

Connect



KEEP IT A SAFE SUMMER

We hope all our students are enjoying their summer vacation and continuing to make good decisions and be positive role models. To make sure your summer keeps getting better and you return to school safe and sound, we've got some lifesaving *Dos and Don'ts* for you. **Do** buckle your seat belt every time you drive or ride in a motor vehicle, and make sure all passengers are buckled up before driving. Remember: Every Person, Every Seat, Every Trip.



See anything unsafe here? If these teens are just sitting in a parked car visiting with each other, that's okay. For driving, there are too many people in the car for the number of available seat belts. Unless the driver has a full provisional drivers license or an unrestricted license, there can only be one passenger under age 21, unless it is a family member.

Do ask a buddy to join you when swimming, so you don't swim alone.

Do choose swimming sites that have lifeguards.

Don't drink. Among adolescents and adults, alcohol use is involved in up to 70% of drownings.

Don't ride in a boat with a driver who has been drinking.

Don't swallow pool water.

Don't swim when you have diarrhea. Germs can spread in the water and infect other people.

Do take a shower before getting in the swimming pool.

Do wash your hands after using the toilet before getting in the pool.

Do wear a flotation device, such as a life jacket or life preserver, if you go boating. According to the Centers for Disease Control, 90% of people who died in boating-related drownings were not wearing any kind of flotation device.

To prevent spinal cord injury, brain damage or death:

Don't dive into shallow water, the shallow end of a pool, or an above ground pool.

May-June 2018
Issue 41

In This Issue

Summer Safety
West Johnston High School
Diane Dail
Billy Essick
Mark McKay
JP Knapp at Nat'l Conference

Ideas? Questions? Concerns?

Contact
Harriett Southerland
919 807-4408
hsoutherland@ncsadd.org

Visit NC SADD.

www.ncsadd.org

Facebook: ncsadd
Twitter: @SADDNC

SADD National

www.sadd.org

Subscribe to

Connect at

www.ncsadd.org



Council for Women & Youth Involvement
Department of Administration



Every day, more than 11,000 young people will try alcohol for the first time during the months of June and July. —ONDCP

Do make sure you jump out and up from the board when diving, so your head doesn't hit the board on your way down. Cart-wheels, handstands, flips and backwards dives can also lead to serious injuries.

Don't dive into areas where there are people below you.

Summer is also a time for friends and family, with barbecues, pool days, fun days at the beach, and family vacations. With all the parties and picnics, there is often beer and other alcoholic beverages that may tempt children and teens. The Office of National Drug Control Policy (ONDCP) created the acronym "SUMMER" to help parents start the conversation about the risks associated with alcohol abuse.

Set rules. Have a discussion with your teens about any expectations or guidelines you have relating to alcohol consumption.

Understand and communicate. Open communication is a two-way street. Give your children the chance to talk to you and listen to any questions or concerns they may present.

Monitor activities. Life gets hectic between work, appointments, and extracurricular activities. It's important to remain attentive for signs that may indicate your child is abusing alcohol.

Make sure you stay involved. Show your teens that you're concerned about their health and safety. In doing so, they'll be more comfortable coming to you for advice.

Encourage involvement in summer activities. Help them make a list of summer programs they want to take part in. Staying busy during the summer months will keep them out of trouble.

Reserve time for family. Cut out time each day for your teens. Do something that interests them, or take a trip to enjoy some rest and relaxation together.

WE LOVE OUR TEACHERS



Southwest Johnston High School in Benson held a teacher appreciation activity near the end of the school term. They made goody bags for teachers that contained gift cards, tee shirts, West Johnston SADD items, and lots of teacher supplies. SADD member **Chloe Dodd** got to draw and announce the winners, and she presented each of them with a prize bag on behalf of the chapter. The winners were Mr. Norris, a business teacher, and Ms. Guest, a math teacher. **Advisor Amanda Fisher** said the teachers were so excited to win the gift bags. "The SADD Club wanted to let our teachers know how much we appreciate them helping to guide our students in making good decisions." What a thoughtful activity. **Go Wildcats!**



SADD member Chloe Dodd (right) and winner Ms. Guest

Chloe with winner Mr. Norris

WE WILL MISS THEM

With mixed feelings, we say *bon voyage* to three top-notch advisors. **Diane Dail**, of Southwest High School in Jacksonville, **Mark McKay** of Manteo High School in Manteo, and **Billy Essick** of First Flight High School in Kill Devil Hills have all retired as of the end of the school term. We hate to see them go, but we know they deserve time to relax and do their own things. They have each shown unfaltering dedi-

cation to the SADD program and their students. They have supported and attended the annual SADD Conference their entire tenure. All three advisors have received the Advisor of the Year Award and been recognized for their excellence at SADD conferences.

Diane Dail



Diane with her husband Britt

Diane Dail has been the SADD advisor at **Southwest High School** in Jacksonville (**Go Stallions!**) for 15 years. She recently shared some parting thoughts about her time with SADD.

“I wanted to become the advisor because my daughters had been members of SADD during their high school years. It was also apparent to me that we needed this program at our school to

help students make good decisions about things in their lives.

I have a lot of good memories of my time with SADD. Going to the State Conference each year was lots of fun, and we had several activities and programs at our school that were results of the conference. One of the best things we did was our FACE (Facing All, Conquering Everything) young women's mini conference. Our prom week activities were also good times, and we often had students tell us they had changed their prom or party plans because of what we had presented.

To new advisors: Hang in there! Don't give up. If you only have three students at a meeting, then plan something for the four of you to do for the school. There were so many times I felt like quitting, and then



“We love you! Please don't go!”
Ms. Dail's last SADD Club

one of "my kids" would come in with an idea or a plan that they were excited about, and that would re-energize me.

To the students who are members of SADD: Keep standing up for what you know is right and what you believe in. Don't be swayed by what is popular or what other teens are doing in order to fit in with the crowd. You can always find someone who sees things the same as you, and they will be a better friend in the end, and you will be a better person for the good decisions you made.

My immediate plans for after retirement include a trip to the mountains of North Carolina, a visit to my daughter who lives out of state, and catching up with some old friends.

SADD has been such a major part of my high school career, and I am going to miss it a lot. My kids in our club were not real happy when I told them that I was retiring, and they began planning ways for me to come back to be the advisor next year! I have met some great young people through the years, and I still keep in contact with several of them. They usually say, ‘remember that time in SADD when we did...,’ and we relive those memories again. I know in my heart that what we did was a good thing, and it's those memories that I will always cherish.



Diane Dail (*center standing*) and assistant advisor Valerie Williams (*right standing*) with Southwest SADD members at the 2018 SADD Conference

To my co-advisors, Rise Hatton and Valerie Williams, words can't express the gratitude I have for you in continuing to be by my side all these years. We have shared so many good times, and even through the tough times you were still there.

Thank you to Harriett Southerland for all the support and encouragement through the years. Thank you to all the advisors that I have had the opportunity to meet through the years also, and for the ideas we have shared to make our programs stronger. A special thank you to Mark McKay and Billy Essick for making the conference ‘interesting’ for the rest of us advisors!

Remember to always make good decisions in all areas of your lives!”

Billy Essick



Billy with wife Cecelia

Cpl. Billy Essick (fondly referred to as “Buddha” by his students), School Resource Officer and a member of the Dare County Sheriff’s Department, is retiring after over 10 years as SADD advisor at **First Flight High School** in Kill Devil Hills (**Go Nighthawks!**).

Essick and his sidekick, Mark McKay, always brought a joyful element to the state conference. When you felt a burst of energy sweep through the atmosphere, you knew that First Flight and Manteo High Schools had arrived.

We were all honored to be able to congratulate Cpl. Essick on his marriage to the wonderful Cecelia.



Cpl. Essick (*center*) and First Flight High School SADD at the 2017 state SADD Conference



Cpl. Essick with students on a Sticker Shock project

Mark McKay



Cpl. Mark McKay (*center*) displays retirement plaque commending 21 years of excellent service in the Dare County Sheriff’s Office. The plaque was presented by Sheriff J.D. Doughtie (*right*) and Maj. Jeff Deringer

Cpl. Mark McKay, school resource officer and SADD advisor at **Manteo High School (Go 'Skins)**, is retiring after more than 10 years of dedication to his school, his students, and NC SADD. His laid back, easygoing manner always brought a calming effect. We will definitely miss his Outer Banks accent!



Cpl. McKay and students do a Sticker Shock activity at a grocery store.



Cpl. McKay (*front, 2nd from left*) and Manteo High School SADD at the 2017 SADD Conference

Farewell From the State Coordinator

It will take some time to get used to not seeing these three wonderful people at the conference each year, and not talking to or consulting them throughout the year. Diane was always on point, and she had no time for nonsense. She'd let you know what she thought was organized and what wasn't; what made sense and what didn't; what she'd put up with and what she wouldn't. She was always an asset to the NC SADD program and to me. I will miss her and her sidekick, Valerie Williams.

Billy and Mark, or "Frick and Frack," are two of the greatest guys in the world. It was always a pleasure to have them at conference. You never saw one without the other. Billy always came into a room with a hustle and bustle. Mark always sauntered in. They were always able to calm the state coordinator when she was freaking out over something going wrong at the conference.

I'm sure these advisors will enjoy their retirement, since they no longer have to worry about soccer and baseball players. The best to all of you from NC SADD. You are dearly loved!

CHAPTER ATTENDS NATIONAL CONFERENCE



Currituck's **JP Knapp High School** SADD attended the national SADD Health and Safety Conference in Washington, DC this summer. The students were excited to see CEO Rick Birt

again and meet SADD students from across the country. They visited the offices of congressional senators and representatives where they spoke about the importance of supporting legislation focused on the health and safety of youth. Other enrichment activities included national monuments and the exterior of the White House. A crowning touch for all the students was an assembly that featured a visit and talk from First Lady Melania Trump. She encouraged them on the work they do to promote safe decisions among their peers. Advisors **Lauren Woods** and **Bernice Crowther** were able to get sponsors for their trip to the conference. They are already working on sponsors for the 2019 national conference. **Go Spartans!**

State coordinator Harriett Southerland and Jones Middle School advisor, Dr. Grace Simmons, also attended the conference. They and the students helped to make blankets for homeless teens in the DC area.



JP Knapp delegation in front of the White House



Finishing a blanket

Get Ready!

The 2018 State SADD Conference will be November 16-18 at the Marriott City Center in Downtown Raleigh.

More information coming by the end of August.

Let's make this conference one for the books!