



# WA State SADD Fall Newsletter

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## 2007 National SADD Conference

-Danielle DeVaney- Co-President of Shelton HS

This summer I attended the national SADD conference in New Orleans, Louisiana. We left here on July 6<sup>th</sup> and came back on July 11<sup>th</sup>. There were ten students and two advisors from Shelton. Plus, we adopted Sam Metcalf from Raymond High School to go with us. She was great!! Before the conference started we did many tours and walked around this beautiful city. We went through the city at night and saw all the haunted houses. Also, we went on a swamp tour and saw alligators. That was my favorite part of all of the tours. Plus, we did a lot of shopping and stayed at the Hilton Hotel.

As you know New Orleans was hit by a huge hurricane a couple of years ago and is still not back to normal. About two hundred students from the national SADD organization went to one of the elementary schools and painted all of the walls with bright colors. We painted twenty-two classrooms on two floors. They were so happy to see it looking so bright.

The conference started on a Sunday night. Over 600 students from many states were represented at this conference. There were many speakers who were amazing. We went on a dinner cruise and walked to the boat with a jazz band leading the way.

There were so many awesome workshops and general sessions also that provided a lot information for us to share with our chapter and use throughout the year. Some of the best speakers in the nation-including Christopher Lloyd, Harriet Turk, Javier Sanchez and Eddie Slowikowski spoke. The conference came to an end and we had a wonderful banquet with great food. Our SADD chapter was recognized as the #2 club in the nation and we all went up to accept the award.

The conference was so much fun and was just amazing ..... can't wait until next year. .. it is in Phoenix, Arizona.



*"Never doubt that a small group of thoughtful, committed citizen can change the world. Indeed, it is the only thing that ever has."*

*Margaret Mead*



## HAPPY TIPS FROM AAA

Safe Driving is a full-time responsibility. Here are some things you can do to be a safer driver

- Slow down! Excessive speed is one of the primary causes of death and serious injuries on our highways.
- Avoid distractions while driving. This includes the use of cell phones or any other type of electronic device.
- Drive defensively. Allow plenty of room between you and the car in front of you so you have time to react in case of an emergency.

Remember, a single traffic ticket or an at-fault accident can have significant financial consequences for you and your parents. Your insurance premium can go up between 15% and 100%, depending on the carrier. Your local AAA insurance agent can help you find the best auto insurance coverage for your vehicle. For AAA office addresses and other information, visit us online at [www.AAA.com](http://www.AAA.com).



## Relay For Life -Rebecca Ashburn

Twenty-six years ago, the track of University of Puget Sound was treaded for 24 hours by a remarkable man name Gordy R. Klatt. He is a colorectal surgeon who walked 83 miles and raised \$27,000 by himself for cancer research. Friends and people of Tacoma paid \$25 to walk with him for 30 minutes. But Dr. Klatt had bigger ideas.

By the following year, Dr. Klatt had gathered 19 teams for an all-day, all-night event to fund raise for the American Cancer Society, raising \$33,000. Now, Relay for Life events around the world raised 375 million dollars in 2006 alone.

A Relay for Life is divided into three parts. It starts with a celebration of cancer survivors walking the first lap. After dark, luminaries are lit. Luminaries are lunch-bag sized white bags that are decorated by loved ones for loved ones who have had cancer. Candles are placed inside and often form the word "HOPE" and line the track. Lights go out and teams fall silent, as the names of the people touched

by cancer are named in the loud speaker in remembrance. The most recent addition to Relays is the final ceremony, now being called the "Fight Back Ceremony." Relay for Life participants pledge to make healthy decisions to avoid getting cancer, educate others about cancer, and/or help rid the world of the disease. In between times, at least one member of every team has to be "walking for life" around the track the entire 24 hours for the simple reason that "cancer never sleeps." There are constant opportunities to do something for cancer, whether it's cutting off 8 inches of your hair for wigs, or buying a hot dog. Nearly all the profit made at the Relay is donated to ACS. Games, vendors, and music are everywhere all night long, making it exciting the whole 24-hours for all ages. Rocking chairs are sometimes set up for those who aren't up to walking so they can "rock for life".

Every Relay is different. I recently participated

in a small, but powerful one. My SADD chapter started a team and we started fund raising weeks before the actual Relay. Many teams started months ahead of time. We collected donations, hosted a dance, put on a garage sale, and held a bake sale. At the actual Relay, we had a mini golf course, face painting, and participated in Miss-ter Relay and a silent auction. With just 8 people, we raised over \$1,600 for cancer. This was an extreme success for our humble SADD chapter, when we were up against teams with 20-50 people.

It is impossible to explain how amazing Relay for Life is in a short article. But I encourage you to join a team or even start a Relay. It makes a huge difference in your community spirit and encourages those fighting the disease to keep on keeping on. Any one person can change the world. Dr. Gordy R. Klatt is a perfect example.

## Prevention Summit -Sam Metcalf

Every year there is a Prevention Summit. It isn't put on by SADD even though it tackles the same problems a SADD conference would. It is both an adult and student conference, so both advisors and students will have a place. Also, if you do not have an active chapter you can still attend. You can register as a single attendant or in a group. If you attend in a group it doesn't have to be SADD either. Because it isn't directly linked to SADD attendants get to network with other people and organizations they may not have otherwise been able to. The Prevention Summit gives information, new project ideas and most importantly motivation to all that attend.

I had the opportunity to attend last year and I would highly recommend anyone to go. It will be held in Vancouver November 15<sup>th</sup>-17<sup>th</sup>. It will be held at the Vancouver Hilton. If you would like more information about the Prevention Summit or how to register contact Mr. Apple.

## Going Against the Grain -Jacob Hanes

The teen culture we live in today is a challenge that all of us will have to face based upon the views and ideals that accompany being a member of SADD. For those of you that do not know, I am from Shelton, a little town about twenty minutes from Olympia. Throughout middle school and junior high, I never saw the things I see today as a high school senior. Parties are a popular weekend occasion and being teenagers I see my friends making mistakes that endanger their lives, and make me feel like a parent as I worry about how they are getting home, or for my friends that are girls if some guy will see them

as an easy target as they slur their words, and pass out in a bedroom.

Not wanting to seem like some preachy "do-gooder" its hard to bring these concerns to light with out fearing their possibly reaction. "Jacob, I'm living my life in the moment, and your only young once. You need to live a little." These are the kinds of things you fear as you consider prompting your friends to make better choices. However imagine this: "Wow, Jacob it's crazy because I know that everything I do is kind of dumb or stupid in a way, but I never really felt like anyone cared enough to say anything."

Parties are just the tip of the iceberg however, as hard drugs, such as cocaine (very prevalent in my high school), meth, or ecstasy can make things even more dangerous and deadly. With more and more teens seeming to resort to things such as cutting or other forms of self mutilation to cope with hardship it gives you cause to be concerned as you notice that a friend has worn a long sleeve sweat shirt everyday for months following a hard break up. A friend battling weight issues continually leaves to the bathroom after eating five pieces of pizza, but still manages to lose weight steadily.

These things among many others are the challenges us as youth face today. Not only among our friends, but among ourselves. I'm in SADD with the hope of making a difference in at least one person's life. I commend you all for your strength and courage to go against the grain.

*"We must be the change we want to see in the world."*

-Ghandi

# Meet the 2007 Youth Advisory Board!



Hey fellow SADD members! I've been a devoted member of SADD since sophomore year. In my free time I like to wander around randomly with my friends, go camping/hiking, eat at Jack in the Box, and watch Avatar or the Fairly Odd Parents. I hope to meet you all at the 2008 State Conference! Make it a great year for SADD!

**Alanna Koser**  
Co-Treasurer



**Rebecca Ashburn**  
Secretary

I'm Rebecca, my favorite hobbies are playing piano and reading, and I am passionate about SADD. I want to make a positive difference in someone's, anyone's life. AND I'm totally psyched for this year's state conference!

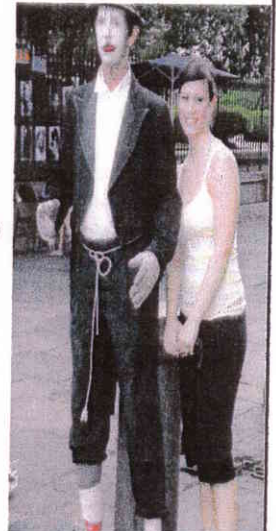
**Jacob Hanes**

I am going to be a senior at Shelton High. I'm anxious to graduate and attend Brigham Young University of Idaho. Sports consume the majority of my time; second year varsity football captain and state contender in the shot put and discus. I have many other hobbies that fill up my little free time. I joined SADD based on the ideals that SADD stands for, which support my personal values very well. I hope to make a change in at least one person's life. while being on the YAB.

**Sam Metcalf**

Co-Facilitator and Newsletter Editor

I am going to be a junior at Raymond High School. I am nice, fun and ambitious. I have eight siblings. I've been the RHS SADD president since my sophomore year. This is my second year on the board, first holding office. I love SADD and would love to share my thoughts and experiences with anyone who'd listen.



I'm going to be a senior at Cle Elum-Roslyn High School I've been involved in SADD since 7<sup>th</sup> grade and served as president for my local club starting my junior year. I'm involved in SADD because my school has a huge teenage drinking and drug problem, actually the whole town when it comes down to it.

**David Allen**



**Not featured: Chaz Hipple, Keith Kranich (Co-Facilitator), Kortnee' Miller, Taleena Robinson (Co-Treasurer), Brit-tany Pucket, and Caley Murphey.**

Kelsea Larsen was last year's YAB facilitator and now she is the first Washington person to be on the National SADD Board.

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## Activity Ideas –Sam Metcalf

- **Speakers**-It's nice to go to conferences where you can see speakers and whether or not they would pertain to your high school.
- **Seat belt checks**-Sit at the entrances of the parking lot and tally up those of who do and do not have their seat belt on. Give out prizes, like suckers, to the students who are wearing their seat belts and persuade the students who aren't to wear one.
- **Black out**-Every 23 minutes someone dies because of an alcohol related accident and you represent this by dressing someone up in all black and painting their faces white. They are unable to speak and sometimes clubs put up paper tombstones on the wall to make more of an effect.
- **Giveaways**-Randomly give out candy like Dum-Dums that say, "Don't be a dummy and drink and drive." You can also find those hammer key chains that they "Get hammered, get nailed." It's easy if you are creative.
- **Chain of Life**-If your school has a problem with suicide you can make a paper chain representing all the students and once one dies you break the chain.
- **Teen Line**-You can set up a teen help line where students can call if they are facing a hard time.
- **Mock car crash**-Students partake in a reenactment of an alcohol related car crash. You get the police involved and possibly the news also. You can also have a fake funeral. There's a big impact if you place in a mirror in the casket, so when students look they see themselves. You can also have students read their "last words." You really have them write them as if they were their last words.
- **Drunk driving obstacle course**-Get a pair of drunk goggles and a golf cart and set up an obstacle course with safety cones and let students drive through it with and without the goggles to see the effects of drunk driving.

**You can do these activities and more at your school.**

## Meet the SADD State Coordinator; Gerald Apple

I am married to a great lady, Helen Johnston. I have one daughter, Amy Hickox who is thirty-three years old, and is married and lives in San Francisco.

I retired six years ago from teaching Pacific Northwest History at Shelton High School. I am still teaching traffic safety education at SHS and I work with other TSE programs at the Edu-

cational Service District #113 in Olympia. Plus, I am the state SADD coordinator.



I enjoy being the advisor for the Shelton HS and MS SADD clubs. We have a great group of officers this year and the students and I are looking forward to going to the state and national conferences. My favorite SADD club projects are the TATU,

Little Stars, Relay for Life and "Hearts and Hands" projects.

My favorite hobbies are weight lifting, swimming, walking my greyhound (LaVacca who is always followed by our two tabby cats; Oscar and Felix) and taking my wife out to a nice restaurant and then going to the show or dancing.