

Monday, November 5, 2018

What's Your Anti-Drug?



My anti-drug is ballet
Mina Lin
Montague 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 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.

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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?"



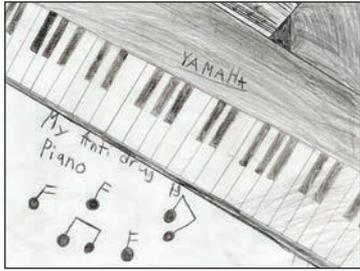
The percentage of Sussex County students who have ever tried alcohol has decreased in almost every grade since 2006.

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

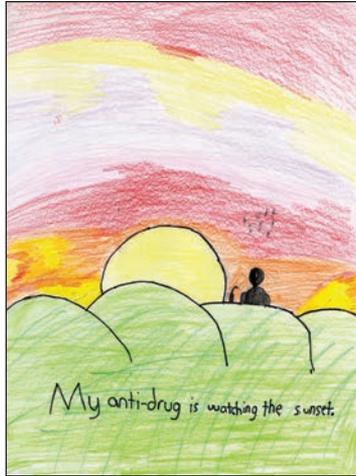
— Center for Prevention and Counseling
2017 countywide PRIDE survey for the 2017-2018 school year.



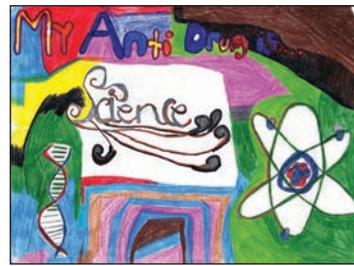
MAJORITY RULES What's Your Anti-Drug?



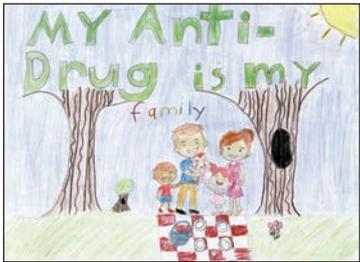
Piano **Walter Mentone**
Lounsbury Hollow School



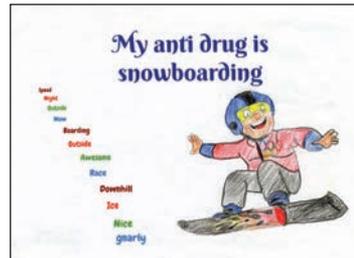
Watching the Sunset
Teagan Wisinski
Fredon Township School



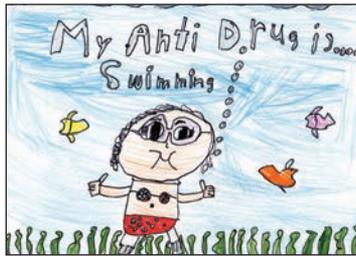
Science **Sophia Vigiletti**
Glen Meadow Middle School



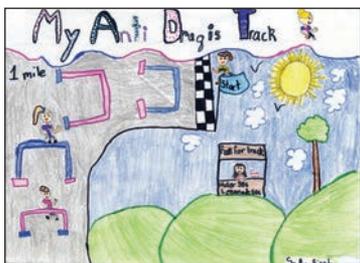
Family **Sebastian Orrico**
Marian E. McKeown
Elementary School



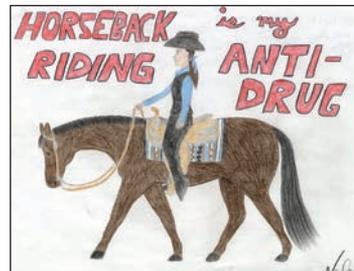
Snowboarding **Rylee Keenan**
Lounsbury Hollow School



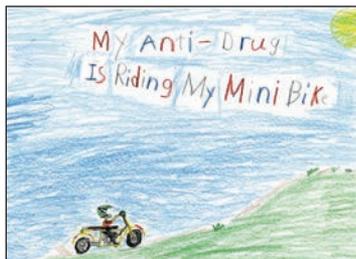
Swimming **Sadie Brand**
Fredon Township School



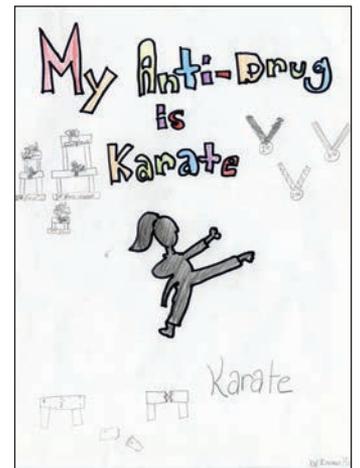
Track **Sadie Biondo**
Ogdensburg School



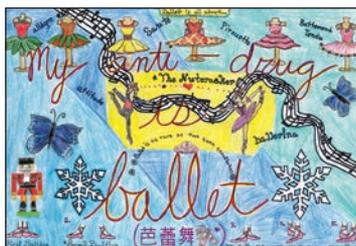
Riding **Nicolette Occhifinto**
Newton High School



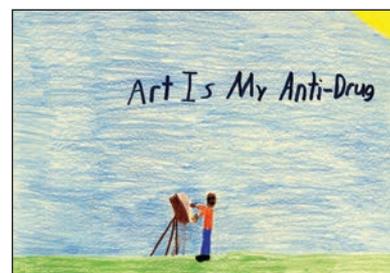
Riding My Mini Bike
Percy Van Ek
Sussex Christian School



Karate **Kiernan Moore**
Helen Morgan School



Ballet **Mina Lin**
Montague Elementary School



Art **Malaki Thomas**
Hamburg School



Photography **Fiona Kennedy**
Glen Meadow Middle School

My Anti-Drug Is:

My family is my anti-drug. This is because my family is amazing. They can make anything we do, no matter how boring it could be, fun. For example, when we went to Canada. We drove to Canada, and from here and back, it was a 12-hour drive, without traffic included. This could have been very annoying. We could have fought the whole ride. We could have complained the whole time. We didn't do that though. Throughout all 12 hours, my family and I played games, sang songs, and told stories. We used this time to bond and become even closer.

Another example of my family being my anti-drug is them supporting me. My family comes to all of things I do, like when I was in the play "The Wizard of Oz". This play was done three times, and all three times my family showed up. This is important to me because this was most likely very boring. I also don't think other families would do that for each other.

My last example of my family being great is them taking care of me. My mom makes me tea and soup. My dad gets me medicine that I need. Also, my brothers joke with me and make me feel better. I appreciate all of this so much because without them, I probably couldn't get better.

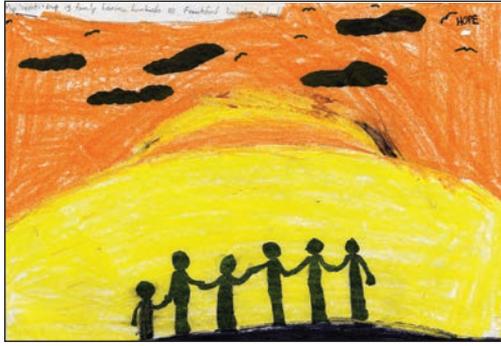
I love my family and thank them for everything they do. They make everything we do fun. They support me no matter what I am doing. They take care of me. My family is my anti-drug.

Amira Abdallah
Valley Road School

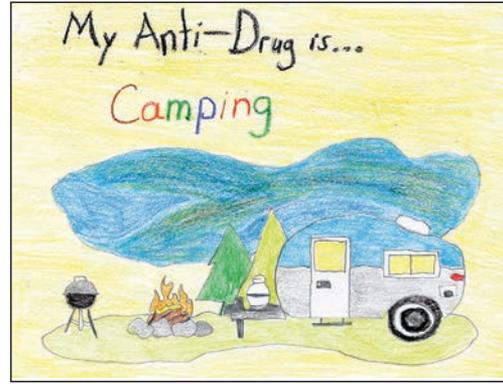
Vaping can expose the lungs to a variety of chemicals, including those added to e-liquids, and other chemicals produced during the heating/vaporizing process.

— National Institute on Health, 2018

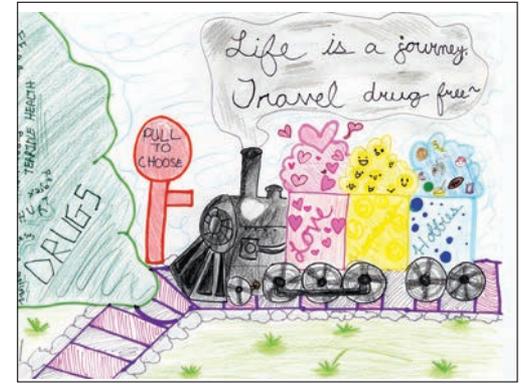
MAJORITY RULES What's Your Anti-Drug?



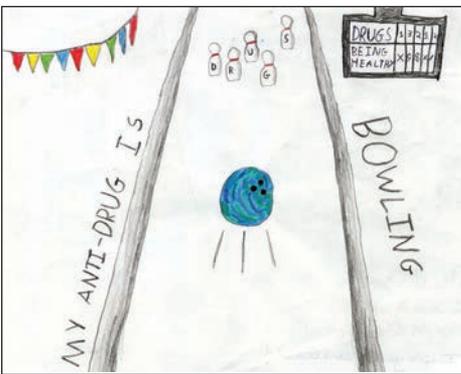
Family
Larissa Lombardo
Frankford School



Camping
Jamie Dreps
Lounsbury Hollow School



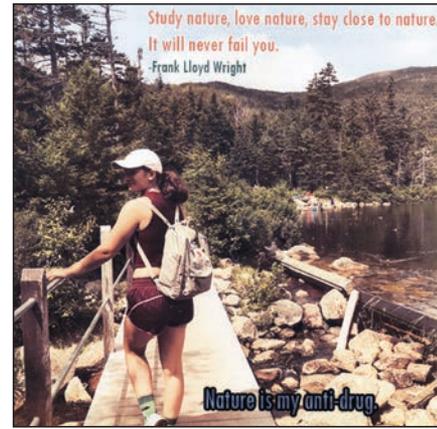
Travel
Dayna Alemy
Franklin Borough School



Bowling
Kyle Lubanski
Sussex Middle School



Boy Scouts
Logan Brown
Hudson Maxim School



Nature
Rayna Butler
Kittatinny Regional High School



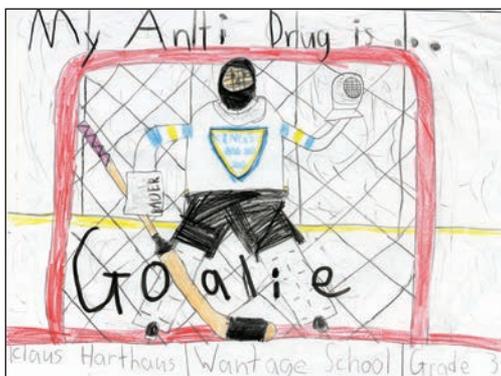
Different Hobbies
Kaylee Hrehorovich
Hardyston Elementary School



Track
Daniel Lovett
Glen Meadow Middle School



Fishing
Kaylee Free
Lounsbury Hollow School



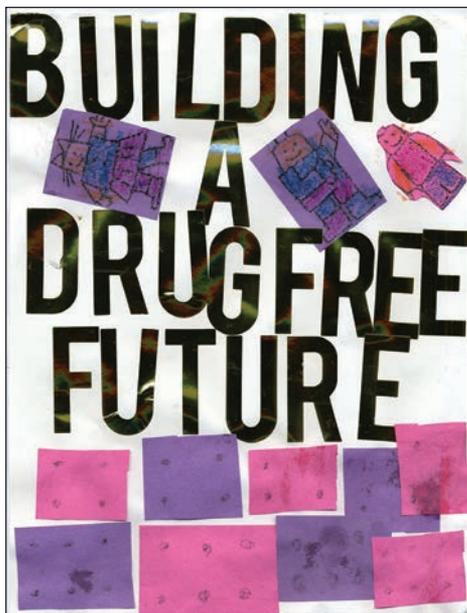
Goalie
Klaus Harthaus
Wantage Elementary School

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

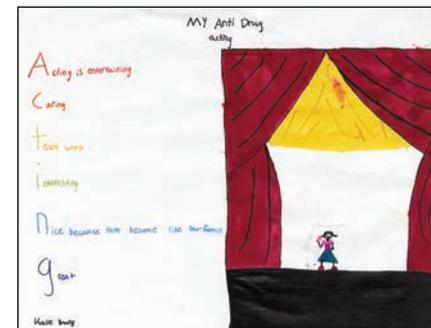
MAJORITY RULES What's Your Anti-Drug?



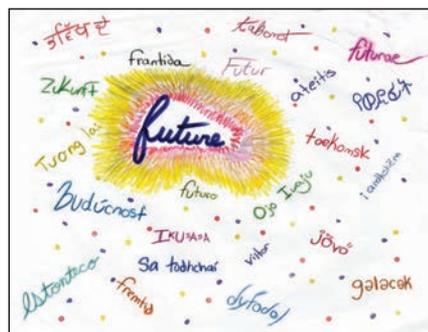
Future
Ily Culpepper
Cedar Mountain Primary School



My Sister
Kathryn Brunke
Hamburg School



Acting
Kalle Young
Long Pond School



Future
Gianna Ezzo
Sussex County Charter School

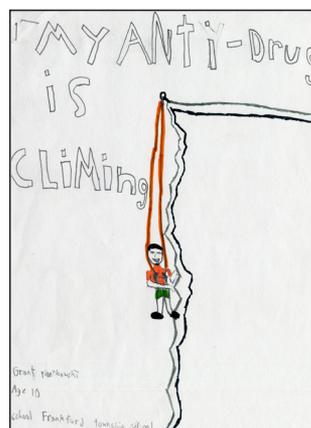


Frogs
Nathan Hayzler
Clifton E. Lawrence School

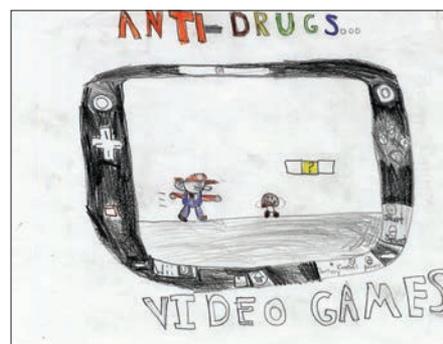
My Anti-Drug Is:

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



Climbing Grant Piontkowski
Frankford School



Video Games Brayden Dabrowski
Long Pond School



Podcast Emily Serio/Samara Ibrahim
Hopatcong Middle 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

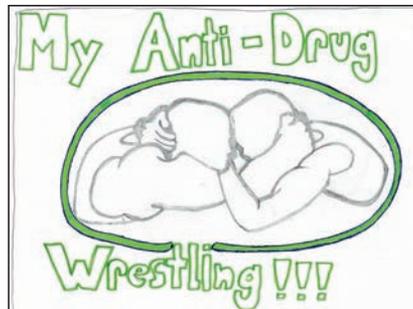
MAJORITY RULES What's Your Anti-Drug?

My Anti-Drug Is:

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

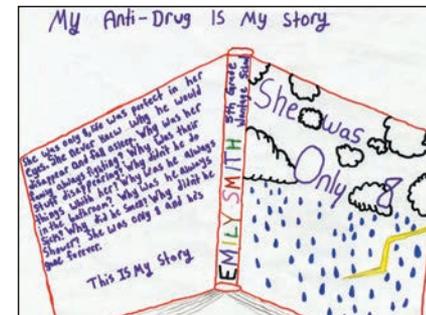
Sussex County Charter School



Wrestling

Connor Hanna

Kittatiny Regional High School



My Story

Emily Smith

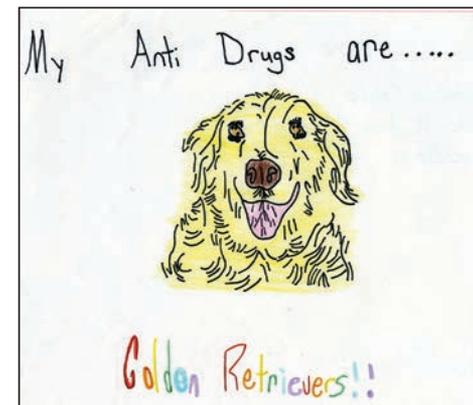
Wantage Elementary School



Read and Dance

Emily Valle

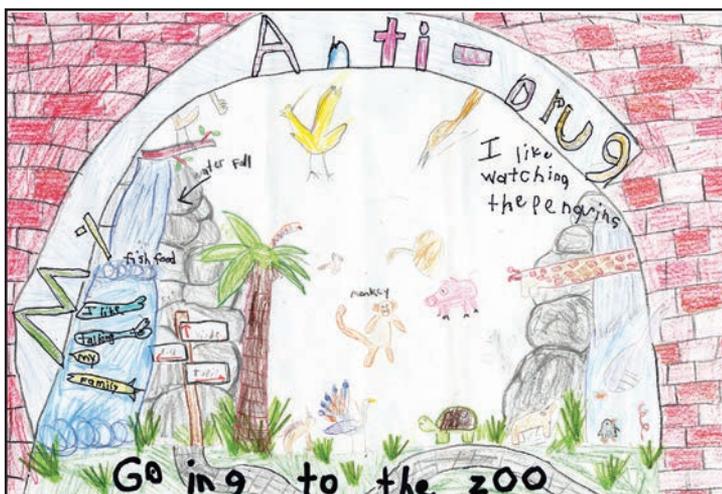
Rolling Hills Primary School



Golden Retrievers

Chloe DeBonta

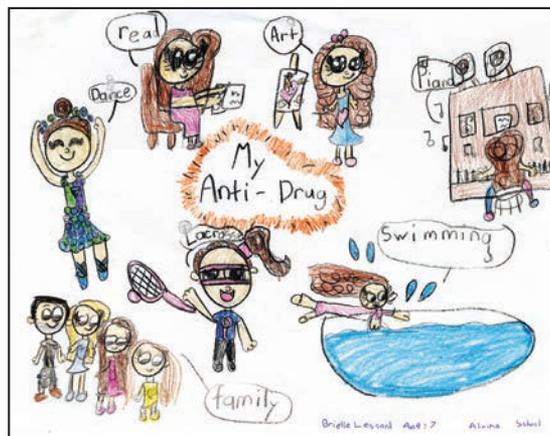
Glen Meadow Middle School



Going to the Zoo

Carter Clauson

Valley Road School



Different Hobbies

Brielle Lessard

Alpine School

Celebrate Without Alcohol!



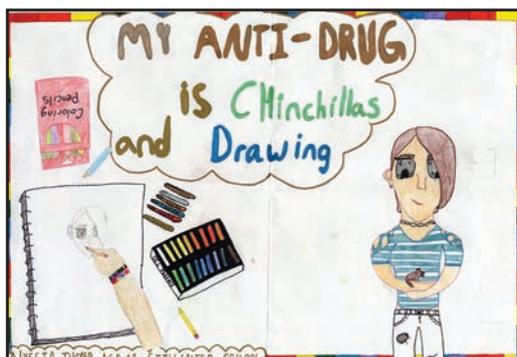
County high school students were featured on lawn signs that encouraged parents to set clear rules and expectations when it comes to their children drinking alcohol.

Listening to Music
Katie O'Keefe

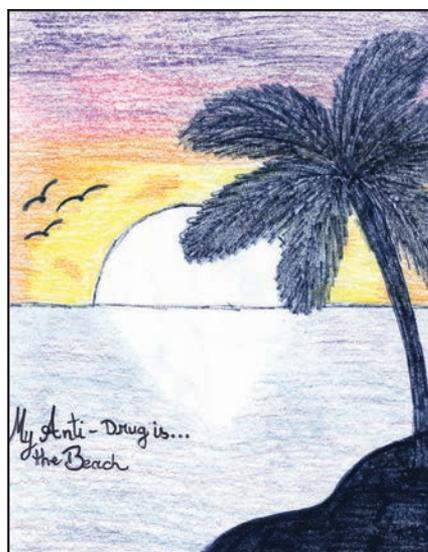
Fredon Township School



MAJORITY RULES What's Your Anti-Drug?



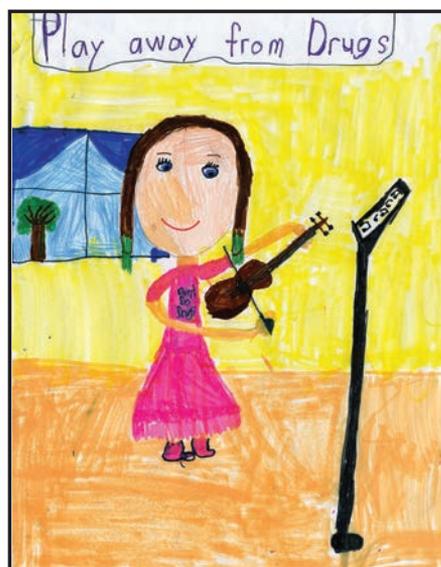
Chinchillas and Drawing
Alyssia Tucker
Stillwater School



The Beach
Ashley Alvarez
Halsted Middle School



My dog Sandy
Aleena Buchell
High Point Regional High School



Playing Violin
Addison Emma
Florence M. Burd School



Drawing
Bethany Bennett
Sussex Christian School



Mini-Golf
Charlie Yanecko
Wantage Elementary School



Playing Superheroes
Abbigail Guilick
Wantage Elementary School

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 hap-
pen 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



Pitching
Cassian Konzel
Clifton E. Lawrence 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.

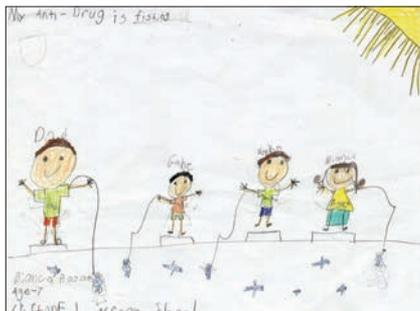
— Center for Prevention and Counseling
2017 countywide PRIDE survey
for the 2017-2018 school year.

MAJORITY RULES What's Your Anti-Drug?



Camping

Brenna Philson
Marian E. McKeown
Elementary School



Fishing

Bianca Basanyi
Clifton E. Lawrence School

My Anti-Drug Is:

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 Rupall
Frankford School

i talk
they hear you

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 op-

portune 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.

Give Your Kids *The Gentle Touch!*

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- Special Needs

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Smile It's Free!

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- Dr. Veronica Choi, DDS, Pediatric Dentist • Dr. Bernard Barrish, DMD, Orthodontist • Dr. Kevin Lehnes, DMD, Orthodontist
- Dr. Blair Sittmann, DDS, Orthodontist

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