

Monday, November 6, 2017

What's Your Anti-Drug?



Courtney Headley -
High Point Regional High School

Majority Rules ... Most kids don't use drugs.

Most of us have something in our lives that's important enough to stand between us and drugs.

As these pages show, we are making good choices — great choices — for ourselves.

Featured here are many of the personal “anti-drugs” that we really care about and that we want to share with each other.

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This is the 17th “What’s Your Anti-Drug” (WYAD) supplement that the New Jersey Herald and the Coalition for Healthy and Safe Communities, a program of The Center, have partnered on. This year over 600 Sussex County students in grades K-12th submitted an entry to the annual WYAD Contest.

The “What’s Your Anti-Drug” message and the opportunity to share something important to them really appeals to youth. The message’s simplicity is deceiving, because “anti-drugs” are powerful motivators. Whether the “anti-drug” is an internal factor, like a desire to succeed, or external, like family support, it both generates and is supported by feelings of confidence, success and self-respect that drive the student to take care of her or himself emotionally and physically. The contest is an opportunity to strengthen an important bond, activity or belief in an adolescent’s life that helps him or her stay alcohol and other drug free.

We are thrilled to be able to give Sussex County youth an opportunity to share their “anti-drug” with others through this amazing supplement! Be sure to pick up the New Jersey Herald regularly as entries will be featured throughout the year in the school section of the paper.

Thank you!

Sussex County Coalition for Healthy and Safe Communities would like to thank our sponsors!

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Sussex County PAL

Vernon PAL

Sparta PAL

Sussex County Municipal Alliance, GCADA

Celebrating A Drug-Free Majority

This section is a special tribute to young people right here where we live, neighbors, friends, and classmates. Kids who, like most young people in America, don’t use drugs because they know that drugs can only get in their way of where they want to go, what they want to do, who they want to be. They have something more important in their lives than doing drugs, and they’re proud of it.

It’s cool, it’s healthy, and it’s an important part of who they are.

Maybe you’ll see someone you know in these pages. Maybe you won’t. It doesn’t matter. What does matter is that we continue to make our community the kind of place where young people speak openly and honestly with their families, teachers, coaches, religious leaders and with each other. The kind of community where someday it may be unnecessary to ask “What’s Your Anti-Drug?”



The percentage of Sussex County students who have ever tried alcohol has decreased in almost every grade since 2006.

Past 12-month use of marijuana among 8th to 12th grade Sussex County student decreased 17.3% since 2012!

— Center for Prevention and Counseling
2015 countywide PRIDE survey for the 2015-2016 school year.

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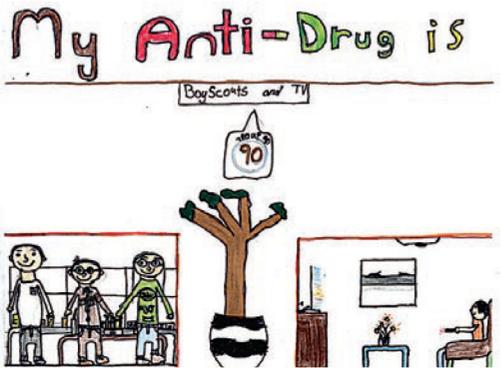
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973-383-4787



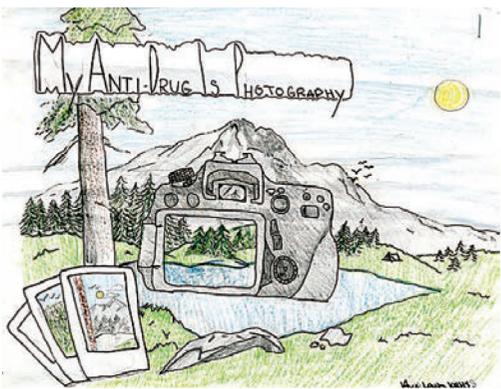
MAJORITY RULES What's Your Anti-Drug?



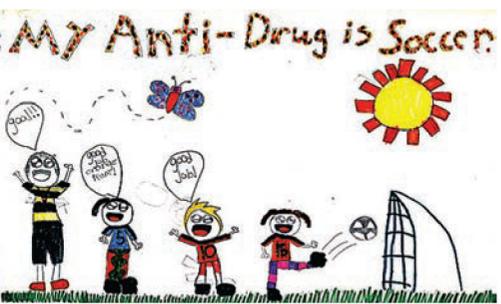
The Ocean **Anastasia Rabidis**
Kittatinny Regional High School



Boy Scouts and TV **Zachary Seeley**
Franklin Elementary School



Photography **Ava Levin**
Kittatinny Regional High School



Sports/ Soccer **Angelina Sampson**
Clifton E. Lawrence School



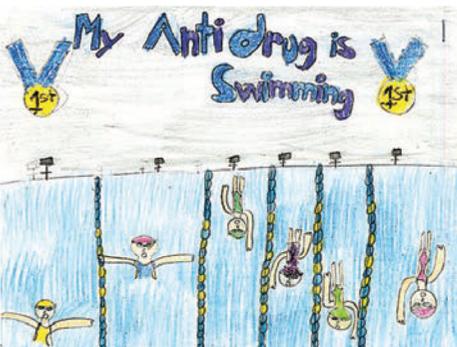
Girl Scouts **Brooke Wagner**
Clifton E. Lawrence School



Playing with My Dogs **Alison Bliss**
Hilltop Country Day School



Traveling **Julia Kotkin**
Vernon High School



Swimming **Brenna Philson**
Marion McKeown School

My Anti-Drug

My anti-drug is my mom. My mom died a few weeks ago due to an overdose on drugs. I think that the problem with my mom and everybody else that are on drugs is that they think they're invincible. In their mind, they think that nothing bad will happen to them, and that they will never die, but the reality of it is that with drugs you are harming yourself, and people who love you. No matter how confident you are that nothing will happen to you, you're wrong. For example, my mom is gone, for real, from doing drugs and feeling that she would be able to pull it off without ever getting sick, or dying. After all of the stuff I've been exposed to, I know never to mess up my life with drugs. I've been through things most adults have never experienced, or ever will experience. Drugs have the power to become a necessity to your body. What this means is that it becomes as important to your body as breathing. So if I said to my mom to stop doing drugs if she really loved me, that would basically be me asking my mom to stop breathing if she really loved me. Eventually she would have to breath, meaning that eventually she would have to do drugs again. That's what addiction really is, you just can't stop, like I said it becomes a necessity to their body. When you get this far with drugs, even trying to get off of drugs can result in death, because their body physically needs it to live. Drugs react in the brain to change the way your body feels. The brain is like the control center of the body and it sends messages to the rest of the body based on the signals that it gets from chemical messengers, or drugs. Most of the chemical messengers are actually made in the body to do specific jobs for the brain. But drugs, which aren't made by your body, are chemical messengers that can send the wrong messages to the brain, which then sends the wrong signals to your body. For example, if the brain gets the wrong messages from drugs, you can end up seeing or hearing things that aren't real, feeling things that aren't there, or doing things that you wouldn't normally do. My mom had this problem and did things no normal person would do. Not in good ways, but in bad ways my mom showed me what drugs can do to the most kindhearted person in the world, how a beautiful person can become pale and sick, how a nice person can become a monster, and how someone close to you can end up gone, forever. And this is why my mom is my anti-drug.

Anonymous

Running

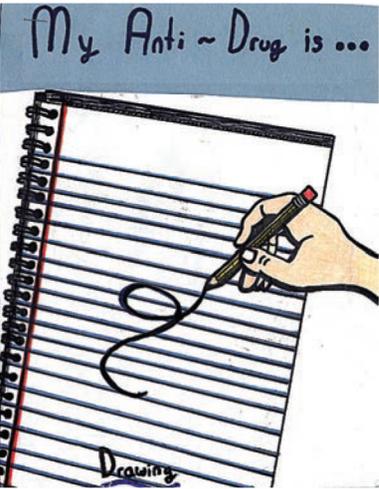
I Choose to be drug free	With feet on the ground
Running is important to me	And a strong head clear of sound
Chilled wind is more exhilarating	The rush that running gives
Than a drug could ever be	Means I am found

Running **Ashley Dixon**
High Point Regional High School

There have been significant decreases in past 12-month use of alcohol in every grade surveyed since 2006. Reported past year use of alcohol among 6th to 12th grade students in the last ten years have decreased 47.6%!

— Center for Prevention and Counseling
2015 countywide PRIDE survey for the 2015-2016 school year.

MAJORITY RULES What's Your Anti-Drug?

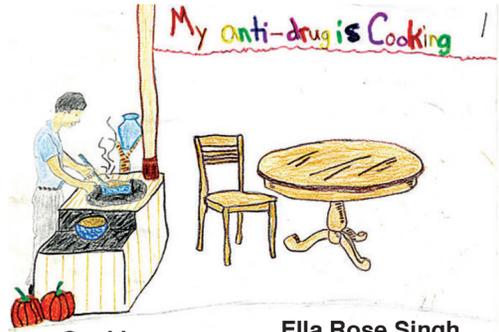
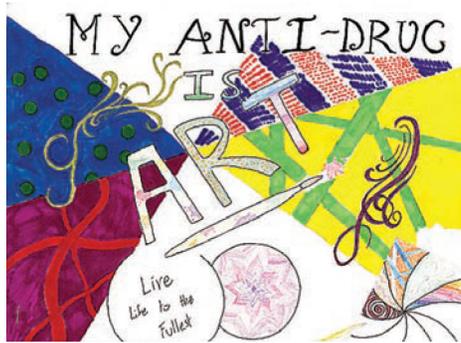


Surfing, being on the beach
Maya Bekefi-Miskokzi
 Lounsbury Hollow School

Drawing Landscapes and Skylines
Emmet Clarke
 Sussex Middle School

Thoughts of My Future **Julia Feldman**
 High Point Regional High School

Drawing **Katelyn Petak**
 Glen Meadow Middle School

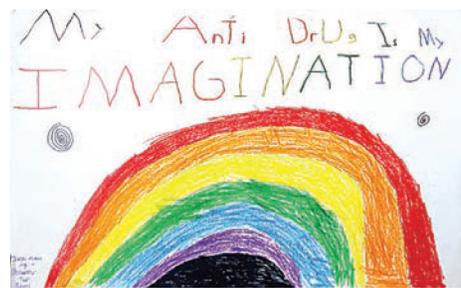


Crafts **Galena Misyak**
 Wantage Elementary School

Art **Ilira-Marsena Mecaj**
 Halsted Middle School

Cooking **Ella Rose Singh**
 Sussex Middle School

Reading **Celeste Levy**
 Vernon High School



My Imagination **Jacob Autere**
 Stillwater Township School



Wakeboarding **Royce Rohel**
 Clifton E. Lawrence School

Frogs! **Jada Guido**
 Kittatinny Regional High School

I have many anti-drugs. Some include my cousin Kennedy, my best friend Peyton, and my friends Andrew and Anthony. All these people are important to me in different ways. Every one of these people show me a different skill.

My cousin Kennedy is my number one anti-drug. She is only eighteen months old, but she has a good heart. She is constantly laughing and smiling. Her little sister was just born, and instead of being jealous, she walks around talking about her. Everything is "da baby." Kennedy shows me to take life head on, and live to the fullest.

My best friend Peyton is also my anti-drug. She is kind and considerate. Even if she doesn't like somebody, she still respects them for who they are. She is kind to everybody and doesn't brag. Even though she is one of the best swimmers I know, she doesn't rub it in people's faces. This is why she isn't my anti-drug, and inspires me.

My friends Andrew and Anthony are twins. They both show me that I don't have to blend in to be liked. Even though they look alike, their personalities are opposites. Anthony is calm and hardly talks, Andrew is constantly talking and is funny. They aren't like each other, even though people think they are. This is why they show me I don't have to blend in to be liked.

These four people show me different skills. They are all personable, and have a good heart. Kennedy shows me to live life to the fullest, Peyton shows me to accept others, and Andrew and Anthony show me to be myself. These people are all My anti-drug for their own reason.

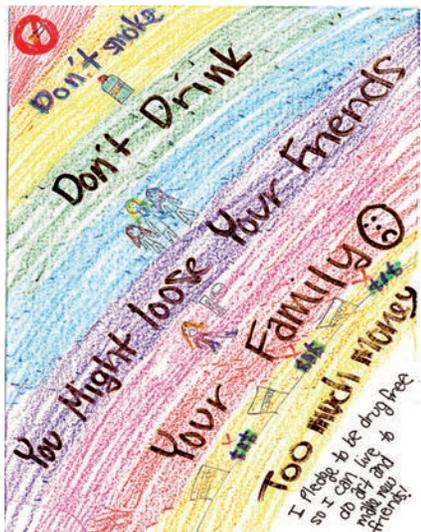
Family

Kayla Bhagaloo
 Valley Road School

MAJORITY RULES What's Your Anti-Drug?

Hello,
I rule your life now. I dictate you from the inside. I drive you away from your family, friends, and life. I'll isolate you to the point where I'm the only thing that you care about. I make you do things you can't control. I'll make you say things you would never say. The more you push me away, the more you want me, and the greatest thing yet is that you let me in.

Drugs are my Anti-Drug —> **Written from Drug Point of View**



Art and Friends and Family
Kaitlin Lawrence
Marion McKeown School

Chalk-White Paper

The ashy color
Of a worn pencil
Streaks on chalk-white paper

The click of keys
On a sleek, monochromatic computer
A storyline building on chalk-white paper

The swarming and swirling
Ideas form a whirlpool of words
Waiting to blanket chalk-white paper

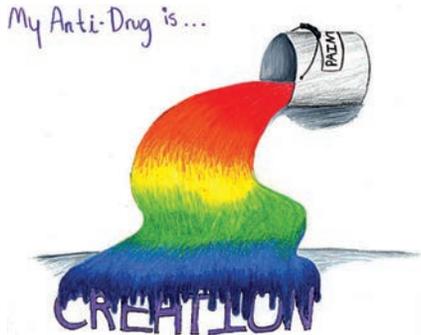
Anger. Pain. Melancholy.
Gone as I transfer the burden
Now carried by no longer chalk-white paper

As words turn to sentences,
Sentences to paragraphs,
And paragraphs to pages of chalk-white paper

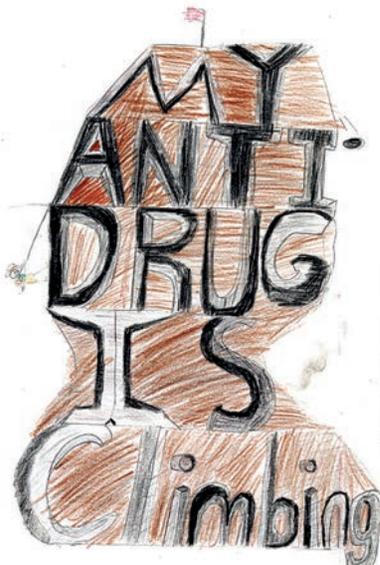
Elvish tales of beauty and grace
Heart-breaking cries of sorrow
Why confine them to my mind?

Transferred to the chalk-white paper
Chalk-white paper no longer chalk-white
Is my anti-drug

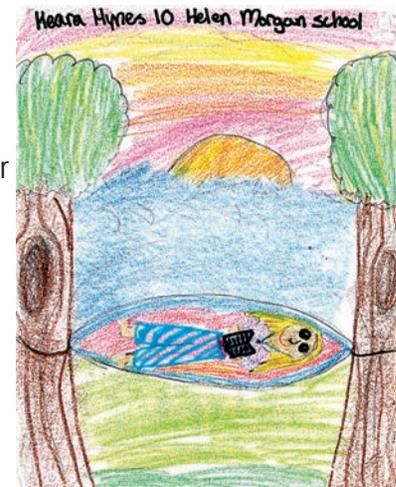
Writing
Kavya Kamath
Sparta Middle School



My Anti-drug is Creation
Alana Young Franklin Elementary School



Climbing
Michael Lubrano
Long Pond School



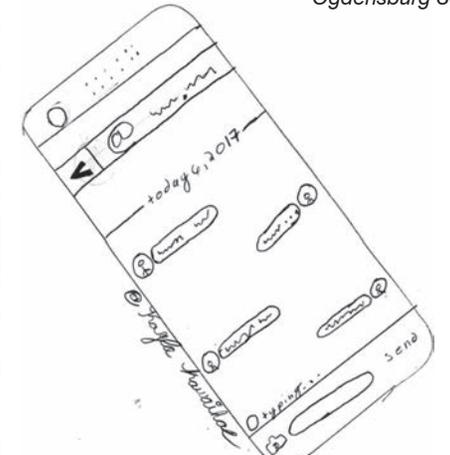
Reading
Keara Hynes
Helen Morgan School



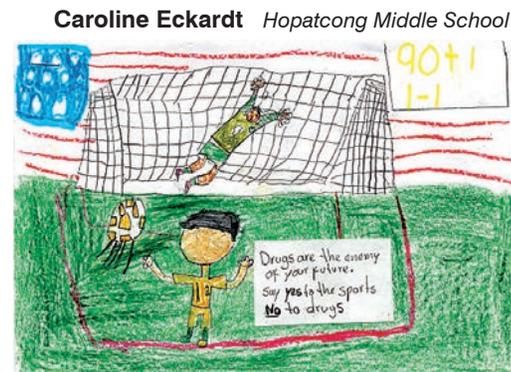
Fishing
Gabriel Basanyi
Wantage Elementary School



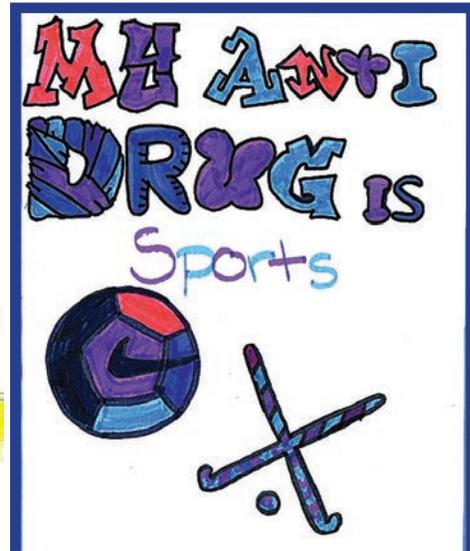
Going to the Park
Kamryn O'Dell
Ogdensburg School



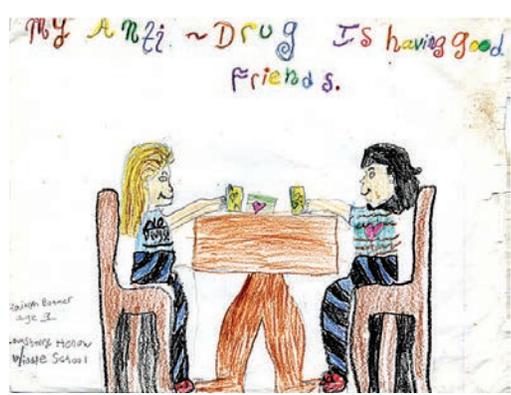
Helping others on instagram
Kayla Kawaihoe Newton High School



Sports "Drugs are the enemy of your future"
David Paz Florence M. Burd School



Sports
Kailee Seeley
Glen Meadow Middle School



Having Good Friends
Kaitlyn Bohmer
Lounsberry Hollow School

According to Sussex County students in 6th to 12th grades, 66% of their parents talk to them about the dangers of alcohol and other drugs while 33% of parents don't have that conversation. — Center for Prevention and Counseling 2015 countywide PRIDE survey for 2015-2016 school year.

MAJORITY RULES What's Your Anti-Drug?

My Anti-Drug

We live in a world where drugs are easier to get your hands on than ever. Drugs are actually promoted. There are even candy-flavored cigarettes aimed towards kids. Drugs ruin lives from the minute you start taking them. Many people don't realize that drugs don't only affect the person taking them, but the people around them as well. So, what keeps me way from drugs? My anti-drug is theater.

For me, theater is an escape. It allows me to step into another character's shoes and forget about any worries or stress I have. I can enter a world where I know exactly what's going to happen next, and it will all end up the way it's supposed to. This is a luxury we don't have in the real world.

A theater company has a special bond. Throughout all the rehearsals and shows, the stress of tech week, and the struggle to memorize lines in time, they become a family. This has been the case for every show I've ever been in. Theater kids are often misunderstood or considered "weird" by other people. When I come to rehearsal I'm in an environment where there's no judgment, and I am surrounded by people that I can relate to. Knowing I am with people I can trust and who accept me is comforting.

Theater not only makes me happy, it makes other people happy. People underestimate how good it feels to make other people happy. After a show, seeing the smiles on everyone's faces, I know I've done my job.

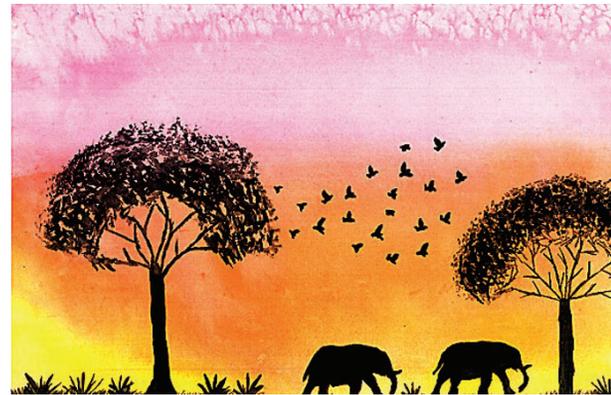
I don't need to lose control of myself to be feel happy or accepted. There are so many healthy outlets to turn to when someone is at a low point in their life. Theater has kept me away from drugs, and I think getting out and trying new things is beneficial to someone feeling down. They might find the something that keeps them going and looking forward to tomorrow.

THEATER

Laurel Ferguson
Sparta Middle School



Swimming
Julia Moskal
Montague Elementary School



Painting Nature
Maddie Haug
Kittatinny Regional High School



Art and Fashion
Mina Lin
Montague Elementary School

Celebrate without alcohol!



County high school students were featured on law signs that encouraged parents to set clear rules and expectations when it comes to their children drinking alcohol.



Karate

Maya Kim
Florence M. Burd School



Running and Drawing Darth Vader's Helmet
Maya McQueen
Sussex County School for Technology

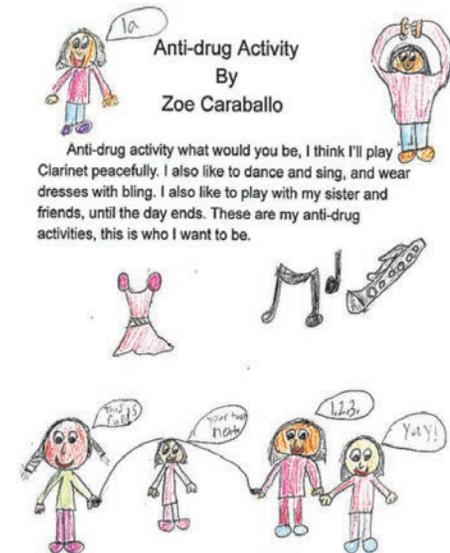
MAJORITY RULES What's Your Anti-Drug?



Motorcross
Neeko Basanyi
Wantage Elementary School



Me Exploring around the world
Preeapha Sriraksa
Lounsbury Hollow School



Filling my day with activities
Zoë Caraballo
Merriam Avenue School



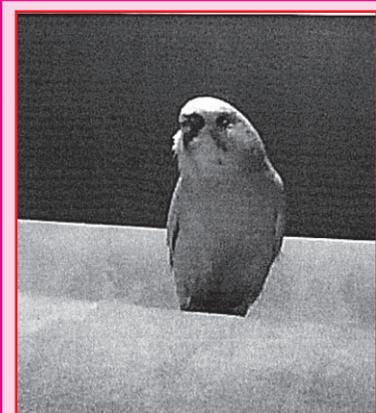
Education
Sahana Dash
Alpine School



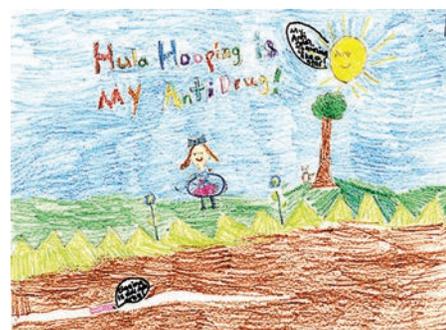
Playing "Flag" Football Sawyer deWaal
Clifton E. Lawrence School



Photography, Reading Taylor VanGorden
Kittatinny Regional High School



This picture shows that my anti-drug is my pet Winter. He is my bird and I want to stay with him. If I do drugs I can die faster and that would mean I would have to leave him alone, without me. Also, If I want to train him to talk I will need my voice. A Lot of drugs eventually make you lose your voice, or give you an extremely raspy and rough voice. If I have a raspy voice he might learn to say the wrong thing.
My Pet Bird Winter
Rose Doherty
Marion McKeown School



Hoola Hooping Samantha DuCharme
Florence M. Burd School

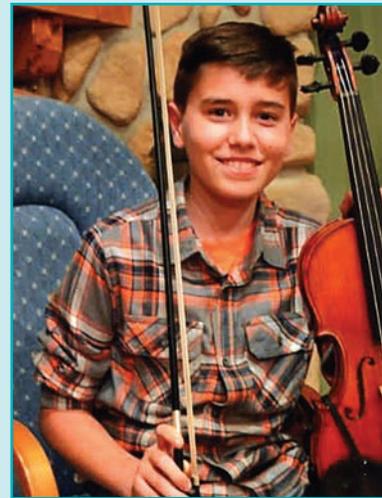
My Anti-Drug is Archery



Archery
Sofia Lawrence
Ogdensburg School

Music is my Anti-Drug

I have chosen music as my anti-drug. Music played a big role in my life ever since I was little. I've grown up listening to my dad play the guitar and he has helped to inspire me to play an instrument of my own.



I am a member of the Sussex County Youth Orchestra and I have been playing the violin for three years. I wanted to play the violin after hearing the song "Keep Me in Mind", by Zach Brown Band. It sounded so cool!!

When I first got my violin, playing and reading music was a little difficult. But after some practicing, some help from my dad and my music teacher and my own determination I began to get the hang of it. Last year, I played my first concert at the Newton High School, and this year I was promoted to the next skill level in my Orchestra.



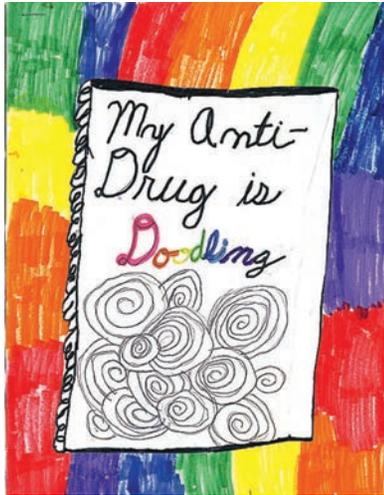
I love listening to all music. I listen to different styles because each one can show a different emotion in me. One of my favorite styles is country because it makes me feel energized. Another favorite of mine is EDM. When I listen to EDM I feel upbeat and captivated. I think it is really cool that music can affect people in that way.

In addition to listening and playing music, I also sing. I have been in my school chorus for two years. I really like performing and I was even a part of our school musical last year.

In conclusion, music will always be a piece of my life. I chose it as my anti-drug because it makes me feel happy. I couldn't imagine my life without it.

Taking pictures of wildlife or listening to music
Kristoph Myers
Long Pond School

MAJORITY RULES What's Your Anti-Drug?



Doodling Taylor Ashworth
Hilltop Country Day School



Drawing Sara Coscia
Hardyston Middle School



As parents, we all want what is best for our children. We don't just wish for it; we put thought, time and energy into making sure our kids develop into well-rounded, happy and healthy young adults. Simple everyday actions and conversations can make a big difference including sharing the highlights of your day - everyday during dinner, or trips in the car and using opportune times to discuss underage drinking and your family rules - perhaps a popular TV show glamorized alcohol or other drug use or a local incident was reported in the newspaper. This is a perfect teachable moment to reinforce you expectations regarding alcohol use, to discuss the risks of underage drinking and practice refusal skills by role-playing with your child. Starting the conversation early (research suggests age 9), and having them frequently helps to build confidence, trust and keeps the lines of communication open. This will make it easier to have those sometimes difficult conversations that may be needed as your child grows and is exposed to experiences as an adolescent and teenager.

Research shows that parents, more than any other person or thing, influence their child's decision not to use alcohol. Children ARE listening but you need to be direct in communicating your expectations to your child, because not saying anything may send a very different message.

For more information, check out "Talk. They Hear You", a national campaign from SAMHSA directed to parents of children ages 9 - 15. For other resources that can help you talk with your child about the risks of underage drinking, call the Center for Prevention and Counseling in Newton at 973-383-4787.

Three reasons why my family is my anti-drug! Reason one, they provide and care for me and wouldn't want me doing bad things like doing drugs. They make me happy and inspire and care for me everyday. Reason two, drugs are harmful to your body. They are dangerous and get you into trouble if you're caught with them. My family would be very concerned if anything happened to me. Why would I want to risk my life by doing drugs when there's better things I could be doing? Reason three, I need to study and get good grades in school. I want my family to be proud of me and they aren't going to be proud of their kid does drugs.

Family Olivia Sachse
Hopatcong Middle School

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