



**BUILDING A HEALTHY,  
THRIVING & DRUG-FREE  
COMMUNITY  
FOR ALL SINCE 2002**

Vol. 1, #5 \* Non-profit Action Network Family Resource Centers: Located in Gualala & Pt. Arena \* Nov. 27, 2012

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**ALL HALLOWS EVE**

**Halloween in Point Arena** was a Howling success for Action Network this year. One hundred fifty kids and their parents stopped by our Resource Center at 200 Main Street to celebrate the holiday and enjoy healthy snacks such as turkey dogs, yogurt, orange juice, and fresh fruit.

Natalia Bolanos, a youth volunteer for Action Network, planned the entire event including the food, decorations, and inviting a real, live Witch to greet both brave and timid visitors to our Family Resource Center. Thank you for your inspiration, Natalia!

In addition to providing lots of good food for the stormy night, Action Network also handed out prizes and information about Red Ribbon Week and information regarding adoption options for Mendocino County residents.



**Upcoming!**

- **Save the Date! December 1 - KGUA 88.3 FM fundraiser.** 2:00 - 5:00 p.m.--food, entertainment, raffle, etc. Suggested donation of \$10/per adult and children attend free. See ICO for more information.
- **DECEMBER 15** -Santa Claus at the Four-Eyed Frog
- **DECEMBER 15** - Action Network Holiday Open House 11:00am - 3:00pm (Upstairs from the Frog)
- **March 23, 2013 - Save the Date! Asian Feast benefiting Action Network and Gualala Arts.**  
 Watch for details - purchase tickets early.



*WIC nutritionist assistants Maria Hurtado and Janette Ornelas offer nutritional help to Naomie Moreles' daughter Julie Anna (center) at Action Network Family Resource Center in Gualala Free Nutrition Program Offered in Gualala and Point Arena*

WIC is a Federal program that offers supplemental food, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Anyone who resides in Mendocino or Sonoma County may qualify depending upon income level. To be eligible on the basis of income, applicants' gross income must fall at or below 185 percent of the U.S. Poverty Income Guidelines. In other words, if you have a family of six and receive a monthly salary of \$4,624 or less; or, are a family of five members who earn \$4,035 monthly or less; or, if you have a family of four and earn less than \$ 3,446 per month, you may qualify.

To access this program, you need to have one or more children under the age of five, or be pregnant. WIC provides families with supplemental nutritious foods, nutrition education and counseling, and screening and referrals to other health, welfare and social services such as Action Network. Families participating in this program are entitled to special vouchers for the food which can be redeemed at the store of their choice, provided that the store participates in the program.

The WIC staff from Fort Bragg will provide their services in Point Arena at the Point Arena Court House on December 4, and in Gualala at Action Network on December 18, from 9:30am – 2pm. No appointment is necessary but is appreciated.

For more information or to make an appointment, contact the Fort Bragg WIC office at 120 West Fir Street, 964-7106.

## Tips For Keeping Your Party Guests Safe This Holiday

It's the winter holiday season - a time to enjoy the company of family and friends. Home dinner parties, informal gatherings, and other celebrations are abundant... and oftentimes, so is the alcohol.

Surveys show that over one-third of individuals arrested for drunk driving had been drinking at home or someone else's home prior to their arrest. More than half believed they were okay to drive when they left the party. And, the alcohol-related injury collisions in November, December and January (the prime months for holiday entertaining) are often higher than at other times throughout the year.

Now is the perfect time to plan ahead. Here are some simple things you can do so that all your guests enjoy themselves and get home safely.

- Do not allow minors to drink alcohol.
- Limit your alcohol intake so that you can better judge if your guests are sober enough to drive at the end of the night.
- Provide plenty of non-alcoholic beverages and always serve food.
- Keep in mind that beer and wine are just as intoxicating as hard liquor.
- Do not pressure guests to drink and don't rush to fill their empty glasses.
- Be aware of guests who are drinking too much; stop serving if you think they are intoxicated.
- Stop serving alcohol toward the end of the evening. The average person metabolizes alcohol at the rate of about one drink per hour. Only time will sober a person up. Drinking strong coffee will not help.
- If your guests drink too much or appear too tired to drive, arrange a ride with a sober guest, or allow them to sleep at your home.

**Best wishes for a safe and happy holiday season!**

*This information was provided by Sonoma County Department of Health Services and sponsored by the Across Ages and Cultures Prevention Coalition. For more information on becoming a part of the solution, contact us at 707-884-5413.*



**The Mendocino Diaper Depot provides diapers through Action Network Family Resource Center for those in an emergency situation. If you're in need, please stop by our Gualala office at 39144 Ocean Drive to pick up a bundle of diapers.**