

# PREVENTION WORKS!



**October/November 2016**

“The greater danger for most of us isn’t that our aim is too high and miss it, but that it is too low and we reach it.” --Michelangelo



## Youth Traffic Safety Summit 2016

The 16th Annual Youth Traffic Safety Summit took place in Anaheim, CA September 10 -11, 2016 with the theme of #LIGHTSCAMERATAKEACTION. The Youth Traffic Safety Summit is a place for young people from across the state of California to come together for two to three days to share, connect, create, and empower one another to make their local communities safer. This event is made possible by the Allstate Foundation and the California Office of Traffic Safety and is hosted by the California Friday Night Live Partnership in collaboration with the California Youth Council. Each year our students look forward to this Southern California conference to learn about traffic safety as well as learn new activities to bring back and try at their school chapters. This year Carolina Reyes and Aminah Choudhry from Pioneer High School (pictured below) were able to attend the conference and bring back ideas for their school chapter.

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## WJUSD Board Presentation

On September 22, 2016 Carolina Reyes and Aminah Choudhry presented at the Woodland Joint Unified School District Board meeting and shared a few things they learned at the Youth Traffic Safety Summit.



Please let others know what your school, community, or organization is doing by submitting an article to this newsletter. Please submit your information by Nov 20th for the Dec/Jan 2017 edition of the Prevention Works newsletter! Submit your newsletter contributions to: [elena.jaime@yolocounty.org](mailto:elena.jaime@yolocounty.org)



# FNL Mentoring Summit



A Friday Night Live Mentoring (FNL) Summit will take place on December 2nd and 3rd, 2016 at the Woodland Community College. Planning of the Summit is being done by the Yolo County FNL Youth Council, which meets on Saturdays. The FNL Mentoring program partners high school students from Pioneer High School to mentor middle school students from Douglass Middle School and River City High School students to mentor Southport Elementary school students. Students meet once a week for a cross-age mentoring experience.

## 15 Festive Things To Do This Winter

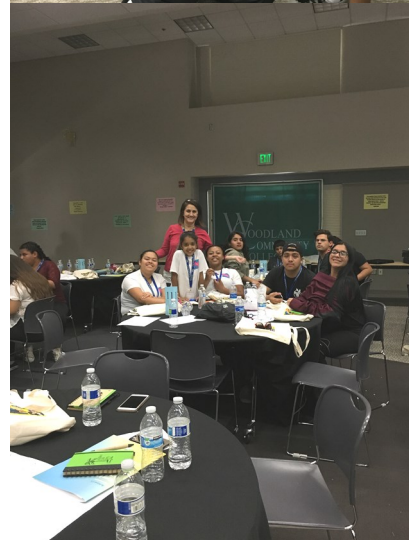
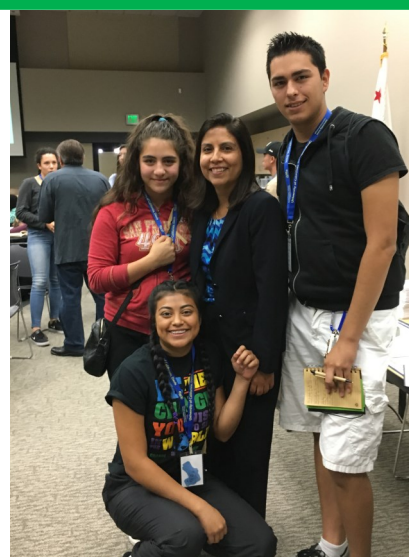
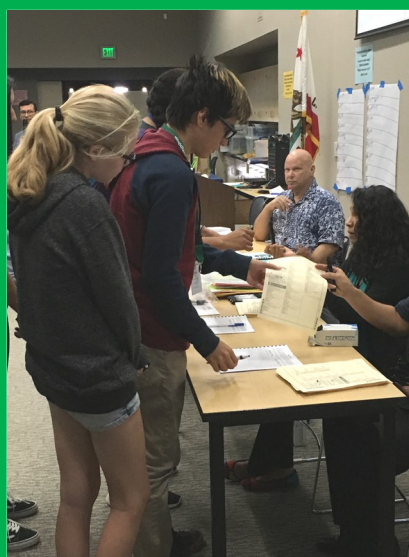


- 1. Get cozy and watch a classic holiday movie:** It's A Wonderful Life, The Santa Clause, Miracle on 34th Street, Elf, The Holiday. Check out ABC Family's 25 Days of Christmas, beginning December 1st, and TBS's A Christmas Story marathon on Christmas Eve and Christmas Day.
- 2. Decorate your house/apartment/dorm:** You don't have to break the bank in the process – supermarkets tend to have a great selection of inexpensive decorations, as do stores like Target, Dollar Tree and Christmas Tree Shops.
- 3. Play in the snow:** Go to the snow and make a snow angel, build a giant snowman, or have an epic snowball fight with friends. Just make sure to go easy on those warm-blooded newbies during that snowball fight.
- 4. Beat the cold with a warm drink:** The best way to warm up is with a hot holiday drink. If you're into classic hot chocolate, stock up on some Swiss Miss and make some in your microwave when you get home!
- 5. Drive around and look at Christmas lights:** Enjoy how beautiful your neighborhood looks all lit up at night.
- 6. Bake cookies (yum!):** Spend an afternoon baking cookies, trying out new recipes in addition to family favorites. Definitely save some to munch on later, but consider giving cookies as gifts, as well.
- 7. Do a Secret Santa exchange with friends:** Grab a big group of friends, pick names out of a hat, and stick with a manageable price limit (maybe \$10).
- 8. Learn about a holiday different from the one you traditionally celebrate:** It can be easy to get caught up in the holiday we grew up with, but between Christmas, Hanukkah, Kwanzaa, and all the different ways to observe the holidays, there's a lot to celebrate in December.
- 9. Head to the theatre for a seasonal play:** Whether at a well-known venue downtown or at a school's auditorium, there are tons of holiday productions taking the stage this time of year.
- 10. Enjoy your favorite holiday tunes:** Take advantage of them while you can! Whether you love classic crooners, religious hymns, or more modern songs.
- 11. Send cards to friends and family:** Everyone loves holiday greetings, so spread the cheer! Don't feel like you have to buy cards from the store – make cards out of construction paper. It's much cheaper and more personal.
- 12. Give back to the community:** The holidays are the best time to remember those who need our help. Volunteer at the local soup kitchen, give some change to those Salvation Army bell-ringers, or buy some gifts for a family that can't afford a Christmas.
- 13. Be artsy and make holiday crafts & ornaments:** Craft stores like Michael's are downright hopping this time of year, and the holidays give artsy people some new pieces to play with.
- 14. Have a dinner party with your friends:** With all of the family events that come with the holiday season, it can be nice to enjoy a low-key dinner party with your friends. Make it a potluck, show off that family recipe you mastered, and swap holiday stories with two (or twenty) of your closest friends.
- 15. Spend time with the people that you love:** Spending quality time with your friends and family is really what makes the holiday season so magical, and you'll make memories that you'll cherish for the rest of your life.

# Yolo Youth Rally

The City of Woodland Public Library spearheaded The Yolo Youth Rally that took place on September 24th and 25th, 2016. Rhea Fabricante, Teen Services Librarian worked with the library's Teen Advisory Board and community agencies to plan this nonpartisan event. About 80 youth in 8th through 12th grade had the opportunity to meet community leaders, learn about the voting process and attend various workshops such as: Overcoming Stereotypes, Checking 101, How To Get a Job, Self-Defense, Everyday Leadership and Community Service, Mindfulness/Yoga, Building Relationships Through Conflict, Self-Defense, How to Change a Tire, Discrimination, Conflict Resolution and College Life.

The goal of this event was to help youth become more informed, influential, independent, learn new skills and be politically aware. Students were given the opportunity to vote on what type of pizza they would be having for lunch using actual ballots and voting booths. Youth who were 18 were given the opportunity to register to vote.



# Yolo County Tobacco Prevention Coalition is Recruiting New Members!!!



## who are we?

Members of the Yolo County Tobacco Prevention Coalition are a diverse group of tobacco-free advocates from all backgrounds and professions.

The coalition is represented by local Yolo County residents and organizations, including:

Local youth  
Parents  
Teachers  
Faith-based organizations  
Healthcare workers  
Local businesses

## why join?

Make a difference in your community

Be part of the decision making process

Stay informed with the latest information about tobacco

Protect the health of your friends, family, and neighbors

Create a safer environment for all who live in and visit Yolo County

Coalition meetings take place on the  
First Thursday of every other month

Next Meeting is NOVEMBER 3, 2016

3:30–5:00pm

Walker Conference Room  
137 N. Cottonwood St.  
Woodland, CA 95695

## our goals

1. Reduce exposure to secondhand smoke and tobacco waste
2. Limit tobacco-promoting influences in our community
3. Reduce the availability of tobacco to minors
4. Promote and provide help with quitting tobacco

For information on how to  
Become a member, please contact:

**Steven Jensen**  
[Steven.Jensen@yolocounty.org](mailto:Steven.Jensen@yolocounty.org)  
(530) 666-8616



Yolo County Department of  
Health and Human Services



# Red Ribbon Week



**October 23 - 31**

**Living Drug Free**

## RED RIBBON WEEK FACT SHEET

Red Ribbon Week is the Nation's oldest and largest drug prevention program, reaching millions of Americans during the last week of October every year. Red Ribbon Week is celebrated annually October 23-31. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free lifestyle and pay tribute to DEA Special Agent Enrique "Kiki" Camarena.

### SPECIAL AGENT KIKI CAMARENA:

- Special Agent Camarena was an 11-year DEA veteran assigned to the Guadalajara, Mexico, office, where he was on the trail of the country's biggest marijuana and cocaine traffickers. In 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline.
- On February 7, 1985, he was kidnapped, tortured, and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.



ENRIQUE CAMARENA

### HISTORY OF RED RIBBON WEEK:

- Shortly after Kiki's death, Congressman Duncan Hunter and Kiki's high school friend Henry Lozano launched "Camarena Clubs" in Kiki's hometown of Calexico, California. Hundreds of club members pledged to lead drug-free lives to honor the sacrifice made by Kiki Camarena.
- These pledges were delivered to First Lady Nancy Reagan at a national conference of parents combating youth drug use. Several state parent organizations then called on community groups to wear red ribbons during the last week of October as a symbol of their drug-free commitment.
- The first Red Ribbon Week celebrations were held in La Mirada and Norwalk, California.
- In 1988, the National Family Partnership coordinated the first National Red Ribbon Week, with President and Mrs. Reagan serving as honorary chairpersons.

### HOW TO CELEBRATE RED RIBBON WEEK:

- The National Family Partnership estimates that more than 80 million people participate in Red Ribbon events each year.
- Red Ribbon Week educates individuals, families, and communities on the destructive effects of alcohol and drugs and encourages the adoption of healthy lifestyle choices.
- The campaign is a unified way for communities to take a stand against drugs and show intolerance for illicit drug use and the consequences to all Americans.
- Wearing a red ribbon during the last week of October has come to symbolize zero tolerance for alcohol, drug, and tobacco use and a commitment to substance abuse prevention.
- Schools, businesses, the faith community, media, families, and community coalitions join together to celebrate Red Ribbon Week in many ways, such as: sponsoring essay and poster contests; organizing drug-free races; decorating buildings in red; handing out red ribbons to customers; holding parades or community events; and publicizing the value of a drug-free, healthy lifestyle.
- DEA joins with community coalitions and prevention groups to plan and carry out Red Ribbon Week activities, ranging from classroom events to stadium-sized rallies.



**FRIDAY NIGHT LIVE  
HAS MOVED! BELOW  
IS OUR NEW ADDRESS**

**Prevention Newsletter  
25 N. Cottonwood St.  
Woodland, CA 95695**

**"TO BUILD YOUTH-ADULT PARTNERSHIPS  
WHICH PROMOTE POSITIVE  
COMMUNITIES"**

*Yolo County Department of  
Health & Human Services Agency  
PREVENTION PROGRAMS*



**TO:**