Recuerde: Si usted reacciona con miedo y enojo, su hijo hará lo mismo. Será más eficiente que usted se sienta con poder y control.

El objetivo es que su hijo/a se sienta fuerte de nuevo.

Para más información visite: [www.siouxlandcares.org](http://www.siouxlandcares.org), beSomebody

## Sioux City Human Rights Commission

➔ Bullying can come in many forms. It can come in the form of words. It can come in the form of acts (like hitting) and it can come in the form of being ostracized by others. All of these things hurt. They hurt the victim and they hurt the parents of the child being bullied. When a bully's behavior is not changed, they may grow up to bully others in the workplace.

If your child is being bullied, document what is happening and complain in writing to school officials. You and your child should each keep a diary of what is happening, when it happens and who witnesses each incident.

Sometimes children are bullied because of who they are. The classes of people protected under the various civil rights laws include race, color, national origin, religion, creed, sex (gender), age, pregnancy, mental disability, physical disability, actual or perceived sexual orientation, and gender identity.

If your child's school does not address the issue appropriately and your child is being bullied because of their protected class status, you can file a complaint with the Sioux City Human Rights Commission. We are a free, neutral party that can help identify and resolve problems of discrimination in our community. We are just a phone call away at 712-279-6985.



## Sioux City Judo Club

➔ The Sioux City Judo Club is a Parks and Recreation program. We teach practical judo techniques in a supportive environment. We are the most affordable martial arts program in the community. Our monthly dues are low and we do not charge a testing fee to students below black belt. We have the most experienced judo instructors in the area—most have studied other combative arts and all are ex-competitors.

Whether you want to learn how to defend yourself or want to compete, judo will help make you a more confident person. (And it's a lot of fun!)

Come try two classes for free any time. Kid's (ages 5-12) class is from 6:00-7:15 p.m. and teens class is from 7:15 to 8:30 p.m. on Tuesdays and Thursdays. On Saturdays all ages work out from 1:30 to 3:00 p.m. For more information about our club, visit our website at [www.siouxcityjudo.org](http://www.siouxcityjudo.org) or find us on Facebook!

## Bullying Resource Information

Contact the Boys Town National Hot Line 1-800-448-3000 or the National Suicide Prevention Lifeline, 1-800-273-8255 or A Youth Counseling Hotline, 1-800-855-201-2121

### Websites

[www.stopbullying.gov](http://www.stopbullying.gov)  
[www.educateiowa.gov](http://www.educateiowa.gov)  
[www.iowapridenetwork.org](http://www.iowapridenetwork.org)  
[www.iowasafeschools.org](http://www.iowasafeschools.org)  
[www.oneiowa.org](http://www.oneiowa.org)  
[www.reportbullyingiowa.com](http://www.reportbullyingiowa.com)  
[www.sai-iowa.org/bullying](http://www.sai-iowa.org/bullying)  
[www.safeyouth.gov](http://www.safeyouth.gov)  
[www.standforthesilent.org](http://www.standforthesilent.org)  
[www.parentfurther.com](http://www.parentfurther.com)

For more resources go to:  
[www.siouxlandcares.org](http://www.siouxlandcares.org), beSomebody



# POSITIVE YOUTH DEVELOPMENT PROGRAMS



**Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 388 volunteers.** Volunteers for Siouxland CARES, representing 12 community systems contributed 10,476 hours in 2013 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.

Some of the positive youth development programs assisted by Siouxland CARES include the Sioux City Mayor's Youth Commission, Teen Court, and Sioux City Young Ambassadors.

## ➔ **Sioux City Mayor's Youth Commission**

The mission of the Mayor's Youth Commission is to explore, communicate, and provide for the needs, problems, issues, and activities affecting the city's youth. Outcomes for this youth development program:

- Youth make a positive impact in their community and feel valued.
- Youth develop to their full potential.
- Youth attending leadership sessions increase knowledge and skills.
- Youth participating in community service and activities feel they have made a positive contribution to their community

For all the information on the Sioux City Mayor's Youth Commission, go to: <http://myc.sioux-city.org> or [www.siouxlandcares.org](http://www.siouxlandcares.org), Youth Services, Mayor's Youth Commission.

## ➔ **Teen Court**

Teen Court is a voluntary alternative to juvenile law violators who have committed a first time offense or have not been through a diversion program. The goal of Teen Court is to intervene in early anti-social, delinquent, and criminal behavior, and to reduce the incidence and prevent the escalation of such behavior. Teen Court strives to promote a desire for self improvement, and to foster a healthy attitude toward rules and authority.

A youth, who has voluntarily admitted guilt to a crime or an offense, appears for a sentencing hearing before a jury of peers. The jury is presented with evidence relevant to sentencing, deliberates, and passes sentence. Sentences typically include community service and counseling, and stress rehabilitative goals. Upon successful completion of Teen Court, a conviction will be kept off their record.

Teen Courts are effective because:

- Teens respond better when peers hold them accountable for their actions.
- Teens are less likely to commit a second offense.
- It allows teenage volunteers to participate in legal system, giving them greater respect to the law.
- It allows them to have an impact and investment in their community.

## ➔ **Sioux City Young Ambassadors**

What is the Young Ambassadors' Program?

- Recognition program for young people in grades 4 – 7 who display good character.
- All nominated students will receive a free Young Ambassadors t-shirt, gifts from area businesses, and public recognition.
- From the nominations, twelve students will be selected to be mentored by members of the Sioux City Mayor's Youth Commission and given additional recognition.

Check out [www.siouxlandcares.org](http://www.siouxlandcares.org), Youth Services, for information on applications, nomination process or becoming involved in these positive youth development programs.



Sponsored by Siouxland CARES About Substance Abuse

The Purpose of the beSomebody Initiative: 'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. This initiative provides direction to youth and adults to show that in order to make positive change, we must start with ourselves by displaying good character and standing up for what is right. Be Somebody and get involved today!

**The Social Media Initiative includes:**

- Billboards
- Public Service Announcements
- Video Contest
- Posters with 2D Bar Code sign up
- Email and Cell Phone Text Message

**Incentives**

- Facebook and Twitter Messages
- [www.beSomebody.us](http://www.beSomebody.us) website

**Sponsors:**

Siouxland CARES, United Way of Siouxland, Waitt Institute for Violence Prevention, Kind World Foundation, Briar Cliff University Enactus, Sioux City Mayor's Youth Commission, Bishop Heelan Catholic High School, Sioux City Public Schools, Clear Channel Radio/KISS, Avery Brothers, The Bass Agency, Sioux City Elks Lodge



United Way of Siouxland  
[unitedwayofsiouxland.com](http://unitedwayofsiouxland.com)

**Siouxland CARES is a United Way Affiliated Agency**

**COMPREHENSIVE STRATEGY**

The Communities That Care© planning model shows that increased protective factors buffer the impact of risk factors in a child's life. Comprehensive Strategy utilizes this model and brings together partners to increase the following protection in our community:

**Individual characteristics**

- A resilient temperament
- A positive social orientation
- Intelligence

**Bonding**

- Opportunities
- Skills, and
- Recognition

**Healthy beliefs and clear standards**

- Wide, consistent support for those with whom youth are bonded
- Consequences for not following standards are consistent

For community data, please go to [www.siouxlandcares.org](http://www.siouxlandcares.org) and click on Comprehensive Strategy, Data.

## ➔ Volunteer Opportunities

*Let's "Pay It Forward" and Give Back to Our Community*

*Oportunidades para ser voluntario*

**American Cancer Society**, 600 Fourth Street, Suite 229, Sioux City, IA 51101. (712) 233-1148.

**American Heart Association**, 705 Douglas Street, Suite 621, Sioux City, IA 51101. (712) 255-4798.

**American Red Cross-Siouxland Chapter**, 4200 War Eagle Drive, Sioux City, IA 51109. (712) 252-4081.

**Big Brothers Big Sisters**, 3650 Glen Oaks Blvd., Sioux City, IA 51104. (712) 239-9890.

**Boy's Club of Sioux City**, 823 Pearl Street, Sioux City, IA 51101. (712) 258-5545.

**Boys & Girls Home and Family Services**, 2101 Court Street, Sioux City, IA 51104. (712) 293-4700.

**City of Sioux City Parks and Rec**, 401 Gordon Drive, Sioux City, IA 51101. (712) 279-6126.

**Council on Sexual Assault and Domestic Violence**, P.O. Box 1565, Sioux City, IA 51102. (712) 258-7233

**Dorothy Pecaut Nature Center**, 4500 Sioux River Road, Sioux City IA 51109. (712) 258-0838.

**Food Bank of Siouxland**, 1313 11th Street, Sioux City, IA 51105. (712) 255-9741.

**Girls Incorporated of Sioux City**, 500 Main Street, Sioux City, IA 51103. (712) 252-1088.

**Goodwill Industries**, 3100 W. Fourth Street, Sioux City, IA 51103. (712) 258-4511.

**Habitat for Humanity – Siouxland**, 1150 Tri View Avenue, Sioux City, IA 51103. (712) 255-6244.

**Haven House**, 117 E. 28st Street, South Sioux City, NE 68776. (402) 494-7592.

**Hospice of Siouxland**, 4300 Hamilton Blvd., Sioux City, IA 51104. (712) 233-4144.

**Jr. Achievement of Siouxland, Inc.**, 810 29th Street, Sioux City, IA 51104. (712) 255-3519.

**Junior League of Sioux City**, 316 W. 7th Street, Sioux City, IA 51103. (712) 255-0072.

**March of Dimes**, 705 Douglas Street, Ste. 612, Sioux City, IA 51101 (712) 277-3370

**Mary Elizabeth Day Care Center**, 814 Court Street, Sioux City, IA 51105 (712) 258-1605

**Mary Treglia Community House**, 900 Jennings Street, Sioux City, IA 51105 (712) 258-5137



**Meals on Wheels (Siouxland Aging Services),** 915 Pierce Street, Sioux City, IA 51101 (712) 279-6900

**Mercy Medical Center,** 801 5th Street, Sioux City, IA 51101 (712) 279-2137

**Mid-Step Services, Inc.,** 4303 Stone Avenue, Sioux City, IA 51106 (712) 274-2252

**Monona County Community Alliance,** Claudia Boss, **Burgess Health Center,** 1600 Diamond St, Onawa, IA 51040 (712) 423-2300 or Monona County Public Health 610 Iowa Ave, Onawa, IA (712) 433-1773.

**New Perspectives, Inc.,** 310 S. Martha, Sioux City, IA 51106 (712) 258-3576

**Norm Waitt, Sr. YMCA,** 601 Riverview Drive, South Sioux City, NE 68776. (402) 404-8439

**Ronald McDonald House of Sioux City,** 2500 Nebraska Street, Sioux City, IA 51104 (712) 255-4084

**Salvation Army,** 1415 Villa Ave., Sioux City, IA 51103 (712) 255-8836

**Sanford Community Center,** 1700 Geneva Street, Sioux City, IA 51103 (712) 252-0581

**Sergeant Bluff Mayor's Youth Commission,** 903 Topaz, Sergeant Bluff, IA 51054 (712) 943-5800

**Shesler Hall,** 1308 Nebraska Street, Sioux City, IA 51105 (712) 258-8059

**Sioux City Art Center,** 225 Nebraska Street, Sioux City, IA 51101 (712) 279-6272

**Sioux City Community Theater,** 1401 Riverside Blvd., Sioux City, IA 51109 (712) 233-2719

**Sioux City Gospel Mission,** 500 Bluff Street, Sioux City, IA 51103 (712) 255-1769

**Sioux City Mayor's Youth Commission,** 405 6th Street, Sioux City, IA 51101 (712) 255-3188.

**Siouxland CARES About Substance Abuse,** 101 Pierce Street, Sioux City, IA 51101 (712) 255-3188

**Siouxland Community Blood Bank,** 1019 Jones Street, Sioux City, IA 51105 (712) 252-4208

**Siouxland Community Soup Kitchen,** 703 West 5th Street, Sioux City, IA 51103 (712) 258-0027

**Siouxland Humane Society, Inc.,** 1015 Tri-View Avenue, Sioux City, IA 51103 (712) 252-2614

**Stella Sanford Child Care Center,** 1724 Geneva Street, Sioux City, IA 51103 (712) 255-6832

**Teen Court,** 101 Pierce Street, Sioux City, IA 51101 (712) 255-3188

**United Way of Siouxland,** 701 Steuben, Sioux City, IA 51101 (712) 255-3551

**UnityPoint Health - St. Lukes Volunteer Program,** 2720 Stone Park Blvd., Sioux City, IA 51104 (712) 279-3217

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# Family Health Care of Siouxland **Urgent Care** - *Your First Choice* 3 Sioux City Locations

*Visit them on the web at [fhcsl.com](http://fhcsl.com)*



## *If it's Urgent, we Care!*

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- ✚ *Open to everyone*
- ✚ *Open every night and weekends*
- ✚ *Avoid costly ER fees, pay only your office co-pay*
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- ✚ *Ear infection*
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- ✚ *Urinary tract infections*

### ✚ **Urgent Care Morningside**

4545 Sergeant Rd.  
Sioux City, IA 51106

*Mon-Fri 6pm-9pm  
Sat 9am-5pm  
Sun 12pm-6pm*

### ✚ **Urgent Care Northside**

4230 Hamilton Blvd.  
Sioux City, IA 51104

*Mon-Fri 6pm-9pm  
Sat & Sun 12pm-6pm  
Holidays 12pm-6pm*

### ✚ **Urgent Care So. Sioux**

3250 Plaza Dr.  
South Sioux City, NE 68776

*Mon-Fri 6pm-9pm  
Sat & Sun 10am-4pm*

**Family Health Care**  
of SIOUXLAND  
**Urgent Care**  
Your First Choice  
**(712) 224-5550**