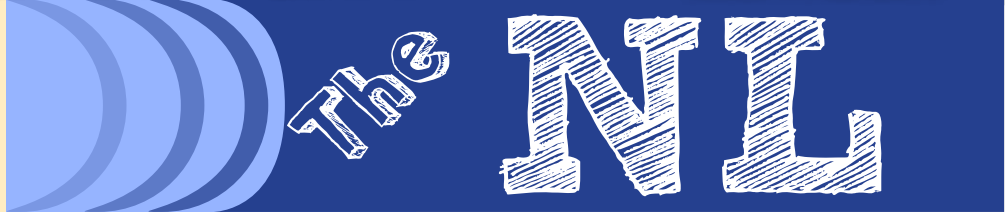




Issue 1 Fall 2011

Like our newsletter's redesign?
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 Comment on the story at www.nlsadd.com or on our facebook page!



WELCOMING THE NEW SCHOOL YEAR

Northern Lights SADD is very excited as we enter into the new school year, one which promises to be the most important and most ambitious year in the history of Northern Lights SADD.

With additional staff, we will be providing more direct services to our SADD members and chapter advisors. We have already developed and sent out a new chapter manual, the feedback from which has been very positive. This manual provides guidelines and suggestions for all of our chapters and introduces a new "star" chapter rating system, which encourages chapters to attain certain criteria to be recognized as a top-tier chapter. Chapters in the top tiers will be addressing a wide range of issues in their schools, but

also reaching out to younger students and their communities and networking with other chapters.

The student members of our Northern Lights Advisory Board, or NLAB, are a particularly ambitious group this year. They have been reaching out to their friends in other schools that do not currently have SADD chapters and arranging presentations by NL SADD staff. They have been on the road to attend events held by other chapters. They are making presentations to community groups. They have formed committees to work on special projects. In short, the NLAB members are dedicated and passionate, and determined to make a difference.

Finally, the 2011-2012 school year is the year that the thousands of student members in the NL SADD network will be encouraged to speak out and be catalysts for change in their schools and communities, as part of a new initiative that you will be seeing and hearing about very soon. Our students will be addressing issues like suicide, alcohol and drug use, tobacco, bullying, and more. They will be

challenging their communities to get behind them in their efforts to reduce these risks to health, safety and overall well-being.

The vision statement of the parent nonprofit of NL SADD, Northern Lights Youth Services, is "youth realizing their potential." We are definitely ramping up our efforts this year to help us accomplish that goal.



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 Devon Cote gives a look at the men of SADD, and High Risk High North Dakota has a facebook giveaway for you to take advantage of!

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 Hannah Schlosser recaps the 2011 National SADD Conference in Chicago, and 2011-2012 NL SADD Student of the Year Carrie Sandstrom's shares her views.

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 Page 4
 Tori Rude suggests that everyone gets involve for this new and exciting school year for Northern Lights SADD. Check out what'll be in the next issue of The NL.

Want free prizes for being an online social network fiend? Check out the story below for details.

HIGH RISK HIGH: YOUTH DRINKING IN NORTH DAKOTA

HIGH RISK HIGH

High Risk High: Youth Drinking in North Dakota is a project of Prairie Public aimed at raising awareness about the dangers of youth drinking. You can view the project at www.highriskhigh.org, where you will find many different resources and stories to spread the word about the dangers of underage alcohol consumption.

Recently, the project has breached the world of social media, using Facebook as a way to allow teens to chat about alcohol-related issues in a non-threatening manner. Two groups, High Risk High- High School and High Risk High-College, were created as a vehicle for open conversation. Anyone is welcome to join these groups and discussion is aimed at looking at the issues involved with underage drinking from all angles, free of judgement.

The groups are seeking your story about the downside of drinking, from coping with a friend or parent who drinks to much to something from your personal experience with drinking. Take a camera or phone and record a video of you sharing your story about why people should think twice before getting drunk; once you upload it to the group you'll automatically be entered to win a Best Buy gift card.

So search the group, grab a camera, and join the conversation.

There are many different labels for people involved in SADD – some more positive than others. The ones that you don't hear about as often are the ones for the males.

the men of sadd

A recent survey by NL SADD staff found there is approximately one guy to every three females in SADD. This interesting and somewhat troubling statistic should have light shed on it.

Even though only 25 percent of SADD students are male, I believe some of the strongest leaders and role models can come from this group. I have met some of them and I have seen the impact they have.

While on the Northern Lights Advisory Board (NLAB), a group of students who direct SADD activities throughout the region, I have had the opportunity to get acquainted with three other male board members. We have a lot in common: we participate in sports, we heavily believe in SADD and we have each had an experience to steer us away from a negative path in life.

In my life, it's been easy to make the right choices regarding drugs and alcohol because I have seen what can happen to a family when alcohol is introduced. I don't want to lead my own family down that path someday.

get to know: the nlab

The 2011-2012 Northern Lights Advisory Board

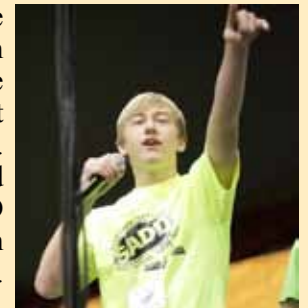


NLAB members Jacob Sommerfeld and Tate Nelson

by Devon Cote

A fellow male NLAB member, Tate C. Nelson, shared his thoughts with me. "I feel that I need to serve as a positive role model in my school so that any male can look up to me." I believe that any one of us males would agree with him.

I think that there is a point in everyone's life were they want to be respected. My friend and fellow SADD member Sam Schultz agrees. "At any point, someone can look up to you; do you want them to see you as a good role model or a bad one?" he said.



NLABer Tate Stroup

If you are wondering how to boost male enrollment in your SADD chapter, just get that first male to join and the rest of the guys with those beliefs should follow. Otherwise, if you need an attractive stat to coax them to join, just mention the three-girls-to-every-guy ratio.

The '11-'12 Northern Lights Advisory Board is:

Tori Rude and Devon Cote (Hillsboro, ND), Andi Gleason and Amanda Martin (Dakota Prairie HS), Nicole Schonauer (Adams, ND), Karlie Matejcek and Madison Sloan (Lakota, ND), Katie Demester (New Rockford, ND), Courtney Aarseth (Bishop-Ryan HS), Rachel Anderson (Williston, ND), Hannah Schlosser (Mandan, ND), Carrie Sandstrom and Jacob Sommerfeld (Bismarck Century), Tate Stroup and Jardy Wasmoen (Redfield, SD), and Tate Nelson (Pelican Rapids, MN).



passport to adventure: chicago-style

by Hannah Schlosser

We've got spirit, yes we do! We've got spirit! How about you?

This summer, 32 Northern Lights SADD members, advisors and chaperones embarked on a 14-hour bus trip with high hopes of yet another fantastic year at the SADD national conference in Chicago.

This year's conference theme was "Passport To Adventure," and the conference was exactly that, with 500 students in attendance.

When asked to describe this experience in a nutshell, Hillsboro's Elli Lemm responded, "Life-changing."

Conference emcee Craig Tornquist, was excited to return to yet another SADD national conference. Wonderful workshops presented by the National SADD Student Leadership Council (SLC) included topics like increasing membership, promoting government bills that involve youth and fundraising strategies. Motivational speakers such as Kevin Brooks moved many with his tragic story of a horrible accident that left

his lower body paralyzed at a young age. Eddie Slowikowski, who spoke at the 2010 NL SADD conference, taught us all to dance and gave presentations that were, yet again, something to remember.

Wishing you had gone yet?

The evenings were just as phenomenal. "Taste Of Chicago" tours invited everyone to experience rich history, diversity, and cuisine. A riverboat tour allowed attendees to appreciate city architecture. Another evening, a trip to the Navy Pier left many with an abundance of pictures and breath-taking views.

The SLC also sought some of the most well-behaved, yet outgoing states and individuals that went above and beyond to make this conference extraordinary. North Dakota's own Andi Gleason won the conference's SADD-tastic student! Overall, Indiana won the 2011 Spirit Stick. We'll be sure to try again next year; we've definitely got a fighting chance.

In the long run, the SADD national conference was a five-star adventure!

THE SOY CORNER



by Carrie Sandstrom

You make millions of decisions in your life and the sum of those decisions adds up to who you are as a person. Even the most minuscule choices contribute to the type of life you live and the type of individual you become. Sometimes the choices are easy, like whether or not you want to wear a coat in the middle of winter, sometimes not so much, like where you want to go to college. Those choices are important- they affect where you go in life and your physical being and surroundings.

There are more important decisions.

See, sometimes you're called upon to make choices that define what you believe. Choices that reflect your character and your morals. And for some reason those important choices never seem to be easy. For some reason, the choices that deal with principle tend to be murky and the

line the separates right and wrong is drawn in the sand with a thin stick. Those tough choices are made easier though when your friends are there to help you make them.

That's where SADD comes in.

In life you'll face difficult decisions of every variation. But you don't have to face them alone. In SADD you have a group of individuals who believe in the same things you do. Who understand the importance of making positive decisions and who can help open your eyes to your potential.

So go forth and choose wisely, for as Dumbledore once told young Harry in the popular Harry Potter series, "It is our choices. ... that show who we truly are."

Carrie Sandstrom of Bismarck is the 2011-2012 Northern Lights SADD Student of the Year

HAVE SOCIAL MEDIA; WILL TWEET



facebook.com/nlsadd



twitter.com/nlabers
twitter.com/nlsadd



youtube.com/nlsadd

A FAMILIAR FACE RETURNS

Amanda Allen may be the new Field Services Director at Northern Lights SADD, but she has been involved since her days at Minot High School.

Allen was very active in her school and community, and served on the 2005-2006 Northern Lights Advisory Board. She also participated in BreakDown, and even developed and directed a BreakDown group based out of Minot, N.D., which performed at multiple locations..

She graduated from Concordia (Moorhead, Minn.) in 2010 with a degree in sociology.



Allen

Though college, jobs, and internships kept her very busy, Amanda remained very involved with SADD's efforts.

Amanda hopes to continue making a difference in Northern Lights SADD and promote its message throughout the region's communities.

"Youth can make such a huge positive impact on current issues," she said. "SADD is a means through which they can make this realization and start creating this change."

How does she know this? you might ask

"SADD's message has been a part of me personally for years and has helped me figure out what is important to me and how to make a meaningful difference," she added. "Now look at me: I'm Field Services Director! Woot!"

Amanda enjoys theatre, music, volunteering and traveling.

a motivation proclamation

School gets stressful, but a motivated effort to open your SADD chapter's year can make a huge impact.

by Ton Rude

Here we are at the beginning of yet another school year. Along with the start of fall sports, the changing of seasons and starting to receive too much homework, our SADD year is just taking off. What better time for a membership push than when the fun is just getting started?

There are many ways to increase your membership and many important ideas to remember if you want to be successful. Every chapter is different, so it is important to decide which methods will be best for your school.

Before searching for members, one must decide how a chapter should be perceived. Northern Lights SADD Student of the Year Carrie Sandstrom says, "Part of promoting membership is promoting the organization as a whole - not as a club, but a way of life."

Once you are ready to begin recruiting, don't forget to target diverse groups of people. Not only does this show that SADD accepts everyone and judges none, but it becomes likely that more kids will hear about SADD and what it is about.

When deciding your methods, be creative. Try membership weeks, fun activities, community suppers, presentations, or anything you can use to get the word out. Just because it hasn't been done before doesn't mean it won't work.

Make use of your resources. Useful information can be found on the Northern Lights online database, found at www.nlsadd.com/activities. Northern Lights Field Services Director Amanda Allen also has access to many tools that will help you reach your membership goals. She can be reached at amanda@nlsadd.com.

Increasing membership isn't a walk in the park. Not everybody is going to want to join, and some people might need a little convincing. Sitting on the couch (see below) watching reruns of 90210 and That 70's Show aren't going to do the job. Don't be passive; get out there and do work.



check out the next

issue of *The* **NL**

Coming January '12

(Available for download at www.nlsadd.com)

In the next issue of The NL, we will recap major news from Fall SADD activities as well as give you a preview of the upcoming 2012 Northern Lights SADD conference.

Keep checking the Facebook page (facebook.com/nlsadd) and nlsadd.com for up-to-date news. Have a great school year!