



*Wishing you peace and happiness this holiday season!*



Front (L-R): Bobette Figler (with work dog Flint), Karen Jones, Harriet Kopolow, Andy Ray, Karen Clark, and Susan Meltz.  
Middle (L-R): Joan Townsend, Marilyn Bader, Anne Miller, Veronica Aldridge, Jane Young, Janet Popelka, Dorothy Pulliam, Dan Duncan, Ann Brown, and NJ Sterneck.  
Back (L-R): Michele Holmes-Bell, Jen Banks, Brennan Hollingsworth, Chelle Dohrmann, Gordon Dymowski, Jona Ross, Alysia Harris, and Ed Tasch.

## NCADA To Present Spring Symposium

As part of the year-long celebration of our 40th anniversary, NCADA is presenting a symposium entitled *Your Brain on Drugs: Out of the Frying Pan...Into the Future*. Nationally renowned speakers will explore the impact of alcohol, tobacco and other drugs on the past, present and future.

### SYMPOSIUM DETAILS

**Date:** March 9, 2005

**Time:** 8:30 a.m. - 4:30 p.m.

**Location:** Junior League of St. Louis  
10435 Clayton Road  
St. Louis, MO 63131

**Cost:** \$100 before February 15, 2005  
\$125 after February 15, 2005

**Contact:** (314) 962-3456  
www.ncada-stl.org

### Keynote Speakers:

- William White - Author/Lecturer on Addiction
- Jean Kilbourne - Author/Lecturer on Alcohol and Tobacco Advertising

### Featured Speakers:

- Jim Conway - Trainer/Consultant, Search Institute
- Tom Hedrick - Director, Partnership for a Drug-Free America
- Stacia Murphy - President, National Council on Alcoholism and Drug Dependence (NCADD)
- David Walsh - Director, National Institute on Media and Family

### YOUR BRAIN ON DRUGS: OUT OF THE FRYING PAN...



*INTO THE FUTURE*

From the

## Executive Director



Did you ever wonder what a parent's drunkenness/alcoholism looks like through the eyes of their children?

We see it portrayed in movies and TV shows all the time. It always looks sad, and we certainly go away feeling sympathy for the kids. But unless we've been there, we can't truly imagine what it must be like.

Of course there are those extreme instances where a child is brutalized by someone who is an abusive alcoholic – these are obvious enough for any of us to understand. The psychological and physical harm caused by this scenario is generally severe and permanent.

But what about the less obvious examples? There are many cases where the child is never beaten or neglected. Yet, they know something is wrong. Maybe it's

because dad never comes to little league games, or when he does, he behaves differently than the other kids' dads. Maybe it's because mom and dad argue all the time – and often someone's drinking is the cause. Or maybe it's just because the child can't reconcile what he sees in beer commercials with what actually goes on in his own home. What is normal in these children's eyes does not probably match up with the generally accepted norms of our society. Thus, you have millions of children growing up with confused and distorted realities.

Perhaps the saddest part is that the parents in these situations don't realize the harm they are causing. They lie about, rationalize, cover-up, and minimize their behavior – presumably believing their kids won't catch on – but they do. They see everything, and then, because they love their parent, they blame themselves, or they feel guilty and ashamed, or they act out, or they isolate themselves, or they over compensate, or they imitate.

As adults, we have many freedoms. We can pretty much do as we please. Here is a

short list of some "rights" often expressed by adults:

- The right to unwind and have a few drinks after a hard day's work.
- The right to get drunk every once in awhile.
- The right to drink at my kid's sporting events.
- The right to drink in my own home with my adult friends while enjoying football on TV.

Yes, you do have these rights. But as a parent, you also have an obligation to be a good role model. While you might not consider your behavior to be abusive, step back and try to picture it as your kid sees it. If drinking is a big part of your "fun", you can bet your child will make the same association. And, if your drinking is abusive, your child will be impacted. I'm not trying to be preachy. I'm just reminding adults that whatever we do – someone is watching and learning – and in far too many cases, hurting as well.

## Trivia Night 2005

NCADA & Clayton Community Alliance for Healthy Kids invite you to join us for a fun night of trivia and prizes with friends and family! Proceeds to support drug and alcohol prevention programming for youth. Join us, along with Y-98 FM's Paul Cook, on February 5, 2005 at Clayton High School.

Soda and light snacks will be provided. There will be a silent auction, 50/50 drawing, and attendance prizes. To register, contact Chelle Dohrmann at (314) 962-3456. Visit [www.ncada-stl.org](http://www.ncada-stl.org) for more information.



**Date:** February 5, 2005

**Time:** 7:00 p.m. (Doors open at 6:30)

**Place:** Clayton High School  
1 Mark Twain Circle  
Clayton, MO 63105

**Cost:** \$12.50/person or \$100/table of 8

**Contact:** Chelle Dohrmann, 314.962.3456  
[cdohrmann@ncada-stl.org](mailto:cdohrmann@ncada-stl.org)

**Sponsorship Opportunities Available - qualifies for 50% MO YOP tax credits.**

**The Key** is published by the **National Council on Alcoholism and Drug Abuse-St. Louis Area** (NCADA).

President: Charles F. Meyer • Executive Director: Edward F. Tasch • Editor: Veronica Aldridge

NCADA is a private, nonprofit agency serving metropolitan St. Louis as the primary resource on alcoholism and drug abuse. Services include assessment and referral, intervention services, trainings and comprehensive prevention programs for schools and communities. All contributions are tax deductible. 8790 Manchester Road • St. Louis, MO 63144 • Phone: (314) 962-3456 • Fax: (314) 968-7394 • [www.ncada-stl.org](http://www.ncada-stl.org) • e-mail: [ncada@ncada-stl.org](mailto:ncada@ncada-stl.org)

# NCADA Helps Reduce Tobacco Sales To Minors

by Dan Duncan  
 Director of Community Services

In the ongoing effort to prevent youth from using alcohol and other drugs, the role of tobacco is often misunderstood or even thought to be a separate issue, but it's anything but that. In fact, preventing tobacco use is a primary goal because of its role as a gateway to other drug use. No longer is there doubt that the use of tobacco is

to youth as places where buying cigarettes was no problem. Then something happened to address this situation.

In 1999, the Federal Government declared that each state that had not reached its own goals of reducing sales of tobacco to youth would receive a cut in their federal funding. Missouri's buy-rate (percentage of youth able to buy) at that time was

times each year by support center staff, be given materials and reminders of the law, and reminded of the importance of their role in reducing underage smoking. It was unknown whether this strategy would be effective. Now, four years later, the outcomes of this effort are paying off.

Statewide, the Merchant Education Campaign has reduced Missouri's buy rate from 40% to 11.9%. NCADA, the Eastern Region Support Center, has visited 1400-2000 retailers several times each year. Our region has had the greatest success in reducing sales to minors, the buy-rate overall now at approximately 5.5%. (The buy-rates within the Eastern Region by county are St. Louis City 9%, St. Louis County 3%, St. Charles County 2%, Lincoln County 23%, Franklin County 13%, Jefferson County 3% and Warren County came out on top with 0%). This is significant progress. NCADA will continue to take part in the retail merchant education campaign with the hopes that we can achieve eventual full compliance and cooperation in reducing sales to youth to zero. Now, what can *you* do? Look for signage regarding sales to minors in stores and do not hesitate to commend your local retailers for doing a good job.

Obviously, issues of accessibility are not the only factor in eliminating tobacco use by youth. As a culture we must do much more to provide the right information and messages to our youth. The scourge of tobacco use must eventually be eliminated from the landscape, which means we must persevere in confronting what have become social norms. Each battle won contributes to an eventual victory in a war worth waging for our kids and our kids' kids.

*“Statewide, the Merchant Education Campaign has reduced Missouri's buy-rate from 40% to 11.9%.”*

a major factor in all drug use, as well as causing four times more premature deaths annually (approximately 450,000) than alcohol and all other drugs combined. And isn't it interesting that our two legal drugs, alcohol and tobacco, provide us with not only our two biggest social problems pertaining to chemical usage, but also serve as a path to the door of illegal drug use? For instance, a majority of youth who use marijuana, first used tobacco. The logical challenge is therefore, to work harder to keep teens from smoking. One of the issues key to reducing teen smoking is taking a hard look at issues such as accessibility.

Why is it that teens have found it relatively easy to access tobacco? For decades, many retailers have been lax or even defiant of the laws that govern the sale of tobacco products to minors. Despite Missouri laws that mandate the sale of tobacco products to anyone age 17 or under is illegal, most youth would tell you that buying cigarettes is not that difficult. Seemingly every community had retail outlets known

40%, one of the highest in the nation. This prompted Missouri's Division of Alcohol and Drug Abuse to develop a serious strategy to deal with the issue of retailers selling tobacco products illegally to minors.

In 2000, an innovative new plan was implemented by the Division. Each Regional Support Center in Missouri, one for each of five regions, was charged with implementing an assertive and coordinated retail merchant education campaign. A Merchant Education Campaign was designed whereby each retailer in the state of Missouri would be visited three to four



## On-line Donations

Our website [[www.ncada-stl.org](http://www.ncada-stl.org)] is now set up to accept on-line donations. NCADA is utilizing the YourPay system to process the transactions securely.

## Strategic Planning Survey

NCADA-St. Louis Area is developing a strategic plan for the next 3 years and would like to include *you* in the process. We value your input and would appreciate your taking the time to complete the enclosed survey or the one on our website at [www.ncada-stl.org](http://www.ncada-stl.org).



## Research Confirms Alcoholism as Genetic Disease

Genetic research shows that 50 percent of vulnerability to alcoholism is linked to genetics and the other 50 percent is triggered by environment, such as cultures where heavy drinking is common. According to Dr. Mary-Anne Enoch, a research physician at the National Institute of Alcohol Abuse and Alcoholism (NIAAA), genes work both ways, with some protecting people against alcoholism and other genes raising the risk for the disease. Genetic researchers hope to better understand alcoholism so more effective drugs can be designed to protect people predisposed to addiction.

*Boston Globe*  
October 19, 2004

## Iowa Quitline Said Effective in Helping Smokers

New statistics indicate that Quitline Iowa, a toll-free tobacco-cessation hotline, has been successful in helping 75% of callers to stop smoking – at least for a period of time. The data suggested that the hotline helped 42% of people remain smoke-free for more than 30 days after calling. When the hotline is combined with nicotine-replacement therapy, the success rate is 64% for quitting more than 30 days.

*Daily Nonpareil*  
October 16, 2004

## Recovery Is Everywhere

*“Recovery Is Everywhere”* is an exciting new campaign featuring free print ads, posters and postcards to reduce the stigma of addiction. The ads were developed by a small group of recovering addicts who decided that they wanted to change the way people think about addicts and addiction. The group suggests using the ads in newspapers and magazines, on coffee mugs and posters - in whatever creative way an organization can conceive. Request the electronic files for the free advertisements by e-mailing [info@recoveryiseverywhere.com](mailto:info@recoveryiseverywhere.com) or visiting [www.recoveryiseverywhere.com](http://www.recoveryiseverywhere.com) for more information.

*Join Together Online*  
October 15, 2004



## Smoking Cigarettes Affects Brain Like Heroin

Just like heroin and morphine, smoking cigarettes triggers the release of addictive “feel-good” brain chemicals. These findings help researchers understand why smokers have such a tough time quitting despite all the health dangers. It’s the first human study to show that smoking cigarettes stimulates the brain’s production of chemicals called opioids. The opioids are known to play a role in soothing pain, increasing positive emotions, and creating a sense of reward. Both morphine and heroin trigger this same chemical flow. The new study also confirms previous findings – from animal studies – that smoking cigarettes affects the flow of another feel-good brain chemical called dopamine. Researchers are now investigating the interaction between the two chemicals in the brains of smokers and nonsmokers.

*WebMD Medical News*  
October 27, 2004

## Report: TV Alcohol Ads Up 97% in Two Years

A study by the Center on Alcohol Marketing and Youth at Georgetown University finds that television ads for alcohol increased 97% from 2001 to 2003. Furthermore, the study said that the most popular advertising times for alcohol advertisers were during the top 15 teen programs. “Whether it’s by choice or by accident, certainly over a quarter of those ads were aimed at or were more likely to be seen by audiences primarily of youth,” said Loel Schettler of Project Extra Mile, an anti-drinking group in Omaha. Budweiser of Omaha contends that its advertising is aimed at an older age group.

*Join Together Online*  
October 20, 2004

## Drop in Indoor Air Pollution Follows Smoking Ban

Six months after Lexington, Ky., implemented a smoking ban in public places, the city has seen a 90-percent drop in indoor air pollution. In the air-quality study conducted by the University of Kentucky, researchers analyzed particles collected from the air in 10 Lexington establishments on weekend nights both before and after the smoking ban was implemented. “This isn’t just about smokers’ rights,” said Dr. Thomas Wayne, a heart specialist at the University of Kentucky’s Gill Heart Institute. “It’s about people who are clearly at risk.”

*Louisville Courier-Journal*  
October 17, 2004

## Huffing: A Lot to Fume Over

Huffing is a form of inhalant abuse in which fumes or vapors are inhaled through the mouth to get a quick high. “Huffable” substances – typewriter correction fluid, paint solvent, air freshener, cooking sprays and deodorants – are legal, cheap, easily available, and difficult to detect when used. Sniffing highly concentrated amounts of solvents or aerosols can produce heart failure and death within moments.

*Join Together Online*  
October 14, 2004

## Delayed Alcohol Use Linked to Fewer Problems with Abuse or Dependence as Adults

According to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), persons reporting they first used alcohol before age 15 are more than 5 times as likely to report dependence or abuse as adults than persons who did not use alcohol until age 21 or older. Among the 14 million adults aged 21 or older who were classified as having alcohol problems, over 95% had started using alcohol before age 21. Charles Curie, SAMHSA Administrator said, “Research has shown that alcohol dependence, while once thought to be an adult-onset disease, is actually developmental in nature. That is why under-age drinking prevention programs are a priority at SAMHSA.”

*Join Together Online*  
October 22, 2004

## NCADA Leads Statewide Prevention Conference

NCADA was the lead agency in orchestrating the 2004 Statewide Prevention Conference, August 5-8, at the Millennium Hotel on the St. Louis Riverfront. The Conference entitled "Ignite Our Spirit, Illuminate Our Communities" was cosponsored by NCADA, ACT Missouri, Missouri Division of Alcohol and Drug Abuse, Missouri Department of Highway Safety, and the City of St. Louis Mental Health Board of Trustees. This dynamic leadership and advocacy training was a merger of two former Conferences,

NCADA's TREND Youth Leadership Conference and ACT Missouri's Statewide Prevention Conference.

Youth and adults representing 15 middle schools, 35 high schools, 5 colleges and 50 community groups attended the Conference. Participants gained the skills, strategies and resources to start or expand prevention programs that promote a safe and drug-free lifestyle in their areas. A major highlight of the Conference was the presentation of the Blue Cross Blue Shield TREND College Scholarships to three outstanding seniors who were honored for their major leadership in helping fight the War on Drugs in their school and communities. All recipients were key leaders for their school's TREND Chapter, a student group that organizes drug-free fun, service projects and educational programs. This year's recipients were Barbara Blackmon and Bridget Dolan from Afton High School and Yi Chen from Orchard Farm High School.

In addition to the Blue Cross Blue Shield awards, 24 youth participants received a President's Volunteer Service Award for



**Conference Intern Marcus Spencer with City of St. Louis Mental Health Board of Trustees, Carter Whitson and Don Cuvo.**



**Paul Clark presents a BlueCross BlueShield TREND College Scholarship to Bridget Dolan.**

contributing between 50 and 250 hours of service to their community. And this year, for the first time, youth groups that amassed 250 or more hours of service were also able to be honored. Eight TREND chapters achieved this honor by each contributing 1000 or more hours.

For information on future Conferences, please contact Ginny Shaller, Prevention Activities and TREND Coordinator, by calling (314) 962-3456 or by e-mailing [gshaller@ncada-stl.org](mailto:gshaller@ncada-stl.org).

## Highlights Of Red Ribbon Week 2004

NCADA kicked off its Red Ribbon Campaign with two highly energetic and enthusiastic leadership trainings: September 30 at St. John's United Methodist Church in St. Louis City and October 7 at the Festus Armory. Nearly 300 middle school students and their adult sponsors attended each rally and gained pertinent information on alcohol, tobacco and other drugs as well innovative project ideas to implement in their schools. Community and student groups planted drug-free gardens, Webster University sponsored a showing of the movie Traffic, and several community coalitions held parades, health fairs and parent forums to celebrate Red Ribbon Week.



**Outside NCADA's office, 7th graders from St. Mary Magdalen plant red tulip bulbs.**



**Bruce Yampolsky presents Mayor Slay's proclamation supporting Red Ribbon Week.**



**Students at a leadership training display a sign for their drug free garden.**

## Tributes, Contributions and Memberships

July through September 2004

### **INDIVIDUALS**

Don Bell  
Jerome Bourbon  
Bob Campbell  
Suzanne Davis  
Carol Elsaesser  
Jacqueline Endraske  
John and Susan Garrett  
Ellen Haggerty  
Tom Herrmann  
Glenn and Peggy Koenen  
Larry and Lenore Lamonica  
David Lauber  
Charley Meyer  
Mary Miller  
Martin Mraz  
Karen and Pat O'Brien  
Karen Palmer  
Connie Schnuck  
Gina Settle  
Sis. Georgetta Stewart  
Ray Swank  
Della Wagener

### **ORGANIZATIONS, CORPORATIONS & FOUNDATIONS**

Brentwood Noon Optimists  
City of St. Louis Mental Health Board  
of Trustees  
The Kellwood Foundation  
Nettie's Flower Garden  
Sumner Group, Inc.  
Target Stores  
Wellpoint Foundation

### **MEMORIALS**

**Randolph Christman**  
Kim and Joe Arens  
Co-workers of Tim Christman  
C. Robert and Pamela Buchek  
Glenn Damerell  
Serine Ege  
Marc and Barbara Hubbard  
Keith and Karen Krebeck  
Diane Panko  
Byron Utterback  
Nancy Welton  
Juanita Yewell

### **Charlotte Gitt**

Pete and Linda Blosser

### **Jeff Kroenig**

Cheryl Floerchinger

### **Sue Lord**

Gail Green

### **Jan Parsons**

Jane Read

### **Herb Torgove**

Debbie Feit and Marc Mink

### **John Wunderlich**

Ted Fischer  
Frank, Carol and Kevin Stumpf

### **LEADERS**

Judy Brostron  
Craftsmen Industries, Inc.  
Tom Herrmann  
Hogan Motor Leasing Inc.  
Harrison Don King  
Martin Mraz, CPA  
Connie Schnuck  
Tom and Missie Seeger  
St. Louis Rams Foundation  
Sumner Group, Inc.  
Henry and Lynn Watkins

### **NETTIE'S**

Veronica Aldridge  
Michele de Jong  
Chelle Dohrmann  
Hal Klinger  
Dr. Gary and Susan Meltz  
Alex Morales  
Mary Jo Napper  
Jim Ristau  
Schaeffer Manufacturing Co.  
Karyn and Scott Steinberg  
Ed and Karen Tasch

### **IN-KIND**

Colleen Ritchie  
Joshua Dix  
Lynn Watkins

### **TRIBUTES**

**On the birth of Samuel Whitt**  
Susan Meltz

### **Harriet Kopolow**

Dan Sparling

### **HONORARIUMS**

#### **Dan Duncan**

American Case Management  
Association (ACMA)

### **STATEWIDE PREVENTION**

#### **CONFERENCE IN-KIND**

Cingular Wireless  
Dr. Pepper/7Up Bottling Company of  
St. Louis  
Kirsy Kreme Doughnuts  
Missouri House of Representatives  
Missouri National Guard  
Pure Energy Productions  
Sams - Des Peres

### **RED RIBBON TRAINING IN-KIND**

BJC Health Systems  
Drug Enforcement Administration  
J. C. Penney - West County  
Jefferson Memorial Hospital  
Karen Jones  
Missouri National Guard  
Missouri National Guard Armory at  
Festus  
St. John's United Methodist Church  
St. Louis Public Schools Safe and Drug-  
Free School and Communities  
Bruce Yampolsky  
YMCA-South City Branch

### **VOLUNTEERS**

Adam Akers  
Tricia Aldrich  
Mark Allen  
Jennifer Armstrong  
Terry Bader  
Daniel Begus  
Jennifer Best  
Barbara Blackman  
Nikki Bocker

Kim Canada  
Ken Cates  
Terry Christian  
Paul Clark  
Diane Discher  
Bridget Dolan  
Mary Lou Fitzsimmons  
Jessica Henderson  
Jon Howard  
Laurie Howard  
Claudia Imbeault  
Susan Jeep  
Tim Koch  
Dorjean Komlosy  
Kevin Kuntz  
Whitney Lee  
Pat Leonberger  
Lu Lochmann  
Julia Madras  
Danesha Martin  
Kyle Mitchell  
Mary Jo Napper  
Missouri National Guard  
Ian O'Leary  
Mary Parker  
Chimere Perkins  
Colleen Ritchie  
Marge Ritchie  
Cornita Roberson  
Ann Rose  
Kay & Phil Roush  
Cris Scatizzi  
Neuwoehner School  
Harry Sneed III  
Jasmine Spencer  
Marcus Spencer  
Mark Spencer  
Hannah Taylor  
Jon Tylka  
Jeanne VanArtsdalen  
Eda Varney  
Gloria Ventura  
Jackie Votruba  
Henry & Lynn Watkins  
Mariel Wilding  
BobWoodsmall  
StephaineWorley  
David Wright  
Bob Zak

T H A N K Y O U F O R Y O U R S U P P O R T !

## Help A Friend



REBOS, an alternative educational program for middle and high school age youth, has recently relocated to new quarters at 1551 Bennett Avenue in Warson Woods. Serving the community for the past four years, REBOS provides education for mostly recovering (sober) youth who are no longer in traditional public or private school settings. This is a valuable program, bringing education and hope to young people trying to complete high school in a safe and drug-free environment. REBOS has given us a wish list of items they need to help make their school better for their students. These items include: comfortable lounge chairs, a couch, bookcases, computers, file cabinets, TV and VCR, and a foosball table. If you can help, give Kathy or Kim a call at (314) 909-0595. Thanks for helping a friend.



*In Memoriam:  
Dr. Joseph B. Kendis*

NCADA is saddened by the death of Dr. Joseph B. Kendis, one of the Council's founding fathers, a past board member, and long time supporter. Dr. Kendis was among a small group of St. Louisans who began the groundwork for the establishment of the Council in March 1965. A pioneer in the field of alcoholism, Dr. Kendis had been an internist, faculty member of the Washington University School of Medicine, and medical director of the St. Louis Detoxification Center. Dr. Kendis was the first person in St. Louis to receive the Council's prestigious Bronze Key Award, presented to him in 1975. The NCADA and our entire field is deeply indebted to Dr. Kendis for his courageous work in not only helping those suffering from addiction, but in helping to raise awareness of this devastating, and yet treatable disease.



coming  
EVENTS

**December**

- 1-31** ..... **National Drunk and Drugged Driving Prevention Month** - visit [www.3dmonth.org](http://www.3dmonth.org) or [www.ncadd.com/3dmonth](http://www.ncadd.com/3dmonth) to learn more.
- 8** ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.
- 15** ..... **Billiken Basketball** - SLU vs. Oakland, 7 p.m. at the Savvis Center. For raffle tickets or information, call Chelle at (314) 962.3456.
- 18** ..... **Billiken Basketball** - SLU vs. Dayton at the Savvis Center, time TBA. For raffle tickets or information, call Chelle at (314) 962.3456.

**January — NCADA Kicks off its 40th Anniversary Year!**

- 12** ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

**February**

- 5** ..... **Trivia Night** - 7 p.m. at Clayton High School. \$12.50 per person or \$100 for a table of 8. Call Chelle at (314) 962-3456 for details.
- 9** ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

**March**

- 9** ..... **Symposium presented by NCADA** - 8:30 a.m. - 4:30 p.m. at the St. Louis Junior League.
- 9** ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

*2005 Helen B. Madden Memorial Award Nomination Form*

Please type or print. Nominee must work in the addiction field in the St. Louis area.

Nominee \_\_\_\_\_ Current Position in Field \_\_\_\_\_

Employer \_\_\_\_\_ Address \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_ No. of Years in Field \_\_\_\_\_

Submitted by \_\_\_\_\_ Address \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone ( ) \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_

On a separate sheet of paper, please briefly explain why you are nominating this person. Mail by **December 15, 2005** to:  
**Helen B. Madden Award, NCADA, 8790 Manchester Road, St. Louis, MO 63144.**

Or you may e-mail your nomination to Dan Duncan, Director of Community Services, at [dduncan@ncada-stl.org](mailto:dduncan@ncada-stl.org).

By using this **Helen B. Madden Award Form**, you may nominate an individual currently employed as an addiction practitioner who is passionate, knowledgeable and dedicated to helping those who suffer from addiction disease. Helen B. Madden, a pioneer in the Eastern Region of Missouri addiction field, worked for NCADA from 1965 until her death in 1976. Each year since 1977 the award has been presented to a local professional, who like Helen, has dedicated himself or herself to this field.



8790 Manchester Road, St. Louis, MO 63144

Return Service Requested

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Affiliate, National Council on  
Alcoholism & Drug Dependence

Missouri Division of  
Alcohol and Drug Abuse  
Regional Support Center



United Way  
of Greater St. Louis

A United Way Member

## **Do you like Basketball? Do you like to support a good cause? Then Join us for Billiken Basketball!**



**December 15 – 7:00pm  
SLU vs. Oakland**

**December 18 – Time TBA  
SLU vs. Dayton**

NCADA will be selling raffle tickets for \$1 each at Savvis Center during the above SLU Men's Basketball games. Come out and take the opportunity to win fabulous prizes including:

- SLU Season Tickets - remainder of '04/05 Season
- SLU Season Tickets - '05/06 Season
- Party Room for upcoming SLU game
- 2 SLU Tickets + Night at The Sheraton
- 1:1 Coaches Clinic for up to 5 with SLU Men's Basketball Coach Brad Soderberg (for kids between the ages of 8-13)

Winners will be drawn in the 2<sup>nd</sup> half of the 12/18 game. Need not be present to win. Join us to support NCADA's drug and alcohol prevention programs for youth! For more information, or to volunteer to help with this event, please contact Chelle Dohrmann at (314) 962-3456 or [cdohrmann@ncada-stl.org](mailto:cdohrmann@ncada-stl.org).

