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2005

Volume 2, Issue 1

¿Que Pasa?



The newsletter of the SLV Prevention Coalition & Mi Animo Prevention

National Mentoring Month -- January 2005



Alamosa Mayor Farris Bervig presents a National Mentoring Month proclamation to Tom Medina, center, during the January 5 Alamosa City Council Meeting. Accepting the proclamation are mentors from left in back Tom Vigil, Adam Vasquez, Medina, Bervig and TJ Moy, and students from left in front Ryan Morales,



Students from San Luis along with Walter Roybal and Priscilla Ortega are all smiles after receiving their signed proclamation from the Costilla County Commissioners.



Mauvi Apodaca and Ron Wilson along with students from Monte Vista Middle School stand with the Rio Grande County Commissioners and receive the Proclamation declaring January as National Mentoring Month in Rio Grande County.

Perhaps you've heard your son or daughter say, "I like being with my mentor because she takes the time to listen." Mentoring in the Valley is working and more mentors are needed. That is the message from Clarissa Woodworth, program coordinator for Mi Animo Prevention at SLV Mental Health Center, who announced that January is National Mentoring Month. Two years ago, the Harvard Mentoring Project of the Harvard School of Public Health and MENTOR/National Mentoring Partnership began the first National Mentoring Month. This month television and radio stations will broadcast public service announcements about mentoring and celebrities will promote mentoring.

A study by Public/Private Ventures, supported by the Lilly Endowment and the Pew Charitable Trusts, found that urban youths, 10 to 15 years old, did remarkably well when mentored one-on-one, compared with similar young people waiting on a list to be mentored. After 18 months of mentoring, the study found, mentored children were 46 percent less likely to begin using drugs; 27 percent less likely to begin using alcohol; 53 percent less likely to skip school; and 33 percent less likely to engage in fights. The study also found that mentored young people were

more confident about their ability to do well in school, enjoyed more positive relationships with friends and parents and had better attitudes toward school and their future. Approximately 75 mentors in the Mi Animo Prevention programs in the valley including Costilla, Alamosa and now Rio Grande counties are sharing walks, games, Sunday afternoon talks and family meals with their mentees.

As part of the celebration, Mi Animo Prevention called for stories about "who mentored you" to be submitted. The winning essays are published in the Que Pasa newsletter of the Mi Animo Prevention & Mentoring program and were published in the La Sierra newspaper of Costilla County.

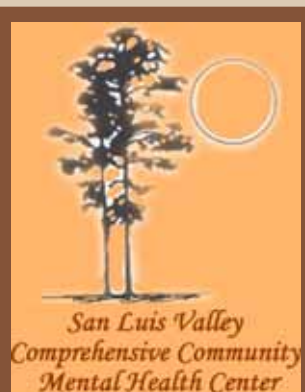
Also part of January's activities are city and county proclamations throughout the valley which recognize mentoring in their communities. Costilla County was the first county to recognize January is National Mentoring Month when Priscilla Ortega, prevention specialist, along with mentors from the 21st Century Grant and Costilla County Department of Social Services met with the commissioners on January 4 at 10:45 a.m.

On January 5, the town of San Luis, Rio Grande County and the city of Alamosa also proclaimed January as National Mentoring Month in their locales. Donald K. Schall, Mayor of Monte Vista, signed the proclamation for his city January 6 at their city council meeting. Alamosa County Commissioners will help conclude the month long event by their proclamation on Wednesday January 26.

Mi Animo Prevention is also planning Mentor Appreciation dinners throughout the Valley on January 25 and 26 in honor of National Mentoring Month. Over 100 Valley students including those in Rio Grande, Alamosa and Costilla counties are part of the Mi Animo Prevention program through the San Luis Valley Mental Health Center. Adults who would like to become a mentor are encouraged to call Mi Animo Prevention at 589-3671.



Mauvi Apodaca and students from Monte Vista Middle School stand with the Monte Vista City Council and receive the Proclamation declaring January as National Mentoring Month in Rio Grande County.



Who mentored you?

From around the Valley!

By Panchito Mascarenas.

I am ten years old. I have one sister; her name is Selena. My dad's name is Clemente and my mom's name is Lynn. I was born and was raised most of my life in Alamosa. I lived in Colorado Springs and in New Mexico. I came to learn about Jesus last year when my mom meet some wonderful people who are from New Life Church. We got a new pastor who now lives here in Alamosa. He and his family are very wonderful and understanding people who are ready and willing to help. I am enrolled in the Mi Animo / Si Se Puede Mentoring Program. My mentor is Tj Moy who is also a great person. We do many fun things together. He is very understand willing to help. I can talk to him to my mentor about everything and I feel comfortable. What my mentor and I talk about stays between us unless I am in any danger, which I understand. My mentor is the best



Panchito Mascarenas is shown here with his mentor Tj Moy and his friend Ryan Morales.

person I have met. I hope my mentor continues his good work and keeps working with other people. He is very good at all the things he does. I think this program was a great idea. There are many kids who need this time with someone else other than a family member so they can learn different things.

By Edith R. Hostetter

As I look back on my life. I realize that the person who influenced me the most was my wonderful mother. She was always cheerful and would sing as she went about her work. She never complained even though as she went about her work. She never complained even though sometimes she looked like she would drop.

She loved her husband and eight children very dearly, and always put them ahead of herself. She was a good neighbor everywhere we lived, and always had a lot of friends.

She taught me to work at an early age. The way she went about it caused me to love to work: a love I have had all my life. Also, her example of loving to work had a great effect on me.

My mother taught me to love God and to want to do what was right. She taught me to be grateful for all that I had and to appreciate the little things in life.

After graduating from Stillwater A & M College, she taught school until just before I was born, and stayed home from then on to raise her family, until after my father died.

After trying other jobs, she then went back to college and gained two more years of education, and graduated at the age of 50. She was told by some of her classmates that she was so old that she wouldn't get a job; but she got the first job that she applied for. She had a great love of learning all her life, and instilled that in us.

She loved being a mother and praised me often. She taught me to have confidence in myself.

My mother loved people and taught me to look for the good in them, and to be of service to them. She was a positive person, and always looked for the good in people and the world.

She was cheerful even in the midst of tragedy. She lost two of the children and my father all within a year. Even though it was very hard on her...she kept going and the neighbors said. "How can she be so cheerful?" She replied. "We must go on for the living!"

Yes...my mother. Helen Catherine Rebecca Ray Renner, was my mentor who taught me to have faith in God. myself and others and to be cheerful even when things

There are many kids who need this time with someone else other than a family member so they can learn different things.

go wrong.

By Ramona Archuleta

When I recall memories of my childhood and think of mentors responsible for shaping my adult life, I can think of three women my grandmother Lucia Lopez, my mother Ernestina Archuleta and my God mother Aunt Susie LaCrosse. Grandma Lucia taught me the value of hard work, prayer and meditation, the healing powers of herbs, sewing and embroidery. My mother Ernestina taught me courage, self-reliance, creativity, patience, perseverance, tolerance, loyalty and the value of friendship. My Godmother Aunt Susie, taught me the value of self worth, beauty within oneself, self-expression, the joy of traveling and experiencing new countries and people and the value of family.

Over the years all, three of them have passed, but each of them left an imprint on my soul and happy memories in my mind that I cherish and try to pass on to others. Each of us has the potential to be a positive influence to a young person as a teacher, a guide or a confident. Be yourself and take time out of your busy schedule to spend time with a child both of you will grow from the experience.



Josie Perea receives her Mi Animo mentor certificate for her volunteerism in Conejos County from Priscilla Ortega and Adam Vasquez.

Coalition News Flash

Following a request from the coalition to expand throughout the Valley, a subcommittee composed of Ian Fetyko, Liza Maron, Priscilla Ortega, Paula Hendricks, Pat Perry, Nelda Curtiss, Clarissa Woodworth took steps to invite members from throughout the Valley. They also are recommending to the coalition the name of the new coalition as SLV Prevention Coalition.

The committee also began work on two ADAD grants -- coalition building and family strengthening. The coalition grant will allow for expansion into Monte Vista for ATOD prevention. The Family grant will bring resources to strengthen families.

Who mentored you? Continued --

¿Que Pasa?

By Bill Brooks

School Counselor, Alamosa High School

I can't think about who mentored me in my life without thinking first of my father. He had all the qualities in a counselor, father and man that I want in my life. But for this writing I want to talk about my supervisor at the Mental Health Center, Joseph LeDonne. I am generally very insecure about myself in many areas of life. I had many doubts about myself as a therapist and about my worth at the Mental Health Center. Joseph spent a lot of time and energy fighting for me in many ways. He always pointed out what I was doing right and helped me gently change the things that I did that weren't productive. I was often surprised with how much he did for me.

I remember talking to him about some issue of my job and the next day he came to me with a letter of support or telling me that he talked to the administrator about this and had an answer or something. In his evaluations he always rated me higher than I felt I was and in the areas where I needed some work he worded them very positively and matter-of-factly as if I was really ok and it was normal to have faults. Mostly Joseph was a good listener.

He really heard me when I was talking. He heard my frustrations and other emotions under what I was saying with my words. This, more than any other experience in my life helped me see the importance of just listening to others and how healing that can be for people. Joseph has many of the qualities of my father—he's patient, he's gentle, he's genuine, he's wise, he's present. Those two are two of the men in my life that I try to emulate. It would bring me joy some day to be likened to either or both of them.

By Lynne Gaunt

Mother & Mentor in Alamosa

I have been blessed with many mentors throughout my life. Some, like schoolteachers, served in that role for short periods and others, like family members, still serve in that capacity. Teachers in Elementary school encouraged my love of music and literature. Teachers in High School challenged me to stretch myself and fostered a belief in the fact that I could succeed in anything if I worked hard. Mentors within my church charged me with being accountable for my own actions, for standing true to my beliefs and convictions.

Some of my mentors assumed that role on purpose – it was a decision of theirs to be involved in my life, and to be a trusted counselor to me. Many others, however, never intended to be a mentor, but because of their influence in my life, they were just the same.

All of us encounter mentors, and all of us have the opportunity to be a mentor. As a teen, when I was faced with tough choices that held the potential for serious consequences, my older sister, who has acted as mentor to me all of my life, gave me some advice. She told me that there are always those younger or more impressionable than me who would be affected by the choices I make, and the way I live my life. Like it or not, she said, to them I am an example. By my choices and my actions, I can choose to be a positive influence (a mentor) to them, or not. If I love them, which should I choose?

An effective mentor is someone who chooses to put themselves and their desires in second place. They purposefully put someone else's interests before their own. It often requires a sacrifice, but the rewards more than compensate.

By Patt Morgan-Lloyd

Director, RSVP

"Mentoring" conjures up visions in my mind of Donald Trump hiring an apprentice, of Merlin counseling a young King Arthur or Lorenzo de Medici looking over the shoulder of Michelangelo. Those we admire or wish to emulate may mentor us, but, as often, are distant idols. Unlike other little girls in my grade school classes, I never aspired to being a "second Dale Evans." I'd rather have grown up to be Trigger. (For those of you too young to remember Roy Rogers, Dale Evans, the Sons of the Pioneers and Trigger, that's like saying I'd rather have been a Budweiser Clydesdale than Janet Jackson at the Super Bowl.)

Looking back through my life, I've come to a more simplistic perspective of "mentoring." It means "helping." From the person who held your hand while you took those first unsteady steps to those who have inspired you to achievements you'd never thought possible, the "who you are" and "what you are" today has been shaped by mentors. Good parents are mentors. Good teachers are mentors. A

good employer will be a mentor. True friends who listen when you talk, give you a shoulder to cry on and a "thumbs up" when you've succeeded are mentors.

Mentoring means "guiding." "No, no," "time out," "stay after school," "go to your room" and "no dessert" are mentoring tools. "Thou shalt not..." and "Do unto others..." are words from a mentor (followed by "Do you understand these rights...." if you err.) Your Scout leader is a mentor; your minister is a mentor; your doctor is a mentor; the law enforcement officer who gives you a ticket for not using your seat-belt is a mentor.

Mentoring is "caring." Unless you're a Democrat in a largely Republican camp, people want you to

be a winner.



Patt Morgan-Lloyd is in the thick of an RSVP and Senior Citizens Picnic at Cole Park.

Mentoring means "guiding." "No, no," "time out," "stay after school," "go to your room" and "no dessert" are mentoring tools.



Pictured with her two daughters, Lynne Gaunt, mentor, stands next to Marissa Moreno at the Alamosa Mentor Appreciation Dinner.

Who mentored you? Continued --

By Ruth Heide,

News Reporter, *Valley Courier*

The biggest mentor in my life is my mother, Teresa Sales. She not only influenced my character and my faith but also influenced my career. She showed me by example how a news reporter can be a person of integrity. I aspire to the high ideals of accuracy and objectivity in my work because of my mother. For decades she dedicated her writing talents to chronicling the histories of the towns in which she lived. With every story and photo, she left an imprint on each community. I have always tried to perform my job and conduct myself in the manner of my mentor, my teacher, my mother. She showed me the way in life, and I still follow in her footsteps, hoping my steps will be as strong, steady and faithful as hers.

By Laura Walker,

Adjunct Journalism Professor, Adams State College

My first mentor was Miss Crail, my junior high P.E. and English teacher.

When I started seventh grade, I felt really awkward and shy. I wore thick "Coke bottle lens" glasses, hand-me-down clothes, and big clunky shoes. All of this made me feel like the biggest geek ever! But Miss Crail saw something in me that I certainly didn't see in myself; she encouraged me to try new things, like soccer and basketball. She supported my love of reading and she pushed me to always do the very best that I could; she showed me how to do things, then let me try on my own to master them. She never got angry with me; she never put me down; she listened quietly and patiently to my fears and found ways to help me overcome them; she pushed me to never give up on myself.

More than this, though, her support and the way she constantly cheered me on made me feel like I really mattered; that I was capable; that I wasn't a "geek." As my confidence in my own abilities grew, under her leadership and support, I joined an after-school girls' basketball team and soccer team. And I no longer felt like a nerd because I liked to read.

Miss Crail was the best role model and mentor I ever had because she saw beneath the shy, awkward little girl and helped me build confidence and skills that I use and depend on to this day.

But Miss Crail saw something in me that I certainly didn't see in myself.

I think about her whenever I feel awkward or shy, or whenever I see a challenge and wonder if (or how) I can ever accomplish it. Sometimes I can even see her eyes, twinkling, when I overcome a problem, and hear her strong, reassuring voice, telling me that

there is nothing I can't do.

I will always be in Miss Crail's debt, for helping me onto a more positive path and making me realize that I am a talented, capable, strong woman who can do anything!

By Josie Perea

Mentor—Si Se Puede & Mi Animo

Community Banks of the Rockies, La Jara

I have had several people in my life who I have considered mentors. Those people that I may have had a small encounter with that have given me a word of advice or encouragement in a difficult situation. Those people that gave me a hug or a smile that said you can do it I worked for I ke Kalangis, the president of Sunwest Bank of Santa Fe for twenty five years. Mr. Kalangis was a great mentor in the bank working environment. He always made me feel that I could succeed through hard work and dedication. Some of my work ethics were developed by his example of honesty and perseverance in doing your best and treating people with respect and courtesy. My best mentor was my mother, Anita Ulibam, that lived a fruitful life to the age of ninety two. She was my living example of love and kindness to others. Through her I learned compassion and to treat *everyone* equal. I learned my faith and love for family from both my parents. My father, Ernest Ulibarri, was my mentor in seeing the best in others and living life to the fullest.

I have really enjoy being a mentor for Jamie Gomez for the past three years. I have seen her blossom into a mature young lady. We have become close friends and I admire her in all she has done to succeed in school. Being a mentor has given me the opportunity to encourage Jamie in achieving her personal goals and to let her know that I really care about her future. I believe as a mentor you can help others to believe in themselves and in their future.



Mi Animo Prevention Mentors, Mentees and staff all say thank you at the Mentor Appreciation Dinner in Alamosa on January 28, 2005. Thanks to the Alamosa Family Rec Center allowing us to hold the annual event at their facilities. Everyone enjoyed the hoola-hoop contest and the volley ball games!

By W. G. Hostetter

Retired

My father had a great influence on my life in many ways, and I frequently think of things he taught me.

I remember one day when I was still a small boy watching him on pay day as he paid the men who worked for him at the sawmill. At a time when most day laborers in Valley were working 10 to 12 hour days for a dollar, some of Dad's help were getting paid as much as four dollars a day.

When Dad and I were alone, I said that I'd bet that he sure hated to give his man all that money. He said no he didn't mind doing it. He said that we couldn't make what we did without their help, and they were just as entitled to live as we were. He felt that he should share his good fortune with them.

He always told me that anything that was worth doing was worth doing right.

He tried to be honest in all his dealings, and that tradition has carried down three generations, and going on the fourth. When I was operating the mill, I was selling lumber to the descendants of his customers. All expected, and received fair and honest treatment.

He taught me that I should always return the tools I used to their proper place, if I expected to be able to find them when I next wanted to use them.

He taught me how to plant and take care of a garden, and I still love to do it.

He taught me that a good family was his most highly prized possession.

I could name many more things he taught me. But this is not supposed to exceed 500 words so I'll quit.



Who mentored you? Continued --

By Kris Lenker

First Year Interest Group Coordinator, ASC
(former YSU Penguin)



Kris Lenker is pictured here at 2004 Kick Butts Day at Adams State College

My mentor was (and still is) Bill Sperlazza from Youngstown, OH. He was the first person who really challenged me to pursue my current field and helped me get a head start on where I am. Bill is a tough guy who has been working at Youngstown State for longer than I have been alive.

Because of that, he has great pride in the institution and instills that same pride in the people who work for him. Bill really helped me to see that I could, and should, trust my instincts and that they would get me through

most obstacles. Bill also gave me guidance about my personal life choices when he thought I needed it, I didn't appreciate as much then as I should have, but I see some of his wisdom now. I still call Bill when I encounter a tough situation that I think he can shed some light on, and he still gives me a straightforward answer about what he thinks is the best course of action. I highly respect his opinion both professionally and personally and will be forever grateful for the time we shared and the values he instilled in me that I will carry with me always.

By Donna Madrid

My mentor was my mother. She was an extremely wonderful woman, who knew how to raise and love a child. Mom raised seven children who were taught the importance of faith, love, caring, sharing, respect and joy.

FAITH, from babies we were carried into this beautiful church that would be a part of our upbringing. We were taught about GOD and how he loves us and is always with us during the most beautiful times and the hardest times in our lives. Mom made sure that all of her children would learn to pray, attend mass on Sundays as a family and to have God in their lives.

Love, I was taught that this word is something more than a four-letter word. There was definitely love in our lives and our home, this was something that was felt from the heart and the warmth of my mothers arms. The love she gave us in our life would be generated to everyone that would come into our lives. We were taught as siblings to love each other and be close, not to fight because that only brings negative feelings that are passed on to the people that surround us. The end of our conversation to each other usually ends with an I Love You and you can actually feel it. Love is a powerful word that is used daily.

Caring, mom taught us to care and be concerned for each other. You must always be concerned about the children and the elderly, care for them she would tell us. Still today we all know that when we are traveling, we must call and let the family know that we have arrived at our destination and that everything is okay.

By Erin Macgillivray Smith

Correspondent, The Pueblo Chieftain

My Mentor—Olive Faber Smith—major role model was a long-time family friend, Olive Faber Smith, who came into my life in 1950 via my maternal grandparents. When my grandmother died in 1953, we all hoped Grandpa would marry Olive and make her our real grandma but he remained single until his own death 13 years later.

Olive was a buyer of half-size women's clothes at I. Magnin and Co., an elegant West Coast department store. My younger sisters and I enjoyed visiting Olive in her digs at I. Magnin's on Wilshire Boulevard in Los Angeles.

Olive was a classy dresser and had elegant taste in clothes and furnishings. She was skilled in cooking and sewing and was well-traveled and I loved staying with her at her apartment several blocks from my Grandpa's house there in Los Angeles. She taught me many homemaking, social and business skills.

She was an extraordinarily strong woman who had been widowed when her son was 8. She had to go to work to support herself and her child.

I loved Olive as a second mother and indeed she became my mother when her son, Palmer, married me on Aug. 12, 1967.

Olive died Dec. 27, 1993, after having a stroke a couple of weeks before. Palmer and I spent many hours at

She was an extraordinarily strong woman who had been widowed when her son was 8.

her bedside in those last weeks. After her death, as we were packing up some of her things at her home in Irvine, Calif., a neighbor stopped and asked Palmer if he was Olive's son.

"Yes," my precious husband said, "But my wife is really her daughter."

My own dear husband joined his mother in heaven on Aug. 1, 2004.

There is a saying; if I didn't care I wouldn't get involved.

Sharing was something that we learned growing up because there were seven of us and it made us realize that if one had we all had. I remember mom telling us share what you have with each other because material things can be replaced. She would also tell us don't lend it give it and forget about it.

Respect, your elders and yourself mom would constantly remind us of this. The elderly always had the last word and if they needed something done we were to do it and not have anything to say about it. Remember your manners, yes, no, thank you, excuse me, I'm sorry and so on, the elderly deserve this from all of us she would say. Respect yourself, for if you don't know-one will.

Joy, mom brought the greatest joy to my life. Her house and her children were full of joy. Anyone who entered our home would experience this joy and laughter and it would make us happy. We didn't need material things we had each other and we had our parents. On October 9th 1988, I experienced the worst heartache of my life when I lost my mother to a three-year battle with cancer. My best friend had gone to be with the Lord. With this great pain I was suffering it almost seemed impossible to continue with life. I am so thankful for the upbringing she gave me it made me strong and responsible to go on.



Jeffrey Shay and his mentor Tommy Vigil pose in front of the Mi Animo Mentor Logo.

¿Que Pasa?

Contact your Mi Animo Prevention Team

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January is National Mentoring Month.
Visit *IDEAS* at Hallmark.com to send your mentor a greeting.

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.



Tj Moy

Mentor, Mi Animo Prevention, Alamosa Student, Adams State College

"Mentoring is a blessing for both the student and the mentor and I am thankful to be in a position where I can give back to my community."

Josie Perea

Mentor, Si Se Puede Community Banks of the Rockies, La Jara

"I have really enjoyed being a mentor for Jamie Gomez for the past three years. I have seen her blossom into a mature young lady and we've become close friends. I admire her in all she has done to succeed in school. Being a mentor has given me the opportunity to encourage Jamie in achieving her personal goals and to let her know that I really care about her future. I believe as a mentor you can help others to believe in themselves and in their future."



Christina Capestany

Mentor, Mi Animo Prevention, San Luis Student Services, Adams State College

"I believe that all youth are good; however, sometimes they run into difficult times; and I wanted to help during those difficult times."



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.



Jo Bowers and Marie Weidman

"The Dynamic Duo"

RSVP Volunteers, Alamosa

"Volunteering is a fun thing to do! You help friends, you help your community, and you help yourself by volunteering a little time here, a little more there. Before you know it, the 'little times' add up, and you've made a real difference somewhere. And it's always great to have a friend along for the ride!"

This ad is sponsored by:

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



- Adams State College
- Alamosa Community Coalition--Drug Free Communities
- ACT-UPP (Alamosa Communities Tobacco--United Prevention Partnership)
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- Alamosa County Nursing Service
- Alamosa County Sheriff
- Alamosa Police Department
- American Red Cross
- Boys & Girls Club
- Bresnan Communications
- Campus Ministry
- 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
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- John Salazar, U.S. State Representative
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- 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
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