

PREVENTION PRESS

Art Entries Due May 5

Calling all local youth artists! NCDP Drug Free Community Coalition launches its seventh annual youth art contest themed around making good choices. All art entries must convey the theme: *The Best Me is Drug Free*

Navajo and Apache County youth in grades K-12 are invited to participate by submitting multi media artwork designed for possible T-shirt art and on pages of a 2017-18 back-to-school wall school calendar. The top three winners are eligible for cash prizes totaling \$225, art placement in a calendar and print materials during 2017-18 and special awards. All participants will receive participation certificates and gifts.

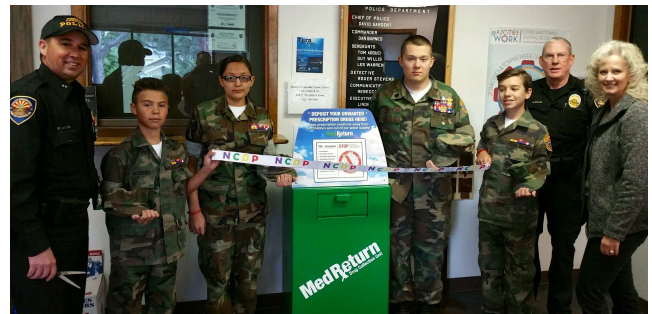
Original artwork minimum submission size is 8"x11" in any reproducible medium. All submissions must include the theme or slogan *The Best Me is Drug Free*.

Group/class submissions are accepted. Deadline is May 5. Winners will be contacted. All submissions must be accompanied by an application signed by parent/guardian, listing teacher contact information. Submissions become the property of NCDP unless accompanied by a self-addressed, stamped envelope for return.

Complete information, details and entry form are available on the NCDP website, www.ncdp.rocks/events



2-4 pm, across from Lakeside Larson Library



Drop unwanted prescription and over the counter drugs now at Pinetop-Lakeside Police Department, 24/7/365. The NCDP sponsored drug-drop reopened April 29 with a community take back day. PLPD is at 1365 Niels Hansen Ln, Lakeside.



Help Teens Have Memorable Graduation

Many teens are making plans for senior graduation. While these are fun and safe events for most, it is also a high-risk time for underage drinking and other drug use. Parents and other adults can help keep teens safe by being informed and prepared. While most students in the White Mountains are making healthy choices, some may think of graduation night as a "rite of passage" that should include alcohol.

It's also important to make a plan with your teen for what they will do if they are in a risky situation, such as being at a party where alcohol is available. Let your teen know they can call you any time, no questions asked, if an unsafe situation develops and they need a ride home. Remind them to never get in a car if the driver has been drinking or using other drugs. Their safety is the top priority.

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Thank you to our May sponsor



Show Low:

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Help Teens Have Memorable Graduation

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High School students have grown up with continuous alcohol advertising messages reminding us that just about any occasion is reason to celebrate with alcohol. And now that medical marijuana is legal for those ages 21 or older, teens may believe it is also okay for them to use.

The good news is that one out of two Blue Ridge and Show Low high school seniors have chosen not to drink alcohol, and 1.7 percent fewer used alcohol in the past 30 days in 2016 compared to 2014, according to the Arizona Criminal Justice Commission 2016 Arizona Youth Survey. It's important that parents and other adults recognize teens for the healthy choices they are making, and reinforce how their choices will help them now and with their future plans.

The goal is to help your teen have a safe, fun and memorable graduation night:

- Remember that you still have the most influence on your teens - they don't want to disappoint you.
- Set clear rules about not drinking, and enforce reasonable consequences for breaking them.
- Offer to plan, host and supervise an alcohol-free graduation party.
- Talk to other parents about their post-event celebration plans for teens to make sure alcohol won't be present.

Alcohol has taken more young lives than tobacco and illicit drugs combined. Teens and parents need to know there are many risks that go along with underage drinking. Alcohol is especially harmful to the developing teen brain - it can damage learning, memory and impulse control. It can also lead to risky behavior that could cause problems for them long after graduation night.

We all want our teens to stay safe as they celebrate the final days of high school, yet only 30.5 % of twelfth-graders say their parents talk to them about the risks of underage drinking. To get the facts and tips on getting the conversation started, visit www.StartTalkingNow.org.

Editor's note: This piece was originally published May 28, 2014 in the Columbia Basin Herald, written by Sharon Foster of the state Liquor Control Board, and Michael Foster, of the state Department of Social and Health Services. We think the message is worth repeating.

FUN FACT: Community Anti-Drug Coalitions of America have over 200 coalitions in 23 Countries and we are one of them in Show Low and Pinetop-Lakeside, Az!

Kids' Academy Set

The popular annual summer Junior Leadership Academy will again be held this year, June 12-23. Now in its 11th year, the two-week day camp is traditionally held in Lakeside, Show Low and Whiteriver.

Participants, age 10-14, typically are nominated by their teachers and principals, based on a stringent set of guidelines. For more information about JLA, go to <http://ncdp.rocks/JLA>

Youth Get 'Mpowrd'

Seventeen Blue Ridge and Show Low junior high and high school students on May 18 complete the 12-week youth prevention and empowerment program, "Mpowrd". Led by certified trainer Vicky Solomon, the groups focus on processing their own thoughts, emotions, actions and reactions. The program teaches substance abuse prevention along with self-confidence, trust and reliance on as well as guiding peers toward strength, empowerment and leadership.

DEA Says: Fake Oxy Killing Arizonans

The Phoenix Drug Enforcement Agency regional office is alerting all citizens to drug overdose deaths tied to counterfeit pills laced with powerful opioid fentanyl. Manufactured by Mexican drug trafficking organizations and sold as oxycodone on the illicit drug market, fentanyl is an opioid 100 times stronger than morphine. These counterfeit pills are smuggled through Arizona. At least 32 deaths in the last 20 months in Maricopa County have been tied to these counterfeit pills. Alarming, in nearly 75% of those overdoses, examiners also found dipyrone (aka Metamizole) a painkiller banned for use in the U.S. since 1977.

"Manufacturing these pills using extremely deadly substances like fentanyl reflects the depravity by which Mexican drug traffickers operate to further their profit margin," said Doug Coleman, Special Agent in Charge of DEA in Arizona. "They are pushing these deadly substances into the illicit drug market to expand their business among the already increasing opioid-addicted population. People are dying across the country and here in Arizona."

Of the 32 associated deaths:

All of the deaths were positive for fentanyl.

The average age at death is 35 years, with a range of 16-64 years of age.

The average age at death for females is 37 years and for males it is 34 years.

50% of the deaths are in Whites, 38% in Hispanics.

75% of the deaths are male.

11 of the deaths were in Phoenix, 7 in Mesa