

BE HAPPY,

BE BRAVE,

BE DRUG FREE

ROCHELLE
News-Leader

Sunday, Feb. 9, 2025

Section 3

MAKE THE
RIGHT
CHOICE



DRUG & ALCOHOL AWARENESS



OGLE COUNTY
LIFE
ROCK VALLEY SHOPPER

Monday, Feb. 10, 2025

Section C



DRUG & ALCOHOL AWARENESS

Warning signs of substance use disorder

ADDICTION is difficult to quantify, but user data can indicate how significant a problem addiction may be. According to data from the Substance Abuse and Mental Health Services Administration 2020 National Survey of Drug Use and Health, more than 14 percent of Americans age 12 and older have used cocaine in their lifetime and roughly 10 percent have used LSD.

Though usage of a given substance does not indicate addiction, the risk for substance use disorder exists whenever someone consumes alcohol or ingests drugs, including certain prescription medications. Individuals concerned about their own substance use or a loved one's use can learn the warning signs of substance use disorder in an effort to get themselves or someone they care about the help they need. The New York State Office of

Addiction Services and Supports notes the following are some widely used substances and signs of substance use disorder.

Alcohol

The OASAS notes that alcohol is the most commonly used substance in the United States. That can make it easy to overlook or downplay signs of addiction or substance use disorder. However, a person struggling with alcohol may exhibit a variety of behavioral and physical warning signs that indicate their consumption may be dangerous.

- **Physical:** Some signs of an alcohol problem are visible to the naked eye. Such signs include the smell of alcohol on a user's clothes and breath, bloodshot eyes and slurred speech. Walking abnormally while consuming alcohol also may indicate a person is struggling to control his or her consumption.

- **Behavioral:** Changing

behavior, isolation and less transparent behaviors and avoiding contact with loved ones are some of the behavioral warning signs of an alcohol use disorder. Additional signs include poor performance at school and/or work; moodiness, irritability, nervousness/anxiety, or giddiness; and an inability to concentrate. Individuals struggling with alcohol also may exhibit problems with their short-term memory.

Cocaine

Cocaine is a powerful stimulant that can affect the mind and body in myriad ways. The OASAS indicates that chronic cocaine use can cause permanent damage with memory and brain function and lead to addiction.

- **Physical:** Cocaine is a leading cause of heart attack in individuals age 45 and younger. Cocaine also can contribute to stroke and disturbances in the rhythm of the heart

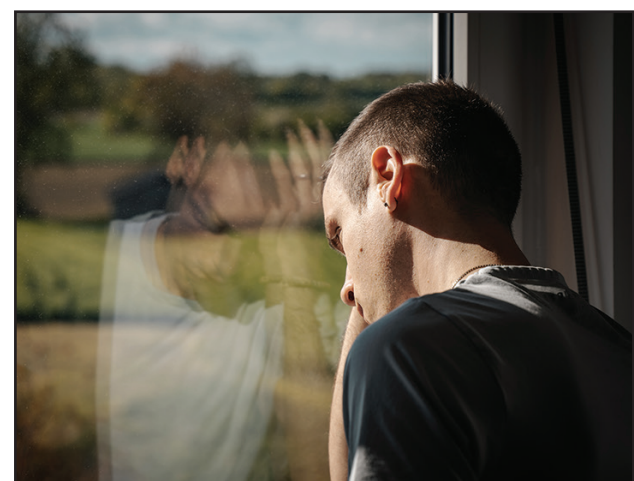
that can prove fatal.

- **Mental:** Cocaine can contribute to mental health problems. Individuals with preexisting mental health conditions may see the symptoms worsen when using cocaine, while those with no such history may experience the onset of mental health problems as a result of their cocaine consumption.

The OASAS notes that side effects can vary depending on how cocaine is ingested. Individuals who smoke cocaine may suffer from burns in their throat and lungs, while those who inhale the drug through their nose may suffer damage to their nose and nasal septum.

Opioids

Opioids include legal painkillers prescribed by a physician but also illegal street drugs such as heroin and fentanyl. Like other substances, signs of opioid use disorder may be physical and/or behavioral.



- **Physical:** The physical signs of opioid use include loss of appetite, weight loss, small pupils, and decreased respiratory rate. Some individuals taking opioids also experience withdrawal symptoms when they attempt to stop or cannot get the drugs. These symptoms can mirror those associated with the flu, such as nausea, vomiting and sweating, but may be more intense. Drowsiness or non-responsiveness also is associated with opioid

use or intoxication.

- **Behavioral:** Individuals abusing opioids may exhibit changes in attitude and avoid contact with loved ones. Performance at school and/or work also may suffer, and some users may isolate and/or engage in illicit behaviors.

Substance use disorders can affect anyone. Learning to recognize the signs of such disorders can be a strong first step toward overcoming potentially deadly addictions.

Show Your Marco Pride

MAKE THE RIGHT CHOICE

Polo Community School District
100 S. Union Ave., Polo, IL 61064
815-946-3815



DRUG & ALCOHOL AWARENESS

Understanding alcohol use disorder and its signs

AS long as alcohol has been available for consumption, there has been the potential for abuse. Alcohol is widely consumed around the world. The rehabilitation and counseling company AbbeyCare Group notes that the yearly average alcohol use globally is 6.4 liters of alcohol for every individual over the age of 15. That level of consumption equates to 53 bottles of wine consumed for every individual older than 15 each year, or about one liter of wine per week per person. A liter is equivalent to almost 4 1/4 cups or 38 fluid ounces.

Alcohol abuse is known by many names, including alcohol addiction, alcoholism and Alcohol Use Disorder (AUD), which is the term that medical professionals use today. The National Institute on Alcohol Abuse and Alcoholism says AUD is “a condition characterized

by an impaired ability to stop or control alcohol use despite adverse social, occupational or health consequences.” A 2022 National Study on Drug Use and Health found 28.8 million adults ages 18 and older in the United States had AUD in 2021. Statistics Canada says in 2021, almost 5.1 million people age 12 and older engaged in heavy drinking, defined as five or more drinks for men and four or more for women, on one occasion, at least once in the last year.

Although some people are very good at masking AUD, certain symptoms may be present if one is abusing alcohol. These include:

- Secretive or dishonest behavior in relation to alcohol.
- Drinking heavily alone.
- Spending increased time feeling ill or hungover.
- Drinking more or longer than one plans to.
- Having problems with

work, school or family because of alcohol.

- Wanting alcohol so badly that this person cannot think of anything else.
- Spending a great deal of time in activities necessary to obtain alcohol or use alcohol.
- Using alcohol in situations in which it is physically hazardous to do so, such as while driving.
- Noticing that one has a significantly diminished effect with continued use of the same amount of alcohol.

- Going through withdrawal symptoms when alcohol consumption ceases.
- Lack of concern over personal appearance or hygiene.
- Weight loss or weight gain from changes in appetite.
- Turning to alcohol to alleviate feelings of depression or anxiety.

Genetics, family history and drinking at an early age can play a significant role in relation to AUD.

Medications, behavioral treatments, and support groups are the main avenues that those who have AUD can use to recover from this condition. Those in the U.S. looking for more help with AUD can visit the NIAAA Alcohol Treatment Navigator at <https://alcoholtreatment.niaaa.nih.gov>. People in Canada can visit www.ccsa.ca/addictions-treatment-helplines-canada for addiction treatment helplines.



Davis Family Health LLC

Kelly Ann Tonielli Davis
DNP, APRN, FNP-BC-CME

Voted BEST DOCTOR & BEST FAMILY PRACTICE

**1212 Currency Court, Rochelle, IL
815-561-8500**

**1201 Meriden Street, Mendota, IL
815-538-1800**

Primary Care, Physicals, Weight Loss, Dermal Fillers, Botox Injections, Suboxone Program

Accepting New Patients | Veteran Owned & Operated | Most Insurances Accepted



We Fix
Boo Boos



Your Well-Being Grows in Community

815-252-2181

Rochelle
Community Hospital

rochellehospital.com



No Place Like It

DRUG & ALCOHOL AWARENESS

What to know about vaping

TOBACCO may not seem as popular as it once was, but the World Health Organization notes that 1.3 billion individuals across globe can be characterized as tobacco users. That means roughly 17 percent of the global population uses tobacco.

If it seems as though fewer people are smoking cigarettes, that's not an incorrect interpretation.

According to the Tobacco Atlas, the number of cigarettes smoked worldwide has been decreasing slowly since sales peaked in 2012. However, cigarettes are not the only tobacco product on the market, and the decline in cigarette sales does not necessarily mean consumers are avoiding tobacco altogether. In fact, some may simply be vaping, which is the term used to describe the usage of e-cigarettes. Though vaping is some-

times described as a safe alternative to cigarettes, such a characterization could be somewhat misleading, as various public health agencies caution against the use of any tobacco products, including e-cigarettes. A greater understanding of vaping, including its potential connection to cancer, could help consumers make more informed decisions.

What is vaping?

According to the Centers for Disease Control and Prevention, e-cigarettes produce an aerosol that usually contains flavored nicotine, which is the addictive ingredient in cigarettes and other popular tobacco products. Additional chemicals are employed to make the aerosol, which e-cigarette users inhale into their lungs. It's important to note that even the term "vaping" might be misleading. The

American Cancer Society notes that "vaping" gives the impression that e-cigarettes produce a vapor that is then inhaled. But vaping produces an aerosol that contains tiny particles. That aerosol is not the same thing as a vapor.

Does vaping produce a secondhand effect?

Most cigarette smokers are familiar with the dangers of secondhand smoke. That danger is so significant that it's now illegal to smoke indoors in many areas of the world. The CDC reports that vaping poses a similar threat, as bystanders near someone who is vaping can breathe in the aerosol when e-cigarette users exhale.

Is vaping linked to cancer?

The ACS notes that the chemicals in the aerosol produced when smoking e-cigarettes may contain formalde-



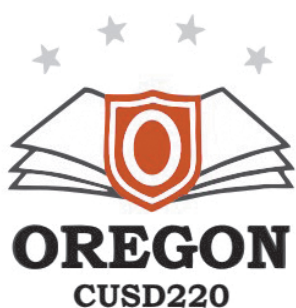
hyde, a cancer-causing substance that can form if the e-liquid overheats or an insufficient amount of liquid is reaching the heating element. Though the CDC notes that e-cigarettes can potentially benefit smokers who are not pregnant if used as a complete substitute for cigarettes and other

smoked tobacco products, the organization also emphasizes that more research is necessary before scientists can understand the long-term effects of vaping. In addition, the CDC reports that e-cigarettes are not safe for youth, young adults, pregnant adults, or adults who do not currently use

tobacco products.

Smoking cigarettes has long been known to increase risk for various cancers. Vaping may be a less harmful alternative to smoking for current smokers, but various public health agencies still warn that avoiding tobacco entirely is the safest option.

Be the Best Hawk You Can Be -
BE DRUG FREE!



206 S 10th St
Oregon, IL 61061
815-732-5300
www.ocusd.net

Academics | Activities | Service | Leadership

GO TIGERS!



**BYRON
CUSD 226**
696 North Colfax St.
Byron, IL 61010
815-234-5491

02122024

"COMMIT TO BE DRUG-FREE!"

DRUG & ALCOHOL AWARENESS

Signs a person is unsafe to drive

THE end of a calendar year is a time of celebration. From Halloween to New Year's Day, people attend an array of parties, dinners and other gatherings. Although alcohol is not a vital component of these occasions, quite frequently adult beverages are part of the equation.

When everyone is laughing and reminiscing with drinks in hand, it can be challenging to determine if someone is impaired. However, it's vital to recognize when someone is adversely affected by alcohol or other substances to the point that driving home would be reckless. That is why it is always important to have someone remain sober to gauge the sobriety of others. Here are some signs that it is best to take away the keys.

• **Slurred speech:** Words starting to spill together is a classic sign that a person is intoxicated. While that

person may not realize they are slurring, others who haven't been drinking should be able to hear the difference between slurring and regular speech. This person is too drunk to drive.

• **Poor coordination:** Spilling drinks while pouring, tripping over one's own feet or having trouble getting around also are signs a person has had too much to drink. When coordination is compromised, it is definitely harder to control a vehicle, and possibly deadly.

• **Fatigue or drowsiness:** Alcohol is a central nervous system depressant, which means that it can make a person feel sluggish and tired over time. Certain prescription medications or marijuana also may cause a person to feel fatigued and move in slow motion. This drowsiness is not good behind the wheel, as it may lead to slowed reaction times or even nodding off on the road.



• **Memory and recall issues:** Those who are inebriated may struggle to remember things or even lose their train of thought. Again, the act of driving

requires careful concentration and knowledge of where one is going and the rules of the road. If memory issues have popped up, it's time to collect the keys.

• **A phone app says so:** There are apps for all types of things these days, including ones that can determine if a person is intoxicated. Some apps monitor speech

patterns while others may consider eye movements. In addition, driving simulator apps test if someone can handle being behind the wheel in his current state.



rockford rescue mission

rescue + recover + restore

Rockford Rescue Mission shares hope and help in Jesus' name to move people from homelessness and despair toward personal and spiritual wholeness.

RRM serves the most vulnerable in the Rock River Valley through **Homeless Services, Life Recovery Programs, Meals For All, Hope Clinic and Works! Center.**

Open 24 Hours, Providing Meals, Shelter, Job Training, Education Assistance, Recovery Programs

715 W. State Street, Rockford
815-965-5332

infor@rockfordrescuemission.org
www.rockfordrescuemission.org

02132023

Celebrate
with **Hormel®!**



Rochelle Foods

1001 S. Main Street | **Rochelle**
815-562-4141 | **rochellefoodsjobs.com**



Job Opportunities

02122024

DRUG & ALCOHOL AWARENESS

Health conditions linked to alcohol use

ALCOHOL is one of the most widely consumed beverages across the globe. According to the World Health Organization, alcohol is a psychoactive substance that is a nervous system depressant. Alcohol contains dependence-producing properties, which means there is the risk for addiction. Although alcohol has been widely used in many cultures for centuries, overconsumption of alcohol can cause various diseases. In fact, the WHO says alcohol is a casual factor in more than 200 diseases, injuries and other health conditions.

The jury is still out regarding just how harmful alcohol can be. There are some who believe that light drinking poses little risk, and it was once believed there were some benefits to enjoying a drink once in a while, such as a lower risk for

heart disease or diabetes. Today, many experts are rethinking those assertions. The Mayo Clinic says current research on alcohol suggests drinking in any amount carries a health risk. While the risk may be low for moderate intake, the risk escalates as the number of drinks go up. Here are some health conditions tied to alcohol usage.

- **Liver disease:** The National Institutes of Health says 90 percent of absorbed alcohol is metabolized in the liver, so it is extensively exposed not only to alcohol, but toxic alcohol metabolites. Hepatitis, which is inflammation of the liver, is one alcohol-related liver disease. ALD is a major contributor to morbidity in the United States and around the world.

- **Brain changes:** Excessive alcohol consumption may cause irreversible brain damage

depending on how much a person drinks, says the Alcohol Rehab Guide.

- **Immune system disruption:** The NIH says alcohol can interfere with multiple aspects of the immune response; the result can be decreased protection against infection.

- **GERD:** Drinking alcohol can cause an increased risk of gastrointestinal reflux disease.

- **Various cancers:** The Centers for Disease Control and Prevention indicate alcohol can lead to cancers of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.

- **Mental health issues:** Alcohol usage can exacerbate existing mental health issues, such as depression and anxiety, or potentially lead to them.

- **Cardiovascular disease:** The Mayo Clinic warns that heavy drinking can increase the risk

of cardiovascular disease, such as high blood pressure and stroke.

- **Pregnancy complications:** Women are urged to avoid alcohol while pregnant because drinking may cause the unborn baby to suffer brain damage or be born with fetal alcohol syndrome.

- **Alcohol poisoning:** Alcohol poisoning is an acute condition of

heavy binge drinking. This illness can cause brain damage, seizures and hypothermia, all of which can lead to death.

- **Alcohol use disorders:** The CDC warns that drinking can eventually lead to dependence on alcohol and the development of alcohol use disorder, which is the term now used in place of alcoholism or alcohol dependence.

Many health professionals warn that drinking more than one alcoholic beverage per day for women and two for men, is considered moderate drinking, can lead to health complications. Currently the sentiments are there is no safe amount of alcohol, and people may want to consider avoiding it entirely in the name of good health.



You are never too young to say "NO" to alcohol, drugs, smoking & vaping. Surround yourself with friends that will help you stay free of any substance that can harm your body, mind, relationships & life. School administrators, counselors, teachers, and your parents are here to talk & answer any questions you may have.

Be Smart & Don't Start!

02102025



The "**Cardinal**" Rule is...

**JUST SAY
NO!**

**MERIDIAN SCHOOL
DISTRICT 223
815-645-2230**

02102025



**REACH FOR
THE STARS,
NOT DRUGS!**



We want our students to make good decisions when it comes to alcohol, drugs, smoking & vaping by saying, "No!" to every substance offered to them. Our counselors, teachers, and administrators are available to talk & help with those decisions. Don't let drugs take the place of your hopes and dreams. Make a drug-free lifestyle a part of your future, and live your life to the fullest.

DRUG & ALCOHOL AWARENESS

Alternatives to alcohol when dining out

DINING out or attending social functions often affords access to various types of foods and beverages. Cocktails and other alcoholic drinks will likely be on the menu as well, tempting people to indulge. Although one alcoholic drink while out at a restaurant will not sabotage a healthy eating plan, when spending a prolonged time in social situations, individuals may be compelled to have multiple drinks, which can be unhealthy and potentially unsafe. According to the Center for Science in the Public Interest, gin, rum, tequila, vodka, or whiskey each feature between 100 and 120 calories per 1.5-ounce shot. The average beer comes in at 150 calories per serving. It's easy to see how calories can quickly pile up.

Many people would rather save their calories

for food than drink them away. Thankfully, individuals can choose from an array of low-calorie, non-alcoholic beverages when hitting the town.

Kombucha

Kombucha is a fermented drink made from tea, sugar, bacteria, and yeast. Since it is fizzy, kombucha can replace beer when dining out. There are various flavors of kombucha, and many replicate the flavor profile of a tangy or refreshing cocktail.

Non-alcoholic beers and ciders

You'll have to check the nutritional information regarding caloric content since options vary, but if skipping alcohol is the ultimate goal, non-alcoholic beers and ciders are good options. They offer the flavor and effervescence of their traditional counterparts without the alcohol.

See page 8



SAY "NO WAY" TO DRUGS AND ALCOHOL.

YOU HAVE BETTER THINGS TO DO!

Don't let drugs take the place of your hopes and dreams.
Make a pledge to a drug-free lifestyle, and live your life to the fullest.

VFW Post #8739
1310 W. Washington St., Oregon, IL
815-732-6851

Mon. - Thurs. 4 - 8PM
Friday 4 - 9PM
Kitchen Closed Tuesdays

Public is Welcome!

02102025

It's a brand new day!

Treatment Services

- Day and Evening out patient program
- DUI evaluation and risk education
- Individual counseling for substance abuse

Specialized Services

- Anger management
- Crisis prevention
- Dual Diagnosis both Mental health and Substance abuse

Get help 24 hours a day at: **800-242-7642 • Sinnissippi.org**

Locations:

Rochelle Office 1321 N 7th St 815-562-3801	Oregon Office 100 Jefferson St 815-732-3157
---	--

SINNISSIPPI CENTERS
Together we inspire wellness

DRUG & ALCOHOL AWARENESS

From page 7

Club soda with mixers

Club soda mixed with bitters, cranberry juice, lemon/lime, or other flavor combinations can create flavorful alcohol alternatives. Plus they are refreshing and will not cause dehydration, which can occur when consuming alcohol.

Kanna

Kanna is a plant used in South Africa for centuries, according to Trip,

a CBD retailer. Kanna is known for creating a feeling of lightness and tranquility. It may be consumed as an alternative to alcohol to relieve anxiety. While kanna is usually sold in powder form, it can be brewed into a tea or used to make other beverages.

Ginger beer

Ginger beer is spicy and potent, making it much stronger than its cousin, ginger ale. It's made by fermenting ginger, sugar, water,

and lemon juice, says Medical News Today. The result is bold ginger flavor with natural carbonation. Like other soft drinks, the calorie count in ginger beer varies depending on the brand. There are sugar-free alternatives that can help reduce the calorie load.

Matcha or other teas

Matcha is a type of green tea that is exposed to more sunlight to produce higher chlorophyll and amino acid content. Matcha, like

other teas, is high in antioxidants, which is a boon for the body. Matcha is widely available at coffee shops and other establishments. Chilled versions of matcha can

be substituted for alcoholic beverages when people want to relax and unwind. Additional tea alternatives include regular iced black or green teas.

A night out is a great time to try new drinks. Those who want to avoid high-calorie alcoholic beverages have many alternatives to choose from.



Rochelle Police Department



416 N. 6th Street
cityofrochelle.net

815-562-2131 Non-Emergency
9-1-1 Emergency



BEFORE SHE HITS THE PRACTICE FIELD...
Find out if she has questions about alcohol or other drugs.
Show young people you care and help discourage risky behaviors by talking with them about the dangers of using alcohol and other drugs, such as marijuana and prescription pain medication. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

ROCHELLE FIRE DEPARTMENT
DIAL 9-1-1 FOR EMERGENCY
NON-EMERGENCY 815-562-2121
401 5th Avenue Rochelle, IL

ROCHELLE FIRE DEPARTMENT
02102025

How Drugs & Alcohol effect Heart Health

Alcohol Effects on Your Heart

Extra calories from drinking alcohol can lead to obesity and a higher risk of developing diabetes

Excessive alcohol intake can lead to high blood pressure, heart failure, or stroke

Drug Effects on Your Heart

Most illegal drugs can have adverse cardiovascular effects, ranging from abnormal heart rate to heart attacks

Injecting Illegal drugs can lead to cardiovascular problems such as collapsed veins and bacterial infections of the blood vessels and heart valves

\$30 Per Lab Draw Visit

Lab Draw appointments available with an order from a physician. Lab Draws are cash only. Insurance, Medicaid, and Medicare not accepted for Lab Draws.

Cholesterol Total	\$10
Glucose	\$5
HDL Cholesterol	\$5
Triglycerides	\$5



Schedule your appointments now by calling 815-562-6976

907 Pines Rd 510 Lincoln Hwy
Oregan, IL 61061 Rochelle, IL 61068
health.oglecountyil.gov