



A SERVICE OF THE UNION COUNTY  
BOARD OF CHOSEN FREEHOLDERS

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

# DRUG ALLIANCE

JANUARY 2018

**GCADA**  
Governor's Council on  
ALCOHOLISM & DRUG ABUSE  
**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.*

The ALJ student body recently received a visit from The Union County Sheriff's Office to hear a message about the ongoing struggle to fight opioids and opioid addiction. As part of Red Ribbon Week, devoted to raising awareness of the dangers of drugs and alcohol, Officer Victoria Smith delivered an interactive, informative presentation and fielded questions from the student body.



## PROJECT MEDICINE DROP



As part of their initiative to help combat the opioid crisis, the Clark Police Department has installed a medicine drop box in the building. The box is accessible 24/7. We encourage residents to go through their medications and take advantage of the box to safely dispose of all unused and outdated medications.

### **WE ARE ALWAYS LOOKING FOR VOLUNTEERS!**

If you would like to get involved in the Clark Drug Alliance and the war on underage drinking, contact Ralph Bernardo at the Recreation Center (732) 428-8400 for information.

**Let's all do our part to keep  
our children from becoming  
a statistic.**



It is unlawful for any person under the legal age who knowingly possesses or knowingly consumes an alcoholic beverage on private property.

Any person violating the provisions of this ordinance shall be punished by a fine of \$250.00 for first offenders and \$350.00 for any subsequent offenses.

In addition to these fines the courts may suspend and or postpone for six months the loss of driving privileges of the defendant. If a person at the time of imposition of sentence is less than 17 years of age, the period of license postponement; including a suspension or postponement of the privilege of operating a motorized bicycle, shall commence of the day of sentence is imposed and shall run for a period of six months after the person reaches the age of 17 years.

## FROM OUR DARE OFFICER:

### To Vape or Not to Vape?

On February 6, 2018, 8th-grade students at Carl H, Kumpf will attend a presentation on the dangers of vaping. To Vape or Not to Vape? is an interactive discussion for youth and young adults that unveils the truth about using electronic nicotine delivery systems (ENDS). This workshop address the concern of the ingredients in e-liquid, preventing battery explosions, marketing ads copying big tobacco playbook, FDA regulations and state policies.

The presentation will be provided by:

Cristina Martins, Health Educator, CHES

Southern New Jersey Perinatal Cooperative

Family Health Initiatives

## WHAT CAN I DO AS A PARENT?

Parents you are the first line of defense when it comes to your child's drug use or drinking. And you do make a difference! Below are some simple steps you can use to help keep track of your children's activities.

- Set rules
- Praise and reward good behavior
- Know where your teen is
- Talk to your teen, have open communication
- Keep them busy especially into the evening hours & weekends
- Check on your teenager
- Establish a "core values statement" for your family
- Spend time together as a family
- Take time to learn facts and signs of marijuana and underage drinking
- Get to know your teen's friends and communicate with their parents
- Stay in touch with adult supervisors (teachers, coaches, fellow parents, employer)

# PARENT UP

## Guidelines for attending a party?

- Contact the parents hosting the party. Verify the occasion, make certain an adult will be present and that no alcohol or drugs will be present.
- Some people think their young people are mature enough to go and enjoy these parties without drinking or smoking pot. There may be time your children do not want to accept an invitation. Be sensitive to their judgements.
- If your teenager does go and finds an uncomfortable situation, suggest that he/she call home or leave before things get out of hand.

## Guidelines for hosting a party?

- Friends-Music-Snacks. These are essential ingredients. No Beer! The more these parties are given the more acceptable they will become. Make it clear no drugs or alcohol will be permitted.
- Plan to be home and make your presence known throughout the evening. Abusive language, bad manners, or destruction of property should not be tolerated.
- Let your neighbor that a properly supervised party will take place; and if it's a large party, it's not a bad idea to notify the police ahead of time.



## Warning!

There is a significant presence of marijuana candy and other edible forms in New Jersey and nearby states. Marijuana candy is illegal in New Jersey. It contains Tetrahydrocannabinol (THC), which is the main active ingredient that causes a high. Marijuana candy often imitates hard or gummy candy or chocolate. THC levels in marijuana candy can be as high as 90% compared to 10 to 20% found in marijuana vegetation.

Adults should check for unusual candy packaging. Because of the similarities between marijuana candy and brand name candy, it is often difficult to distinguish the difference based on appearance alone. In addition to the packaging, marijuana candy can have an odor similar to that of the marijuana plant making it easier to identify.

### Recommendations:

- If you believe you or your child has received marijuana candy, immediately contact your local police department.
- Wear vinyl or non-latex gloves if handling possible marijuana candy.
- Thoroughly wash hands after removing and disposing of the gloves properly to prevent potential ingestion.



# TEEN CENTER

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.

- No drinking
- No Cursing
- No Fighting
- No Bullying

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*

## 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.**

**Small Town-Big Message**

**21  
MEANS  
21**



## ARTHUR L. JOHNSON HIGH SCHOOL

Guidance Department  
365 Westfield Ave., Clark, NJ 07066  
732-382-0910 Fax 732-587-1112

**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.
- 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.