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.

Most kids don’t use drugs.

Majority Rules...

What’s Your Anti-Drug?

For: Infants • Children • Adolescents • Special Needs

Newton-Sparta Pediatric Dentistry & Orthodontics

• Dr. Mike Lateiner, DMD, Pediatric Dentist • Dr. Bernadette Lapena, DDS, Pediatric Dentist
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11 Lawrence Road, Newton, NJ • 973-300-0002 • www.drmikedmd.com
(Off Newton-Sparta Rd. across from the Andover Twp. Municipal Bldg.)
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?”

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

Sussex County PAL
Vernon PAL
Sparta PAL
Sussex County Municipal Alliance, GCADA

Thank you!

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 students decreased 17.3% since 2012!

— Center for Prevention and Counseling
2017 countywide PRIDE survey for the 2017-2018 school year.

The Center
FOR PREVENTION & COUNSELING

This is the 18th “What’s Your Anti-Drug” (WYAD) supplement that the New Jersey Herald and the Coalition for Healthy and Safe Communities, a program of Center for Prevention and Counseling, have partnered on. This year over 800 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.

PARENT ADVICE

www.parentadvicenj.org

Coalition for Healthy & Safe Communities

A program of The Center
61 Spring Street, Newton, NJ 07860
973-383-4787

NIE
Helping Children Learn.

New Jersey Herald

IT ONLY TAKES ONE BAD CALL TO LOSE IT ALL!

PARENTS WHO HOST LOSE THE MOST
REFUSE TO PROVIDE ALCOHOL TO UNDERAGE KIDS.
Vaping can expose the lungs to a variety of chemicals, including those added to e-liquids, and other chemicals produced during the heating/vaporizing process.

— National Institute on Health, 2018
My Anti-Drug is:

I stay drug-free by taking pictures of beaches, the sky and trees and animals. Seeing different types of beaches with different color of waters and sceneries of trees and animals of different natures is amazing. To stay drug free, you have to have strong will power not to try it. And not let anyone pressure you to do anything you do not want to do. Saying No Drugs! Enclosed a picture of a beach from December that was so beautiful and peaceful as I watched and listened to the waves slowly break and remind me of how important life is being so precious to let any drug get in the way of life. We live for each day and only get one chance let’s make it drug free.

Nicholas DaSilva
Hardyston Middle School
My Anti-Drug Is:

My anti-drug is definitely my softball team. They motivate me to be myself and work hard. We recently won the championship and that motivated me more than ever. They really are like my second family. If someone else is going through something the whole team is going through that together. We pushed ourselves every day to get to the championship. Practices and games every week. It sounds miserable, but it really wasn’t because we were in it together. We pushed ourselves to do better. It got extremely hard sometimes but that didn’t stop us. We motivated each other to get better and keep moving forward. We have been a softball team together for years now, but I feel like this year really brought us together. Winning was great but I don’t think that was what brought us together. It was that we worked hard and pushed each other to win. Winning was just the icing on the cake! It was the little things that brought us together. Dancing to music during practice and before the games. Sliding in the dirt after our wins. Doing our team handshake whenever we got a chance. The “FAMILY ON 3!” after every game. The small things that made us smile even in the hardest practices or games. Everything combined is the whole reason I broke down in tears when we won the championship. My softball team is my anti-drug and I am proud to call them my family.

Rachel Collins
Hamburg School

My Anti-Drug Is:

My anti-drug is basketball. I always choose to play instead of getting involved with illegal substances. I have known people who have died and gotten their lives destroyed by drugs so I will never even think about it. Basketball is my favorite thing in the world and it is very calming the way things work with the plays. Playing with friends is a lot of fun and a great way to get exercise. All in all, that’s why I love basketball.

James Weisbeck
Sparta Middle School
County high school students were featured on lawn signs that encouraged parents to set clear rules and expectations when it comes to their children drinking alcohol.

My Anti-Drug is playing Fortnite because it keeps me out of trouble. Where I live the kids always ask me if I want to vape and smoke with them. I stay away from smoking. I play basketball in the front of my house, or play video games with my friends. When I was younger I went to the park with all of my friends to play basketball but when I got older kids were asking me to smoke with them. I would always say no to them and they would keep going on with it and I kept saying no. I finally got annoyed and stopped hanging out with them. My life has been much better without being around those kids. I think playing video games is 100% better for our lungs but I also think it’s not because sitting on video games is not healthy. Going outside is healthy, so it’s good to take a break off the games. But now since Fortnite came out that’s what holds me inside. If kids ask if you want to smoke, do not say yes because they’re smoking. If you see someone doing something they should not be doing, tell an adult.

Elijah Sanchez
Sussex County Charter School
MAJORITY RULES

What’s Your Anti-Drug?

My Anti-Drug: The Smile on My Sister’s Face

Every morning, I look into my sister’s eyes—
And I see the most beautiful smile in this world.

My sister’s smile makes me happier
Than any doll or toy I can buy.

Her smile makes my mommy and daddy happy,
It makes her friends happy, her teacher happy, and everyone who sees her happy.

Happiness is the best feeling in the world—

I never want my sister’s smile to shrink to sadness or sorrow.

Drugs though are bad. They make sad things happen to your mind and body.
I never want sad things or bad things to happen to my mind or body—
Because I always want to see my sister’s smile.

I always want my mommy and daddy and my sister’s friends and teacher and everyone who sees my sister’s smile to be happy.

And that is why I love my anti-drug – that beautiful SMILE on my sister’s face.

Sahana Dash
Mohawk Avenue School

According to Sussex County students in 6th to 12th grades, 84% of their parents talk to them about the dangers of alcohol and other drugs, while 16% of parents don’t have the conversation at all.

— Center for Prevention and Counseling 2017 countywide PRIDE survey for the 2017-2018 school year.
As parents, we all want 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.

My Anti-Drug Is: Football because it teaches you to not be scared of whatever you come across or against even if they’re bigger, quicker, and a little stronger. It makes you believe in yourself that you could be anyone who you want to when you grow up. You just got to put your mind to it and work hard. And all you need to do is chase your dreams. Last thing, it makes you learn a huge lesson every time you play it. Hard work could achieve anything. If you work as hard as you can in practice you’re just getting better and learning. And if you’re getting sore, keep going. It will complete important tasks. One very important thing is to never give up.

Jayden Ruplall
Frankford School

Camping  Brenna Philson
Marian E. McKeown
Elementary School

Fishing  Bianca Basanyi
Clifton E. Lawrence School

My Anti-Drug Is: Camping

At Newton-Sparta Pediatric Dentistry and Orthodontics, we give gentle care for little patients in a friendly environment

For:

• Infants • Children • Adolescents
• Special Needs

Give us a call today or stop by!

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