



LEAD

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*We are grateful to the Church
of the Holy Spirit's Mission
and Outreach Committee
for funding our newsletters!*

**On the cover:
American English
performs Sept 10!**

LEAD's Mission

LEAD is a community organization dedicated to parents and other adults and their role in the promotion of healthy family relationships and the prevention of alcohol, tobacco, and other drug use and risky behavior by youth.

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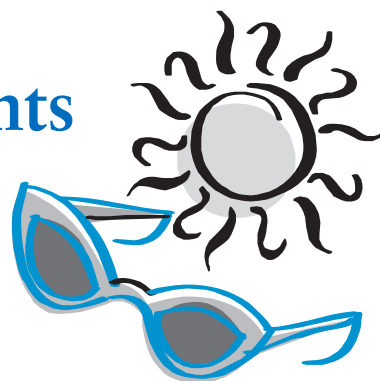
United Way
North Shore

Summer tips for parents

Summer can be a delight for families but it also is an adjustment for parents who are used to having their children's time structured and managed by schools!

Here are some suggestions that might help contribute to a safe and fun summer experience for all:

- 1 Have a family meeting to discuss house rules for the summer. Cover issues like expectations for contributing to household chores, times for waking up and going to bed, curfews, rules about friends and sleepovers, expectations about summer sports, jobs, reading, or internships, and so forth. Keep in mind that curfew laws remain the same as during the school year for teens.
- 2 Also discuss as a group what kinds of things you would like to do together as a family. Compare notes on things that sound like fun to each member, and develop a plan so that everyone can have a chance to enjoy the summer.
- 3 Be adamant about using seat belts.
- 4 Reinforce the house rules on computer use and make sure to discuss Internet safety. Consider limiting computer time if you feel that too much free time is being spent on the computer vs. healthier activities.
- 5 Emphasize the importance of sunscreen and the protection from the sun's harmful rays. Provide a bottle for each child so there is no excuse not to use it.
- 6 For those with young children, arrange some time with a summer sitter or at a camp so that you can have some adult time—caring for yourself is important, too!
- 7 For those with adolescents, keep a close watch on the situations where they might be drinking or using drugs—the summertime can be a high risk time, especially for eighth graders moving on to high school or for high school graduates moving on to college. Do your best to protect them from these risks, even when you might feel like “the meanest parent in town.”



- 8 Seize the opportunity to do fun things that give children new skills and self confidence: teach them how to cook a favorite dish, how to do the laundry, to plant a garden, to play a new sport, encourage them to read the newspaper, and so forth.
- 9 Let kids have some free time—try not to over-structure. Give kids time to be creative, to learn to entertain themselves and friends with simple games or sports, without pressure or judgment. Let them just be kids!

**Help!
Volunteers needed:
Want to help LEAD?
Call 847-295-9075
and we will find
a fun opportunity
for you!**

LEADing the Way

LEAD • Building Healthy Families & Strong Youth • June 2006



Top Beatles Band returns to Lake Forest

In concert Sunday, September 10 at LFHS



American English, the country's #1 Beatles' band, returns to perform for LEAD.



www.LEADweb.org

American English, the #1 Beatles tribute band in the country, will once again be performing a benefit concert at Lake Forest High School's Raymond Moore Auditorium on Sunday evening, September 10 at 7 pm. The two-hour concert will cover the major periods of Beatles' music, and is guaranteed to bring back a flood of memories for those who grew up with these tunes. The band features uncanny sound reproduction and look-alike costumes, hairstyles, and mannerisms of the original band. "They are not a band, they are a Broadway Show!" says Eric Burdon of the Animals.

The concert, underwritten by Lake Forest Bank and Trust, will help raise funds for LEAD's parent education and substance abuse prevention programs. The evening will also include a cash raffle, silent auction, and a live auction of two very special items. Dessert and coffee will be available, too. Want to go out before or after the show? The Grille on Laurel will welcome guests pre and post concert, with a portion of the proceeds to benefit LEAD.

Tickets will be \$45 for adults and \$20 for students (K-college), and seating will be assigned on a first-come, first-served basis. To order your tickets in advance and to guarantee seating, call the LEAD office at 847-295-9075 or check the LEAD website (www.leadweb.org) for a fax order form.

Wrapup: Fostering self reliance

Alice White, a licensed clinical social worker in private practice for 32 years, including 17 years at Deerfield High School, presented "Fostering Self Reliance" on Monday, April 10 at Gorton Community Center.

Alice talked about the importance of teaching young people how to learn how to handle challenges effectively BEFORE they leave home.

She also gave tips for helping older adolescents become more capable of managing their own lives NOW.

This workshop provided specific strategies to help teens feel more competent and prepared for the real world.

Key points Alice covered were:

- It is important that parents help their children learn to be more effective and competent and achieve real autonomy.
- It is scary for parents to let kids manage on their own.
- It is challenging for children to be self reliant.
- Parents can help by *not always helping*.
- Parents can respond more effectively—they can: require responsibility, say "no" without being angry, really listen, and involve kids in decision making.
- Remember: Parents have a life long impact!

Some audience feedback:

- ▶ Home should be a safe environment.
- ▶ Encourage your kids to find ways to entertain themselves during downtime.
- ▶ Alice hit the nail on the head with good info about helping parents give kids some space and respect.
- ▶ Relating her own personal stories, Alice helped illustrate situations and how to be a "good enough" mom.

If you would like a copy of Alice's handout, please go to the LEAD website at www.leadweb.org.



Also in this issue:
Alerts for parents2
Kids and death2
Donations2
Energy drinks3
Medical marijuana? ..3
Shop & Share3
Summer tips4

Alert list for parents

Here is information about issues that could pose risk to youth in our area:



Addiction to the Internet

Are your kids addicted to the Internet? An increasing number of parents are concerned that their children have grown dependent on the internet and are spending too much time online. Try to determine if your child has an Internet dependency by monitoring the time online and examining the effects on schoolwork, health, or relationships with friends and family. Set a good example by limiting your own online time, keep the computer in an open place, and insist on a balance between internet use and other forms of activities for the whole family. If you suspect a strong dependency, get professional counseling as soon as possible, as these symptoms could be related to other emotional problems your child might be experiencing.

Teens and suicide (Condensed from the American Academy of Pediatrics)

About nine percent of high school students in a recent national survey said they had tried to kill themselves at least once. In fact, suicide is the third leading cause of death for young people aged 15-24 and the fourth leading cause of death for persons between 10 and 14. We have had tragic teen suicides in our local area as well.

Why is this happening? The Academy believes that the ease of getting the tools for suicide, the increased pressures of modern life, the stiff competition for good grades and college admission, and the increased violence in the newspapers and on television are factors. They recommend that parents with a depressed child keep a close lookout for suicidal behavior, and openly talk about it in order to better understand your child's feelings. Friends also need to take symptoms seriously and act quickly if danger signs are evident. For more information, go to www.afsp.org.

How to talk to your kids about death

By Nancy Perlson, MA, LSW

Current research indicates that by the time children are 18 years of age, 8% will have experienced the death of a mom, dad, brother or sister. Okay, so let's say that your child is not a part of that 8%, and of course no one plans to be, how will you talk to your kids about the teacher who recently died of breast cancer, their best friend's brother who died by suicide, your family friend who died of a sudden heart attack, or the little girl on your block killed in an automobile accident?

There are some very basic things to remember when addressing the tough subject of death with kids of any age. To begin with, not every child understands death in the same way. Give them opportunities to share their feelings and use their stories as a guide to understand what they know and believe about death. Clarify what your children have learned about the death to provide them with accurate information. Telling them the truth at a level they can understand is incredibly important in earning their trust as well as teaching them how to deal with adversity throughout their lives. While the death of someone in a young person's outside world will impact them differently than a death within their own family, giving them opportunities to share their feelings and talk about their experience will provide them with resources to develop healthy life coping skills.

For more information, additional resources, and information about community groups to educate yourselves about talking with your kids about death, please call Nancy Perlson at 847-940-0779 or visit www.willowhouse.org.

Nancy Perlson is a social worker on the staff of Willow House, a social service agency based in Northbrook and dedicated to helping children, teens, families and communities who are coping with death and dying.

**FIND MORE AT
www.LEADweb.org**

Can you help LEAD with a donation?

LEAD relies heavily on the support of individuals in order to deliver our parenting and prevention programs to the community. We hope you can help us build healthy families and prevent alcohol, tobacco and drug use and other risky behavior by youth!

Yes, I would like to help LEAD. Enclosed is my contribution of \$ _____

And/or I would like to help in other ways: _____

Name _____

Email _____

Address _____

Checks preferred but MasterCard and Visa also accepted.

Check One: VISA MasterCard Check enclosed

Card Number _____ CCV# (on back of card) _____

Signature _____ Exp. Date _____

Phone _____

Complete and mail to LEAD, 400 E. Illinois Road, Lake Forest or fax to 847-295-9076.

Thank you! LEAD is a 501(c)(3) charitable organization. All donations are tax deductible!

Energy drinks

Hype or hazard?

By Sally Willis, R.D.

One of the fastest growing segments in the beverage industry today is the energy drink market. This \$3 billion industry is aimed, for the most part, at teenagers and young adults. Their popularity stems from a desire for a quick energy boost. This “boost” is delivered from the high concentration of sugar and caffeine, as well as other stimulants, contained in these drinks. Energy drinks have become readily available under a number of brand names (Red Bull, Full Throttle, Vault, etc.) and are very powerful; therefore, they should be treated with caution.

The exact effect of an energy drink on an individual will vary, but the body’s response to concentrated doses of sugar, caffeine and other stimulants are universal. Effects include:

- ◆ elevated heart rate and blood pressure;
- ◆ dehydration;
- ◆ inability to sleep; and
- ◆ varying degrees of dependency on caffeine

In addressing the use of these drinks with adolescents and teens, it should be noted that caffeine is classified as a drug because of its stimulating effect on the central nervous system and its use should be monitored.

The potential hazard of energy drink consumption is particularly alarming when one considers the student athlete. These energy drinks have become popular with athletes before competition to achieve a perceived competitive edge. In fact, the combination of physical exertion with the powerful stimulant nature of the energy drink, could put the athlete at risk. The contents can dangerously stimulate the heart rate and cause dehydration. Fluid replacement is very important during exercise, but energy drinks are an unsuitable method for rehydration. A much better alternative is plain water, fitness water or a specially formulated sports drink.

Experts agree that while energy drinks continue to grow in popularity, we must continue to educate the consumer on potential risks of consuming the high levels of sugar, caffeine and other stimulants contained in these products.

Sally Willis is a Registered Dietitian in private practice and the parent of three children. She works with the Deer Path Middle School Wellness Staff and is a member of the District 67 Wellness Policy Team.


Marijuana as Medicine?

No! Facts to consider

For the past two years, a bill has been put before the Illinois Legislature to legalize the use of marijuana as medicine. Consider these concerns before reaching an opinion.

- Proponents of legalization have appealed for compassion for the seriously ill or dying. The reality is the bill allows for use of marijuana for a wide array of symptoms, from headache to stomach ache to the more tragic cases of those with cancer or AIDS. Thus a doctor would be able to authorize marijuana use for almost anyone.
- The bill allows a patient to grow their own marijuana or have a caregiver grow it. It would not be available at a pharmacy or from an official store, putting patients at risk due to variations in strength, purity, and consistency of the drug.
- The use of smoked marijuana as medicine is opposed by the FDA (responsible for approving medicines in the US), the American Medical Association, the American Glaucoma Society, the National Multiple Sclerosis Society, and the American Cancer Society.
- Smoking marijuana delivers unfiltered toxins at levels higher than cigarettes which damage the lungs, and it also depresses the immune system. Not ideal for a person who is ill.
- There has been progress developing safer products using the active ingredients in marijuana; Marinol, a pill, is FDA approved for nausea and the wasting from AIDS. Sativex, an oral spray that avoids the harm of smoking, has been approved in England and Canada and is in clinical trials in the US.
- Marijuana smoking can cause other serious side effects: fertility problems, toxic delirium, acute paranoia, psychosis, dependency, short term memory problems, loss of motivation, and driving impairment.
- The most active supporters of medical marijuana legalization are part of an organization called NORML which openly states that its ultimate goal is to allow the use of marijuana for recreational use by anyone.
- The mixed message of “okay for some” to use an illegal drug significantly waters down the efforts to convince young people not to use drugs, especially when freely dispensed.

Another way to help raise money for LEAD’s work



SHOP & SHARE IDENTIFICATION SLIP

AMOUNT OF PURCHASE

0526337

GROUP NUMBER

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STORE NUMBER

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DOLLARS CENTS

GROUP: **LEAD (Linking Efforts Against Drugs)**

YOUR SHOP & SHARE DAYS: **June 5-7 & 12-14, 2006**

SIGNATURE _____

PLEASE SIGN THIS SLIP AND TURN IT IN TO YOUR CHECKER WHEN YOU SHOP.
 PARTICIPANTS CAN MAKE PURCHASES AT ANY JEWEL-OSCO ON THE DATE ABOVE.
 IDENTIFICATION SLIPS ARE NOT TO BE DISTRIBUTED IN FRONT OF ANY JEWEL-OSCO.



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