

D & A News

Lawrence County Drug and Alcohol Commission, Inc.
(Single County Authority)

Volume 4, Issue 1
June 2005

LCDAC Sponsors 3rd Annual Alcohol Awareness Poster Program



The Lawrence County Drug & Alcohol Commission sponsored its third annual alcohol awareness poster contest, a local initiative in collaboration with the Pennsylvania Department of Health and the Pennsylvania Liquor Control Board's state alcohol awareness poster program.

Area students in grades K-12 were encouraged to create posters that deter underage drinking. In doing so, they educated themselves on the consequences of drinking, such as low academic achievement, harmful personal relationships, vehicle accidents, and addiction. The posters also reinforced the positive concept that young people can reach their goals by remaining alcohol free.

First place posters are displayed on billboards throughout the county. In addition, the local winners in each category received U.S. savings bonds, and their posters were forwarded to Harrisburg for competition at the state level.

- Row 1: Joanna Adams, James Cunningham, Allyson Peffer, Maria Ong, Anjuli Ribarevski, Jodi Iddings
- Row 2: Jessica Cameron, Kyler Lum, River Kelly, Marina Seamans, Shaelon Clarke, Kathryn Hawke
- Row 3: DaniLee Ritchie, Tanjrina Tomko, Annie Papa, Woodrow Cowher, Conner Domhoff, Sierra Madison, Jacob Maurer
- Row 4: Annie Bishop, Jessica Weber, James Jennings, Nicholas Palladino, Jacob Gardner

(All local winners listed on page 3)

Reverend Kenneth Kauffman and Mike Krisuk Recognized for Board Service



Reverend Kauffman

Reverend Kenneth Kauffman and Mike Krisuk were recently recognized for their service on the Lawrence County Drug and Alcohol Commission's Board of Directors. Reverend Kauffman has been an active board member for the past six years. In addition to serving as Board Secretary and Program Committee Chairperson, he has been the inspiration for the development of a Recovery Center. The Center will provide recreation and mentoring to individuals in recovery. Reverend Kauffman recently retired from providing 40 years of ministerial services at the Lawrence County Jail.



Mike Krisuk

Mike Krisuk has been an active board member for the past three years, serving as both Board Treasurer and Finance Committee Chairperson.

Mike is Associate Financial Advisor of American Express Financial Advisors, Inc.

The SCA Board and staff are extremely grateful to Reverend Kauffman and Mike for their service and dedication to our community. They both have expressed an interest in returning to the board in a year. We look forward to their return.



Many local businesses and clubs that sell alcohol are making a conscious effort in the community to reduce underage drinking and the serving of visi-

Local Businesses Attend RAMP Trainings to Deter Underage and Problem Drinking Behaviors

bly intoxicated persons. On March 2 and 3, 2005, the Lawrence County Drug & Alcohol Commission and the Lawrence County DUI Program co-sponsored two trainings at Parkstown Lounge and Restaurant for servers and sellers of alcohol in the county. The trainings were part of the Pennsylvania Liquor Control Board's RAMP (Responsible Alcohol Management Program). RAMP certification consists of four main elements: an owner/manager training, a server/seller training, new employee orientation, and posting responsible alcohol service signs in the establishment. To achieve and maintain this certification, the owner and/or manager must attend training, and at least 50 percent of the establishment's server/sellers must be RAMP certified.

Kristina Mack, President of New Leaf Training Solutions, facilitated the training to a total of 65 attendees. In addition to the RAMP portion of the training, Ms. Mack also included a TIPS (Training for Intervention Procedures) section to educate the attendees on techniques to deal with problem customers. Richard Bardash, co-owner of Parkstown Lounge and Restaurant, offered the use of the Parkstown Banquet Room at no charge, and thirteen members of the Parkstown staff were present at the March 3rd training.

Benefits of RAMP for the businesses include the possible reduction of fines incurred due to liquor law violations, an educated and dependable staff, and the recognition as a responsible establishment. Individual server/sellers also benefit from par-

Our community thanks you!

The Lawrence County DUI Program and the Lawrence County Drug and Alcohol Commission, Inc. would like to thank the following establishments for participating in the RAMP server/seller trainings:

- Alvink's Hog Wild
- Bessemer Hotel and Diner
- Burg Bar and Grille
- Capitol Grille
- Castle Hills Golf Course
- Cedar's
- Crane Room
- Double Dealin' Café
- Enon Valley Inn
- Lawrence Elks Lodge #18
- Lazy E Bar and Grille
- Mohawk Trails Golf Course
- Parkstown, Inc.
- Rick's Rocky Top Inn
- Slovak Club
- SNPJ Recreation Center
- Sons of Italy 1171
- Starwood Rib and Steakhouse
- Swihart's Harbor Landing
- The Meadows/MEC Racing Management
- VFW Post 315
- VFW Post 7840

"Smoke Free For Life" Proven To Be a Success

A Lawrence County couple has successfully quit smoking with the help of the "Smoke Free for Life" Program. Jack and Cyndy Kirkwood of Wampum attended the free smoking cessation program and have recently celebrated their one year anniversary of being smoke-free. "It works," said Jack, "I don't think about smoking now." The Kirkwoods are no strangers to quitting smoking. Both quit in 1990 when Jack had open heart surgery, only to start up again eight years later while on vacation. The difference between this time and last time? The answer: "We wanted to," both said in unison. "Until you want to quit yourself, you're not going to quit," said Cyndy.

The Kirkwoods feel that this program is non-threatening and works because it can be tailored to each participant. For example, Jack took part in the individual counseling, and Cyndy took part in the group counseling. The Kirkwoods picked a quit date and prepared themselves for that date. Jack began to wean himself from his two-pack a day habit. In



Jack and Cyndy Kirkwood

this program, smokers

(continued on page 5)



LCDAC Sponsors 3rd Annual Alcohol Awareness Poster Program

Congratulations to our local winners who have advanced to the state competition:

Kindergarten: 1st-Maria Ong, NCCA; 2nd-Allyson Peffer, Holy Redeemer, 3rd- Anjuli Ribarevski, NCCA
 Grade 1: 1st-Jodi Iddings, Holy Redeemer; 2nd-River Kelly, Holy Redeemer; 3rd-James Cunningham, Holy Redeemer
 Grade 2: 1st-Jessica Cameron, Wilmington; 2nd-Shaelon Clarke, Pulaski; 3rd-Kathryn Hawke, Pulaski
 Grade 3: 1st-Kyler Lum, NCCA; 2nd-Marina Seamans, St. Vitus ; 3rd-Destiny Youngsworth, Thaddeus Stevens
 Grade 4: 1st-Connor Domhoff, Holy Redeemer; 2nd-Anne Marie Papa, St. Vitus; 3rd-Reed Kegel, Holy Redeemer
 Grade 5: 1st-Woodrow Cowher, Mohawk; 2nd-Joanna Adams, Mohawk; 3rd-Christina Ceriani, Holy Redeemer
 Grade 6: 1st-Jacob Maurer, St. Vitus; 2nd-Ryan Betz, Holy Redeemer; 3rd-Gino Ceriani, Holy Redeemer
 Grade 7: 1st-James Jennings, St. Vitus, 2nd-Jennifer Enriquez, St. Vitus; 3rd-Lauren Shober, St. Vitus
 Grade 8: 1st-Nicholas Palladino, St. Vitus; 2nd-Emmet Manzo, St. Vitus; 3rd-Jacob Gardner, NCCA
 Grade 10: 1st-Amber Rogers, Vo-Tech; 2nd-Jessica Weber, Vo-Tech; 3rd-Amanda McCandless, Vo-Tech
 Grade 11: 1st-Sierra Madison, Vo-Tech; 2nd-Chris Texter, Vo-Tech; 3rd-Annie Bishop, Vo-Tech
 Grade 12: 1st-Tanjrina Tomko, Vo-Tech; 2nd-Richard Cook, Vo-Tech; 3rd-DaniLee Ritchie, Vo-Tech

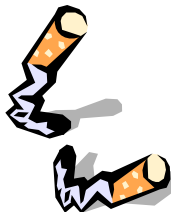
Tips for Raising Drug-Free Children

We live in an ever-changing world of fun, fads, and freedoms; however, encompassed in all this chaos is the mysterious, intriguing drug culture. The youth of today look drugs and sex square in the face every day, whether at home, school, or play. With the ease of accessibility and growing popularity of drug use, how can parents raise responsible, drug-free children?

Prevention begins at home. Parents have the most influence on their children's lives. They play a major role in determining whether or not their children will experiment with alcohol or other drugs. The best way to prevent a drug problem from ever beginning is to provide an environment of open and honest communication. Try these tips to bridge the gaps in communication:

- **Accept the role of parent as your responsibility, and make parenting a priority.** Be there for them, but let others be their *friends*.
- **Get involved in your child's life.** Know where your child is, what they are doing, and with whom they are friends. Research has shown that children without adult supervision are at significantly greater risk of truancy from school, stress, receiving poor grades, risk-taking behavior, and substance abuse. In addition, parents should personally know their child's friends - and the friends' parents - as an effort to ensure the friends are not introducing their child to drugs.
- **Give clear messages about expectations.** Be specific about how you expect them to behave.
- **Clearly state consequences of failure to follow family rules, and enforce stated consequences when family rules are broken.** Consequences are not negotiable. Children who do not follow family rules today may break society's laws tomorrow.
- **Educate yourself.** Educate yourself about the problems facing children today. They are different from the problems you faced. Additionally, know the dangers of drugs. Parents need to be credible when addressing the dangers of drugs because kids will know when adults are lying to them.
- **Talk with your child.** Kids who say they learn a lot about the risks of drugs at home are approximately 50 percent less likely to use drugs. Give your undivided attention. Concentrate on understanding rather than always offering advice. Be aware of body language, both your child's and your own, and send positive messages.
- **Set a good example.** Remember that children are mirrors. In front of them, even the most casual gestures and comments about alcohol and other drug use take on great importance. By setting good examples, you'll increase the chance that your children will make healthy decisions about drugs.
- **Recognize signs your child is using drugs.** Some general warning signs you can watch for are:
 - **Change in friends**
 - **Change in sleeping pattern**
 - **Declining grades**
 - **Loss of interest in hobbies or favorite activities**
 - **Lack of motivation**
 - **Hostile and uncooperative attitude**
 - **Unexplained disappearance of household money**

Remember, drug experimentation is a choice. Monitor your child's time, who they are with, and what they are doing. Follow through with consequences when rules are broken, and educate yourself. Your children do not need another good friend, they need a good parent. For more information, call the Lawrence County Drug and Alcohol Commission at 724-658-5580.



Do you want to quit smoking?

FREE Smoking Cessation Classes & FREE Nicotine Replacement Therapy are available (see eligibility requirements below).



To register for a FREE Smoking Cessation Program or to learn more about FREE Nicotine Replacement Therapy, contact:

Jameson Health System

(724) 656-4270

Or

Family Health Council

(724) 658-6681

(Specializes in serving pregnant women and women with children)

Smoking cessation classes are free to all Lawrence County residents. To be eligible for free Nicotine Replacement Therapy, an individual must be a Lawrence County resident of at least 18 years of age, must be participating in a Jameson or Family Health Council cessation program, and must be **uninsured**.

Sponsored by:

The Pennsylvania Department of Health
and

The Lawrence County Drug and Alcohol Commission's Tobacco Control Program

Free Drug and Alcohol Family Educational/ Support Group

Do you have a loved one who is abusing drugs or alcohol? To gain education/information on drugs and alcohol, come to the ongoing Family Educational/Support group provided by **Highland House, Inc.** Topics for the groups include Addiction and the Disease Concept, Current Drug Trends, Barriers to Recovery Including Denial, 12 Step Programs, Access to Services, Co-Dependency, etc.

Age: 18 and over

Day: Mondays

Time: 5:00-6:30 pm

Place: *Now until July 25, 2005:*

New Castle Public Library
Copernicus Room (main floor)
207 East North Street
New Castle, PA 16101

After July 25, 2005:

Highland House Outpatient Facility
Temple Building, Suite 507
125 E. North Street
New Castle, PA 16101

For additional information, call Highland House, Inc. at 724-654-7760.

Sponsored by:

The Pennsylvania Department of Health
&

The Lawrence County Drug and Alcohol Commission, Inc.

New LCDAC Staff



Kristin Vivelo (Case Management Specialist) and Bryan Neghiu (Prevention Specialist)

**The Lawrence
County Drug and
Alcohol
Commission
wishes you a safe
and happy
summer.**



“Smoke Free For Life” Proven To Be a Success (continued from page 2)

learn to drink water and keep the mouth fresh by using gum and mints. This helps fight the urges, as well as removing daily triggers that you relate to smoking, such as your morning cup of coffee or reading the newspaper after dinner. What happens when you get the urge? “Just wait it out,” Cyndy states. “In about five minutes the urges will be gone.” The Kirkwoods are convinced that they have finally kicked the habit and are enjoying life as non-smokers.

Nadine Kirkwood, a registered nurse, provides the Smoke Free for Life Program through Jameson Health System’s Education Department. The program is sponsored by the Lawrence County Drug and Alcohol Commission’s Tobacco Control Program. Kirkwood stated that the counseling her clients receive is based on how the smoker feels that he or she will be most successful. One may feel that he or she can quit cold turkey, another may prefer to wean themselves, and someone else might opt for the Nicotine Replacement Therapy (i.e. gum, patches). Free Nicotine Replacement Therapy is available to uninsured residents of Lawrence County who are participating in Jameson’s cessation program. This program can be done in group or individual sessions, whichever the client feels more comfortable. The group sessions take place once a week for four weeks; the fourth week being the quit date. Two days after the quit date there is another session, and then a follow-up session one month later. The individual sessions can be accommodated to fit the person’s schedule and are tailored to fit his or her needs. If anyone is interested in signing up for the next session or to speak with Nadine Kirkwood, call the education department at Jameson Health System at (724) 656-4270.

The Reading Odyssey: Part V

Chapter V of the Reading Odyssey, “Dragons, Dreams, and Daring Deeds”, was held Saturday, June 4th at Cascade Park. Beautiful weather enabled an estimated 3,000 Lawrence County families to enjoy this exciting community event.

This program, sponsored by Adult Literacy Lawrence County/Family Choices, was intended to promote literacy awareness and to serve as a kick-off for the summer reading program. Over 20 local agencies, fire departments, police departments, government bodies, and schools came to take part in the day. Lawrence county families enjoyed storytellers, crafts, face painting, music, demonstrations, baby animals, prizes, refreshments, and much more.

Representatives from the Lawrence County Drug and Alcohol Commission read the book The Library Dragon by Carmen Agra Deedy. This humorous story is about a fiery dragon named Miss Lotta Scales who is hired to guard the school library. The book, accompanied by a flip-doll, showed how Miss Lotta Scales transformed herself from a furious, fire-breathing dragon to a kid-friendly librarian and storyteller with the help of a young student. Following story time, students were given a coloring page to create their own Miss Lotta Scales. T-shirts, tattoos, rulers, and pencils were among the prizes the children received for participating in this activity.



Raschelle Smith reads at the Odyssey.

LCDAC Would Like to Thank the Following Schools for Choosing Evidence-Based Prevention Programs for Their Students

- Hartman Elementary
- Laurel Elementary
- Mohawk Elementary
- Mohawk Jr.-Sr. High
- Neshannock Memorial Elementary
- Neshannock Jr.-Sr. High
- Northside Elementary
- Perry Elementary
- Shenango Elementary
- Union Elementary
- Union Jr.-Sr. High
- Walnut Ridge Elementary
- Wilmington Middle

Lawrence County Drug and Alcohol Commission, Inc.

(Single County Authority)

25 N. Mill St.
Suite 303
New Castle, PA 16101

Phone: 724-658-5580
Fax: 724-658-2427

www.lawsca.org



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- Linda Ward - *Secretarial Supervisor*
- Kevin Webb - *Prevention Specialist*
- Roger Williamson - *Case Management Specialist*

Educational Presentations Available

LCDAC staff is available to provide educational presentations regarding alcohol, tobacco, and/or other drugs. If your group is interested, please call the prevention department at 724-658-5580.

Treatment Available

Do you know someone who has a problem with alcohol or drugs? The LCDAC Case Management staff can help! We'll provide a free confidential assessment and referral. Based on eligibility, we have funding available for treatment services. Call 724-658-5580.

Educational Material Available

The LCDAC is a Regional Alcohol and Drug Awareness Resource (RADAR) Network Associate Center, affiliated with the PA Department of Health. As a RADAR site, we can provide you with free pamphlets, posters, and other materials regarding alcohol, tobacco, drug, and other health-related issues. For more information, please call Kevin Webb at 724-658-5580.

Newsletter Mailing List

To add or remove your name from our newsletter mailing list, call Raschelle Smith at 724-658-5580.