

**OPERATION:
SPIRIT™**

Connecting

Supportive Parents Involved in Raising Incredible Teens

Join Us at the Dinner Table and Discover the Power of Family Meals

Disconnected? Tired? Overwhelmed? Hungry? Then join me at the dinner table and discover the power of family meals.

That's right, the dinner table. What was once common to about everyone's daily routine, family meal time has practically vanished and its disappearance has had far-reaching effects on individuals, families and society at large.

Research by The National Center on Addiction and Substance Abuse (CASA) has consistently found that children and teens that have frequent family dinners:

- Are at half the risk for substance abuse compared to teens who dine with their families infrequently.
- Are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs.
- Are likelier to get better grades in school.
- Have lower levels of tension and stress at home.
- Are likelier to say they can confide in their parents.
- Are more likely to be emotionally content and have positive peer relationships.

How can something so simple have such profound and far reaching effects? Join Operation: SPIRIT as we feast on the smorgasbord of this topic and as we read, "The Surprising Power of Family Meals" in our Book & Cook program. Packed full of stories, studies, arguments and examples, readers will recognize the lifeline that family meals provide and will be encouraged to connect with their loved ones on a more regular basis.

Recognizing the stretched calendars that we all have, Book & Cook will not further tax your schedule. We'll meet only twice at SOHS for one hour each time. The program consists of reading the book "The Surprising Power of Family Meals," and discussion will

be held via the Internet, so you can comment and ask questions at your convenience. Our closing activity, a meal preparation, is optional. It's available for those who might not be overly handy in the kitchen, want to connect with other parents or just looking for some new recipes.



"What if I told you that there was a magic bullet—

something that would improve the quality of your daily life, your children's chances of success in the world, your family's health? Something that is inexpensive, simple to produce...?"

Are you craving for your family, to be "smarter, stronger, healthier and happier?*" Then "The Surprising Power of Family Meals" is a must read and participating in Operation Spirit's Book & Cook program is a must do.

For detailed information about the Book & Cook program, visit www.OperationSpirit.net.

Quote paraphrased from press release for "The Surprising Power of Family Meals."

Study results based upon CASA at Columbia University, Family Day 2006 brochure

Operation: SPIRIT Update

Parent Resource Room Opens Nov 1, 2006!
South Oldham High School: Room 121
Operating Hours:
Mon/Wed/Fri: 8:30am – 2:30pm
Tue/Thurs: Reserved for Small Groups and special activities

Please stop in if you have parenting issues, need resources or would just like to learn more about Operation: SPIRIT. We can't wait to meet you!

Did you see Oprah Winfrey's recent show about Challenge Day?

If not, I urge you to log on to their website at www.challengeday.org because Operation: SPIRIT would love to bring this amazing program to South Oldham.

This powerful, life changing event is designed to help our kids stop teen violence and alienation with one another and build personal relationships that would otherwise never be established. If you would like to see REAL CHANGE occur on the South Oldham Campus...changed hearts, changed lives and an overall change in the culture, please support us by learning more about Challenge Day. This is one program that truly gets to the root of teen issues by providing a safe and supportive venue for students to speak and listen to one another. Check it out...

www.Challengeday.org! Then share your thoughts with us!

The Operation: SPIRIT Newsletter is part of our six strategy model to better reach the community.



Important Issues:

A new page for our parent handbook

HUFFING or dusting

definition: A cheap and easily accessible high by abusing inhalants and solvents found in common household products. Huffing involves either breathing directly from an aerosol or through a cloth soaked in solvent (also referred to as "bagging" which requires the substance be contained in a plastic or paper bag which is then breathed from) "Dust Off" (a product used to clean computer keyboards) is just one of a thousand or more products that can end your teen's life the very first time it is inhaled.

TRENDS

- Very few parents are aware of this extremely dangerous activity— Sudden death can occur on the first try.
- Huffing is slowly creeping back into popularity with one in five American children saying they have tried it.
- This is a very cheap and very accessible way for kids to get high.
- Kentucky is among seven states in the nation with inhalant abuse rates that are twice the expected number based on population.
- The peak age of inhalant abusers is 14 to 15 years, with onset occurring in those as young as 6 to 8 years. Use declines typically by ages 17 to 19.

(American Academy of Pediatrics)

MISCONCEPTIONS

- "My child would never do this" *Ask your teen and find out if they, or their friends have ever tried this... you might be surprised!*
- "My child might try this once, but that's no big deal" *Sudden death can, and has, occurred on the first try, making one's first time attempt their last.*
- "We don't have those kind of products in our house." *These products are normal and ordinary including air fresheners, Magic Markers, spray deodorant, furniture polish, gasoline, etc.*
- "It's just compressed air." *Huffing can cause a disturbance of heart rhythm known as "sudden sniffing death syndrome" as well as brain damage, suffocation or asphyxiation.*

WARNING SIGNS

- Spots or sores around the mouth
- Paints or stains on clothing or body
- Red or runny eyes or nose
- Chemical odor on breath
- Drunk, dazed or dizzy appearance
- Nausea, loss of appetite
- Anxiety, excitability, irritability

"Parents need to talk to their kids TODAY about this!"

For Information:
National Inhalant Prevention Coalition
800-269-4237
www.inhalants.org

Sources:
National Inhalant Prevention Coalition
Cengel, Katya (06,09,27). Huffing: A deadly 'cheap high'. The Courier-Journal, p. A4.

SO WHAT NOW? advice

tips for parents:

Talk to your teen about huffing right away. Warn them of the dangers, pointing out that the first time they try this could easily be the last. If you find someone you suspect of huffing:

- (1) Remain calm, do not excite the abuser
- (2) If the person is unconscious or not breathing, administer CPR and call 911
- (3) Check for clues of what was used
- (4) Once the person recovers, seek professional help. There is no local referring agency, but most drug treatment centers treat inhalant abuse.

Resources:
The Healing Place (For Adults Only)
(502) 584-6606
Ten Broeck Hospital
(502) 896-0495
Better Alternatives Counseling
(502) 454-6350

Small Groups

Next Start Date January 9, 2007

Our teenagers are well networked with one another.

Unfortunately, parents are not. We think it's time to change that.

Did you ever wish you could sit down in a safe and confidential environment and talk to some other parents about raising teenagers? Well now you can do exactly that!

Operation: SPIRIT is currently offering the well known "Parent to Parent" video driven curriculum to help educate parents and stimulate healthy discussions in a small group setting. There are 8 one hour sessions that cover a variety of issues related to raising teenagers in a "toxic culture". These sessions will be offered on Tuesday and Thursday mornings/evenings in the Parent Resource Room beginning January 9, 2007.

By participating in one of our small groups, you will not only walk away with solid, practical strategies for raising incredible teenagers, but you will also leave with a support group and network of parents you know on a personal level! If you would like to register or learn

more about our Small Group Program or the Parent to Parent curriculum, please log on to our website www.operationspirit.net and click on "Small Groups." You are also welcome to preview the material in our Parent Resource Room.

Small Group Structure:

- Up to 14 parents in Rm 121
- 5 minutes of introduction
- 25 minutes of video
- 30 minutes of discussion

For more information, or to sign up for a small group, please stop in our Parent Resource Room or register your interest and preferred day and time on-line.

Dad's, this is for you, too!

Fundraising

We have big plans for 2007

We're reaching out to parents, step parents, grandparents and all caregivers of teens by offering exciting guest speakers, proven parenting curriculum and life changing campus events for you and your teen! We're excited to include these in our plans, but the only way we can make these programs a reality is with your financial support.

Would you please consider making a financial contribution to Operation: SPIRIT? Financial donations will be acknowledged in future editions of our Operation: SPIRIT Parent Handbook. Thank you in advance for your generosity which never ceases to amaze us!

Please make checks payable to:
Operation: SPIRIT
7512 Cambridge Drive
Crestwood KY 40014
or donations can be made on-line.

2006 FINANCIAL STATEMENT

Beginning Balance	\$2,500.00
YTD Donations	\$16,172.98
Grant	\$300.00
Total Income	\$18,972.98
Expenses:	
Printing	\$6,871.22
Parent Resource Room	\$3,516.20
Special Events	\$559.40
Filing Fees	\$504.00
Miscellaneous	\$1,600.00
Total Expenses	\$13,050.82
Cash on Hand	\$5,922.16



Family Meal Corner

Eating together makes us smarter, stronger, healthier and happier!

Super Target Pizza Burger

"So much more than a plain-Jane burger, and easier to grill than a homemade pizza. These burgers are as delicious as they are simple to fix."

Submitted by: Super Target
Serves: 4
Preparation time: 20 Minutes

WHAT YOU NEED

- 1 pound lean ground beef
- 3/4 cup chopped pepperoni
- 1/2 cup Contadina pizza squeeze sauce
- 4 slices Market Pantry™ Deli-sliced Mozzarella cheese
- 4 Archer Farms™ Hamburger Buns

WHAT YOU DO

Heat grill (or broiler).

In medium bowl, combine beef, pepperoni and 1/4 cup of sauce. Form into 4 (1/2-inch thick) patties.

When ready to grill, place the patties over medium heat. Cook for 6 to 8 minutes, or until thoroughly cooked. During last 45 seconds of cooking, top with cheese.

Meanwhile, heat remaining pizza sauce. Place burgers on bun. Top with sauce and remaining half of bun.

Recipe taken from recipes.target.com

OS Reaching the Community!

Six Strategies to Help Families

Operation: SPIRIT is a non-profit independent organization dedicated to all parents and caregivers of teenagers without regard to race, religion or ethnic origin, offering encouragement and educational resources for the purpose of helping families grow together. We strive to meet this goal through the implementation of six strategies, or methods, which include:

An On-Site Parent Resource Center

Rm. 121 SOHS: Use our resources or share parenting concerns in a safe environment.

A Practical Parent Handbook

Covering important teen issues

Speaker Events

Professionals share their advice

Small Groups

Focused on teen and parenting issues

SPIRIT Events

Fun, supervised events for parents and teens

Operation: SPIRIT Website

Events, issues and donation information



publications



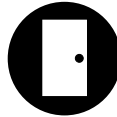
spirit events



speakers



website



resource room



small groups

We just finished our 6th session of small groups. Awesome! It just keeps getting better and better. Here are some personal statements from a few of the participants:

"I feel empowered to do what I need to do as a mother of teenagers."

—Mother of 2 students on South Campus

"I am inspired and empowered by the support and lessons in [this] program."

—Mother of two

"The SPIRIT group wasn't at all what I expected. There is something profound to learn that applies to all our children through a small group experience."

—Terri Griffin

"The Operation: SPIRIT video series [(created a support group that)] gave us tools to connect with our teens and information that raised awareness to the issues our kids face. It was well worth my time!"

—Susan Boyles



small groups

Operation: SPIRIT, Inc.
5900 Highway 329 Bypass
Crestwood, KY 40014
(502) 241-6681 x121

VISIT OUR WEBSITE FOR NEWS, EVENTS, AND TO LEARN ABOUT HOW YOU CAN HELP!

www.operationspirit.net

Raising Incredible Teenagers!
Supportive Parents Involved in



Operation: SPIRIT
South Oldham High School • Room 121
5900 Highway 329 Bypass
Crestwood, KY 40014