

Southern Oregon Drug Awareness

SATELLITE

Fall/Winter
2007

604 South 2nd Street
Central Point, Oregon 97502

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Board of Director's

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Coordinator:

Elizabeth Venditti

Office Assistant:

Amanda Lyon

"Take a Stand!"

RED RIBBON WEEK

October 23-31



The "Take a Stand" theme reflects SODA's mission as well as the purpose of Red Ribbon Week:

To empower the community to prevent the underage use and adult misuse of alcohol, tobacco and other drugs.

Adults need to "Take a Stand!"

No use of alcohol, tobacco, and other drugs by young people.

It's unhealthy and illegal.

It's important the community shows our kids you will

"Take a Stand!"

We are asking everyone to participate
in Red Ribbon Week!

11th Annual Essay Event

Red Ribbon
Week



"The theme for the essay is "Take a Stand," a story about taking a stand against alcohol, tobacco and other drug use.

Once again third and fifth grade students throughout Jackson County will have the opportunity to participate in the annual essay event. The theme for the essay is "Take a Stand." A story about taking a stand against alcohol, tobacco, and other drug use. A volunteer jury reads and selects the essays. An essay will be chosen from each class that enters. The jury panel consists of educators, SODA Board of Directors,

SODA Teens and our organizational partners. An award ceremony and reception for students, family members, teachers and principals will be held to present selected students with a Certificate of Achievement and other gifts. Teachers attending the ceremony with their student will also receive a gift. Essays will be displayed and students will be encouraged to read their essay aloud during the ceremony.

Dates to Remember:

OCTOBER 5: Let us know your classroom will participate in the essay event. Call the SODA office at 789-4028 fax: 789-4043 or email: soda@sodaweb.org

OCTOBER 19: Essays must be submitted to the SODA office by 5pm.

OCTOBER 28: Ceremony, 1:00pm, Smullin Education Center, RVMC 2825 E. Barnett Road, Medford.

Refreshments Provided

2006 Selected Essays

White City Elementary

Stephan McDowell
Alee Crenshaw
Noami Ledezma
Tanner Jaasko
Josue Lujan

Talent Elementary

Jada Marotti
Kenna Gillock

Orchard Hill Elementary

Aundrea Gillepie
Rhiahoh Star Shiloh
Dylan Storer
Raquel Garibay
Claire Guy
Nancy Jacobs

Mountain View Elementary

Ruben Palomares

Grace Christian

Krishna Seate
Tommy
Mikayla Sartain

Hoover Elementary

Anna Smith
Scout Boicey
Jose Ledbetter
Cameron Boynton

Jefferson Elementary

Makai Manuwai

Little Butte Elementary

Elizabeth
Mercedes
Maddison Ponder
Kevin VanDyke

The Story Behind Red Ribbon Week

Red Ribbon Week began in 1986 in honor of Drug Enforcement Agent Kiki Camarena, who was killed while trying to uncover the identities of key members of a Mexican drug cartel. Angered over his death and the destruction of drug abuse, people from his hometown of Calexico, California began wearing red ribbons.

Other organizations soon picked up on the move-

ment and encouraged others to wear ribbons as a symbol of their commitment to fight the use of illegal drugs. Preventing substance abuse within communities requires support from our workplaces, families, schools, and faith communities.

People of all ages and all walks of life must be made aware of what they can do to help prevent themselves, their families, neighbors,

and co-workers from being harmed by the use of illegal drugs and the illegal use of legal drugs.

Businesses, the media, social service agencies, governments, schools, service organizations, religious institutions, safety forces, and individuals will demonstrate their commitment to a drug-free lifestyle by wearing and displaying red ribbons or drug free bracelets during this week-long celebration.



DEA Agent,
Kiki Camarena

Your Participation helps raise awareness!

Have fun with theme days

October 23- Team up against drugs. Wear team jerseys, school colors or school sports jerseys! Show your team spirit.

October 24- Don't let drugs get you into a hairy situation. Come to school with your craziest hair style.

October 25- Pair up against drugs. Pair up, wear similar clothes.

October 26- Living drug-free is no sweat. Wear your sweats.

October 27- Proud to be drug-free. Wear red, white and blue clothes.

October 28- Shade out drugs. Wear your favorite pair of sunglasses.

October 29- Put a cap on drugs. Wear your favorite hat, be creative.

October 30- Sock it to drugs. Wear red socks or wear mismatched socks.

October 31- Say Boo to drugs. What better way to end Red Ribbon Week. Make everything a treat, red of course.



Red Ribbon Bracelets

There is still a limited supply of bracelets available. If you are interested in purchasing some contact the SODA office at 789-4028 or email soda@sodaweb.org.

SODA Teens Take Time to Build Teamwork Skills



The Leadership Team participated in several activities aimed at building teamwork such as building a tower with only newspaper and tape without talking and walking with balloons in between each other without dropping a balloon.

“I had a very impactful trip. I really felt like I got to know everyone on a deeper level.”
Clanci de Ong
Soda Teen

With their kites packed and ready to go the SODA Teens Leadership group headed to the coast for a three day retreat during the last week of August. The goal of the retreat was to enhance teamwork and communication skills as well as plan the activities for the next year. The teens that at-

tended were: Amanda Lyon, Christine Hayes, Clanci de Ong, Kaylee Ford, Dannie Curtis, Mia Russell and Zak Nave. “I had a very impactful trip. I really felt like I got to know everyone on a deeper level. Everyone didn't judge and that is something that seems out of the ordinary with

teenagers but everyone in the team is out of the ordinary and amazing”, said Clanci.

Events being planned for the next year are a New Year's Eve Party and the Flick n' Float which was a popular event in the past.

How SODA Teens Made A Difference In My Life

By Kaylee Ford, SODA Teen



“I love knowing that I am part of something that changes lives in our community.”

- Kaylee Ford

When I started with SODA about two years ago I had terrible stage fright. I didn't like to be in front of people at all! Then one of my best friends invited me to a SODA Teens meeting. I had no idea what I was getting myself into. I thought it would be a bunch of kids that were against drugs hanging out and talking about what they could do to better their community. I never would have guessed that

from that day on I would make SODA a part of my everyday life and that it would come to mean so much to me. About a month later my friend Christine asked me to come to the next meeting and I was more than excited. I guess you could say that SODA and I have been inseparable ever since then. I love knowing that I am a part of something that changes lives in our community. I take pride

in the work I do for SODA and I am no longer scared to stand up in front of people and tell them what we stand for. It makes me feel good to get in front of my peers and inform them about drugs and alcohol and encourage them to make healthier choices. SODA has made an impact on me and my future. Now I can go out and impact someone else's future in the most positive way.

Southern Oregon Drug Awareness



YOUTH LEADERSHIP RETREAT NOVEMBER 14 2:00PM UNTIL NOVEMBER 15 4:00PM LOCATION: THE WINDMILL INN IN ASHLAND

The overnight training will be conducted by Ray Lozano, a National Speaker and the SODA Teens

Information the students will walk away with

- How to establish goals
- Working with adults
- Positive peer support
- 7 habits of effective teens
- Information on alcohol, tobacco and other drugs
- How to implement a plan at their school
- Team building
- Presentation models
- Small group discussion skills
- A clear no use message
- Opportunity to demonstrate their anti-drug
- Communication skills, decision-making skills and problem solving skills so that they will be better equipped to handle

**Please contact the SODA Office by
October 31, 2007.**

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How Well Do You Know Your Teen?

- Who is your teen's best friend?
- What color would your teen like his/her room to be?
- Who is your teen's greatest hero?
- What embarrasses your teen the most?
- What is your teen's biggest fear?
- In gym, would your teen rather play basketball, do exercises or run relays?
- What is your teen's favorite music?
- What person outside the family has most influenced your teen's life?
- What are your teen's favorite and least favorite subjects in school?
- Of what accomplishment is your teen most proud?
- What is your teen's biggest complaint about the family?
- What is your teen's favorite TV show?
- What sport does your teen enjoy most?
- Who is your teen's favorite teacher?
- What really makes your teen angry?
- Does your teen feel liked by the kids at school?
- What would your teen like to be when he/she grows up?
- Does your teen feel too small or too big?
- What gift from you does your teen cherish most?
- What non-school book has your child most recently read?
- What is your teen's favorite family occasion?
- What food does your teen like or dislike?
- What nicknames is your teen called in school?
- When does your teen prefer to do homework?



A Network of Community Parenting

Parents can make an enormous impact on their children's lives. However, the entire community needs to be engaged in raising healthy kids.

As parents we must be willing to acknowledge that our teens are faced with difficult decisions about using alcohol and other drugs. We do our children a disservice if we fail to admit that these dangers exist, even in our own children's schools and social groups.

If a teen is using alcohol or other drugs, confronting the situation often means that the parent must face enormous conflict with the teen. Conflict is difficult and time-consuming, thus for many parents denying the problem is easier than facing it. However ignoring a problem like alcohol or other drug use will only make it worse.

What Is Parent Action Network?

Effective parenting is informed parenting. Parent networks are made up of the parents of kids who attend school, play sports or otherwise spend time together. They are designed to be supportive and educational groups for parents. You can be proactive in and significantly contribute to providing a safe passage from adolescence to adulthood for your teens, if you participate in such networks.

What Do Parent Groups Do?

- They educate themselves about drugs and alcohol and other adolescent problem behavior.
- They support one another through the challenges and complexities of modern parenting.
- They set common guidelines for their teen's behavior to offer help in raising healthy teens.



- They help their teens plan activities that follow the guidelines.

How To Start A Parent Network

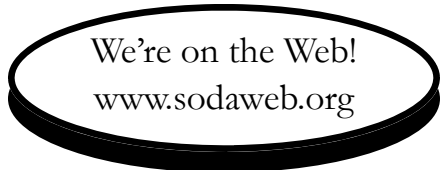
1. Find at least two other parents to assist in organizing the network.
2. Select a location. *Suggestions include your local school or public library or, if the group is small, maybe someone's home.*
3. Decide on the topics and concerns that are relevant to your children. Schedule speakers if possible for particular topics.
4. Recruit the parents of your children's friends, classmates, or athletic teammates to participate in the parent network. Begin to build an alliance with the other parents, get to know the parents of your teen's friends and communicate with one another.
5. Advertise the meetings. Word of mouth is your best tool. If you have a local paper that has a "what's happening" section, use it... ask the school to put it on a reader board or newsletters...create a flyer and ask the school if it can be sent home with students.
6. Frequency of meetings should be discussed and determined by the group.
7. Know what is happening at your child's school.
8. For help in getting a network started call SODA 789-4028.



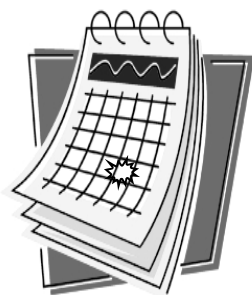
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Mission Statement:

Southern Oregon Drug Awareness works to empower the community to prevent the underage use and adult misuse of alcohol, tobacco and other drugs.



Calendar of Events



Save the Date!!!

September

10 Board Meeting 4:30-6pm
SODA Teens Meeting, Bruno's
Pizza in Medford 6:30-8pm
22 Car Wash, Rogue Federal
Credit Union 1370 Center
Drive, Medford, 9-3pm

October

8 Board Meeting 4:30-6pm
SODA Teens Meeting, Youth
Activity Center 809 W McAn-
drews Medford, 6:30-8pm
23-31 Red Ribbon Week
28 Red Ribbon Essay Ceremony
1-3pm Smullin Center

November

12 Board Meeting 4:30-6pm
SODA Teens Meeting, Bruno's
Pizza in Medford, 6:30-8pm
14-15 Youth Leadership Re-
treat, Ashland Hills Inn
22-23 Thanksgiving-office
closed

December

10 Board Meeting 4:30-6pm
SODA Teens Meeting 6:30-
8pm, call for location
25 Christmas- office closed
31- SODA Teens New Year's
Eve Party-more info to follow

January

1 New Year's Day- office closed
14 Board Meeting 4:30-6pm
SODA Teens Meeting 6:30-8pm,
call for location

February

11 Board Meeting 4:30-6pm
SODA Teens Meeting 6:30-8pm,
call for location