

# LEADing the Way

LEAD • Linking Efforts Against Drugs • Jan/Feb 2004

## Parent University 2004 features noted parenting expert

My purpose is to help translate what teenagers mean (but can't say) by their behaviors and attitudes. As adults, the more we understand the meanings behind their behaviors, the more flexible we can be in our responses.

—Dr. Mike Riera

Parent University VI, sponsored by LEAD, will be held at the Gorton Community Center in Lake Forest on Saturday morning February 21, 2004, from 9 am to 1 pm. This year, the keynote speaker is Dr. Mike Riera, a psychologist, author, and nationally recognized speaker on issues of adolescence, family, and parenting. Dr. Riera is also the author of five parenting books and the host of the *Family Talk with Dr. Mike* radio show. He is a frequent guest on news and talk shows, including *Oprah Winfrey, 48 Hours, The Today Show, The View,* and *National Public Radio*. For more information about Dr. Riera, go to [www.mikeriera.com](http://www.mikeriera.com). Dr. Riera will deliver two keynote addresses: *Instilling Integrity in Your Children* (for parents of children ages 3-12) and *The Hidden Logic of Teenagers—Staying Connected to Your Teens* (for parents of teens).

Participants will also choose two other seminars on a variety of topics of relevance to parents of children in grades PreK–12. Choices include workshops on helping your children develop social skills, teen sexuality, the special challenges of raising girls and raising boys, the level of competition in our community and its effect on self esteem, and more.



Dr. Mike Riera,  
Keynote Speaker  
at Parent University.

**PARENT UNIVERSITY**

### Registration form on page 5

Pre-registration received through February 17 is \$25 per person. The fee after February 17 and at the door is \$30. For more information, contact LEAD at 847-295-9075. See enclosed registration form. Additional forms can be printed from [www.leadweb.org](http://www.leadweb.org) and faxed or mailed to LEAD. Register early for the best choice of seminars.

## Toll of hard drugs hits home

The impact of hard drugs (such as heroin, cocaine, hallucinogens, PCP, etc.) hit home this fall with the tragic death of a Lake Forest High School senior from an overdose. Deerfield likewise suffered the loss of a teenage boy last year, also from a heroin overdose. Furthermore, adolescent drug counselors who serve the area have reported a number of teens struggling with drug addiction. Drug usage studies conducted by LEAD in Lake Forest and Lake Bluff indicated that while a small percentage of students reported hard drug use (less than three percent used any

continued on page 3

**Lake County Coroner James Wipper believes we are seeing an increase in drug-related deaths.**

### Heroin facts

- ☛ Cultivated from opium poppies.
- ☛ Highly addictive.
- ☛ Most abused and rapidly acting opiate.
- ☛ Can be injected, snorted or smoked.
- ☛ Costs about \$10 per "dime bag" of powder.
- ☛ Those addicted consume several bags per day.
- ☛ There are between 750,000 and 1,000,000 heroin addicts in the US.
- ☛ 40% of high school seniors polled **do not believe** there is great risk in trying heroin.

Source: National Institute on Drug Abuse

Experts indicate that our community is vulnerable to the use of hard drugs because of the ready availability of money, transportation, and the level of pressure experienced by residents, particularly teens.

[www.LEADweb.org](http://www.LEADweb.org)

# Issues of concern to parents of Middle School and High School students

Addiction can be represented on a continuum starting with experimentation on one end followed by abuse and dependence on the other end.

Parents can/should intervene at any stage along the continuum.

On the evening of November 12th, LEAD co-sponsored a panel of speakers at Lake Forest Hospital on **Issues of Concern to Parents of Middle School and High School Students**. The panel was moderated by Kris Andersen (Lake County Health Department) and included Suzanne Walker (Rush Behavioral), Todd Nahigian (CROYA), Officer Scott Krajniak (LF Police), and Jane Hunter (LaCASA). A summary of the key points made by the panelists follows:

- ◆ Adolescents will experiment and sometimes get in trouble and we, as parents, can do something about it by monitoring our kids and being observant.
- ◆ Both parents and adolescents need to be aware of the “law” and the consequences for breaking the “law,” whether parental or governmental. Holding kids accountable for their actions is crucial.
- ◆ Addiction can be represented on a continuum starting with experimentation on one end followed by abuse and dependence on the other end. Parents can/should intervene at any stage along the continuum by noticing that there may be a problem and getting help for their kids.
- ◆ Prevention of sexual abuse needs to start early by giving kids the tools they need and teaching them about their rights and appropriate boundaries.
- ◆ It is very important for parents to model desirable behavior for our kids, to be involved in their world, and to give them a “structure” that is both “firm and fair.”
- ◆ It is important to be clear about terminology and to dispel “mistaken understanding” in sexual matters often gleaned from a culture that is saturated with sexual innuendo and misinformation.
- ◆ Parents need to clearly state their family values on hard topics, and, when necessary, to be the “bad” guy.



## Book review

*Field Guide to the American Teenager*  
by Dr. Mike Riera and Joseph Di Prisco.

Reviewed by Heather Hale,  
psychologist and adolescent therapist

My advice to any parent who has an adolescent—run, do not walk, to your local bookstore or library and check out this down-to-earth guide written by Michael Riera and Joseph Di Prisco. However, be forewarned, the authors do not spout off consequences, limits, or techniques to “deal” with

adolescents. Rather, they walk parents through the minds, bodies, cognitions emotions, and relationships of today’s teen.

By increasing insight and understanding, Riera and Di Prisco assist parents in connecting or reconnecting with their teen. Topics such as: drinking and driving; date rape; break-ups; death and grieving; divorce; coming out; integrity; success and motivation; and that ever-slippery slope of freedom and responsibility are covered in rich detail. The authors include realistic stories of teenagers in their natural settings. They share conversations teenagers have had with coaches, trusted adults, teachers, counselors and family friends, and “notes home” from which they clarify important developmental

points and provide practical suggestions for parents to improve their relationship with their teenager. By assisting parents in reading between the lines and hearing what their teen cannot articulate, the authors help bridge the gap between teenage behavior and a realistic/appropriate adult response.

Finally, do not miss the Appendices (A-D) where Riera and Di Prisco provide an amazing reminder of what it means to be ages 14-18.

*This book and the others written by Dr. Riera are available for sale by LEAD. See the form on page 3, or call LEAD at 847-295-9075 for more information. Don't miss Dr. Riera at Parent University on Feb. 21st.*

It is very important to model desirable behavior for our kids.

# Read Dr. Riera!

Parenting books written by Dr. Mike Riera,  
Keynote Speaker at LEAD Parent U 2004

- Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying.* (Perseus Books, 2003) \$16.
- Right From Wrong: Instilling a Sense of Integrity in Your Child* (Perseus Books, 2003) with Joseph Di Prisco. \$15.
- Field Guide to the American Teenager: A Parent's Companion* (Perseus Books, 2000) with Joseph Di Prisco. \$16.50.
- Uncommon Sense for Parents with Teenagers* (Celestial Arts, 1995) \$14.95.
- Surviving High School* (Celestial Arts, 1997) \$12.95.

Order these books directly from LEAD and save! Check the titles you want and fill in the coupon below and fax or send in a check and your books will be ordered!  
Fax: 295-9076 or 400 E. Illinois Road, Lake Forest, IL 60045

Total # of books \_\_\_\_\_ Total \$ \_\_\_\_\_

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Signature \_\_\_\_\_

## Toll of hard drugs

continued from front

hard drugs in the last 30 days), nearly 20 percent of students said such drugs were “very easy/fairly easy” to get.

Experts indicate that our community is vulnerable to the use of hard drugs because of the ready availability of money, transportation, and the level of pressure experienced by residents, particularly teens. Lake County Coroner James Wipper has said he believes we are seeing an increase in drug-related deaths.

The concern for this issue was evident in a recent survey

conducted by Lake Forest High School where 66 percent of residents indicated that “great improvement or some improvement” is needed in protecting students from drugs and drug dealers. *Source: EPIC Study, 11/03*

So what is being done about this problem? The local police have been working diligently to identify dealers in our community; a teenage suspect who is accused of selling heroin locally was arrested in November; and they are aggressively cracking down on

## Prescription medication abuse Q and A

Prescription medication misuse and abuse by teens is a growing problem in the United States. According to the 2002 National Survey on Drug Use and Health, 14 percent of teens (aged 12 to 17) reported ever using a prescription medication non-medically. *Ed. note: Commonly abused drugs include: oxycontin, ritalin, adderol, vicadin, valium.*

### Q. What can I do to help to prevent my child from misusing prescription medications?

One easy way to prevent is to keep all prescription medication hidden: Parents and family members whose homes teens visit should keep prescription medications out of teens reach, rather than in the medicine cabinet. You should also talk to your teen and warn them that taking prescription medications without a doctor's supervision can be just as dangerous and as potentially lethal as taking illicit drugs. For example, pain killers are made from opioids, the same substance as in heroin.

### Q. How can I talk to my kids about pharmaceutical medication abuse?

Starting a conversation about drugs with your kids is never easy—but it's also not as difficult as you may think. Take advantage of everyday “teachable moments” and, in no time at all, you'll have developed an ongoing dialogue with your child. Teachable moments refer to using everyday events in your life to point out things you'd like your child you'd like to know about.

*Source: Partnership for A Drug-Free America*

other suspected dealers. The high school's new strategic plan also has an initiative to provide ample information to students and parents about drugs and other risky behavior and to be proactive about intervention and referrals when a student appears to be in trouble.

Parents who would like to know more about heroin, especially the relatively new,

A 2002 survey found that 14 percent of teens (aged 12 to 17) reported ever using a prescription medication non-medically.

Starting a conversation about drugs with your kids is never easy—but it's also not as difficult as you may think.

**FIND LEAD on the web at [www.LEADweb.org](http://www.LEADweb.org)**

snortable form, can find links to drug information websites at [www.leadweb.org](http://www.leadweb.org).

## Session I Seminars: 9-10 am

### 100 KEYNOTE ADDRESS #1: “Instilling Integrity in Your Children”

*Dr. Mike Riera, Phd.  
Pre-K – Grade 6*

### 101 “When Teens Push Your Buttons: How to Maintain Your Sanity and Still be a Good Parent”

We all have moments when our children drive us crazy. You will learn how teens behave at certain ages and what you as a parent can do about it. We will also discuss when a child’s behavior is normal, what is problematic behavior, and how to tell the difference.

*Dr. Gary Hill, Clinical Psychologist  
Grades 7-12*

### 102 “Evolving Teen Sexuality”

Learn about the stages of teen development and evolving sexuality. Can you discuss this very important issue with your child? How and when parents become involved in this aspect of their teen’s growth often evokes feelings of uncertainty and ambivalence. This and other aspects of teenage sexuality will be addressed.

*Dr. Judith Bensinger, Adolescent Medicine/Family Practice  
Grades 7-12*

### 103 “Helping your Adolescent be Assertive in the “Social Jungle”

Learn the basics of assertiveness training and how to help your child to speak up for themselves and stand up for their own values and rights. Topics include building self-esteem, dealing with cliques and responding to peer pressure.

*Dr. Karen Williamson, PhD, Clinical Child Psychologist  
Grades 6-12*

## Session II Seminars: 10:15-11:15 am

### 200 “Growing Up on the North Shore: Helping Your Kids Stay Centered”

This seminar will discuss the specific issues facing kids in our communities where affluence, drive for perfection, and pressure are at high levels. Learn practical ways you can help your children stay grounded and resilient.

*Alice White, L.C.S.W.  
Grades 6-12*

### 201 “When Children Push Your Buttons: How to Maintain Your Sanity and Still be a Good Parent”

We all have moments when our children drive us crazy. You will learn how children behave at certain ages and what you as a parent can do about it. We will also discuss when a child’s behavior is normal, what problematic behavior is, and how to tell the difference.

*Dr. Gary Hill, Clinical Psychologist  
Grades 1–6*

### 202 “Risky Behaviors: Setting Limits, (Curfews, Drugs, Alcohol and Sex)”

What are some of behaviors that young people are currently exposed to? Engaging in? Find out methods to identify these behaviors, set limits and consequences that are appropriate and effective, and address how to teach your children to make good decisions in a way that they can hear.

*Mimi Omilinsky Kravitz, Clinical Social Worker  
Grades 7-12*

### 203 “Boys Will be Boys”

Parents will learn to appreciate the qualities of boys such as reliance on action, competition, and aggressiveness. Hear how parents can build on these qualities in a way that teaches morals and values, and strengthen the relative weaknesses in our sons. Ideas will be provided on how to promote the development of character and how to use structures within the home to enhance social and emotional growth.

*Dr. Linda Watson, Child Psychologist  
Grades K-6*

## Session III Seminars: 11:30 am-12:30 pm

*(Note: Keynote will end at 1 p.m.)*

### 300 KEYNOTE #2: “The Hidden Logic of Teenagers – Staying Connected to Your Teens”

*Dr. Mike Riera, Phd.  
Grades 7-12+*

### 301 “Pros and Cons of Competition and the Impact on Self Esteem”

The level of competition in sports, and in other areas, can be intense for even elementary school children. Learn how parents can help manage this stress and help students keep a healthy perspective about winning and losing.

*Dr. Mark Goldstein, Ph.D, Licensed Clinical Psychologist  
Grades K-6*

### 302 “It’s A Girl Thing”

Learn how a girl’s earliest relationships with her parents form the foundation for all relationships to follow. Get tips on how you, as a parent, can develop a relationship in which your daughter experiences the empathy, independence and sense of autonomy that will allow her to grow.

Additionally, you will learn to develop strategies that not only prepare her for the peer pressure of teen years, but also foster individual integrity.

*Linda Watson, Child Psychologist  
Grades Pre-K -5*

### 303 “Social Skills and Peer Relationships: Helping Your Child to Make and Keep Friends”

Learn the basics of social skills training and how to help your child to establish and maintained positive friendships. Topics include nonverbal communication skills, fair play, responding to teasing, and effective social problem solving/conflict resolution.

*Dr. Karen Williamson, PhD, Clinical Child Psychologist  
Grades K-6*

## REGISTRATION FORM — REGISTER AHEAD AND SAVE!

**Order books by Keynote Speaker Dr. Mike Riera on page 3**

Family Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

		PARTICIPANT 1		PARTICIPANT 2	
FIRST NAME		_____	_____	_____	_____
<b>SESSION I</b>	<b>9-10 am</b>	#	<b>TITLE</b>	#	<b>TITLE</b>
	1st choice				
	2nd choice				
<b>SESSION II</b>	<b>10:15-11:15 am</b>	#	<b>TITLE</b>	#	<b>TITLE</b>
	1st choice				
	2nd choice				
<b>SESSION III</b>	<b>11:30-12:30/1 pm</b>	#	<b>TITLE</b>	#	<b>TITLE</b>
	1st choice				
	2nd choice				

Participants \_\_\_\_\_ x \$25 (\$30 after February 17) *Spouse registers for \$15.*

Total fees \$ \_\_\_\_\_

Tax Deductible contribution \$ \_\_\_\_\_

*to LEAD to help fight youth substance abuse*

Total enclosed \$ \_\_\_\_\_

Check One:     VISA     MasterCard     Check enclosed

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Send completed registration form to: **LEAD**, 400 E. Illinois Rd., Lake Forest, IL 60045 or fax to 847-295-9076. Additional forms available at [www.LEADweb.org](http://www.LEADweb.org). Questions? Call LEAD at 847-295-9075. Registration is confirmed unless notified otherwise; **participants should pick up schedules at the registration desk starting at 8:30 am on February 21.** Fees are not returnable and will be considered a donation to LEAD. Sorry, childcare cannot be provided.

# Warn your grandchildren about the dangers of inhalants

When your young grandkids come to visit, you keep household products out of reach so they won't accidentally consume them. But did you know that some kids deliberately use household products as "drugs," to get "high?" In fact, 21 percent of youth have done just that at least once in their lives. *Source: Partnership for a Drug-Free America, Partnership Attitude Tracking Study, 2000.*

Kids inhale or breathe in bleach, cooking spray, shaving cream, propane, kerosene, household cleaners, spray paint, felt-tip markers, nail polish remover, glue, shoe polish, and aerosol fumes. Using inhalants can cause sudden death, suffocation, or numbness and tingling of the hands and feet. Longer-term use can result in violent behavior, brain damage, and chemical imbalances.

As a grandparent, it is important for you to make

your kids aware of the dangers of inhalant use. Telling your grandchildren to never use inhalants to feel "high" may save their lives. They could die the first or the 50th time they try them.

What are the signs of inhalant abuse?

- Chemical odors on breath or clothing
- Paint or other stains on face, hands, or clothes
- Hidden empty spray paint or solvent containers and chemical-soaked rags or clothing
- Drunk or disoriented appearance
- Slurred speech
- Nausea or loss of appetite
- Inattentiveness, lack of coordination, irritability, and depression

*Source: National Institute on Drug Abuse Research Report Series Inhalant Abuse*

In addition, the Office of National Drug Control Policy suggests that you be aware of missing household items or soaked rags.

So plan now on warning your grandchildren to stay away from inhalants at your house, their house, anywhere, any time.

**Approximately 54 percent of grandparents feel guidance on discussing sensitive topics with their grandchildren would be somewhat or very useful.**

*Source: AARP Grandparenting Survey, November 1999*

Nearly two-thirds of children under 15 who died in alcohol-related crashes between 1985 and 1996 were riding with drinking drivers—two-thirds of whom were old enough to be the parent of the child who was killed.

## Are adults the role models they should be?

Most adults should know that impaired driving is dangerous—but are they modeling healthy behaviors to the children in their lives? According to recent data from the Centers for Disease Control and Prevention (CDC), nearly two-thirds of children under 15 who died in alcohol-related crashes between 1985 and 1996 were riding with drinking drivers—two-thirds of whom were old enough to be the parent of the child who was killed.

Other CDC statistics reveal the seriousness of impaired driving for young people. For example, in 2002, 24 percent of drivers ages 15 to 20 who died in motor vehicle crashes had been drinking alcohol.

Adults can affect children's decisions about drinking and driving by monitoring their own behavior and communicating to children about how even small amounts of alcohol can affect a person's actions.

*Source: Lake County Health Department*

The Department of Health and Human Services Substance Abuse and Mental Health Services Administration has developed *A Family Guide To Keeping Youth Mentally Healthy & Drug Free*. At <http://family.samhsa.gov>, find information supporting adult efforts—parents, family members, caregivers, teachers, and other youth mentors—to help children aged seven to 18 make good decisions, feel safe and protected, and have successful lives. The ultimate goal is to promote youth mental health and discourage youth drug use. Join the Family Guide site listserve to get this and other timely updates directly at <http://family.samhsa.gov/main/listserve.aspx>

Thanks to our many donors for their support and generosity.

# Thanks, Donors!

Thanks to our many donors for their support and generosity. Those who gave funds to LEAD in the last six months include:

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**Special thanks to Fifth Third Bank for sponsoring the Monday Morning Programs**

# Monday Morning programs

**Mondays, 10–11 am  
Gorton Community Center  
No fee or registration required**

**Monday, January 12, 2004  
"Building Assets: Giving Kids What They Need to Succeed"**

Linda Kurtzman, Prevention Specialist at Stevenson High School, will explore areas such as why some children seem happy and at ease while others struggle and why some choose inappropriate behavior while others make good choices. Linda will also offer ideas and tools for asset building and reserve time for your questions.

**Monday, February 2, 2004  
"Raising Resilient Kids"**

Peggy Gilbert Kubert, LCSW. Resilience is the inner strength to cope with challenge, stress and adversity. Learn specific techniques to encourage the development of these skills and behaviors, to help our children deal competently successfully in making good decisions in the face of conflict and pressure.

**Monday, March 1, 2004  
"How to Talk So Kids Will Listen—Family Communications"**

Kris Andersen, ATOD Prevention Coordinator.

## PARENT EDUCATION

### Love And Logic Parenting Series

This five-week program will help shape thoughtful, caring and responsible children. The unique approach of the Love & Logic philosophy unlocks the secrets of successful parenting and teaching. Participants will receive practical, easy to use techniques that they can put to work after the very first week. Mary Carolyn Embry will show how love allows them to live with the consequences of their choices. Parents will study shared control, shared thinking and decision-making consequences of empathy, and ways to maintain children's self-confidence.

### Early Education Series Pre-K to 3rd Grade

9:15-10:45am  
Fee: \$60 (Including workbook)  
Couples \$90 (one workbook)  
(\$5 onsite babysitting available—payable on-site)  
Lake Bluff Park District, Recreation Center—Community Room  
355 W. Washington Avenue, Lake Bluff  
Friday Mornings,  
April 16, 23, 30 and May 7, 14.

### Evening Series K through 8

7-8:30pm  
Fee: \$60 (Including workbook)  
Couples \$90 (one workbook)  
No babysitting  
Gorton Community Center  
400 East Illinois, Lake Forest  
Thursday Evenings,  
April 15, 22, 29, and May 6, 13.

**Love & Logic Registration Form—please duplicate as needed**

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Early Education Series:  \$60  \$90      Evening Series:  \$60  \$90

Please make your check payable to LEAD and mail to LEAD, 400 E. Illinois Road, Lake Forest, IL 60045.  
Scholarships are available—contact the LEAD office at 847-295-9075.

**FIND LEAD on the web  
at [www.LEADweb.org](http://www.LEADweb.org)**

LEAD is a community organization dedicated to parents and other adults and their role in the promotion of healthy family relationships and the prevention of alcohol, tobacco and other drug use and risky behavior by youth.



# LEAD

400 E. Illinois  
Lake Forest, IL 60045  
847-295-9075  
www.LEADweb.org

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*Included in this issue:*

## Parent University 2004 Registration Form and Seminar Guide February 21, 2004 *Register Early for Best Selection*

Plus:

Parent Education Programs for early 2004  
Articles on role modeling, heroin, inhalants, and more...

*Special Thanks to the Church of the Holy Spirit's Mission & Outreach Committee for their support of this newsletter!*