

# BACKPACK NEWSFLASH



Building Community Assets

Sponsored by: Fulton Bank - Premier Division

## MAKING THE CONNECTION - VOLUNTEER AND SPONSOR BREAKFAST

On Thursday, September 25<sup>th</sup>, CB Cares held its annual Sponsor and Volunteer Appreciation Breakfast at The Waterwheel restaurant. Guests enjoyed a delicious buffet as we recognized the contributions of our many donors, sponsors, and partners who have so generously contributed to the success of our programs this past year. Special recognition went to Fred Beans Family of Dealerships, Jesse Berdinka of Chubby's Dairy Barn in Plumsteadville, The Bucks County Herald, Outback Steakhouse in Jamison, and Tim Philpot of the Bucks County Council on Alcoholism and Drug Dependence, Inc. There were many other individuals and businesses, too many to list here in the Backpack. Thanks again to those of you who have helped us sustain our work in the Central Bucks community.



## A REALLY IMPORTANT NEWSFLASH!!!

Findings from an evaluation of the Drug-Free Communities (DFC) program showed that in communities where there are DFC coalitions, substance use rates among high-school

students were significantly lower than national rates. The following statistics were reported:

- \* Current use of marijuana among high school students in DFC communities is 9.9 percent lower than the reported national average;
- \* Average youth alcohol use in DFC communities is 23.3 percent lower than the national average;
- \* Annual tobacco use is ten percent lower in DFC communities than the national average.

While youth drug use has been declining across the United States, it has declined more rapidly in communities with DFC coalitions.

This is wonderful news, as CB Cares and the Bucks County Council on Alcoholism and Drug Dependence, Inc. partner to spearhead this project in our Central Bucks community. Many of the programs that you have come to know are funded through a DFC grant that we receive through the federal government. We could not be more pleased that this research documents, once again, the effectiveness of our youth and parent programs.



## IT'S BACK- MASQUERADE OH-8!

Do NOT miss one of the best Halloween parties in Bucks County! Last year the Mercer Museum was home to our first masquerade party, and we're hoping all you groovy guys and ghouls will join us to experience this wildly popular happening within the walls of the Elkins Gallery at the Mercer. Prepare yourself for marvel, mayhem and madness as we celebrate the 25<sup>th</sup> anniversary of Thriller. Prizes will be awarded in six categories: Most Hysterical, Best Celebrity Look-Alike, Best Time Period, Most Horrifying, Most Original Couple, and Best Overall Costume. A fall fabulous boo-fey will be served along with seasonal adult beverages.



**Date: Saturday, November 1**

**Place: Mercer Museum**

**Time: 8:00 p.m.**

**Advanced Tickets: \$100.00/couple, \$60.00 per person**

**At the door: \$120.00/couple, \$65.00 per person**

\*Grand Prize for Best Overall Costume will be a 4-night stay at the brand new all-suite, all-inclusive Lady Hamilton Resort and Spa in Jamaica provided by Cheap Caribbean



**YOUTH TO  
COMMUNITY (Y2C)  
ARTS SERIES**

We are continuing to expand our list of performance venues for our middle and high school students who love to sing, dance, play an instrument solo or in a group, or paint/draw. In September we provided entertainment for the James A. Michener's 20<sup>th</sup> Anniversary celebration . If you are a teen who wants to showcase your talent, please call CB Cares offices at 215-489-9120 and we will try to find you an opportunity!



**BOOMERANG YOUTH  
RECOGNITION AWARD**

**The Boomerang Award Asset for October is #21-- Achievement Motivation. Young person is motivated to do well in school.** The student demonstrates a desire to be successful in the classroom setting.



*Do you know a young person, maybe even your own child or a friend of theirs, who best represents this wonderful quality? The Boomerang Award is a community youth recognition program and we need you!*

Stop in to the student's school and submit a nomination. Cast your vote when you know someone deserving of this district-wide honor. Every student who is nominated will receive a small gift from CB Cares.

For more info, contact Barbara Gross, CB Cares Outreach Coordinator, at 215-489-9120.



Come join the festivities at the Shops at Valley Square in Warrington. There will be activities for all ages. CB Cares' **Youth 2 Community Arts Series** will provide musical talent from the area on the main stage. The day will conclude with a Halloween costume parade and merchants will provide trick or treats for the kids.

**Fall Festival  
Shops at Valley Square  
611 & Street Road  
Warrington  
Saturday October 25th  
10 am - 2 pm**

**COMMUNITY PROGRAMS**

**RED RIBBON WEEK FOCUSES ON DRUG AND ALCOHOL USE**



Red Ribbon Week is an annual observance of **alcohol and other drug awareness** in schools and communities across the nation. The Red Ribbon Campaign is now the oldest and largest drug prevention program in the country, reaching millions of young people each year during Red Ribbon Week, this year October 18-26. It is

an ideal way for people and communities to unite and take a visible stand against drugs: individuals of all ages follow the tradition of wearing and displaying red ribbons as a symbol of intolerance towards the use of drugs. **FIND OUT WHAT YOUR SCHOOLS AND COMMUNITIES ARE DOING DURING THIS IMPORTANT TIME.** Visit [www.stopalcoholabuse.gov/redribbonweek](http://www.stopalcoholabuse.gov/redribbonweek) for more info.

**PUMKINFEST IS BACK!**

The Bucks County Pumpkinfest will take place on Saturday and Sunday, October 25 and 26, 2008 from 12:00-9:00 pm each day. This fun-filled family festival is the largest 2-day drug-free and alcohol-free event of its kind in Pennsylvania. Pumpkinfest is a county-wide event that engages more than 450 volunteers and draws more than 25,000 visitors. All activities take place at Fonthill Park and kids of all ages, from toddlers to the young at heart, are invited to join the celebration. Pumpkinfest's stages are the centerpiece for continuous live entertainment throughout the weekend. Tom Chapin, the main attraction, will perform on the Main Stage on Saturday from 4:30-5:30 pm. The children's stage features hours of educational entertainment. Activities, an inflatable amusement area, petting zoo, hayride and delicious seasonal food will keep the entire family entertained. Don't miss the awe-inspiring Pumpkin Gallery where area artists carve 100-300 pound pumpkin squash. We invite you to be a part of this fun and exciting fall weekend.



## CENTRAL BUCKS FAMILY YMCA TEEN ACTIVITIES

Central Bucks Family YMCA welcomes all teens and invites them to visit the **Teen Center** and **Skate Park**. The Teen Center is free to all community teens, 7<sup>th</sup> to 12<sup>th</sup> grades and offers the following activities:



**Skate Park (Fall Hours)**  
 3-8 PM Monday through Friday  
 1-6 PM Saturday and Sunday

**Free Homework Help**  
 3-8 PM Monday through Friday

### **FREE Teen Nights**

Music and dancing  
 Held every 1<sup>st</sup> and 3<sup>rd</sup> Friday for 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> grades.

### **Band Jams**

Hosted year-round every 2<sup>nd</sup> and 4<sup>th</sup> Friday  
 6 to 9PM

The Skate Park will host an **October competition** and exhibition. Check [www.cbymca.org](http://www.cbymca.org) for details. Drop-in fees or an annual Skate Park membership fee applies to skate park participants. A signed waiver is mandatory.

Additional Teen activities can be found through a Full Privilege Teen membership. Both the Teen Center and Skate Park are included, as is use of the Fitness Center, Pool, Gymnasium, free fitness classes, Yoga, spinning, strength and fitness and more. Convenient monthly or annual payment plan offered; no Joining Fee for Teens.

**Financial assistance is available.** More information can be found by going to [www.cbymca.org](http://www.cbymca.org), or by calling Jason A. DePue, Associate Teen & Skate Park Director, 215 - 348-8131 x143



On March 16, the Pennsylvania Middle School Association named Rep. Quinn the recipient of its 2008 Advocate for Public Education Award for her role in promoting the "Schools to Watch Program" and for her work with schools in the 143rd District. Quinn is only the fourth recipient of the award. Pictured with Quinn is Len Ference, executive director of PMSA.



Keep Doylestown unique and thriving! Support the locally-owned, independent shops and restaurants that make our town a cultural landmark in Bucks County and a great place to live. While doing so, you'll be supporting CB Cares.

Here's how it works:

- Purchase a **Shop Local, Dine Local** card for \$16. This program is sponsored by the Doylestown Business & Community Alliance.
- Keep the card in your wallet and present it to any of the participants to receive special discounts and incentives. The cards are valid thru December 09. For more information on Shop Local participants and where to purchase the card visit: [doylestownalliance.org](http://doylestownalliance.org).
- Two thirds of the proceeds from the sale of the **Shop Local, Dine Local** cards will go directly to CB Cares and Habitat for Humanity.

Your first opportunity this season to attend a **Shop Local, Dine Local** event will be "Twas the night before Halloween" on Thursday, October 30th between 5 - 8 pm. This evening will provide your children with a jumpstart to their trick or treating. (Costumes optional)

## **GET INVOLVED**

- As a nonprofit organization, **CB Cares** depends on you to keep our valuable programs in place. If you would like to help or make a donation please contact 215.489.9120.
- Volunteer Opportunities
- Donate
- Become a Sponsor
- EITC program for businesses

## PARENT NETWORK

PARENTS.  
THE ANTI-DRUG.

### GUIDING GOOD CHOICES COMING SOON



Guiding Good Choices is a researched based, 5-session program for parents of children in grades 4-8 (ages 9-14) which focuses on developing strong families. Parents learn specific strategies for promoting healthy behaviors, thus reducing risks that correlate with adolescent health and behavior problems. Parents learn how to strengthen family bonds, set a clear position on drugs, teach children skills they will need to make healthy choices, and increase children's involvement in the family.

**Sessions begin Thursday, October 23, 2008 and continue on Oct 30, Nov. 6, 13, and 20.** Sessions will take place at CB Cares Offices, Bailiwick Office Campus, 252 W. Swamp Rd., Suite #5, Doylestown, from 7:00 p.m. – 9:00 p.m. (snack included). There is a \$10.00 charge for materials. To register, call Barbara Gross at CB Cares offices, 215-489-9120.

### PARENT RAP

Bring your parenting questions to Dr. Barry Ginsberg, a CB Cares staff member, and a representative from a local police department. Share your experiences and concerns as you learn from other parents and professionals. Parent Rap will take place on Friday morning, **Nov. 14th from 9:30-11:00 a.m. in CB Cares offices, 252 W. Swamp Road, Suite #5, Doylestown.**

Parents are invited to cover costs with a \$5.00 voluntary donation. Light refreshments will be served. For more information, call Barbara Gross at 215-489-9120



## Everyday Parenting Ideas

### LOOSENING THE REINS: INCREASING TEENS' PRIVILEGES

Many parents worry that the minute they grant their teens more privileges, their teens will start either abusing their newfound independence, or worse, put themselves in dangerous situations.

#### Solutions

**#1 Lay the Groundwork Early**—Teen boundaries are planted when the kids are nine or 10 and start to be given 'grown-up' responsibilities, such as letting themselves into the house alone after school or walking to the corner store with a friend. Having them deal with safety issues then makes it easier to handle bigger issues like going to parties or movies with friends during the teenage years.

**#2 Know Your Kids' Capabilities** - When it comes to expanding privileges it really depends on the teen. You have to trust your gut when it comes to how much you think your kids can handle and not just say 'yes' because you feel pressured.

**#3 Talk to Other Parents** - Teens will always say everyone's curfew is later than theirs. Getting involved with your children's schools' Parent Teacher Associations or Organizations is another excellent way to meet other parents.

**#4 Stay Connected** - Maintain an open line of communication with your teenagers. Without lecturing, make sure you talk to them about your expectations, including your concerns.

### CB CARES OFFERS PARENT EDUCATION PROGRAMS

CB Cares offers Home and School Associations, School Counselors, and other community groups a selection of parent education programs, ranging from drug and alcohol issues, to stress reduction in the family, to discipline issues, to backpack safety, homework tips, etc. These offerings are 45 min.-1 hour in length and are presented by professionals and agencies from our community. Sessions can take place in the daytime or evening. For a complete list of presentation topics, contact Barbara Gross, Outreach Coordinator, 215.489.9120.

### PARENTS OF SUPPORTED CHILDREN IN CENTRAL BUCKS

Join with other parents of children with learning differences or special needs. This month's meeting features Suzanne McDougall from the Office of Dispute Resolution of the PA Department of Education discussing, "Procedural Safeguards for Parents and IEP Members", Tuesday, October 28 at Simon Butler Elementary School in Chalfont from 7-9 p.m. Come for an informative presentation and a chance to meet parents with similar experiences. This meeting is not sponsored by the CB school district or any of its schools. Please contact Tricie DeAngelis at (267) 218-1671 if you have any questions.



[www.cb-cares.org](http://www.cb-cares.org)

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