



Dedication to Drug-Free Youth Remembered during Scholarship Presentation

The dedication and work of Liz Karnes as an advocate for drug-free youth was remembered on May 23, 2011 during PRIDE-Omaha, Inc.'s annual scholarship presentation. Senator David Karnes and PRIDE proudly presented three \$1,000 *Liz Karnes Memorial Scholarships for Drug-Free Youth* and a \$500 *Susie Dugan Drug-Free Scholarship* to students who demonstrated drug prevention leadership.

Karnes and his four daughters established the scholarship fund in Liz's memory to honor and support young people who share the same beliefs she held dear—to live a drug-free lifestyle. Liz served on the "National Commission on Drug-Free Schools" and in 1989 the Commission published "Growing Up Drug-Free: A Parent's Guide."



Front row: Senator Dave Karnes, Bridget Stephens, Sarah Doghman, Mary Doghman, Samantha Lovell, and Susie Dugan. Back row: Michael Stephens, Barbara Stephens, Mohamad Doghman, Jerry Lovell and Paul Carter.

Formed in 1978, PRIDE-Omaha, Inc. is one of the few nationally recognized, parent / community drug prevention organizations in the United States that remains dedicated to preventing the use of alcohol, tobacco, and other drugs by children.

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New Summer Hours
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Liz Karnes Memorial Scholarships for Drug-Free Youth

\$1,000 scholarships were awarded to the following seniors: Ashley Bodfield, who graduated from Burke High School, Sara Doghman, graduating from Omaha Central High and Samantha Lovell, a graduate from Bellevue East High School.

Susie Dugan Drug-Free Scholarship

A \$500 scholarship was awarded to Ft. Calhoun High School graduate Bridget Stephens.

'Drunkorexia' Becoming Concern on Some College Campuses

Some college campuses are seeing an increase in 'drunkorexia,' the act of restricting calories by day so students can drink alcohol at night without gaining weight.

KIMT News 3 reports that this practice can be dangerous for heavy drinkers. Jay Pedelty, Prevention Specialist with Prairie Ridge Addictions in Mason City, IA, told the news program, "Two thirds of deaths associated with alcohol are from impairment problems. So this, starving myself so I'll become profoundly and significantly intoxicated, carries a significant risk for death or other health problems."

The report states that the majority of 'drunkorexia' sufferers are young college women. It cites a study by the Harvard School of Public Health indicates that two out of five college students binge drink. A study in the Journal of Drug and Alcohol Education found that 14 percent of the almost 700 students surveyed said they skip meals before drinking alcohol to cut down on calories.

New Report Estimates Illicit Drug Use Costs U.S. Economy More Than \$193 Billion Annually



Illicit drug use cost the U.S. economy more than \$193 billion in 2007, according to estimates from a study by the Department of Justice's National Drug Intelligence Center (NDIC). The study, *The Economic Impact of Illicit Drug Use on American Society*, was produced on behalf of the Office of National Drug Control Policy. Bloomberg News reports that the study cites the cost of illegal drug use is similar to that of diabetes, which a 2008 government study found costs more than \$174 billion annually.

"This study shows the economic cost of illicit drug use is significant," NDIC Director, Michael F. Walther, said in a press release. "The study's finding that the economic cost of illicit drug abuse totaled \$193 billion reveals that this nation's drug problem is on par with other health problems."

The NDIC explains the study is the first comprehensive assessment of costs associated with drug use in almost a decade. The statistical findings in the study included economic costs in the three following areas: crime, health and productivity.

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2nd Anniversary of Nebraska's Smoke-Free Air Law Celebrated

June 1 marked the 2nd anniversary of Nebraska's Clean Indoor Air Act. The law, established in 2008, required Indoor workplaces in Nebraska to be smoke-free as of June 1, 2009. The purpose of the Act is to protect the public health and welfare by prohibiting smoking in public places and places of employment.

Local companies and property owners have taken steps to go above and beyond the requirements of the Clean Indoor Air Act to implement exemplary smoke-free/tobacco-free policies in the workplace and in places of residence. Area coalitions, including the Metro Omaha Tobacco Action Coalition (MOTAC), Tobacco Free Sarpy (TFS), and Tobacco Free Cass County (TFCC), recognize agencies and individuals who work to create a healthier, safer community for all through the implementation of

policies that help to reduce tobacco use and exposure to secondhand smoke. Some of those policies may include banning tobacco use on campuses or smoking at residential housing where air is circulated among both smokers and nonsmokers.

You can help!

MOTAC, TFS, and TFCC recognize those who implement outstanding smoke-free/tobacco-free policies. If you know of a restaurant that does not allow smoking on a patio, an employer who has implemented a tobacco-free campus policy, or a landlord who has implemented a smoke-free housing policy, contact Mary Crosby at PRIDE, (402) 397-3309. Your local tobacco coalitions, with PRIDE, would like to extend our gratitude to those agencies and individuals.

People Who Provide Alcohol to Minors Can Now Face Felony Charges

Nebraska legislative bill 667 is now law. LB 667 was approved unanimously by the Nebraska Unicameral and was signed by Governor Dave Heineman on May 26, 2011. The bill creates sweeping changes to discourage alcohol-impaired driving in Nebraska. One of the bill's provisions makes it a felony to knowingly and intentionally provide alcohol to a minor who then kills or injures someone because of that alcohol.

Until now, people caught providing alcohol to minors faced a maximum charge of a Class I Misdemeanor, punishable by up to one year in jail, a \$1,000 fine or both. The deterrence value of this punishment has been debatable, since so many people continue to commit this crime.



Paul Carter, PRIDE-Omaha, Inc. Executive Director, states, "PRIDE-Omaha, Inc. applauds the legislature and the Governor for the passage of LB 667. Our drug prevention organization stands ready to monitor cases of people found guilty of providing alcohol to minors so justice is served, and people stop providing alcohol to minors. Each time this crime is committed, there is always the possibility the minor might kill or injure someone."



Thanks for your Contributions

Omaha Public Schools ▪ Novia
Hale Magnet Middle School
Todd Archer Hyundai ▪ Clear Channel

Parent Alert New Movie Mixes Children and "Medical" Marijuana

Parents should be aware a new movie, "Bad Teacher" by Columbia Pictures, is mixing the "medical" marijuana propaganda issue with children.

The R-rated movie, which is scheduled for release June 24, 2011, features Cameron Diaz as an outrageous, scheming, foul-mouthed, inappropriate teacher. Trailer previews for the movie show Diaz sitting in her car in the school parking lot, smoking marijuana. A very young girl approaches the car and knocks on the window. When Diaz looks up, the girl is surprised and asks, "Is that marijuana?" Diaz answers, "No, it is medicinal marijuana." The girl sympathetically says "Oh....feel better." The girl then turns and leaves.

For more information on the movie and its trailer, go to <http://areyouabadteacher.com>. Click the "enter" tab and then click "Watch the restricted trailer" button.

Cinco de Mayo Parade



PRIDE-Omaha, Inc. board member Toni Hernandez participated in the Cinco de Mayo Parade on May 7 as a representative of the Metro Omaha Tobacco Action Coalition (MOTAC) with the Latinas, Tabaco y Cáncer (LTC) group. PRIDE is a partner agency of MOTAC working to fight tobacco through community action.

Visit www.PridePrevention.org for more information and links on keeping your kids safe and drug free from alcohol, tobacco, and other drugs.

Thank you to Manota E. Simon Foundation for supporting this publication.

Prescription Take Back, June 26

Why dispose of unused medications? Because Prescription drug abuse is among the fastest growing drug trends in our state. Most homes have a supply of unused or expired drugs. This increases the chance of them to be misused or abused. The drop off program is a free, safe, and easy way to properly get rid of unwanted and expired drugs.

What to bring?

Any expired or unused medications

When and Where?

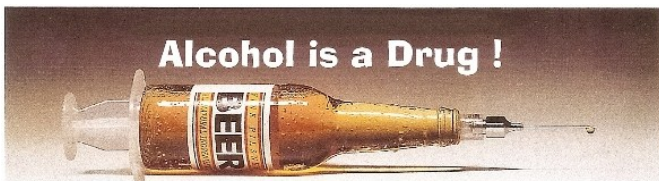
June 26, 2011

11:00am – 1:00pm

Midtown Crossing



Sponsored by: OPD, PRIDE, Douglas County Sheriff, LiveWise, National Safety Council, and Nebraska Poison Control Center



Visit the following websites for information and upcoming events!

PRIDE-Omaha, Inc. - www.prideprevention.org

LiveWise Coalition - www.regionsix.com/livewise

Metro Omaha Tobacco Action Coalition (MOTAC) - www.motac.org

Tobacco Free Sarpy (TFS) - www.tobaccofreesarpy.org

Tobacco Free Sarpy Recognizes Smoke-Free Community Leaders

Tobacco Free Sarpy recognized community leaders, on Wednesday May 25, who have taken leadership roles in creating a healthier, safer, tobacco-free Sarpy County.

In an event held at smoke-free Werner Park, the coalition recognized:

- Werner Park: Tobacco Free Sarpy Business of the Year
- Margaret Stamp of Highland Meadows Apartments: Tobacco Free Sarpy Partner of the Year
- Bellevue Police Chief John W. Stacey: Tobacco Free Sarpy Law Enforcement Officer of the Year
- Sandy McCarthy: Tobacco Free Sarpy Volunteer of the Year

“Recognizing individuals and organizations is our way of saying ‘thank you’ to those who help the coalition create an environment free from the threat of secondhand smoke,” said Mary Crosby, Tobacco Prevention Specialist at PRIDE-Omaha, Inc. and member of Tobacco Free Sarpy.

“These tobacco-free champions have helped make Sarpy County a healthier place for all who live and visit here,” added Joan Friedman, Tobacco Free Sarpy Coordinator.

Tobacco Free Sarpy is a coalition of health-related organizations, educational and community groups, and individuals. Its mission is to promote and to advocate for healthy tobacco-free lifestyles through public policy, education and enforcement in order to empower the community to advocate for the reduction of tobacco use by changing norms.

For more information, visit www.tobaccofreesarpy.org.



Bellevue Chief John W. Stacey, Bellevue City Council Member Carol Blood and Storm Chasers owner Alan Stein.