



The newsletter of the SLV Prevention Coalition & Mi Animo Prevention

Co-Chairs voted in for 2005

Meet Paula Hendricks and Mavi Valdez-Apodaca

Paula Hendricks (left) and Mavi Valdez-Apodaca (right) were unanimously voted in as the SLV Prevention Coalition's new co-chairs at the February 22 meeting.

In 2001, Paula started working on Tobacco Prevention with Mineral County and Rio Grande County; and then as funding was taken away on the State level, she coordinated the six county programs into one regional tobacco education and prevention partnership; this effort was supported by all SLV county nursing service agencies. She received her Substance Abuse Prevention Specialist Training (SAPST) in 2004.

"The first time I attended the SLV Prevention Coalition was one of those 'aha moments.' I found many partners who were working on some of the same goals that I had. These partnerships made it possible for my program to grow stronger.

The people here all want to help each other to help the kids in the Valley. I am impressed each SLV Prevention Coalition meeting with the new ideas and the support that everyone brings together. I just want to thank all of those members for making this program what it is."

Paula's accent, though minimal, does give away that she was born and grew up in East Texas. She married Kevin Hendricks 18 years ago and together they moved to South Fork in 1996. The couple has one daughter: Rachel Hendricks from Dallas. Paula and her husband enjoy hiking the San Juans with 2 pound pups, Shelby and Pumba. When she's not building prevention programs, she's learning to golf and is the first to exclaim her game "....needs lots of work."

Paula is a graduate from Stephen F. Austin State University with her BS in Community Health. Her employment record includes Certified Ophthalmic Technician for 12 years before she found a home in Tobacco Prevention in 2001.

Mavi Valdez-Apodaca is a counselor at Monte Vista Middle School. Mavi's professional background includes having worked in Rio Grande County where she was a probation officer and 15 years with the San Luis Valley Comprehensive Community Mental Health Center. She has her Masters in School Counseling, Certified Addictions Counselor III and has prevention specialist training.

Mavi and her husband Joe are raising three children Vicente 15, Alejandro 13 and Brianna Josephine 9. Joe continues to work at Ortega Middle school in Alamosa.

Her family roots are here in the Valley and her hopes for the coalition reflect that rootedness in culture, tradition and prevention. Her vision includes

- an ever expanding partnership with organizations serving youth throughout the six counties,
- a broader support base for education and training in combating tobacco, drugs and alcohol around youth, and
- a community driven coalition with a growing membership and willing to advocate for ATOD prevention and stronger policies to protect our youth.

Contact Mavi at Monte Vista Middle School 719-852-5984 or by email: mavia@monte.k12.co.us

Contact Paula at Rio Grande County Public Health 719-672-3322 or by email: paula@slvtepp.org.



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Muchas Gracias! Carla
for all your work as chair for the last few years. We look forward to your continued participation in our coalition.



The next coalition meeting

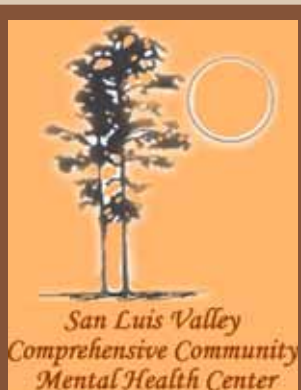
is scheduled Tuesday, April 12, 2005 at 7:45 a.m. at SLV Mental Health Center.

Tentative Agenda includes:

input from logic model, resource scan, and Stacie Hendershott from the Unit Supervisor & Investigator for State of Colorado liquor/tobacco enforcement division will talk to us. Rick Needham from the

Drug Task Force is also on the agenda. Retailers' Packets with the regulations of tobacco sales to minors will also be available.

RSVP to Nelda at 587-6964 or neldac@slvmhc.org -- See you there!



Major League baseball begins steroid testing



excerpted from <http://mlb.mlb.com/>

By Barry M. Bloom / MLB.com

WASHINGTON -- Drug testing for a wide variety of steroids, under the auspices of a new agreement, will begin in Major League camps on Thursday, said baseball's top labor official.

The testing is slated to begin even though the final wording of the new agreement is not complete and the players have yet to ratify it.

"This is by mutual agreement of the owners and the players," Rob Manfred, MLB's vice president of labor relations and human resources, said Wednesday. "The paperwork is almost done. So there are really no issues."

Don Fehr, executive director of the union, said over the weekend that the new drug program is expected to be ratified by the players "in a matter of days."

"[The reaction has] all been positive," said Fehr, who is touring camps in Arizona to brief teams. "I expect [the agreement] to be ratified without any difficulty."

The program calls for year-round testing for steroid use and stricter penalties for those who initially test positive -- a 10-day suspension without pay, and the public revelation of that

player's name, for the first offense.

It was endorsed unanimously by the owners at their joint meeting in Scottsdale, Ariz., in January and replaces the current policy, which was an attachment to the Basic Agreement. The new program will now act as a stand-alone agreement and extend through the 2008 season.

As far as the testing goes, all players on the 40-man roster of each MLB team will be tested at least once each season, beginning on Thursday. In addition, there will be no limit on in-season random retesting of any player.



Major League Baseball now has a new policy on players' use of anabolic steroids. First offense is a 10-day suspension; by the fourth offense, it's a one-year suspension. And U.S. Olympic policy on steroids puts a

two-year ban from all international competition for first offenders.

"I don't recommend steroids for everyone, and I don't recommend growth hormones for everyone," says Jose Canseco.

excerpted from: http://cbs2chicago.com/rooney/sixtyminutes_story_044205208.html

Q & A

Q. Are steroids addictive?

A. Yes, they can be.

Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?

A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?

A. Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how your body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Coalition News Flash

■ The coalition voted to meet at 7:45 a.m. instead of 7:30 a.m. and voted to keep the meeting day on a Tuesday. The SLV Prevention Coalition meets again on April 12 at 7:45 a.m. at the Mental Health Center. Priscilla Ortega is our facilitator and our elected co-chairs are Paula Hendricks and Mavi Apodaca. Call Nelda Curtiss at 587-6964 for information.

■ A resource scan of partners was handed out to coalition members with the hopes that they would return them with information and goals from their organizations.

Tips for Teens: The Truth About Steroids

<http://ncadi.samhsa.gov/govpubs/phd726/>

Slang--Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice

Other slang terms associated with steroid use include:

- * Roid rages--uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- * Shotgunning--taking steroids on an inconsistent basis.
- * Stacking--using a combination of two or more anabolic steroids.

Get the Facts...

Steroids affect your heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect your appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect your mood. Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase your risk of infection. Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.

Before You Risk It...

Know the law. Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

Get the facts. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the person.

Know the risks.

Illegal steroids are made overseas and smuggled into the United States or made in underground labs in this country. They pose greater health risks because they are not regulated by the government and may not be pure or labeled correctly.

Look around you.

The majority of teens aren't using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

Know the Signs...

How can you tell if a friend is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be abusing steroids:

For Guys:

- * Baldness
- * Development of breasts
- * Impotence

For Girls:

- * Growth of facial hair
- * Deepened voice
- * Breast reduction

Risks For Both Genders:

- * Jaundice (yellowing of the skin)
- * Swelling of feet or ankles
- * Aching joints
- * Bad breath
- * Mood swings
- * Nervousness
- * Trembling

What can you do to help someone who is abusing steroids?

Be a real friend. Save a life. Encourage your friend to stop or seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Info. at 800-729-6686.

Locally, call SLV Mental Health Center at 589-3671.



Alamosa addresses underage drinking

By RUTH HEIDE

Reprinted from the Valley Courier, 02-04-2005.

ALAMOSA — “We have a serious underage drinking problem in this community,” Alamosa Police Chief Ron Lindsey said during a Wednesday work session with area liquor license holders.

The Alamosa City Council met with Lindsey and several area business owners/managers to talk about how they could address the problem as a group.

Chief Lindsey said in 2004 his department charged 104 juveniles with underage consumption and 5 adults with felony charges of providing alcohol to minors. “If we catch that many, then you have to assume we have many times the problem than we are touching,” he said. “We are probably dealing with no more than 20 percent of what is actually going on.”

Alamosa City Clerk Judy Egbert said in 2004 the municipal court processed 91 cases of underage consumption. Of those, only 18 defendants pleaded not guilty, and of those 18, only 3 were found not guilty. The rest either pleaded guilty or were found guilty.

She said municipal court has had juveniles as young as 10-11 years old coming in with underage consumption charges.

Liz Thomas, manager of the Grizzly Sports Lounge and an Adams State College student, said ASC is supposed to be a dry campus, but drinking is a huge issue in the dorms.

Cooperation is key

Bob Zenner, Terry's Liquor owner, served as spokesman for the liquor license holders Wednesday. One of the issues he raised was “what can we do as a group to have an impact on minors and alcohol in the city of Alamosa because I think this is getting to be a very, very bad situation. The liquor retailers do not under any circumstance want to serve alcohol to minors, but we need help.” He added “There's not a single one of us who wants to sell to a minor nor inebriated person ... We want to be part of the cure, the remedy, so don't shut us out. Let's work together.”

Darrel DePriest, Chief's Liquor, said “We are all in it for the good of the community.” He said he wanted to cooperate with the police. Zenner said he believed laws were not being enforced regarding adults purchasing alcohol for minors. He said the BATF (Bureau of Alcohol, Tobacco and Firearms) estimates 4/10 of 1 percent of all alcohol consumed or possessed by minors was purchased by them. DePriest and Zenner said they had tried to contact the police in the past but felt they were brushed off, so they quit calling.

Zenner said when he had called the dispatch, as he believed he should after serving 27 years in law enforcement himself, he was told it was not an issue.

Chief Lindsey responded “Call me, because it is an issue ... There is never a time, seven days a week, 24 hours a day that we don't have somebody on call.”

Alamosa Councilor Marcia Tuggle added the Department of Social Services might be able to help as well.

Alamosa Mayor Farris Bervig told liquor license holders “You are



Terry's Liquor owner Bob Zenner, left, and Alamosa Police Chief Ron Lindsey, right, address the problem of underage alcohol consumption during a Wednesday work session with the Alamosa City Council.

in a business that requires a much higher level of performance than somebody in these other forms of business ... If you choose to be in that business, you have also chosen to have all the problems that go with it, and all the problems that go with it cannot always be solved by the judicial system and law enforcement ... Number one, you are dealing with a very, very dangerous product. You all know that.”

Zenner said “I don't think any of us have lost sight of that.”

The mayor said if business owners have problems with the way potential liquor violations have been handled in the past, they need to address it immediately.

Solutions suggested

Zenner said he would like to see the police department hold programs in the schools and community to help prevent underage alcohol consumption. Councilor Ron Green agreed. He said he was a firm believer in education as a key to problems like this.

Lindsey said he believed the junior high and high school curriculums included alcohol awareness.

Zenner suggested the implementation of a keg serialization program like other parts of the state have. He said every beer keg has a serial number on it. He explained as part of a keg serialization program, every time a keg was sold, the buyer would have to fill out paperwork, so if police broke up a party in which alcohol was being served from a keg to minors, the police could confiscate the keg, call the beer distributors, and they could trace the keg to who purchased it. Lindsey said city police do not encounter that type of situation very often because most kegs go out in the county which is out of his jurisdiction.

Zenner said “This is a Valley issue. It would be neat to see the counties, the cities all pull together and really put an end to this crap.”

Zenner said it is possible to miss some alcohol violations because everyone is human, but his store is not missing any now because his staff are requiring ID's from every customer.

DePriest said he is also requiring ID's from everyone.

Councilor Josef Lucero commended the liquor store retailers for requiring identification from all their customers. “That is something you have done that is very positive,” he said. “We want to work with you.”

Equity issue raised

Zenner also asked the city council to look at their penalties for liquor violations. He said during the three days his license was suspended last fall for a violation he lost \$31,000 in revenue, nearly bankrupting him.

Zenner recommended fines which could be used for educational programs rather than closing a business down and everyone losing the revenue. “You got absolutely nothing from Terry's Liquor, May-Wa's or First Stop to help cure the problem.”

Zenner also said he thought the penalties were “totally radically unfair.” He said a three-day suspension for his business, where 98 percent of his sales are from alcoholic beverages, was not equitable with a restaurant or convenience store whose main business was derived from food or other sales.

Attorney Ben Gibbons said the liquor code gives the city council the option of imposing fines rather than suspensions.

*The Valley Courier is online at www.alamosanews.com

¿Que Pasa?



Kick Butts Day will be celebrated on Saturday, April 16 from 1-4 p.m. at the Adams State College Rec Center.

Get R!EAL members from Alamosa, Rio Grande Counties will share their expertise.

ASC will provide goal setting and team building activities including seeing the "big picture" & scaling the climbing wall.

For more info., contact Paula Hendricks at 657-3352.

To learn more about Kick Butts Day point your browser to: kickbuttsday.org/



Check out this youth movement: <http://getrealcolorado.com/>

Contact Cynthia Valerio at Alamosa Middle School for information about what OMS is doing for Kick Butts Day! [\[cvalerio@alamosa.k12.co.us\]](mailto:cvalerio@alamosa.k12.co.us)

Mi Animo Calendar of Events

March 5 Parent Institute

March 6 ... Conejos County Ski Trip to Monarch

March 9 ... Suicide Prevention Training

March 19 ... Soy Unica Rally

March 9-10 & 24-25... (SAPST) Substance Abuse Prevention Specialist Training

Look for these dates in April:

April 8 RACE in San Luis

April 8 Health Fair at Alamosa Co. Nursing Service

April 15-16 Health Fair in San Luis

April 16 Kick Butts Day

April 21 Basket Weaving at TSJC -- YEA

April 22 Earth Day

April 30 La Raza (leave at 4 a.m. back at 10 p.m.)



Appreciating Mentors!

Mentors Peter DeLaCerde, and Ronda DeLaCerde, stand with Monet Atencio, their mentee. They've been bowling, swimming and have eaten dinner together many times. Besides movies, they've also attended basketball games and wrestling practices.

Who mentored you?

Mentor Appreciation letters continued from January 2005 issue

Robert Dow was my mentor

by Dave Boon



Dave Boon presented to Centennial, Centauri, Alamosa Middle & High Schools in 2004. He also "mentored" Mi Animo Staff along with the drug free community coalition.

Robert Dow was the editor for a newspaper in Jacksonville, Florida and was the uncle of my best friend, Joe Perry. When I was about 12 years old, Mr. Dow started taking Joe and I out on archaeological digs with him. He taught us how to conduct excavations at an Indian Burial Mound in a scientifically correct manner. At first Joe and I were given areas to excavate in the "midden" which is basically the garbage dump for the old Indian village. We found lots of shells, some broken points (arrow heads), and lots of pottery from broken pots. As our techniques got better we were allowed to move our excavations into the burial mound – yes to what you are thinking. We were allowed to help out with the excavation of several burials, some with beautiful pots, some with shell necklaces and earrings. The site was eventually dated at 85 A.D. – WOW – two thousand years old! All of the materials we uncovered were turned over to the Florida State Museum for proper cataloging and further study. We continued to be involved for many years continue to have an interest in it even today.

Mr. Dow took the time to teach something very unique to two young boys that he cared about. He not only taught us about the techniques of archaeology he taught us many life skills as well. He taught us to be inquisitive and to ask lots of questions. To seek out the truth – to find the answers to the unanswered question about these people – who were they, were did they live, how did they live, what did they wear, what did they eat. We often found that their teeth had been worn down almost to the root – that had to be painful. We also found many had broken bones that had healed – how did they break them we often asked. He talked of adventures and of visiting other sites in Mexico and South America. Without question he also help us increase our self-esteem and self-confidence and encouraged us to go to college and to seek out interesting careers.

What happened next was unbelievable. Thanks to the experience I had gotten with Mr. Dow, when I was 16 years old I was invited on an **archaeological expedition** into the second largest desert in the world – *the Rubakali*, in Saudi Arabia. WOW! A sixteen-year-old boy and nine adults traveling for four days, with no roads, in Land Rovers across the vast desert expanse in search of a **pre-Neolithic site (pre-agriculture) and we found it**. The most beautiful projectile points (arrow heads) and flint sickle blades for cutting wild grain. **We found Roman coins and bracelets and pottery** at other areas we travel through. We slept outside under the stars – so many stars!

As a direct result of Mr. Dow I studied Biology and Archaeology in college and pursued a career as an Environmental Scientist and Teacher. I then became the Executive Director for a youth mentoring program in Colorado. Today I conduct leadership and motivational training for youth and inspire them, the way Mr. Dow did me, to seek out adventures and interesting and exciting things to study and do. To create a "Life List" of all the things I wanted to do, see and be and make those dreams come true. I have traveled to over twelve countries with my family and we still seek out adventures and find interesting things to do and see.

Thank you Mr. Dow for being such an important mentor in my life – I will never forget you or what you have done for me.

My Mentor

by Holly Y Felmlee,

Director, Valley Community Fund

Jerry Cook was the first superintendent I taught under at Moffat School. Jerry was a visionary educator who acquired state accreditation for Moffat School, then went on to lead the SLBV BOCS. Later I worked under Jerry as the Staff Development Coordinator at BOCS. Jerry always listened to me. When I walked into his office, no matter what he was working on – and I realized later that he was usually working on big grants and proposals – he always stopped what he was doing and listened to me. If I needed to vent or to brainstorm or just to report, he would listen. I still think of him when my own staff come to me; I try to stop and listen because I know it meant a lot to me when Jerry did that. Jerry also gave me opportunities to learn. As a new teacher, I didn't realize how much more I could be doing in my classroom, so Jerry sent me to workshops such as how to incorporate community history into an American History class. Later, he helped me choose workshops and classes based on my personal priorities and goals. Jerry also allowed me to try new skills. One year I told him I would set up the school calendar. He was very busy, so agreed. The next day I had the calendar ready. He was shocked that I could do it, but very open in his praise. That was the great part of Jerry's informal mentorship, he was willing to let me tackle tough assignments, usually was surprised that I was able to accomplish it, then always handed out specific praise and new opportunities.

Iris Clark worked with me at SLV BOCS, although we met at a local writers group that Iris was organizing. Iris took me under her wing, as though I were a fledgling adult that hadn't quite figured out how to fly right. She taught me how to be more appropriate in my dealings with professional colleagues, how to dress well, how to plan and carry off a new hair style (I can't imagine how awful I must have looked!), how to be diplomatic under stress, how to use computers, how to design newsletters and flyers, and how to manage people with dignity. Whew! She did all this and made me feel accomplished and smart at the same time. I think of Iris as a greenhouse; she seemed to know the natural environment needed to help each person grow. She was my soil, sunlight, water and, sometimes, fertilizer. I think of lessons from Iris almost every week.

My Mentor

By: Lorrie Crawford,

Volunteer Recruiter & Marketer, Volunteer Connections

Have you ever met someone that knew you better than you knew yourself? My mentor, Robert, is one such person. I met Robert when I was 26 and working for an international computer manufacturer. I was working in the Information System field as an analyst and help desk assistant when I was discovered by my mentor. Robert was the director of training and development for our manufacturing plant of 1100 people. He often came to me for computer system and application assistance.

When Robert and our IS management determined that we should provide training to our plant employees, he suggested me as the trainer. Our organization had a 240 hour train-the-trainer program that I was enrolled in even before I knew what was happening. When I was told of my future role, I was not happy. I had always been terrified to talk in front of groups of people. How could he think this would be a good move for me?

Through all of my objections and whining, Robert was persistent. He taught many of the classes in the program. He was with me in the first class I taught and was there for me throughout my employment with the organization.

I have since taught for numerous organizations and LOVE it! I will always be thankful for the wisdom, persistence, and concern for my future offered by my mentor, Robert.



**Welcome to
Duane Oakes,
Monte Vista
Police
Department**



Police Officer Duane Oakes is with the Monte Vista Police Department; he's looking forward to working with Rick Needham and the Drug Task Force. He is an advocate for drug-free communities and is one of our newest members to our SLV Prevention Coalition.



in the San Luis Valley

*Date: April 2, 2005
Time: 7 a.m. - 12 Noon
Creede-- Creede High School, 308 La Garita Ave., Creede*

*Date: April 8, 2005
Time: 7 a.m. - 11: a.m.
Alamosa -- Alamosa County Nursing Service, 8900 Independence Way, Alamosa*

*Date: April 15, 2005
Time: 7 a.m. - 11 a.m.
San Luis -- Costilla County Nursing Service at Centennial School, 909 N. Main, San Luis*

*Date: April 18, 2005
Time: 7 a.m. - 12 Noon
Saguache -- Saguache Clinic, 405 Denver Ave., Saguache*

*Date: April 22 & 23,
Time: 7 a.m. - 11 a.m.
Monte Vista -- Ski-Hi Park, 2345 Sherman Ave, Monte Vista*

*Date: April 23,
Time: 7 a.m. - 12 Noon
La Jara -- Conejos County Hospital Corporation, 19021 State Highway 285, La Jara*



Mentors of the Month

**WOW! a kid...
be a Mentor**

These individuals were selected as outstanding mentors for their communities. Look here throughout the year for other mentors who will be honored from their mentoring programs. For more information, call 589-3671.



Joey K. Montoya

Si Se Puede, Mentor
Marketing & Public Relations Coordinator,
Adams State College Extended Studies

"After watching the movie Coach Carter, I found myself asking this question - 'What is my deepest fear?' I think Timo Cruz said it best when he quoted Marianne Williamson, 'Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure, it is our light not our darkness that most frightens us...' I believe there is truth to this in all of us! I am honored to have the opportunity to be part of such a positive program. I hope, that by being an encouraging influence and freeing myself of my fears, it will help those I mentor liberate themselves and live beyond their fears."

Marie Medina

Mi Animo Prevention, Mentor
OMS Para-Professional

"Being part of the mentoring program is a very important part of my life. It gives self reflection and is mutually rewarding. Its wonderful to give back to this community."



Brandee Gallegos

Mi Animo Prevention, Mentor
Centennial School, Teacher

"Mentorship is one step closer to making this world a better place for our children."



Tina Esquibel

Mi Animo Prevention, Mentor
Alamosa Head Start, Teacher

"My family and I are very happy to have Darren and Michael in our lives. They are fun and intelligent young men. They have wonderful smiles that always brighten my day."



Volunteers of the Month

**Volunteers: Making
Communities Stronger**

These individuals were selected as outstanding volunteers for their communities. Look here throughout the year for other volunteers who will be honored for their dedicated hard work.



Louise Hodges

RSVP Volunteers, Monte Vista

"Being a volunteer is a good way to meet new people, to help people, and to know what's happening in my community. My volunteer activities keep me busy and involved so I never have time to worry about aches and pains, never get bored, and never, ever wonder what I'm going to do with my day."

This ad is sponsored by:

Mi Animo Prevention, Si Se Puede Mentoring, Conejos County Department of Social Services, SLV Prevention Coalition, San Luis Valley Mental Health Center and RSVP

**"The base of our business
is the high school
student..."**

Lamford, 1978. Maker of Newport Cigarettes.

Get R!EAL knows that the tobacco industry spends \$3.4 million per week just in Colorado pushing a product that kills when used as directed.



**Hey Big
Tobacco,
target
practice is
over.**

Get R!EAL.

www.getrealcolorado.com



¿Que Pasa?

*Contact your
Mi Animo
Prevention Team*

Adam Vasquez
587-6991

Anna Lee Vargas
587-6975

Clarissa Woodworth
587-6967

Nelda Curtiss
587-6964

Priscilla Ortega
587-6973

Rick Esquibel
587-6988

Shoshanna Montoya
588-8867

Tommy Vigil
587-6990

¿QUE PASA?

(NEWSLETTER) IS

**PUBLISHED MONTHLY AT
THE SAN LUIS VALLEY
COMPREHENSIVE
COMMUNITY MENTAL
HEALTH CENTER.**

**YOUR ARTICLES OF
INTEREST TO THE DRUG-
FREE COMMUNITIES OF
THE VALLEY ARE
WELCOMED. ITEMS FOR
PUBLICATION SHOULD BE
SUBMITTED BY THE**

**15TH OF THE MONTH
FOR PUBLICATION ON
THE 30TH. EMAIL YOUR
SUBMISSION TO NELDA
CURTISS (EDITOR) AT
NELDAC@SLVMHC.ORG**

**YOU MAY ALSO MAIL
YOUR SUBMISSION TO
MI ANIMO
PREVENTION,
SLVCCMHC, 8745
CR 9 SOUTH, ALAMOSA,
Co 81101.**



*Mi Animo Prevention
San Luis Valley Mental Health Center
8745 CR 9 S
Alamosa, CO 81101*

- Adams State College
- Alamosa Community Coalition--
Drug Free Communities
- ACT-UPP (Alamosa Communities
Tobacco--United Prevention
Partnership)
- Alamosa Department of Social
Service
- Alamosa County Nursing Service
- Alamosa County Sheriff
- Alamosa Police Department
- American Red Cross
- Boys & Girls Club
- Bresnan Communications
- Campus Ministry
- Colorado Children's Charities
- Erin Smith, Pueblo Chieftain
- Mi animo Prevention
- Monte Vista Police Department
- Monte Vista School District
- OMNI-ADAD--Regional
Prevention Specialist
- Pilots for Prevention of Saguache
County
- Rio Grande Department of Social
Services
- Rio Grande Public Health
- Rio Grande Sheriff
- Rocky Mountain Prevention &
Research Center
- Sacred Heart Church
- John Salazar, U.S. State
Representative
- SEADS Coalition
- SLV-AHEC (Area Health Educ.
Center)
- SLV Community Connections
- SLV Comprehensive Community
Mental Health Center
- SLVTEPP (SLV Tobacco Education
& Prevention Partnership)
- SSAVE (Suicide--Substance Abuse
Violence Education) Coalition
- Tu Casa
- Trinidad State Junior College
- US--Understanding Suicide
Coalition
- Valley Community Fund
- Van Giesen Construction--parent
- Wal-Mart
- 12th Judicial District

To:

Mi Animo students participate in Tu Casa's slumber party

Mi Animo students, including girls from Costilla and Conejos Counties, participated with Tu Casa and SLV MEntal Health Center in a girl's empowerment slumber party on Feb. 25, 2005. 87 students with sites set on becoming mechanics, lawyers, veterinarians, counselors, entertainers, teachers, clothing designers and the president of the United States camped out at Adams State College's Rex Center. In interactive learning activities, students evaluated values, took personality tests, and other self-discovery activities. One participant commented, "I liked how we talked about real things and didn't act like everything is great everywhere."



*Pictured are from
left to right: Darius
Martinez, Anna Lee
Vargas, Reanie
Lopez, Sonni Vargas,
Jade Muniz, and
Briana Romero.*



PARENTS.
THE ANTI-DRUG.

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