



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

Vol. 1, #12

Action Network Family Resource Centers Located in Gualala and Point Arena

December 2013

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**HAPPY HOLIDAYS FROM ACTION NETWORK**

**Beating the Holiday Blues**

The holidays are meant to be joyful, not full of worry and woe. So, here are a few ideas that may help you and your family enjoy a more relaxing and meaningful holiday season.

Remember the spirit of the season. Help someone less fortunate. Volunteer time or donate to a local service program that helps those in need.

Be a friend. There are people up and down the area that don't have friends or family members nearby.

Remember family members who are no longer with us. It's natural to feel sad. Holidays are a time of reflection. If you have strong feelings of sadness, try to reach out to someone you trust to talk about your feelings, or contact local resources such as your pastor, doctor, counselor, RCMS, Coastal Seniors or Action Network Family Resource Center, for help and support.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Have a healthy snack before holiday parties so that you don't go overboard on sweets and high calorie beverages like eggnog!

Maybe it's time to re-evaluate your family present giving traditions – some families only give presents to

the children; others pick names out a hat to cut down on what they have to buy.

Save time and gas—Shop Local! But when you do go shopping for items not available locally – realize that malls, shops, restaurants, streets and parking lots are likely to be crowded. Plan enough time. Or shop online. Wherever you do your shopping, make a budget and stick to it!



And finally - remember it's the 'Holiday' time, and reflect on experiences, events, and people that have given you pleasure in the past. Be grateful.

**Local Resources & Phone Numbers:**

**Action Network Family Resource Center** 884-5413.

**Coastal Seniors** 882-2237.

**RCMS—Gualala** 884-4005

For life threatening situations—call 911—for suicide Prevention call 24 Hour Hotline 855-587-6373

List adapted from: 'Eight Ideas for De-Stressing the Holidays' by Laura L. Smith, PhD; 'The Christmas "Not To-Do" List' by Marie Hartwell-Walker, ED.D; "Stress, depression and the Holidays' by Mayo Clinic staff.



**Upcoming Events:** Call 884-5413  
**Dec 6, 13 & 20—Parenting Classes.**

**HOLIDAY OPEN HOUSE Sat December 14th:** 1-3pm at Action Network Family Resource Center, Gualala

**Lego Robotics Classes: 5 classes—\$60.** 12/23; 12/30; 12/31; 1/2 and 1/3. **9:30-1pm. Limit 10 kids. Reserve now as these classes fill up quickly.** (see Page2 for details)

**January 10th, 2014—Music Together Winter session starts.** 10 classes + makeup. \$120 per child.

**January 7th, 11th and 16th, 2014: Winter Pinewood Derby Prep** classes at ANFC in Gualala—see page 2 for details

## OUR YOUTH AND TOBACCO

Smoking cigarettes has many health risks for everyone. However, the younger you are when you start smoking, the more problems it can cause. People who start smoking before the age of 21 have the hardest time quitting. Teens who smoke are also more likely to use alcohol and illegal drugs.

The problem is not just cigarettes. Spit tobacco and cigars are not safe alternatives to cigarettes. Low-tar and additive-free tobacco products are also not safe alternatives to cigarettes.

### Facts about Teens & Tobacco: In the United States:

88% of adult daily smokers smoked their first cigarette before 18—some as young as 11 or 12.

Each day 3,600 youth under 16 smoke their first cigarette.

Each day 900 youth become daily cigarette users.

Cigarette smoking accounts for an estimated 443,000 deaths per year

### WHY ARE YOUTH MORE VULNERABLE TO TOBACCO ADDICTION?

**Young people are more sensitive to nicotine.** The younger they are when they start using tobacco, the more likely they are to become addicted to nicotine. Like heroin and cocaine, nicotine acts on the brain and creates feelings of pleasure or satisfaction. Young brains are still developing. That may be one reason many teens feel dependent on tobacco after using it for only a short time, in as short a time as two weeks, according to health studies.

**Young people are more susceptible to Tobacco industry advertising.** The tobacco industry spends nearly \$9 billion a year to promote their products and young people are a prime target for this advertising. With smoking among adults declining, tobacco makers need to replace long term users who have quit ... or died. Young people are more vulnerable and more influenced by marketing than adults. They are also more willing to take risks, even with their health.

## WHAT CAN WE DO?

### Take a Stand at Home—Early and Often

Despite the impact of movies, music, and TV, parents can be the GREATEST INFLUENCE in their kids' lives. Talk directly to children about the risks of tobacco use; if friends or relatives died from tobacco-related illnesses, let your kids know.

If you use tobacco, you can still make a difference. Don't use tobacco in your children's presence, don't offer it to them, and don't leave it where they can easily get it.

Start the dialog about tobacco use at age 5 or 6 and continue through their high school years. Know if your kids' friends use tobacco. Talk about ways to refuse tobacco.

Discuss with kids the false glamorization of tobacco on billboards and in other media, such as movies, TV, and magazines.

**Join with Action Network and the Across Ages and Cultures Coalition to make a difference.** Some of the projects we are working on right now – upcoming KTDE on air interview with Youth and health advocates; help influence local merchants to de-emphasize tobacco product advertising and product placements and promoting warning stickers on tobacco products.

### Winter Pinewood Derby Prep

**Classes: \$15/child** (includes race entry, car kit and all supplies)

1. Tuesday January 7th 4-6pm
2. Saturday Jan 11th 10-12:30
3. Final run-through at Gualala Arts Center either Jan 16 or 17 after school
4. Jan 19-Pinewood Derby at GAC

Mike Thomas of Bones restaurant is again offering these classes at Action Network. Kids pick out their design, Mike makes the cars between 1/7 and 1/11 and kids assemble and decorate them. Three classes in total, (Design, decorate and practice run). Kids need to come to all 3 to complete a race car for the Derby.

**Call Action Network 884-5413  
for details and to reserve a spot.  
info@actionnetwork.info**



## Programs at Action Network

**Looking for fun and interesting activities for your child to do this the winter? Don't forget that Action Network offers a full schedule of programs to whet your child's curiosity appetite.**

### Gualala:

**Learning through Play—** Pre-K prep—  
Mon, Wed & Thur 11-am—1pm

**Playgroup:** 0-5—Wed & Fri 10am-12noon

**Music Together—**Fridays, Jan 10-Mar21, 10-11am

### Point Arena:

**Playgroup—**Tues, Fri 1-3:30pm

**After School Enrichment—**Tues, Fri 3:30-5pm

**Girls Circle—**PCCS time TBD

### Kashia:

**After School Enrichment—**Wed 2:30-4:45

## LEGO ROBOTICS CLASSES December 23-January 3

Sign up now for the Holiday session of Lego Robotics at Action Network in



Gualala. These fascinating classes are taught by Phil Newbury and offer kids challenging hands-on projects in a fun environment.

**Schedule: 9:30am—1pm**

(bring snacks + sack lunch)

Monday Dec 23

Monday Dec 30

Tuesday Dec 31

Thursday Jan 2

Friday Jan 3

**Cost: \$60** for 5 classes; (drop-ins welcome, if space \$15/class)

**Call Action Network: 884-5413**