



Drug Free Family Newsletter

February 2010



Volume 11

Welcome to our February Issue

Greetings from Drug Free Marion County. We hope you enjoy the February 2010 issue of our DrugFree Family Newsletter. 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! Have a happy Valentine's Day.

Alcohol License Requests Increase Dramatically in Marion County and Indiana



Parents, guardians, families and community groups concerned about the number of alcohol outlets in their neighborhoods take note: Indiana and Marion County have seen a dramatic increase in requests for alcohol licenses in 2010, largely due to a change in policy by the Walgreen Co.

Previously, the Walgreen Co. did not allow any of its stores to sell alcohol. In late 2009, it reversed its stance. As a result, 102 alcohol license requests have been filed by Walgreens stores in Indiana. In Marion County alone, 29 requests have been filed - 28 percent of all Walgreens permit requests in the state.

For a list of all Walgreens locations currently requesting an alcohol-license request in Marion County, visit www.drugfreemarioncounty.org. Check back often, as new license requests continue to be filed.

The type of permit requested in Marion County would allow for the sale of beer, wine and hard liquor in each Walgreens location. Marion County already has 169 permits for package-liquor stores; 202 beer and wine dealer permits for convenience, drug and grocery stores; and 105 liquor-dealer permits for pharmacies, either in stand-alone drug stores or as part of a grocery store.

"We are concerned about this sudden increase in alcohol-license requests," says Nancy Beals, project coordinator for Drug Free Marion County. "Marion County already is experiencing difficulties with alcohol-license distribution. A survey of County jurisdictions shows that some actually have a higher number of permits than the current quota dictates.

"Local crime statistics show a significant number of crimes - including offenses against a person (assault, domestic battery, armed robbery) and property offenses (vandalism, larceny, burglary, stolen vehicles, trespassing) - in zip codes with a high density of alcohol licenses. We believe residents and neighborhood associations need to be aware of these

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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.

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new license requests, especially in those zip codes already over-saturated with alcohol outlets."

Many of the new Walgreens permits are scheduled to be heard by the local Alcohol Control Board on March 1, 2010.

Drug Free Marion County offers an online Remonstrance Manual that explains the local ACB hearing process and the steps citizens and groups can take if they are concerned about a license request in their area. DFMC also has available detailed information about the number of existing alcohol licenses within particular Marion County zip codes and alcohol license quota information. These resources can be found at www.drugfreemarioncounty.org.

Children of Alcoholics Week Observed Feb. 14-20

The challenges faced by those suffering from alcoholism are well documented. But sometimes overlooked is the pain felt by the children of alcoholics. According to the National Association for Children of Alcoholics (NACoA), an estimated 25 percent of all children in the U.S. (about 27.8 million) are affected by or exposed to a family alcohol problem. This does not include those affected by or exposed to other drug-related problems.



Children of alcoholic parents are more likely to experience mental and physical problems such as depression, anxiety disorders and difficulties with cognitive and verbal skills. They are significantly more likely than other children to be abused or neglected by their parents or guardians and are more likely to enter foster care. They also are two to four times more likely than other kids to become addicted to alcohol themselves.

To raise awareness of these issues, offer hope and resources to those affected and celebrate successful recovery stories, NACoA introduced Children of Alcoholics Week, observed this year Feb. 14-20.

The most important message for COAs, reports NACoA, is that they are not responsible for the problems of adults in their homes and that their own lives can be different and better than the lives of their alcohol-abusing parents/guardians. They also need to know help is available for them and how to get it.

If you know the child of an alcoholic, here are some suggestions from NACoA on how to help make a difference in his/her life:

- Just be there. Simple acts of kindness and compassion can make a difference. Make yourself available to listen, discuss feelings, share interests and support the child's efforts to make friends. This helps the child cope with the present situation and develop resilience and skills necessary for the future.
- Stress that she isn't alone. Responsible adults are available to help, and millions of other kids have had similar experiences and have grown up to lead healthy, satisfying lives.
- Remind the child that his family's problems are not his fault or responsibility to solve. His job is to be a child and take good care of himself. Also, he should learn the facts about alcohol, tobacco and drugs, recognize their risks and learn how to avoid repeating his family's alcohol abuse patterns.
- Encourage her to ask for help. Assure her that getting help is a sign of strength. Offer your own examples and be prepared to help her connect with caring, trustworthy adults and with student assistance programs and other services designed to provide skill-building and support.

With your help and support, a child can break through the barriers of shame, silence and isolation and live a healthy, happy life, despite family problems. For more information, go to http://www.nacoa.org/coaweek_tools.html.

DFMC News Brief: Alcohol and Heart Disease

In February, the American Heart Association leads the observation of Go Red for Women month, which draws attention to heart disease in women. But it's also a good time to consider heart health in general.

Over the past couple of decades, much media attention has been given to studies linking a reduced rate of heart attacks with drinking alcohol, especially red wine. And that was enough

for some people to assume they had a green light to freely imbibe.

That is not, however, the message these studies send, say heart health experts. Drug Free Marion County talked about the real relationship between alcohol and heart disease with Dr. David W. Crabb, chairman of the Indiana University Department of Medicine and director of the Indiana Alcohol Research Center. To find out what he had to say on the topic, click here to read the article [What You Should Know About Alcohol and Heart Disease](#), found on the DFMC website.

DFMC News Brief: Community Fund Grants Announced

In January, Drug Free Marion County announced the recipients of its annual Drug Free Community Fund grants. Eighteen local organizations received more than \$375,000.

Grantees will be recognized in a ceremony at Drug Free Marion County's January 27 Board meeting, to be held at Fairbanks.

Recipients in 2010 include: educational programs for youth and their parents/guardians on substance-abuse prevention; residential and nonresidential recovery programs for homeless and other underserved individuals; treatment and other services for women affected by domestic violence; and criminal-justice services such as re-entry and diversion efforts.

Interested in knowing more about the recipients and the Community Fund Grant program? [Click here](#) to be connected to full details on our website.

February Family Fun!

It's African American History Month, and plenty of local organizations are celebrating with activities suitable for the whole family. Whether you like music, dance, art, theater or fashion, you'll find something to tempt you - and you won't have to worry about breaking your winter budget. Everything listed here is free.



Attend a Gala Opening

The 22nd version of Meet the Artists, an exhibit showcasing the talents of local African American artists, opens in grand style on Feb. 6 with the Gala Opening Reception from 6 to 10 p.m. Not only will the artists themselves be on hand for a meet-and-greet, but you'll enjoy musical groups, an illusionist, poetry readings and a fashion show, among other entertainment options. 40 E. St. Clair St., 317-275-4022.

Savor the Soaring Sounds of the Symphony

The Indianapolis Symphony Orchestra presents its Celebration of Black History in a free Feb. 9 concert. Experience uplifting spirituals by Voices of the Light Chorus, the sounds of Duke Ellington, selections from William Grant Still's *Afro-American Symphony* and "Dry Your Tears, Afrika" from Steven Spielberg's *Amistad*. The concert starts at 7:30 p.m. Hilbert Circle Theatre, 45 Monument Circle, 317-639-4300 or 800-366-8457.

Enjoy an Evening of Gospel Music

Join national recording artist Napoleon Williams for gospel music and dance during the annual "Singsation" sing-off Monday, Feb. 22 at 6 p.m. in the Madame Walker Theatre. The program features youth choirs and dance ensembles. 617 Indiana Ave., 317-236-2099.

Catch a Different Performance Every Weekend

The Indianapolis Artsgarden continues its tradition of Art & Soul, a series of afternoon performances throughout the month of February. Families will enjoy special weekend performances by contemporary jazz saxophonist Gregg Bacon (Feb. 7, 2 p.m.), gospel artists Brian Reeves and Heart After God (Feb. 13, 1 p.m.), spoken word poet Tasha Jones (Feb. 21, 2 p.m.), playwright Nicole Kearney (Feb. 21, 3 p.m.), Asante Children's Theatre (Feb. 27, 2 p.m.) and Blair Karsch and Friends (Feb. 28, 3 p.m.). Above intersection of Washington and Illinois streets downtown, 317-624-2563.

See Beautiful Quilt Work

The quilts of five African American women - including Linda Gray, Rubbie Johnson, Beverly Jones and Aileen King - are on display in an exhibit curated by fabric designer and

Indianapolis Art Center instructor Ruby Ballard-Harris. The exhibit runs through April 13. Hours are 9 a.m. to 10 p.m. Monday-Friday, 9 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday. 820 E. 67th St. 317-255-2464.

Stroll Through an Art Exhibit

Black Pearls, an exhibit at the Garfield Park Arts Center, showcases African and African-American artists and themes. The exhibit features some of Indianapolis' finest artists working in a variety of mediums including sculpture, drawing, painting and ceramics. Take part in hands-on creative family activities on Saturdays and Sundays. Exhibit runs through March 7. Hours are 1 to 6 p.m. Tuesday and Friday, 1 to 9 p.m. Wednesday and Thursday, 10 a.m. to 5 p.m. Saturday and 1 to 5 p.m. Sunday. 2432 Conservatory Dr., 317-327-7066.

Remember, family time helps foster trust, care and the foundation for a positive and healthy relationship with your kids!

It's Time to Think About Summer Camp

Long, hot days may seem far away, but if your child wants to attend a summer day camp, the time to start planning is now. Many of the most popular programs book up rapidly, and some camps also offer discounts for early bookings.

Why should your child attend a day-camp program? The American Camp Association reports that children who attend camp learn social skills in such areas as leadership, communication and participation, build self-respect and character and develop service and community-living skills.



You'll find a large variety of day camps available. The ACA says that the number of U.S. day camps has grown by nearly 90 percent in the past 20 years.

Such variety also means you're more likely than ever to find an option that fits your family's budget. Nationally, the average day camp fee is \$100 to \$275 per week, with some bargains coming in under \$100. Many camps and organizations offer financial aid based on need.

How do you find the right day camp for your child? First of all, include him/her in the decision-making process, taking into consideration the child's interests and personality. Once you have a few options in mind that appeal to both you and your child, consider these questions, courtesy of the ACA:

1. Is the camp accredited, and by what organizations? What are the qualifications to obtain that accreditation?
2. What training does the camp staff receive in areas such as first aid, safety, supervision, counseling and problem-solving?
3. Is the price all-inclusive? Some camps charge extra for such services as transportation, overnight stays, swimming lessons, food service, horseback riding, group pictures, T-shirts, extended care and field trips.
4. If transportation is offered, where is the nearest pick-up location?
5. Does the camp have an "express bus" that transports children quickly, or does it make multiple stops?
6. If before- and after-camp extended care is offered, who supervises the children and what activities occur?
7. Are lunch, snacks and/or drinks served, or must the child bring his/her own?
8. If the camp offers swimming, are classes offered or simply recreational pool time? What type of supervision is provided and by whom?
9. Are campers with a counselor-led group all day, or do they go freely from one activity to another with appropriate supervision? In the latter case, whom would you contact if you have a question or concern about your child?
10. Is an open house offered prior to the start date so that you can meet your child's counselor, bus/van driver and other key personnel?
11. Are you allowed to drop by any time for visits, or does the camp hold special visitation hours/days?

For more information on choosing a camp and a database of ACA-accredited camps, visit www.acacamps.org.

Just For Kids: Why You Should Say No to Alcohol

Why should kids stay away from alcohol? First, answer these questions:



- What's your favorite song?
- What's your favorite movie?
- What's your favorite sport?
- What's your favorite food?
- What's your favorite color?
- What's your favorite TV show?
- Do you have any pets? If so, what kind do you have?
- Do you have any brothers or sisters?
- Who is your best friend?
- What do you do for fun?
- What do you want to do when you get older?
- What's your favorite thing about yourself?

Now read back over your answers. Drinking alcohol can affect every single item you just listed above - everything that you care about. Alcohol can harm your body, change the way you think, even change your personality - and hurt the people around you, too.

For more info and ways to say "NO" to alcohol, visit asklistenlearn.com.

Upcoming Events

Local Advisory Council Meeting

Monday, Feb. 1, noon to 1:45 p.m.; and Monday, March 1, 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

Youth Advisory Council Meeting

Wednesday, Feb. 3 at 7 p.m.; and Wednesday, Feb. 17 at 7 p.m.

Drug Free Marion County
2506 Willowbrook Parkway
Indianapolis, Indiana 46205

The Youth Advisory Council of Drug Free Marion County works to prevent underage and binge drinking in the community by educating young adults, through community outreach and partnership.

Upcoming Events

Local Epidemiological Outcomes Workgroup Meeting

Thursday, Feb. 18, 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.

Contact Information

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

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