



386 Stanley Street  
Fall River, MA 02720

*Building Our Lives Drug-Free*



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⇒ **Hire a Teen—Brighten the Future**

The *2008 "Hire a Teen, Brighten the Future"* campaign job-a-thon will take place on **May 6, 2008** from **1:00 pm to 4:00 pm** at Fall River Ford, 292 William S. Canning Blvd.

⇒ **Families First—Presents 2 free parenting workshops at Talbot Middle School**

*Taking the Rush Out of Rush Hour* -Tuesday May 20, 2008– 6:00-7:30

*Positive Approaches to Discipline*—Thursday, May 29, 2008– 6:00– 7:30

Talbot School Cafeteria—Pre-register for babysitting with Parent Liaison, Sheri McAllister  
508-675-8350—Light Refreshments Served.

⇒ **Request for Supplemental Summer Reading Books for Homeless Students**

The FRPS recommends that students read over the summer. Students identified as “At Risk,” including homeless students, often lack the resources to purchase and/or acquire high quality literacy books. If you can donate any of the following books to supplement the summer reading program it would be greatly appreciated. Please call Diane Gouveia for drop off information. (508) 675-8367. **“Robert Frost Anthology”**-**“Sounder”** by *William Armstrong*-**“Roll of Thunder, Hear My Cry”** by *Mildred Taylor*- **“Number the Stars”** by *Lois Lowry*- **“The Year of Magical Thinking”** by *Joan Didion*- **“The Echo Maker”** by *Richard Powers*



## Building Our Lives Drug-Free

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# When Smokers Quit

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**"If you smoke, you've thought of quitting. That's good. Contemplating your smoke-free life is the first step to becoming free."**

### The Health Benefits Over Time

- \* 20 minutes after quitting your heart rate and blood pressure drop
- \* 12 hours after quitting the carbon monoxide level in your blood drops to normal
- \* 2 weeks to 3 months after quitting your circulation improves and your lung function increases
- \* 1 to 9 months after quitting coughing and shortness of breath decrease
- \* 1 year after quitting the excess risk of heart disease is half that of a smoker's
- \* 5 years after quitting your stroke risk is reduced to that of a non-smoker 5-15 years after quitting
- \* 10 years after quitting the lung cancer death rate is about half that of a continuing smoker's
- \* 15 years after quitting the risk of coronary heart disease is that of a non-smoker's



TADA rally for Kick Butts Day at Kennedy Park

### Why not make some time today?

## BOLD Updates Schedule

In our efforts to continue to involve and inform our supporters the BOLD newsletter will now be published every six weeks. This will be supplemented with weekly



email to keep our members updated and perhaps save a few trees.

Send your current email address, comments or suggestions to [mbrisson@sstar.org](mailto:mbrisson@sstar.org).

## WANTED

### BOLD Volunteers

There are many opportunities within BOLD for volunteers to help with fund raisers, parent and youth groups, publicity, public awareness and much more. Visit our website at [www.boldcoalition.org](http://www.boldcoalition.org) then call 508-324-7775 or email [mbrisson@sstar.org](mailto:mbrisson@sstar.org) or [swolfson@sstar.org](mailto:swolfson@sstar.org)

**Be a part of what is happening at B.O.L.D.**



## Underage Drinking Reflections



Tuesday, April 8<sup>th</sup> at Bristol Community College was the setting for a very unique Town Meeting, an interactive event that aspired to create awareness, promote change and hopefully save lives. It was called Under Age Drinking: The Human Element and was hosted by the BOLD Coalition. Speakers Garrett Fregault, Assistant District Attorney, and Linda Chaves, RN and founder of “Decide to Stay Alive,” brought the harsh reality of mortality statistics to the underage drinking problem. Through the speakers’ recounting of personal experiences the audience heard the message that this is a very real problem, that affects everyone. As Ms Chaves stated “You will never return to the life you had before the crash.”

**Let’s listen to the voices of youth as we try to make a difference.\***

*“There will always be a chance for me to lose someone I love.”*

*“Many youths do not see the dangers involved because they see themselves as invincible.”*

*“Peer pressure serves as a large contributing factor.”*

*“Parents should talk to their children more.”*

*“Less emphasis on “forbidden” and more emphasis on responsibility.”*

*“Emphasis on how drinking affects the brain (ability to achieve life goals).”*

*“Keeping programs like these going to continue to educate our youth and the general public.”*

**\* Reflections from the Town Meeting participants**



### Special Thanks



This event was coordinated by Kim Rodrigues as a Community Service Leadership project for Bristol Community College but special thanks are owed to:

Jen Barbero, Scott Medeiros, Kristen Dixon, Paul Letendre, Joseph Frias and Joseph Amaroni

Jenna Daum and the CORE team

Dr. Mary Zahm’s ,BCC Service Learning Program

Dr. Sarah Garrett , Vice President of Academic Affairs

Dana Mayhew and Raymond Puchot, Instructors from BCC

Will Richmond, Herald News staff reporter

Dr. David Weed for photography

Susan Wolfson for refreshments



**Thank you to all who attended and we hope the message will make a difference in at least one family’s life.**

For more information:

<http://www.heraldnews.com/homepage/x1767331965>



# Celebrating Accomplishments



*Thank You for the Support*

## The winners are.....

**Barbara Lamonde** is the recipient of **BOLD Coalition's highest honor** for promoting the mission and vision of BOLD with sincere interest, commitment and confidence through work and/or volunteerism. Barbara and her husband purchased a property that had been used as a rooming house for illegal drug users. They worked to make it a beautiful home to raise their family. In addition to her own children, Barbara has adopted 4 foster children.

**Lt. Jeffrey Cardoza, Sgt. Daniel Dube, Officers Robert Jacob and Jay Huard of the FRPD Special Operations Unit** received the **Community Connections Award** for making the city a healthier place for young people. The officers organized education sessions for the city's retailers to limit access to drug paraphernalia in city stores that sell tobacco products.

**Arts United** received the **Summit Award** for creating healthy opportunities for youths and introducing them to the fun and fulfilling aspects of art. Arts United organized the "Art Wrap" around the downtown courthouse construction site on South Main St and led the effort to allow Fall River fifth-graders to visit the "Pulp Function" exhibit at the Narrows Center for the Arts.

Also honored on this night was 19 year old **Antonio Almeida**, who was named "**Youth of the Year**" by Fall River's Healthy Youth Task Force. Mr. Almeida, formerly homeless and coping with a drug addiction, was not present for the ceremony. He was in Gulfport, MS constructing homes for Hurricane Katrina victims. He has also been selected to attend the National Youth Conference in Washington, D.C.

This event allowed Fall River to demonstrate and celebrate its pride in the efforts of many citizens to make our city truly a safer and healthier community. **Special thanks** to **Mike Aguiar** and **T.A.DA. (Teens Against Drug Abuse)** for making this night happen. Thank you also to **Jeanne Santos, Lisa Pires, Jenna Daum, Gail Fernandes** and **Len Pudt**.

**B.O.L.D. Coalition Annual Meeting  
and Awards Banquet  
March 14th 2008**