

# How to be a Real Super Hero!

*Join our Action Network*

Community reaction to laws, policies, and media portrayals can lead to change! You can be a real-life hero through speaking up about how these factors influence youth to use alcohol, tobacco, marijuana and other drugs, and the harm to our communities.

If you'd like to be contacted via e-mail when an issue needs a letter, please sign the circulating sign-up sheet, or send an e-mail to:

Libba Jackson-D'Ambrosi  
[fribba@san.rr.com](mailto:fribba@san.rr.com), 858-793-0543  
Prevention Specialist, San Dieguito Alliance for Drug Free Youth

Here's how you can respond:

**1. Write letters to the editor.** Don't knock yourself out writing several paragraphs because they will only print a few sentences. Each letter makes a difference. Publications count letters in order to weigh interest in the topic, and then they print in ratio to the number of letters they receive. So tell a friend!

## ***Union Tribune Letters Policy***

Letters to the editor must refer to an article (Include date and headline in or after your letter's first sentence.) Letters to columnists don't have to be tied to a printed article.

E-mail is the preferred method. Send to: e-mail: [letters@uniontrib.com](mailto:letters@uniontrib.com). Letters need complete address and phone number. They will print city, not the complete address, which they use for verification. Or write directly to Letters to Editor, *The San Diego Union-Tribune.*, PO Box 120191, San Diego, CA, 92112-0191, or fax (619) 260-5081. Newspaper will contact (usually by phone, but sometimes via e-mail) to ask if the signer wrote the letter.

## ***North County Times Letters Policy***

*The North County Times* is committed to an open letters forum as part of a free and strong community. We invite letters on topics of public interest, and make every effort to print them all. Writers must include full first name with full middle name and last name, address and daytime phone number. Letters should be shorter than 200 words and will be further shortened when possible in order to help make space for all letters. Individual writers are limited to one letter every two weeks. Priority is given to North County writers.

*The North County Times* has an online form for letters to the editor, [www.northcountytimes.com](http://www.northcountytimes.com) or mail letters to North County Times, 207 E. Pennsylvania Ave., Escondido, CA 92025; fax to (760) 745-3769; e-mail to [letters@nctimes.com](mailto:letters@nctimes.com); or deliver to any *North County Times* office.

**Keep an eye out for pro-drug messages when you are shopping or if you are reading other newspapers, such as: *Coast News, Carmel Valley News, RSF Review, LA Times.* Look for their contact info online.**

**2. Contact companies with pro-drug products or business practices! Write to their regional and national offices.**