



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

Vol. 1, #9

Action Network Family Resource Centers Located in Gualala and Point Arena

April 1, 2013

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Second Annual Cinco de Mayo Mariachi Festival—Saturday, May 4, 2013

Everyone is invited to attend Action Network's 2nd Annual **Cinco de Mayo Mariachi Festival** on Saturday, May 4, 2013 from 1:00-5:00pm in the back parking lot of Jay Baker Hardware in downtown Gualala. Admission is free.



In addition to a live Mariachi band, AZTEC DANCERS will be performing traditional Aztec dances and will speak about the Aztec culture.

POMO DANCERS, COAST FOLKLORIC DANCERS, and the WEST AFRICAN DRUM DANCERS will also be performing traditional dances for your enjoyment.

MCs will be JAVIER CHAVEZ of Action Network and PEGGY BERRYHILL, General Manager of KGUA, Gualala, 88.3FM, the South Coast's community listener-sponsored radio station.

Delicious food will be available to purchase including Tamales Plate with beans and rice, Mole Poblano with yellow Mexican rice, and Enchiladas Plate with beans and rice.

Drinks will include aguas frescas, which are refreshing traditional Mexican drinks

made from natural fruits and herbs. We will also have Horchata, Tamarindo and Jamaica.

Sponsors are urgently needed. With a donation of \$100 you will receive an All You Can Eat Mexican food dinner for two with a choice of three plates: Mole Poblano, Tamale Plate with beans and rice, and Posole, as well as our delicious aguas frescas **plus** a live Mariachi Band performance, traditional cultural dancers, and other entertainment. Of course, any amount you can donate will be gratefully accepted.

For information on how to support the Mariachi Festival as a sponsor, or to volunteer, please contact Javier Chavez at **(707)884-5414** or javier@actionnetwork.info

This event is sponsored by Action Network Family Resource Centers and will include kids' activities and fun for the whole family, while helping to sustain two important community programs:

ACTION NETWORK'S COAST FOLKLORIC DANCERS - This program is for youth 7-18 years of age and it teaches traditional cultural dances from Mexico.

The Action Network COAST FOLKLORIC DANCERS group is made up of adults and kids from the Gualala and Point Arena areas. They have been in existence for 8 years, performing Mexican cultural dances at many events. For more information on how to join the group contact Lupita Razo at **(707)495-2113**.

YOUTH ENRICHMENT PROGRAM—This program provides positive after school activities such as cooking classes, physical fitness programs, summer activities, and much more. For more information on this fun and educational program contact Leah Kirby at **(707)884-5413**.

We hope that you will join us in helping to support these important programs that help our community be a better place to live. We sincerely appreciate your support!

After School Youth Enrichment Program for kids 10 and under, every Friday afternoon in Point Arena. Come and join the fun.

April is Child Abuse Prevention Awareness Month
(see article on page 2)

Upcoming Events

April 19 - Music Together resumes - Space limited, sign up soon
May 4 - Action Network's Cinco de Mayo Celebration
July 6 - Independence Day Street Fair in Point Arena at the pier
July 7 - Independence Day parade in Point Arena

April is National Child Abuse Prevention Month, a time to increase public awareness about the importance of preventing child abuse and neglect. It also serves as a time to remember those who have suffered, as well as a reminder to continue the important work to help kids and families stay safe and be strong.

The future prosperity of any community depends on its ability to foster the health and well-being of the next generation. When a community invests wisely in children and families, the next generation will pay that back through a lifetime of productivity and responsible citizenship. Yet, when not all children have equal opportunity for healthy growth and development — due to experiences of child abuse and neglect — we put our future at risk.

Child abuse is any act that endangers a child's physical or emotional health and development, and it often takes place in the home. The child often knows the abuser well — a parent, relative, babysitter, or friend of the family.

There are four different types of child mistreatment:

- Neglect is failure to provide for a child's basic needs including physical, educational, and emotional needs.
- Physical abuse is physical injury as a result of hitting, kicking, shaking, burning, or otherwise harming a child.
- Sexual abuse may include indecent exposure, fondling, rape, or commercial exploitation through prostitution or the production of pornographic materials.
- Emotional abuse is any pattern of behavior that

impairs a child's emotional development or sense of self-worth, including constant criticism, threats, and rejection.

The long-term impact of child abuse is sobering. More than 20% of mistreated children have learning disorders requiring special education.

More than a quarter of children who are abused or neglected become delinquents, compared to 17% of children in the general population.

In a study of 17,000 adults, those abused as children were more likely to become suicidal; twice as likely to be smokers; twice as likely to be severely obese; twice as likely to become alcoholics; and three times as likely to develop a drug addiction.

Research shows that investing in child abuse prevention programs — including parent education classes, safety programs designed to make children less vulnerable targets for abuse, and home visitation — yields a 19 to 1 savings over the long-term costs to society of child abuse.

The American Medical Association reports that preventing child mistreatment may be a key factor in preventing youth violence. Intervention may help prevent future domestic violence and dating violence.






Please join us at Action Network on Friday, April 26th, from 11:30-2:30 as we celebrate Family Day. We'll have hot dogs on the BBQ, a jumpy house, face painting, and arts and crafts.

Help raise Child Abuse Prevention awareness and be a positive community influence!






MUSIC TOGETHER CLASSES RESUME

ON APRIL 19

The first semester of the inaugural Action Network 'Music Together' program has now been completed, and enthusiasm is running high! Kim Ghezzi, Action Network's Family Educator, and one of Music Together's presenters - along with Roxanne Claflin - explains "I am so happy and intrigued at the response of both the kids and parents to this program. Each week the songs and music change, and the participation level and excitement grows". Class activities include songs and chants, small and large-movement experiences, and instrument play. Music Together is **FUN**, and it is also a well thought-out, research based, educationally sound approach to music-learning that has been offered to children and their care-givers since its creation in 1987.

Although space is limited there are still a few seats available. Cost is \$110 for 10 classes. Sign up today!

"We love this program and would do it year round if it was available. It's so enriching and really encourages my child's engagement with the various instruments."



April is also Alcohol Awareness Month

Alcohol use by young people is extremely dangerous - both to themselves and to society - and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors. Annually, over 6,500 people under the age of 21 die from alcohol-related injuries and thousands more are injured. Reducing underage drinking is critical to securing a healthy future for America's youth and requires a cooperative effort from parents, schools, community organizations, business leaders, government agencies, the entertainment industry, alcohol manufacturers/retailers and young people.

For more information about the hazards of underage drinking, visit the NCADD website at: www.ncadd.org.