

PREVENTION WORKS!



JANUARY / FEBRUARY 2015



"We make a living by what we get, we make a life by what we give." -Winston Churchill

Yolo County Friday Night Live Adopt-A-Family Project

For the last 15 years, the Yolo County Friday Night Live (YCFNL) high school youth council organizes the "Adopt-A-Family" project. High school members adopt families from Yolo County communities who are in need during the Christmas season. Employees from the Yolo County Department of Health Services and community members donate money each year to support this youth development project. We would like to thank everyone who contributed to the Annual Adopt-A-Family project. A special "Thank You" goes out to Yolo County Supervisor, Oscar Villegas and his assistant, Jennifer Perez and the Yolo County Deputy Sheriff's Association for their support and donations to this project. We would also like to acknowledge and say "Thank You" to the Natomas Target store for giving our project a 10% discount on all purchases on our shopping day. It made our monetary donations go a long way! Friday Night Live will also like to extend a huge "Thank You" to our YCFNL Youth Council. These students shopped for and wrapped all the gifts. All the contributions of money and time are greatly appreciated!



This year, we adopted fifteen (15) families; equal to 57 people, from Dunnigan, Winters, Davis, Woodland, and West Sacramento. With the donations, we bought gifts and food to make the holidays a little better for the adopted families. We received \$4,175 in monetary contributions.

On December 13, 2014, YCFNL youth council members went shopping at Target for all the gifts. The shopping takes place in the morning for about 3 hours; they have lunch and then they wrap all the gifts in the afternoon for another 4 hours. The high school youth council members are split up into teams of 4 students and then each team is given a family for which to shop. They are given a budget of \$50 per family member to spend, which means if they had a family of 5 people, they had \$250 to spend. While not only is this a community service project where they are helping people in their own community, but they are also learning budgeting skills, math, and decision making.

Students are given a some background information about each family member like shoe pant & shirt sizes, favorite color, favorite music and/or toys and 3 gift requests that each family member has like, coat, skateboard, doll, art supplies etc. Youth council members try their best to fulfill their requests with \$50 as well as get the best deal!!! They also compete against the other YCFNL youth council teams to see who gets the closest at checkout without going over their budgeted amount! It is a very coveted title!

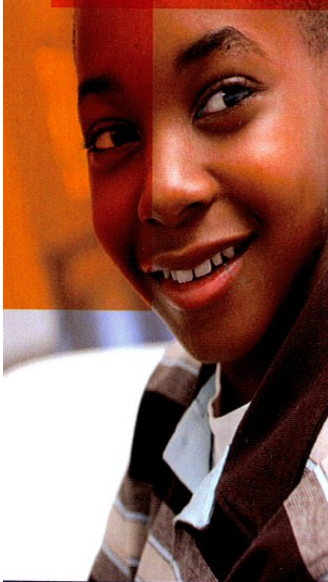
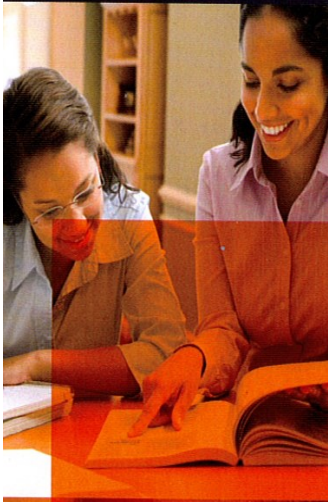
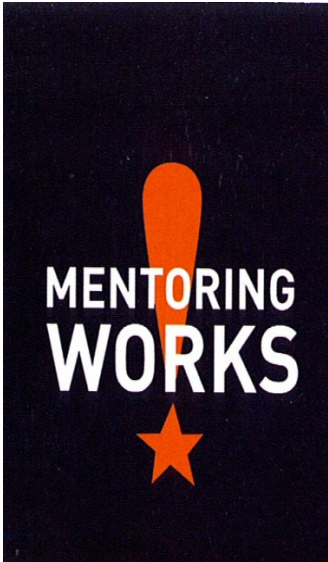


After lunch, students then wrap all the gifts they purchased by family. This means that all students wrap one family at a time. This encourages teamwork, cooperation and collaboration. All students help wrap all gifts, not just the family for which they shopped. When all the wrapping is done, students get to take a group picture with all the gifts and share what this Adopt-A-Family experience was like for them and one family tradition they have during the holidays.

Please let us know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by Feb. 20th for the March/April 2015 edition of the Prevention Works newsletter! Submit your newsletter contributions to: debbie.clifford@yolocounty.org

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www.mentoring.org
#SomeoneWhoMatters

January is National Mentoring Month!

National mentoring month highlights mentoring and the positive impact it can have on young lives. This month-long outreach campaign focuses national attention to the need of mentors, as well as how individuals, businesses, government agencies, schools, faith communities and non profits can work together to increase the number of mentors and assure brighter futures for our young people.

Mentoring a young person can be one of the most meaningful acts of service. Not only do mentors help youth gain confidence, but national research shows that young people in these types of positive relationships do better in school and are less likely to begin using drugs or alcohol.

Mentoring month is a special time to recognize those individuals who have made a commitment to mentor and is also a time to encourage more people to become mentors. Whether at a school, on a ball field or in a host of other settings, the opportunities to mentor are endless.

Locally, high school students around Yolo County have made the commitment to be a mentor to a middle school youth through the Friday Night Live Mentoring (FNLM) program.

To get more information regarding FNLM, please call 530-666-8711.

What is Mentoring?

Mentoring is a structured and trusting relationship that brings young people together with caring individual who offer guidance ,support and encouragement aimed at developing the competence and character of the mentee. A mentor is individual who along with parents, provides a young person with support, counsel, friendship, reinforcement and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strength that already there. All young people have the potential to succeed in life and contribute to society.

Martin Luther King Day of Service

Martin Luther King Jr. Day of Service , January 19, 2015, is the ideal opportunity to highlight the importance of mentoring. Use the day to honor mentors in your community, recruit new mentors, provide training to mentoring programs or encourage mentor pairs to serve together. Visit www.mlkday.gov for more information. Initiated by Congress in 1994, King Day of Service aims to transform the federal holiday honoring Dr. King into a national day of community service grounded in his teachings of non-violence and social justice. Instead of being a just another day off from school or work, the holiday gives people of all ages and backgrounds a chance to come together to strengthen their community, bridge social barriers and move our nation closer to the “beloved community” that Dr. King envisioned.

Winters High School Wins \$25,000 Grant from Celebrate My Drive!

In October 2014, students from Winters High School (WHS) Friday Night Live (FNL) took the lead on a teen driver safety awareness campaign and contest known as “Celebrate My Drive.” In December 2014, Celebrate My Drive, powered by State Farm, announced that Winters High School is one of 100 winning high schools, earning a \$25,000 grant. They were among 3,283 registered high schools who participated in this year's program. Students, parents, administrators and the entire community rallied in support of teen drivers, making online safe driving commitments, helping WHS/FNL reach their goal.

Crashes are the leading cause of death for teens, and the first year behind the wheel is the most dangerous. Celebrate My Drive is an opportunity to celebrate new drivers, focusing on the freedom, but also the responsibility, that comes with earning a driver's license, according to State Farm.

Yolo County Friday Night Live Partnership is proud of Winters High School's efforts to generate excitement among students, faculty and the entire community to make safe driving commitments and have positive conversations about teen driver safety.

Winters High School is required to invest 10 percent of the grant award on a teen driver safety program for students. The school may choose how to use the remaining funds.



From left, State Farm Agent Andy Pignataro, Abbey Mariani (student), Gabby Junez (FNL student), Karina Prado (FNL student), Colwyn Martin (FNL student), Alexis Gallardo (student), State Farm Sales Leader Lynnette Muleady, and Andrew Benware (Office of Sen. Lois Wolk) are seen when Winters High School was awarded a grant. (Courtesy)



FRIDAY NIGHT

live



CHAPTER UPDATES

Yolo County Friday Night Live (FNL) Youth Council - Youth council members completed there “Adpot-A-Family” project in December 2014. They adopted 15 families, helping 57 individuals during the Christmas season. Youth Council members have begun meeting on Saturdays to plan for the middle school “Unlock Your Potential” conference on April 18, 2015 at the Collings Teen Center in West Sacramento. They are also planning to attend the REACH Leadership Conference in March 2015 in Chico.

Winters H.S. Friday Night Live - FNL members are working on a Tobacco Retail License policy for the City of Winters. The policy will require stores that sell tobacco to purchase a license. The fees from the license will only go towards the cost to enforce the license with the purpose of reducing sales of tobacco to minors. This chapter meets every Wednesday at 1:15pm at Winters High School in room E-3.

Esparto RISE Club Live - This chapter meets monthly on Mondays at the RISE Inc. office located next to the supermarket. Members have been discussing topics such as communication and consequences of drinking alcohol and other drugs

Pioneer H.S. / Douglass M.S. FNL Mentoring - High school mentors have been matched with middle school mentees in a cross-age mentoring experience. This chapter meets every Tuesday from 3:30 until 5:00pm in cafeteria at Pioneer High School. Ms. Althausen is the advisor at Pioneer High School and Ms. Jaeger is the advisor at Douglass Middle School.

River City H.S. FNL Mentoring – High school mentors will be matched with middle school mentees in a cross-age mentoring experience. This chapter meets every Thursday from 3:30 until 5:00pm in the Career Center at River City High School (RCHS). Ms. Estella DeLaTorre is the advisor at RCHS.



Black History Month Quiz

By Debra Bell

- Who was the first African-American to serve as a judge on the U.S. Supreme Court?
 - Martin Luther King, Jr.
 - W.E.B. Dubois
 - Madame C.J. Walker
 - Thurgood Marshall
- What state was the first to elect a black governor, doing so in 1989?
 - Delaware
 - Mississippi
 - Virginia
 - Washington
- Who was the first African-American head coach in the NFL?
 - Tony Dungy
 - Fritz Pollard
 - Ray Rhodes
 - Art Shell

Intergenerational Black Leadership & Social Justice Conference

Saturday, Feb. 7, 2015



8:30 am – 2:00 pm

Community Room 800 / ME Center101

Keynote, Panelists, Workshops, Info Tables, Cultural Sharing, Exhibition & Reception

8:30 am Registration / 9:00 am Welcoming

9:30 am Keynote by Sandy Holman / 10:00 am Panel Discussion

11:00 am Workshop Sessions

12:30 pm Exhibition Opening & Reception

Parents, youth & educators encouraged to attend
Conference is free and donations are appreciated

To register or for info, contact young.akilah12@gmail.com or mmoreno@yccd.edu 530-661-6217

<http://www.usnews.com/news/articles/2011/02/07/quiz-celebrating-african-american-history-month>



**Unlock Your Potential (UYP)
Conference FAQ's**

These are the answers to some of the most frequently asked questions (FAQ) about UYP conference.

1. What is UYP?

UYP is an annual one day conference for middle school students in Yolo County designed and facilitated by the Yolo County Friday Night Live (FNL) high school youth council, where middle school students learn valuable leadership and life skills.

2. What is FNL?

Friday Night Live (FNL) is a state/county-wide program that builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. FNL is a youth-adult partnership that supports a lifestyle free of alcohol, tobacco and other drugs.

3. What topics will be covered at UYP?

Topics for the 2015 UYP conference have not been finalized. In the past years, UYP has covered issues such as bullying, cyber bullying, self esteem, consequences of using alcohol and binge drinking, social media etc.

4. Why should my child/student attend UYP?

Middle school students should attend because it is a memorable experience and youth have the opportunity to engage in meaningful skill building activities as well as meet other students their age

5. Is food provided at UYP?

Yes. Participants will be given a small morning snack, lunch and dinner as well as an afternoon snack.

6. Does my child/student need money?

SAVE THE DATE!

U  **NL** **CK**

Y **OUR**

P **POTENTIAL**

Conference for Middle School Students

APRIL 18, 2015

(SATURDAY)

8:00am - 8:00pm



COST - \$25

Includes: general sessions, food, motivational speaker & lots of FUN!

Limited Scholarships Available!

LOCATION:

Collings Teen Center

1541 Merkley Avenue, West Sacramento, CA 95691

FOR MORE INFORMATION

Angela Angel, FNL Coordinator

(530) 666-8711 Office or (530) 681-5778 Cell



“TO BUILD YOUTH-ADULT PARTNERSHIPS WHICH PROMOTE POSITIVE COMMUNITIES”

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*Yolo County Department of
Health Services*

PREVENTION PROGRAMS



**Black History Month
QUIZ ANSWERS
from Page 4**

1. (D) *Thurgood Marshall*
2. (C) *Virginia (Douglas Wilder)*
3. (B) *Fritz Pollard*
(Head Coach of the Akron Pros in 1921)

<http://www.usnews.com/news/articles/2011/02/07/quiz-celebrating-african-american-history-month>

Celebrating Black History Month

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the Civil Rights Movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses. President Gerald R. Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Since then, every American president has designated February as Black History Month and endorsed a specific theme. The 2013 theme, *At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington*, marks the 150th and 50th anniversaries of two pivotal events in African-American history.

