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Drug Free Family Newsletter

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Volume 11

Welcome to Our New Look

Greetings from Drug Free Marion County. This is the first issue of our Drug Free Family Newsletter in its new email format. We hope you enjoy what we believe is an easy-to-read -- and use -- publication. As always, we welcome your feedback. Please contact us with your comments and questions at 317-254-2815, or email Nancy Beals at nbeals@drugfreemc.org or Julie Saetre at jsaetre@drugfreemc.org. Thank you for reading Drug Free Family Newsletter. All of us at DFMC wish you a very happy and healthy New Year!

Drug Free Marion County Can Help You Learn About Alcohol Violations in Your Neighborhood

A new database recently compiled by Drug Free Marion County can provide you with information about businesses in your neighborhood or work area that have been cited for alcohol-related violations by the Indiana State Excise Police from January 2007 through the most recent month available (currently October 2009).

DFMC can generate reports that show you violations by Indianapolis-area restaurants, bars, grocery/convenience/drug stores and package liquor stores. Information can be sorted by violation type, business cited, the zip code of cited businesses and more.

"Through this database, we hope to provide a means for Marion County residents and business owners to track those establishments in their neighborhoods or work areas that have received alcohol-related violations," says Nancy Beals, project coordinator for DFMC. "In turn, we encourage those citizens to use that knowledge to open discussions with owners of the cited business, urging them to comply with State alcohol laws. And we also hope that citizens who are concerned about an establishment's violation record will share those concerns with their local Alcohol Control Board."

During the time period of January 2007 through October 2009, analysis by Drug Free Marion County shows that the State Excise Police issued 453 alcohol violations to businesses in 34 of Marion County's 40 zip codes. Six types of violations were issued most frequently across all zip codes: acting without permit, examination of permit by employer/display, minors in tavern, scope of permit, public nuisance and sales to minors.

Overall, 49 percent of alcohol-related violations involved permit issues, while 22 percent involved allowing minors into bars or package stores, selling alcohol to minors or general public-nuisance infractions.

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Our Mission

Drug Free Marion County -- a not-for-profit organization -- plans, promotes, implements and coordinates community efforts to prevent and reduce the abuse of alcohol, tobacco and other drugs among youth and adults.

Quick Links

[Visit Our Website](#)

Why should you be concerned about alcohol violations in your area?

"A high number of permit violations - clerks and servers operating without a valid serving permit, retailers and owners not properly examining server permits, or venues selling alcohol outside of their allotted permit type - is concerning," says Nancy Beals, prevention project coordinator for DFMC. "Licensure is required for a reason. With licensure comes training to ensure that clerks, servers, employers and retailers have the knowledge they need to uphold Indiana's alcoholic-beverage consumer laws. These laws in turn help to prevent consumption of alcohol by underage and intoxicated individuals."

The remaining three types of most-cited alcohol violations also can negatively impact your neighborhood, Beals adds.

"When sales to minors and public-nuisance violations occur at a business, they negatively impact the surrounding neighborhood or commercial area as well as foster an environment conducive to crime, underage consumption, binge drinking and other high-risk behaviors."

Ten of Marion County's 40 zip codes accounted for 64 percent of all alcohol violations during the report period:

Zip Code	2007 Violations	2008 Violations	2009 Violations (through 10/09)	TOTAL
46227	15	13	17	45
46222	14	9	14	37
46268	13	13	8	34
46250	10	9	9	28
46225	16	6	5	27
46203	9	7	10	26
46220	7	0	18	25
46240	15	2	7	24
46201	5	14	4	23
46241	6	11	3	20
Most active zip code areas for the 3 yr time span				64%

Drug Free Marion County compiled its alcohol violations database using information found in online reports provided by the Indiana State Excise Police, <http://www.in.gov/atc/isepp/2385.htm>. Anyone interested in generating a specific type of report from this database can [click here](#) to be connected. Have questions? Contact Drug Free Marion County at 317-254-2815.

January is National Birth Defects Prevention Month

As America marks National Birth Defects Prevention Month, recognized annually in January, Drug Free Marion County urges women to remember that no amount of alcohol use is safe during pregnancy. Alcohol and birth defects are directly related. When a woman drinks alcohol - any amount, any kind - during pregnancy, she puts her baby at risk for a group of conditions known collectively as fetal alcohol spectrum disorders (FASDs).

FASDs range from mild to severe - and in any form, these effects are not something you would wish on your child. According to the Centers for Disease Control and Prevention, FASDs could cause your child to have:

- Abnormal facial features
- A small head size
- A shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty paying attention
- Poor memory
- Difficulty in school, particularly with math
- Learning disabilities
- Speech and language delays

- An intellectual disability or a low IQ
- Poor reasoning and judgment skills
- Sleep or sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidney or bones

No time frame is safe for alcohol consumption when you're pregnant. Drinking alcohol during the first three months can cause your baby to have abnormal facial features. And alcohol consumed at any point during your pregnancy can cause growth and central nervous system problems.

The most important fact to remember about FASD: All FASDs are 100 percent preventable. If you don't drink alcohol during your pregnancy, your child cannot have an FASD.

That's why it's key to avoid alcohol - not only when you find out you are expecting, but if you even hope to become pregnant, or if you are sexually active and don't use an effective birth-control method.

For more information about Fetal Alcohol Spectrum Disorders, visit the CDC Website at <http://www.cdc.gov/ncbddd/fasd/index.html>.

DFMC News Brief: Study Finds Link Between Binge Drinking, Coed Housing

The Ohio-based Leadership To Keep Children Alcohol Free Foundation reports that where your child lives on campus could affect his or her chances of binge drinking.

According to the Foundation, a study published in a recent issue of the Journal of American College Health found that students living in coed housing were 2.5 times more likely than those in all-male or all-female dorms to admit to binge drinking on a weekly basis.

Specifically, researchers found that more than 41 percent of students in coed housing said they binged on a weekly basis, versus just fewer than 18 percent of those in single-sex dorms. According to the report, 90 percent of university housing in the U.S. is now coed.

Furthermore, according to the lead researcher, the effect does not appear to be a matter of "selection" -- that is, due to the fact that students who are more prone to drinking may also be more likely to request coed housing. The researcher noted that few college students specifically ask for single-sex housing, and that most end up in those dorms simply by being placed there by their universities.

Two professors at the University of Minnesota in St. Paul conducted the study, which consisted of 500 students from five U.S. universities.

For more information about the Leadership To Keep Children Alcohol Free Foundation, visit <http://www.alcoholfreechildren.org/>.

DFMC News Brief: National Youth Marijuana Use on the Rise Over the Past Two to Three Years

Nationally, marijuana use among adolescents has been increasing gradually over the past two years (three years among 12th graders) following years of declining use, according to the latest Monitoring the Future study, which has been tracking drug use among U.S. teens since 1975.

"So far, we have not seen any dramatic rise in marijuana use, but the upward trending of the past two or three years stands in stark contrast to the steady decline that preceded it for nearly a decade," said University of Michigan researcher Lloyd Johnston, the study's principal investigator.

The proportion of young people using any illicit drugs also up slightly over the past two years. This measure is driven largely by marijuana use, because marijuana is the most widely used of all illicit drugs.

In 2009, marijuana use in the prior 12 months (annual prevalence) was reported by about 12

percent of the nation's 8th graders, 27 percent of 10th graders and a third of 12th graders. The proportions saying they used any illicit drug in the past year were 15 percent, 29 percent and 37 percent.

The proportion of students reporting using any illicit drug other than marijuana has been gradually declining, and has continued to do so in 8th and 12th grades in 2009. The prevalence rates for using any such drug in the prior 12 months are 7 percent, 12 percent and 17 percent in grades 8, 10 and 12.

Drug Free Marion County will release its report on youth and binge drinking, a report which also includes statistics on marijuana use, later this month. Look for news on the updated Local Epidemiological Report on Underage and Binge Drinking in next month's Drug Free Family Newsletter, and online at www.drugfreemarioncounty.org.

This January, Get Fit As A Family

If you need more motivation to keep your New Year's resolution to get in shape, here's the perfect inspiration: January is Family Fit Lifestyle Month.

This annual national campaign encourages adults and children in a family to work together to get in shape and be healthy. Start a habit of family fitness now and keep it going. By summer, you'll all feel better and be ready for all the great warm-weather activities that Indianapolis offers.

Want a few suggestions to get you going? Try one or more of these all-ages activities:

- Go ice skating. The upcoming Winter Olympics will shine the world spotlight on figure skating and hockey, so find out what it takes to follow in the skating tracks of the athletes. The Indiana/World Skating Academy, 201 S. Capitol Ave., hosts public-skating sessions year-round. For an up-to-date schedule, visit <http://www.iwsa.org/schedmenu.asp>.) Admission is \$4 adults ages 12-54 and \$3.25 for children ages 5 to 11, with discounts for toddlers and seniors. At the Pepsi Coliseum on the Indiana State Fairgrounds property, admission is \$4 for those ages 13 and older and \$3 for kids 12 and under. Afraid of falling? Cheer your family on from the sidelines - non-skating parents/adult chaperones are admitted free of charge. View the Coliseum skating schedule here: <http://www.in.gov/statefair/fairgrounds/docs/skating/PocketSchedule09-10.pdf>. Skate rental is extra at both facilities.
- Enjoy a free Family Fun Day. Bundle up and head to Holliday Park, which hosts an afternoon full of memory-making. Go on a self-guided scavenger hunt, uncover the surprises hidden within a nature-discovery backpack and explore this 94-acre northside park. You don't even have to register. Jan. 17, 1 to 5 p.m., 6363 Springmill Road.
- Take a (bird) hike. Eagle Creek Park on the west side hosts bird walks every Sunday morning from 9 to 11 a.m. Dress warmly, wear weather-proof shoes and meet at the park's Ornithology Center to discover our city's winged winter residents. Free with park admission of \$5 per vehicle. 7840 W. 56th St.
- Or create your own walk. Indianapolis offers plenty of trails ready and waiting for your family's footsteps. Head downtown and stroll along the 1.5 mile Canal. Or explore one of nine walks that comprise the Indianapolis Greenways System: the Central Canal Towpath, Eagle Creek Greenway, Fall Creek Greenway, Little Buck Creek Trail, Pogues Run Greenway, the Monon Rail-Trail, Pleasant Run Greenway, White River Trail or the Pennsy Trail. Visit www.indyparks.org for more information.

January Family Fun -- and It's Free!

Looking for some fun and free family activities in January? Start here:

Learn About Another Culture

In January's edition of World of Families: Second Saturdays Bilingual Storytime, families gather to celebrate Dutch language and culture. Presented on Saturday, Jan. 9 in both Dutch and English, this interactive session includes art, crafts, music, dance, games - and yes, stories. Held in the Learning Curve theater at the Central Library, 40 E. St. Clair St., World of Families starts at 2 p.m. and is presented in partnership with the Indiana-Network

for Early Language Learning.

Discover Art

Think the Indianapolis Museum of Art appeals only to adults? Not so. In fact, every second and fourth Saturday of the month, museum docents lead families through the IMA's collection. The 30-minute tours point out exhibits of interest to all ages while offering background information to enhance the art-viewing experience. January tours focus on works that explore African heritage. This month, tours are held Jan. 9 and Jan. 23 at 1:30 p.m. and 2:30 p.m.; meet on Gallery Level 1 at the top of the escalator. Find the IMA at 4000 Michigan Road.

Celebrate Martin Luther King Jr.

- On Saturday, Jan. 16, the Peace Learning Center holds its 12th Annual Martin Luther King Community Festival from 11 a.m. to 3 p.m. The annual festival includes performances, music, African drums, art workshops, family yoga, hip hop poetry with Blair Karsch, volunteer opportunities, vendor booths and a free lunch. PLC is located at the Christian Theological Seminary, 1000 West 42nd St.
- The Madame Walker Theatre Center, 617 Indiana Ave., commemorates the life and legacy of Martin Luther King Jr. in a 90-minute celebration on Monday, Jan. 18 at 12:15 p.m. Keep the Dream Alive features local artists singing inspirational songs, community leaders sharing words of wisdom and dancers celebrating through praise movement. Doors open at 11:30 a.m.
- Also on Jan. 18, the Children's Museum of Indianapolis, 3000 N. Meridian St., offers free admission as special entertainment and guests celebrate Dr. King's life, dream and legacy. Hours are 10 a.m. to 5 p.m.
- The Indiana State Museum hosts a Martin Luther King Jr. Celebration from 9 a.m. to 5 p.m. on Jan. 18. Admission is free with the donation of a canned food item. Features include documentary films, performances and free admission to the museum galleries. All donated food items will be given to Gleaners Food Bank.

Kids and Teens: How To Help a Troubled Friend

So you've made the decision to stay away from alcohol and other drugs - good for you! But what if your friend hasn't followed your good example? How do you tell if someone you care about is using alcohol or other drugs - and what should you do about it? Take this advice from Above The Influence, created for the National Youth Anti-Drug Media Campaign (a program of the Office of National Drug Control Policy).

What are the signs that my friend might have an alcohol or drug problem?

If your friend does one or more of the following, you should talk to him/her:

- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who will do drugs with or score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you, or showed up late, because he/she was getting drunk or high.
- Shows little interest in or quits sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.

- Borrows or steals money to buy drugs or alcohol.

How do I tell my friend that I'm concerned?

First, pick a private, familiar place -- you and your friend should feel safe and not be rushed. Then follow these steps:

1. Remember that your friend's drug use is NOT your fault.
2. Never confront your friend when s/he is drunk or high.
3. If your friend becomes angry or violent, leave and bring up the subject later when she is calm. Or, you can refer her to a trusted adult if you don't feel comfortable having the conversation.
4. If you are nervous about talking with your friend, ask another friend who knows the situation if you can practice with him or her, to help work out ahead of time what you are going to say.

For more details and advice, visit

<http://www.abovetheinfluence.com/help/what-should-you-say-friend.aspx#>.

Upcoming Events

Local Advisory Council Meeting Monday, Jan. 4, noon to 1:45 p.m

United Way/RCI Room
3901 N. Meridian St.
Indianapolis, Indiana 46205

The Local Advisory Council works to change the availability and social norms around alcohol in Marion County.

Upcoming Events

Local Epidemiological Outcomes Workgroup Meeting Thursday, Jan. 21, 3:30 to 5 p.m.

Drug Free Marion County
2506 Willowbrook Parkway
Indianapolis, Indiana 46205

This group works to gather data on alcohol use in Marion County.

Thank you for reading Drug Free Family News

Everyone at Drug Free Marion County wishes you a happy and healthy New Year!
Be sure to contact us with any questions at 317-254-2815.

Contact Information

Want more information about Drug Free Marion County?
Call us at 317-254-2815 or visit our Web site at www.drugfreemc.org.