



BOLD

Building Our Lives Drug-Free

Volume 2, Issue 12

December, 2007

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Please Take Note

The BOLD Coalition appreciates all the support that you give us and your commitment to keep in touch with all the great things happening here. In our efforts to reach more supporters, and to also cut down on our costs, we are asking you to please send your email address to Nic Charest ncharest@sstar.org. If you already receive our newsletter via e-mail, please confirm by replying to the newsletter when it is sent to you by kwood@sstar.org. Thank you.

Drug Paraphernalia Update

In early November, BOLD sent a letter to all retailers asking them to stop selling the glass tube, crack pipe novelty items in their stores. The *Herald News* published an editorial on Nov. 11 (written by Jenn Boulay) informing the public about the crack pipe problem in our stores. Last week, the *Spirit* published an article about the glass tube items and blunt wraps (used for marijuana). Di-man students are producing information cards and posters for us that should be available Dec. 1 for distribution to the public.

The FRPD and area Chiefs are ticketing store owners who, after due pro-

cess, continue to sell these items. To further educate the store owners to prevent the sale of drug paraphernalia to anyone and the sale of tobacco products to youth, FRPD Officer Jay Huard and Marilyn Edge, FR Health Department Tobacco Control, are conducting trainings at the FRPD community room in December. They are on Thursdays
Dec. 6th @ 6 p.m.
Dec. 13th @ 1 p.m.
Dec. 20th @ 10 a.m.

BOLD members will be there to talk about the importance of store owner's cooperation in reducing drug use in our community and preventing the sale of tobacco to underage youth.

Together we are making a difference.

Members of the Drug Paraphernalia Awareness Committee are: Jim Bartley, Jenn Boulay, Steven Camara, Marilyn Edge, Maureen Estes, Gail Fernandes, Officer Jay Huard, Karen Fischer, Angela Foley, Officer Bob Jacob, Natalie Melo, Kim Rodrigues, Joe Sousa, and Dave Weed.

To join, call 508-324-3537

Building Our Lives Drug-Free

Did you know?
These glass tube items are used to smoke crack cocaine.

(Also glass tubes with incense inside.)

Have you seen these in our neighborhood stores?

Tell people it's not OK. Tell BOLD.

www.boldecoalition.org
508-324-7775



BUILDING OUR LIVES DRUG-FREE

Laying Down the Rules: Tips for Parents

Parents, you are the first line of defense when it comes to your child's drug use or drinking. And you do make a difference! Nearly two-thirds of teenagers see great risk of upsetting their parents or losing the respect of family and friends if they smoke marijuana or use other drugs.

There are some simple steps you can take to keep track of your child's activities. Of course, your kids might not like you keeping tabs on where they are and what they're doing. It won't be a democracy, and it shouldn't be, according to many parenting experts. In the end, it's not pestering, it's parenting.

1. Set rules. Let your teen know that drug and alcohol use is unacceptable and that these rules are set to keep him or her safe. Set limits with clear consequences for breaking them.

2. Praise and reward good behavior for compliance and enforce consequences for non-compliance.

3. Know where your teen is and what he or she will be doing during unsupervised time. Research shows that teens with unsupervised time are three times more likely to use marijuana or other drugs. Unsupervised teens are also more likely to engage in risky behaviors such as underage drinking, sexual activity, and cigarette smoking than other

teens. This is particularly important after school, in the evening hours, and also when school is out during the summer or holidays.

4. Talk to your teen while shopping or riding in the car, casually ask him how things are going at school, about his friends, what his plans are for the weekend, etc.

5. Keep them busy — especially between 3 p.m. to 6 p.m. and into the evening hours. Engage your teen in after-school activities. Enroll your child in a supervised educational program or a sports league. Research shows that teens who are involved in constructive, adult-supervised activities are less likely to use drugs than other teens.

6. Check on your teenager Occasionally check in to see that your kids are where they say they're going to be and that they are spending time with whom they say they are with.

7. Establish a "core values statement" for your family. Consider developing a family mission statement that reflects your family's core values. This might be discussed and created during a family meeting or over a weekend meal together. Talking about what they stand for is particularly important at a time when teens are pressured daily by external influencers on issues like drugs, sex, violence, or vandalism. If there is no compass to

guide your kids, the void will be filled by the strongest force.

8. Spend time together as a family regularly and be involved in your kid's lives. Create a bond with your child. This builds up credit with your child so that when you have to set limits or enforce consequences, it's less stressful.

9. Take time to learn the facts about marijuana and underage drinking and talk to your teen about its harmful health, social, learning, and mental effects on young users. Visit the [drug information area](#) of TheAntiDrug.com

10. Get to know your teen's friends (and their parents) by inviting them over for dinner or talking with them at your teen's soccer practice, dance rehearsal, or other activities.

11. Stay in touch with the adult supervisors of your child (camp counselors, coaches, employers, teachers) and have them inform you of any changes in your teen. Warning signs of drug use include distance from family and existing friends, hanging out with a new circle of friends, lack of interest in personal appearance, or changes in eating or sleeping habits.

(Article taken from *Parents, The Anti-drug.* www.theantidrug.com)



BE BOLD Make a Difference In Our Community

Building Our Lives Drug-Free

www.BOLDCoalition.org 508-324-7775

Check Out Our Newly Improved Website
www.boldcoalition.org

The BOLD Red Ribbon Event show will air this month Thursdays at 4PM on FRCTV Channel 95.



Art Wrap Project II

Arts United/Fall River and BOLD are proud to announce the names of the student artists whose work has been selected to appear in Part II of the ArtWrap murals that will go up on the construction site of the new courthouse on South Main Street. The judges picked the top six out of a field of 173 entries, and they are, in order of votes:

- Anita Pechenenko, Morton Middle School - 8th grade
- Hope Raetz, Spencer Borden School - 3rd grade
- Eric Sychampanakhone, Durfee High School - 12th grade

- Tiffany Borges, Osborn School - 5th grade
- Laura Gaudette, Spencer Borden School, 4th grade
- Sara Pais, Greene School - 3rd grade

There was so much good work, the judges were inspired to award Honorable Mention to these artists:
 Anastasia Lee Starcher, Durfee- 11th grade
 Allyson Martinho, Spencer Borden School - 3rd grade
 Nathan Gaudette, Spencer Borden School, 1st grade.
 Vannyka Sim, Doran School- 5th grade

- Robert Pais, Greene School - 1st grade -
- Tehya Carreiro, Greene School - 3rd grade

Arts United/Fall River would like to thank Senator Joan Menard for her encouragement and the new sponsors who make this project possible:

- Bank Five
- Walsh Pharmacy
- and the trio of:
 Victoria Mathiesen
 Tiffany Peay Jewelry
 Sue Lane, UMass Dartmouth

Parenting Wisely

Parenting Wisely and Families First will be presenting a series of programs on Parenting/School Concerns beginning in January, 2008. Teaming elementary schools and their local middle school, topics like **Raising Sons, Raising Daughters, Helping with Homework Strategies, Talking To Teachers** will be offered free of charge, thanks to a grant from Families First, as after-school and evening programs. Dates and times to be announced in January.

BOLD Receives Grant

The MA Medical Foundation is awarding a \$10,000 grant to BOLD to increase our capacity and sustainability by 1) identifying and better utilizing the assets of individuals and member organizations and 2) creating a fundraising plan and begin implementing it. The lead person on this project will be a Volunteer Coordinator who will be a paid, part-time (20%) staff member.

Be A BOLD Volunteer 508-324-7775

Word Search

R	E	I	N	D	E	E	R	H
C	H	S	F	M	A	K	T	O
I	L	T	J	A	R	E	D	L
S	E	E	P	H	M	N	I	I
R	E	T	N	I	W	I	C	D
E	G	G	N	O	G	O	L	A
R	A	E	Y	W	E	N	N	Y
N	P	R	E	S	E	N	T	S
C	A	H	P	L	O	D	U	R

- Holidays
- New Year
- Winter
- Mistletoe
- Rudolph
- Presents
- Reindeer
- Family
- Snow
- Egg Nog



BUILDING OUR LIVES DRUG-FREE

Is now on the internet. Please visit www.boldcoalition.org or www.myspace.com/boldcoalition





386 Stanley Street
Fall River, MA 02720

Building Our Lives Drug-Free



Meeting Schedule

DECEMBER 2007

Dec 3

Dec 5: BOLD Communications Mtg. 3:00 @ SSTAR.

Dec 10 Data Subcommittee Mtg. 3:30pm @ SSTAR.

Dec 17 Events Planning Mtg. 3:00pm @ SSTAR.

TADA Meeting Schedule:

Every Monday & Wednesday. 3:00-5:00pm.

P.W. Meeting Schedule:

Every Wednesday @ 5:00pm.

P.W. Meeting Schedule:

Every Wednesday @ 12:00pm..

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					