



3534 South 108th Street, Omaha, Nebraska 68144  
402-397-3309 Fax 402-397-9924 www.pride.org

**M.I.P. HOTLINE**  
Call 393-4444 or 1-866-393-4445 (toll free) to report

- teen alcohol parties before they happen
- license holders who sell alcohol or tobacco to minors

www.pride.org ✦ www.safehomes.org

## SUSIE DUGAN TO RETIRE AS EXECUTIVE DIRECTOR

Susie Dugan will retire as Executive Director of PRIDE-Omaha, Inc. effective June 30, 2006. She will continue as a part-time Project Manager.

The Board of Directors and staff members of PRIDE-Omaha, Inc. wish to extend our deepest gratitude to Susie for her years of tireless efforts toward the fulfillment of our mission to keep children safe and drug free. ***We thank you!***

Two long-time staff members will assume the leadership of PRIDE-Omaha, Inc. beginning July 1, 2006. Kathy Burson will become the Chief Executive Officer and Marj Grove has been named Chief Operating Officer.

Kathy Burson has been the Tobacco Prevention Coordinator for PRIDE-Omaha, Inc. for nearly six years. She will oversee all facets of programming. Kathy holds a Masters Degree in community health education and is a Certified Health Education Specialist (CHES).

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## THREE LIZ KARNES MEMORIAL SCHOLARSHIPS AWARDED

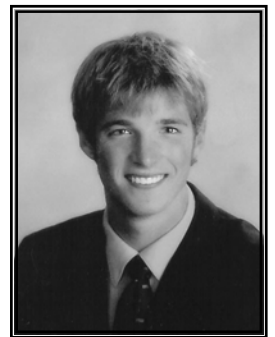
The family of Dr. Liz Karnes, in conjunction with PRIDE-Omaha, Inc., announces the 2006 recipients of the community-wide Liz Karnes Memorial Scholarship for Drug-Free Youth.

Michael Burns, from Creighton Prep High School, Jordan Dudzinski, also from Creighton Prep High School, and Samantha Siderewicz, from Omaha South High School, have each been selected to receive a \$1,000 scholarship award.



*Michael Burns*

All three seniors live, model, and promote a drug-free lifestyle by volunteering within their community and schools. These young people have been drug-free leaders and have demonstrated a proactive approach to drug prevention.



*Jordan Dudzinski*

The three scholarship recipients were chosen from over 60 applicants from Douglas and Sarpy Counties.

The Karnes family and PRIDE-Omaha, Inc. congratulate all of the applicants on their commitment to a drug-free lifestyle.



*Samantha Siderewicz*

Susie Dugan, PRIDE-Omaha, Inc. Executive Director, states, "It is our hope that these scholarships can continue from year to year in order to inspire more young people to make the choice to be drug free." ✦

# FDA RULING: MARIJUANA IS NOT MEDICINE

On April 20, 2006, the U.S. Food and Drug Administration (FDA) reaffirmed the scientific community's commitment to the principle that smoked marijuana is not medicine.

In a news release, the FDA announced that it continues to support marijuana being classified as a Schedule I drug under the Controlled Substances Act (CSA). Schedule I is the most-restricted schedule for drug classification.

According to the FDA, marijuana continues to meet all three criteria that list a drug as Schedule I because marijuana has:

- ❖ a high potential for abuse,
- ❖ no currently accepted medical use in treatment in the United States,
- ❖ a lack of accepted safety for use under medical supervision.

The FDA affirmed that there is currently sound evidence that smoked marijuana is harmful. The agency further stated, "A growing number of states have passed voter referenda (or legislative actions) making smoked marijuana available for a variety of medical conditions upon a doctor's recommendation. These measures are inconsistent with efforts to ensure that medications undergo the rigorous scientific scrutiny of the FDA approval process and are proven safe and effective under the standards of the Federal Food, Drug, and Cosmetic (FD&C) Act."

Pro-marijuana leaders, including spokespersons for groups such as the Marijuana Policy Project, the Drug Policy Alliance, and the Multidisciplinary Association for Psychedelic Studies, immediately denounced the ruling.

The FDA ruling follows the 1999 Institute of Medicine study that found that "there is little future in smoked marijuana as a medically approved medication." ❖

~ News Release: U.S. Food and Drug Administration, "Inter-Agency Advisory Regarding Claims That Smoked Marijuana is a Medicine," 4/20/06  
~ U.S. Drug Enforcement Administration Fact Sheet, Exposing the Myth of Smoked Medical Marijuana: The Facts

***Editor's Note: Parents and teachers should talk to adolescents to assure they understand this FDA ruling. Science has trumped the propaganda of the pro-marijuana movement. Today's children have been bombarded with messages that marijuana is harmless because it is "medicine." For more information on the dangers of marijuana, contact our office at 397-3309 or log on to [www.pride.org/marijuana.htm](http://www.pride.org/marijuana.htm).***

# SUSIE DUGAN TO RETIRE AS EXECUTIVE DIRECTOR

*(Continued from Page 1)*

Marj Grove has been the Safe Homes Coordinator at PRIDE-Omaha, Inc. for nearly six years. She has extensive business and managerial experience. Marj holds a degree in Business Education from the University of Nebraska at Lincoln.

Susie Dugan has been affiliated with PRIDE-Omaha, Inc. for twenty-seven of the organization's twenty-eight years. She served in many capacities with the organization, including two years as a volunteer Executive Director.

Susie chose to step down in order to spend more time with her family. States Ms. Dugan, "I am very grateful for the privilege of working with so many dedicated people on such an important mission. This work is so important, and I want to remain active, but in a background role. PRIDE-Omaha, Inc. has two very capable and talented people who will lead this organization into the future with new and effective drug prevention." ❖

## CHILDREN LOST TO DRUGS: A VIGIL FOR LOST PROMISE

*A Vigil for Lost Promise: Remembering Those Who Have Died From Drugs* will be held in Washington, D.C. on June 8, 2006, at 6:30 p.m. to remember all young people who have died because of drug use.

The purpose of the vigil is also to help educate others about the importance of keeping all young people drug free.

Registration is required for all attendees. For those who cannot attend but wish to have their loved one remembered, please send your loved one's name, non-returnable photo, and short (2,500 characters) story with your name, address, phone, and e-mail to:

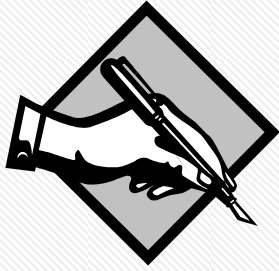
***PRIDE-Omaha, Inc.  
3534 South 108 Street  
Omaha, Nebraska 68144***

We will forward all information on to the organizers.

The sponsors of the event are parents, siblings, and other relatives of those who have died because of illegal drug use. Sponsoring partners also include the Drug Enforcement Administration (DEA) and the National Institute on Drug Abuse. ❖

~ [www.vigilforlostpromise.com](http://www.vigilforlostpromise.com)

## PLEASE WRITE AND LET US KNOW!



**Your input on the services provided by PRIDE-Omaha, Inc. is very important to us. Please circle one response per question.**

**1. Do you read the PRIDE-Omaha, Inc. Newsletter?**

Always Often Sometimes Rarely Never

**2. How much of this Newsletter do you read?**

100% 99-75% 74-50% 49-25% 24-1% 0

**3. Do you share this Newsletter's information?**

Always Often Sometimes Rarely Never

**4. Do you use this Newsletter's information?**

Always Often Sometimes Rarely Never

**5. Which articles are most or least helpful to you?**

(Please list)

**6. Which category most accurately describes you?**

Parent	Student	Teacher/Administrator
Business	Policy Maker	Human Services
Media	Law Enforcement	Other

**7. Overall, how do you rate this newsletter?**

Excellent Very Good Average Fair Poor

**8. If you want your name removed from our mailing list, please print your name, address, and "unsubscribe" in the comments section below.**

**Name:**

**Address:**

**Comments:**

**Please complete this survey and mail to PRIDE-Omaha, Inc., 3534 South 108 Street, Omaha, NE 68144. Additional comments on how this newsletter - or any of our services - might be improved can be written on a separate sheet and attached. Thank you for your assistance.** ☒

## STUDIES ON ALCOHOL MAY HAVE BEEN FLAWED

Most studies that have touted the heart health benefits of wine and other alcohol products might have been flawed.

A study at the University of California at San Francisco (UCSF) examined more than thirty years of studies that had seemed to consistently show health benefits from moderate alcohol consumption.

Most of the studies reported over the last three decades found that people who abstain from alcohol possess a twenty-five percent higher risk of developing coronary heart disease than do moderate alcohol consumers.

Nearly all of those studies contained a fundamental flaw that could invalidate all of the research. The researchers at UCSF found that the studies did not mandate that "abstainers" be life-long abstainers from alcohol. Former drinkers who had quit consuming alcohol were defined as "abstainers."

The UCSF researchers found that many of the former alcohol users had quit because of advancing age or poor health. Including them in the category of "abstainers" made the entire category of non-drinkers seem less healthy than the moderate drinkers.

The authors emphasized that there is a need for more study on this issue. ☒

*~ San Francisco Chronicle, 3/30/06  
~ EurekAlert, 3/30/06*

## ALARMING FINDINGS FROM STUDY

Columbia University's National Center on Addiction and Substance Abuse (CASA) has released a study finding that underage and heavy adult drinkers account for 37.5 % to 48.8% of all alcohol sold in the United States. This number represents \$48 billion per year.

Other findings:

- ◆ Alcohol abuse cost the U.S. an estimated \$220 billion in 2005 – more than cancer (\$196 billion) or obesity (\$133 billion).
- ◆ Each day, over 13,000 children and teens take their first drink.
- ◆ Children who begin drinking by age 15 are four times likelier to become alcohol dependent than those who do not drink until age 21. ☒

*~ National Center on Addiction and Substance Abuse, News Release, May 1, 2006*

## TOWN HALL MEETING: A NATIONAL CHALLENGE

On March 28, 2006, over 1,100 Town Hall Meetings were held across the country to discuss the problem of underage drinking.

Over twenty meetings were held in Nebraska. The local Town Hall Meeting for our area was held at Ralston High School and was sponsored by the LiveWise Coalition.



The event was moderated by Deb Ward, KMTV news anchor. Nebraska's First Lady, Sally Ganem, helped introduce the topic of underage drinking. A panel consisting of Omaha Police Department Sgt. Shayna Ray, Juvenile Court Judge Elizabeth Crnkovich, Valley Mayor Mary Caffey, Ralston High School Counselor Joe Kilzer, and Papillion/La Vista Public Schools Administrator Brad Conner helped define the seriousness of the problem.

Presentations were followed by questions and answers from the audience of about two hundred people. Among the concerns expressed by the audience were questions as to why there are no meaningful consequences for people who provide alcohol to minors.

The LiveWise Coalition will follow up on the suggestions offered at the Town Hall Meeting. Members of the coalition, including PRIDE-Omaha, Inc., will continue to work with parents, communities, and leaders to effectively reverse the social norms that are encouraging underage alcohol use and its tragic consequences.

Flyers and posters suitable for posting in schools and businesses are available in quantity and at no charge from our office. Please call 397-3309. For more information on this unprecedented, united national campaign to reduce underage drinking, log on to [www.stopalcoholabuse.gov/townhall](http://www.stopalcoholabuse.gov/townhall). ☒

This publication is funded in part by the

**Manota E. Simon  
Foundation**

## STUDY RELEASED ON DRUG USE AMONG NEBRASKA YOUTH

The *Nebraska Risk and Protective Factor Student Survey Results For 2005* were released in March 2006.

The local report summarizes the biennial findings of student behavior in Grades 6, 8, 10, and 12 in Cass, Dodge, Douglas, Sarpy, Saunders, and Washington Counties as well as the state figures. The results were also compared to the same survey in 2003.

***The survey finds that 79.2% of high school seniors have tried alcohol in their lifetime.*** This figure is up from 75% in 2003.

Other findings from the survey results:

- ***47.4% of seniors have tried cigarettes, down from 53.5% in 2003,***
- ***41.2% of seniors have tried marijuana, down from 43.5% in 2003,***
- ***11.7% of seniors have tried inhalants, up slightly from 11.3% in 2003.***

Past thirty-day use findings for seniors include:

- ***48.8% of seniors had used alcohol, compared to 48.3% in 2003,***
- ***24.9% had used cigarettes, as compared to 27.7% in 2003.***

The survey also goes beyond asking students about drug use. Students are asked about what they think their parents, peers, and community think about drug use.

- ***40% of seniors report that drugs are easily available in their community,***
- ***46.2% of seniors report that their parents' attitudes favor drug use.***
- ***40.7% report that their peers have a low perceived risk involved with drug use.***

When asked where they obtain alcohol, ***77% of seniors report obtaining it from someone 21 years of age or older.*** Seventy-two percent also reported that they consumed the alcohol at someone else's home. Of the seniors, 33.8% reported that someone over the age of 21 was present.

When looking for solutions to the problems of adolescent drug use, parents and communities are urged to examine the data and aggressively change the contributing risk factors. ☒



**Hand in Hand  
We Stand Drug Free!**

**2006 RED RIBBON  
DRUG PREVENTION CAMPAIGN  
KICK-OFF WALK & RALLY**

**REGISTRATION**

*(Please print clearly)*

**NAME** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**ORGANIZATION/BUSINESS** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE DAY** \_\_\_\_\_ **EVENING** \_\_\_\_\_ **FAX** \_\_\_\_\_

*Please check each blank that applies to your participation plans.*

\_\_\_\_\_ **YES! DISPLAY** ~ Our organization/group will provide a drug prevention display table/booth for the Red Ribbon Drug Prevention Campaign Walk and Rally at Heartland of America Park, 8th and Douglas Streets, 1 p.m. to 4 p.m., Sunday, October 1, 2006. Please send me more information.

\_\_\_\_\_ **YES! GAMES** ~ Our youth organization/group will provide and supervise a fun game or activity for young children at the Red Ribbon Drug Prevention Campaign Walk and Rally at Heartland of America Park, 1 p.m. to 4 p.m., Sunday, October 1, 2006. Please send me more information.

\_\_\_\_\_ **YES! WALK** ~ Our organization/group (i.e., drill team, band, swing choir, clowns, club, ball team, Boy/Girl Scout troop, gymnastics team, youth group, day-care center, etc.) is interested in participating in the Kick-Off Walk and Rally at 1 p.m. beginning at Heartland of America Park, 8th and Douglas Streets, Sunday, October 1, 2006. Please send me more information.

\_\_\_\_\_ **Yes! VOLUNTEER** ~ I/we/our organization would like to volunteer to work at the Red Ribbon Drug Prevention Walk and Rally on October 1, 2006. Please send me more information.

\_\_\_\_\_ **YES! OTHER ACTIVITY** ~ Our organization is planning special activities to promote the 2006 Red Ribbon Drug Prevention Campaign Month. I have written a brief description of this activity on a separate sheet of paper and would like the Red Ribbon Committee to publicize our event.

\_\_\_\_\_ **No! DONATION** ~ I am unable to participate this year, but my donation of money or door prizes is enclosed.

Signed \_\_\_\_\_ Date \_\_\_\_\_

***Please complete this form and mail, deliver, or fax no later than 3 p.m., September 22, 2006, to  
PRIDE-Omaha, Inc. ♥ 3534 South 108 Street ♥ Omaha, NE 68144 ♥ 402-397-3309 ♥ Fax 402-397-9924***

## NEW THREAT TO YOUTH: STARTER HEROIN

A new combination of heroin and cough medicine is a growing problem among middle and high school students in Dallas, Texas.

*USA Today* reported, in a story published on April 27, 2006, that the ground-up concoction is called heroin "cheese." Confiscated samples of the tan powder have contained about 8% heroin. The other active ingredients are acetaminophen and diphenhydramine HCL, components found in Tylenol PM.

The mixture is crushed together and typically folded into notebook paper sections. The drug is cheap. A quarter-gram sells for \$5, and a single hit can sell for \$2.

Police in Dallas have logged 78 incidents involving "cheese" in eleven middle and high schools. Steve Robertson, a spokesperson for the Drug Enforcement Administration, reports, "It's an emerging problem. It's something we're tracking to see if we can spread the word before it becomes a huge problem." ☒

~ *USA Today*, 4/27/06  
~ *Associated Press*, 4/28/06

## SECONDHAND SMOKE LINKED TO BREAST CANCER

The California Office of Environmental Hazard Assessment reports in a review of more than one thousand studies of home and workplace settings that exposure to secondhand smoke increases breast cancer risks.

Women exposed to secondhand smoke have up to a 90% greater risk of developing breast cancer, the report said. Confined spaces concentrate smoke, say researchers. Car passengers breathe in up to 10 times the toxins they would at home. ☒

~ *USA Today*, 3/8/06  
~ *Prevention Magazine*, June 2006

**Colorado, New Jersey, Washington DC, and Puerto Rico have become the latest cities/states to pass smoke-free worksite laws, including bars and restaurants.**

~ *Washington Post*, 1/5/06  
~ *Joe Cherner*, [www.smokefree.net/alerts.php](http://www.smokefree.net/alerts.php), 3/3/06

## HELP CELEBRATE WORLD NO TOBACCO DAY

On May 31, 2006, the Metro Omaha Tobacco Action Coalition (MOTAC) will sponsor a "**HONK for Smoke-Free Air**" event on the 60<sup>th</sup> and Dodge Street overpass from 4 p.m. to 6 p.m.

Individuals and groups are encouraged to participate. The first 100 volunteers will receive free t-shirts.

Parking is available at Upper Memorial Park, Elmwood Park, or on South Happy Hollow Boulevard.



Each year, May 31st is designated **World No Tobacco Day**. Tobacco prevention activities are held throughout the nations of the world.

For more information, call the PRIDE-Omaha, Inc. office at 397-3309. ☒

## MOST POPULAR SUPER BOWL ADS AMONG ADOLESCENTS

The annual Adbowl Poll of Super Bowl audiences found that beer ads were the favorite ads among Super Bowl viewers 17 years of age and younger.

Bud Light ads ranked first, second, and fourth, and a Budweiser ad ranked third among the age group that is too young to legally purchase the products. ☒

~ *New York Times*, 2/13/06

## FIRST YEAR OF COLLEGE IS BY FAR THE MOST DANGEROUS

A *USA Today* analysis of 620 deaths of four-year college and university students since January 1, 2000, found that freshmen were uniquely vulnerable. Freshmen



account for more than one-third of all deaths, even though they represent only twenty-four percent of the collegiate student body.

Freshmen represent at least forty percent of all deaths from falls, illnesses, and suicides. Forty-seven percent of all undergraduates who die on campus are freshmen. ☒

~ *USA Today*, 1/25/06

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**HEARTFELT APPRECIATION IS EXTENDED  
TO THE BENEFACTORS AND SUPPORTERS WHO CONTRIBUTED  
TO PRIDE-OMAHA, INC. DURING THE CALENDAR YEAR 2005.**

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Without the generous support of time, resources, and funding from so many organizations and individuals from January 1, 2005 to December 31, 2005, PRIDE-Omaha, Inc. could not have helped lead the fight for safe, healthy, drug-free lifestyles for children. ***Thank you very much.***

**If your name was inadvertently omitted, please contact PRIDE-Omaha, Inc. at 402-397-3309 immediately.**

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**CORPORATIONS AND  
ORGANIZATIONS**

*(In Alphabetical Order)*

American Cancer Society  
American Legion Auxiliary #374  
American Lung Association  
Awerkamp, Goodnight, Schwaller,  
and Nelson, P.C.  
Beatrice Public Schools  
Blair Public Schools  
Blue Cross/Blue Shield of Nebraska  
Borsheim's  
Brownell Talbot School  
Center for Substance Abuse  
Prevention  
Cockle Printing Company  
Creighton Prep High School  
Douglas County Health Department  
Drug Watch International  
Elks of Nebraska  
Fort Calhoun Community Schools  
Genesee Council on Alcoholism and  
Substance Abuse  
Gretna Public Schools  
Grinnell-Newburg Public Schools  
Health Education Inc.  
Heartland Family Service  
Kelleher Insurance Agency  
Kelley Family Foundation  
LiveWise Coalition  
Manota E. Simon Foundation  
Metro Omaha Tobacco Action  
Coalition (MOTAC)  
Millard Public Schools  
Nebraska Department of Education,  
Safe & Drug-Free Schools  
Nebraska Health and Human  
Services System  
Nebraska National Guard  
Nebraska State Patrol  
Omaha Archdiocesan Schools  
Omaha Community Foundation—  
Liz Karnes Memorial Scholarships  
Omaha Home for Boys  
Omaha Office of FBI  
Omaha Police Department  
Omaha Public Schools  
Papillion Police Department

Paxton - Mitchell Foundation  
Platteview High School  
Preferred Professional Insurance  
Company  
Qwest Pioneers, NE Chapter,  
Omaha Council  
Ralston Public Schools  
Rainbow Press  
Region 6 Behavioral Healthcare  
Rogers Foundation  
Sarpy/Cass Department of Health  
and Wellness  
Sarpy County Tobacco Coalition  
(SCTC)  
Skutt Catholic High School  
South Sarpy School District 46  
Tobacco Free Cass County  
Tobacco Free Nebraska  
United Way of the Midlands  
United Way of King County (WA)  
Washington County Board of  
Education  
Weeping Water Public Schools  
Westside Community Schools  
Wheatfield's

**INDIVIDUALS AND FAMILIES**

*(In Alphabetical Order)*

Anderson, Dan and Elaine  
Anonymous  
Armendariz, Kim  
Aylor, Michelle  
Bacon, Kent and Sue  
Bellm, Joan  
Bennett, Dr. William and Sandra  
Burson, Jim and Kathy  
Carnevalo, Mark  
Carter, Paul  
Clausen, Sue  
Combs, Rod  
Cox, Leah Pallaria  
Davis, Lauren  
Dugan, Pat and Susie  
Ehman, Edward  
Erker, David  
Flowers, John (In Memoriam)  
Grollmes, Tim  
Grove, Ray and Marj

Hammer, Linda  
Hernandez, Toni  
Huben, Joanne  
Jacobson, Marty and Mary  
Jelinek, Becki  
Jensen, Jim and Joan  
Jensen, Joel  
Jimenez, Yolanda  
Jorgensen, Leah  
Karel, Kevin and Kris  
Kelley, Mike and Peggy  
Kellogg, John  
Laue, Michelle  
Leader, Randy  
Leake, Leslie  
Lebeda, James  
Lenarduzzi, Donald  
Lenarduzzi, Rick  
Markley, Sandra  
Mincer, Steve and Beth  
Minton, Mr. and Mrs. John  
Moss, Warner  
Mousel, Rhonda  
Muller, Marilyn  
Myers, Lou  
Naujokas, D. M.  
Newington, Dirk  
Olsen, Kathy  
Owen, Robert and Kathleen  
Palmer, Larry and Family  
Palmer, Shari  
Peterson, Kerri  
Phalen, Dr. James and Pat  
Paulman, Drs. Paul and Audrey  
Poledna, Debbie  
Poeschke, Christy  
Popp, Lt. Ruth Ann  
Poutre, Bette  
Rainge, Curtis and Karen  
Ramos, Athena  
Russell, Kathryn  
Strehle, Tracey  
Suzuki, Peter, PhD  
Taute, Dan and Jennifer  
Whitmore, Bj  
Wood, Marty and Brenda  
Yates, Randy  
Zawicki, Joseph I.



Parent Resources and Information on Drug Education

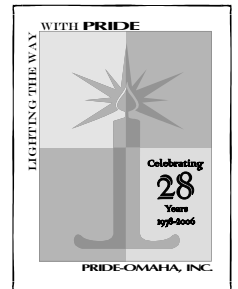
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President: Tim Grollmes  
Editor: Susie Dugan  
Layout Editor: Margaret Grove

The mission of PRIDE-Omaha, Inc. is to prevent the use of alcohol, tobacco, and other drugs by young people. Our goal is to activate parents and other adults and youth by raising awareness and educating the community regarding the effects and dangers to youth caused by the use of alcohol, tobacco, and other drugs. Permission is hereby granted to reprint articles from this newsletter, providing proper credit is given.



Programs and services provided by PRIDE-Omaha, Inc. are supported in whole or in part with funds provided by the Region 6 Governing Board and the Department of Health and Human Services from State and Federal Block Grant allocations. Funding, in full or in part, is provided by the Nebraska Health and Human Services System/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

### SUPPORT PRIDE-OMAHA, INC.

YOUR TAX DEDUCTIBLE CONTRIBUTION IS A STAKE IN THE FUTURE OF OUR CHILDREN.

Please fill out this form and mail with your contribution to: PRIDE-Omaha, Inc., 3534 South 108 Street, Omaha, NE 68144

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

DATE \_\_\_\_\_ AMOUNT \_\_\_\_\_

Membership categories: \$500 Sustaining \$200 Patron \$75 Service Organization \$50 School/Parent Club \$25 Family \$15 Individual