



A SERVICE OF THE UNION COUNTY  
BOARD OF CHOSEN FREEHOLDERS

**UNION COUNTY**  
*We're Connected to You!*

# DRUG ALLIANCE

OCTOBER 2017

## NEWSLETTER

**FOR THE PREVENTION OF ALCOHOLISM AND DRUG ABUSE IN OUR TOWN**

*The Clark Drug Alliance is a community based organization, headed by Ralph Bernardo, dedicated to a comprehensive and coordinated effort to reduce and prevent illegal use of alcohol and drugs. Clark's main focus is on alcohol abuse amongst our minors. The Clark Municipal Alliance Committee supports the resolution of the Governor's Council on Alcoholism and Drug Abuse to create a climate that rejects the use of dangerous substances and encourages the development of resources to restore a healthy lifestyle.*

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### Small Town Big Message

**21  
MEANS  
21**

Clark township will soon have a new way to remind residents of the legal age to drink.

Look for signs that will be placed along main streets in town.

### Alcohol and Athletics Don't Mix

The effects of alcohol and marijuana stay in a child's body for up to 72 hours making any playing field, ice rink or weight room a dangerous place:

- The major latent effect of alcohol and marijuana is reduced reaction time, increasing the risk of concussions and major injuries from lack of readiness from routine contact.
- Alcohol and marijuana increase fatigue in children for up to 3 days after last use. Increased fatigue reduces on-field performance late in games. Increased fatigue decreases balance and coordination risking the child and teammates.
- Alcohol and marijuana impair deep sleep which can take up to 7 days to recover reducing concentration, memory and reaction time impacting academics and athletics.
- Alcohol dehydrates a child's body, decreasing aerobic performance capacity by as much as 11% impacting children playing almost any sport.

**If you suspect your child has been using alcohol or marijuana it is imperative you alert a coach or the Athletic Director.**

**All conversations will be kept strictly confidential.**

### Medicine Cabinet Safety

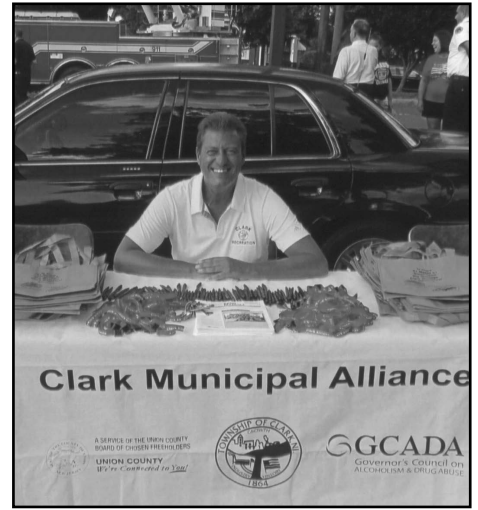
Two-thirds of teens who report abuse of prescription medicine report getting them from family or friends. Follow these steps to safeguard the teens in your life.

1. **MONITOR** how many pills are in your prescription bottles and keep track of your refills
2. **SECURE** your prescriptions in a locked cabinet your teen cannot access.
3. **DISPOSE OF** expired and unused prescriptions at a medicine take-back location.



# 4th Annual National Night Out

August 1, 2017



# Clark Police Explorers Program



The Clark Police Explorers Post is designed for young men and women who have an interest in the field of law enforcement. The Explorers learn about a variety of different subject matter related to law enforcement and also do hands on work alongside Clark Police officers. The Explorers program is run in cooperation with the Boy Scouts of America.

## Eligibility:

- Be between the ages of 14 and 21
- Have good grades in school
- Be of good character
- Have an interest in helping your community
- Have absolutely NO criminal convictions

## Contact:

Detective Brian Soos, Juvenile Bureau  
Clark Police Department, (732) 574-0010

## FROM OUR DARE OFFICERS:



Please welcome our newest DARE officer Patrolman Mark Detore. Ptlm Detore has been with the Clark Police Department since July of 2015. Currently Ptlm Detore is assigned to the patrol division and in May of 2016 he completed DARE training in Bergen County. Ptlm Detore has over 13 years in civil service and prior to becoming a law enforcement officer taught youth services for St Rapheal's Church in Livingston. Ptlm Detore is extremely excited to begin teaching DARE to the students at our Clark schools as we begin our Fall session.

## FROM OUR TEEN CENTER DIRECTOR:

The Teen Center is open Wednesday evenings, 6:00 pm to 9:00 pm and Friday evenings, 6:00 pm to 10:00 pm. It is open to Clark school students in the fifth through twelfth grades. There is always an adult monitor on hand. The main function of the monitor is to provide a safe environment and observe their interaction with each other to assure they treat each other with respect and the rules are followed. Teens can just hang out or enjoy some of the games available.

- ⇒ Video Games
- ⇒ Simulated Motor Cars
- ⇒ Pool Table and Ping Pong Table
- ⇒ Pin Ball Machine
- ⇒ Other Games of Interest

**Victor F. DeMarzo,**  
***Retired Police Officer***





## Arthur L. Johnson High School

365 Westfield Avenue • Clark, New Jersey 07066  
732-382-0910 (Telephone) • 732-382-5957 (Facsimile)

**Jennifer Feeley**  
*Principal*

**Edward Bucior**  
*Assistant Principal*

**Doreen Babis**  
*Director of Student Support  
Services*

**Steven Kaelblein**  
*Student Assistance Counselor*

## From the Schools .....

- Thanks to the Municipal Alliance, Arthur L. Johnson will continue to provide essential alcohol education via **AlcoholEdu** to all its freshmen in the coming school year!
- Through the Alliance, as an added bonus, ALJ has new **Prescription Drug Abuse Prevention** lessons intended for juniors and seniors as part of their Health curriculum.
- The **Heroes and Cool Kids** program will once again be funded by the Alliance! This peer-to-peer program connects high school students with sixth-grade students at Carl H. Kumpf Middle School. The older students impart lessons on the dangers of drugs and alcohol, bullying, and personal responsibility.
- The Alliance helps fund **Red Ribbon Week** activities in all schools. Red Ribbon Week is a national week of awareness about the dangers of drugs and alcohol. One highlight of this week is the **Drug Prevention Walk and Family Fun Day at Nomahegan Park**.
- Through our continued relationship with Prevention Links, the school district hopes to again deliver programs like **Keep a Clear Mind** to 4th-graders and **Smart Choices** to 7th-graders.

For more information, feel free to contact Steve Kaelblein, Student Assistance Counselor for the Clark Public School District at (732) 382-0910 extension 3125.