



Preventing Youth Violence, Alcohol, Tobacco and Drug Use

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September 2010

In This Issue

[School Supply Help](#)

[Tobacco-free Teens](#)

[Turn in Rx Drugs](#)

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Quick Links

[TOGETHER!](#)

[Our Facebook page](#)

[Upcoming events](#)



Thousands Get Help with School Supplies

Little Red Schoolhouse Distribution Day Was Aug. 19

Almost 3,000 students from 900 households received free back-to-school supplies and clothing this year on Little Red Schoolhouse's distribution day, Aug. 19! That's about 500 more kids this year than last year. Almost every school district in Thurston County had some students receiving help, and all ages, from preschool to high school senior, were represented.

We'd like to offer a special note of thanks to Bill Munro. He sits on [TOGETHER!'s Board of Directors](#) and represents Little Red Schoolhouse. He is constantly working hard for the children of this community, and is integral to this important event. Thanks, Bill, and everyone else at Little Red Schoolhouse!



Bill Munro (right) and TOGETHER! Resource Development Director Diane Pieroni on Distribution Day.

And thanks to all of you who donated items or money to Little Red Schoolhouse this year! You made a positive difference in the lives of almost 3,000 children and youth. We'd like to especially acknowledge Marv Tuter of Marv's Marv's Pit Bar-B-Q, who donated his time, food and money to put on a fundraiser for Little Red Schoolhouse, and to Mixx96, who also staged a fundraiser.

Little Red Schoolhouse is a project of TOGETHER! that provides free school supplies, clothing and other items every August to low-income families to help with back-to-school costs. Items are donated by the community or purchased with money donations and sponsorships, also from the community. For more information, go to www.redschool.org or www.ThurstonTOGETHER.org.

Mayors Support Tobacco-free Teens Week

On April 20, Gov. Chris Gregoire signed a proclamation declaring Sept. 12-18, 2010, as Tobacco-free Teens Back to School Week. Two of our local cities have joined in the effort, too.

Tumwater Mayor Pete Kmet has also signed the proclamation. It will be presented at the Sept. 7 Tumwater City Council meeting, which begins at 7 p.m.. The public is invited to attend. "Too many teenagers smoke and if we can catch them early, it will make a big difference in their lives," Mayor Kmet said of his reason for signing. TOGETHER! Executive Director Jim Cooper will be attending the meeting along with youth representatives from the youth advocacy group Students Protesting Lies About Tobacco (SPLAT!).

Mayor Doug Mah of Olympia has put the proclamation on the agenda of the Sept. 14 Olympia City Council meeting. The meeting begins at 7 p.m. The public is invited to attend and to sign up to speak if they wish. TOGETHER! Operations Director Meghan Sullivan will attend, also with youth representatives from SPLAT!.

We invite anyone interested to attend these meetings too. You may also sign up to speak about the issue.

If you are a teen or have a teen who'd like to head back to school tobacco-free this year, here are a few tips:

- Set a quit date and make a quit plan in advance so you know how to deal with your cravings and can manage challenging situations with confidence.
- Call 1-800-QUIT-NOW for free, individualized help to meet your needs; calling this number doubles your chances of success. They may also be able to provide a free supply of nicotine patches or nicotine gum.
- Go to www.quitline.com for more quit tips.
- Contact TOGETHER! for a quit kit. Call us at 360-493-2230 x17 or email us at info@ThurstonTOGETHER.org.

Take Back Day: Get Rid of Extra Rx Drugs

Clean Your Medicine Cabinet! Keep Kids Safe!

Do you have extra or expired prescription drugs? Coming up is a perfect opportunity to streamline your medicine chest and get rid of anything you no longer need, as well as make your home safer for children and youth.

The [Drug Enforcement Administration](#) and government, community, public health and law enforcement partners -- including **TOGETHER!** -- have set a nationwide prescription drug "Take Back Day" this month.

From 10 a.m. to 2 p.m. on Saturday, Sept. 25, you can drop off any expired, unused or unwanted prescription drugs at certain locations, for destruction by law enforcement. The service is free and anonymous. This helps keep your medicine chest tidy and also keeps drugs from falling into the hands of youth because of improper disposal or easy access.



TOGETHER! and our partners with Thurston County Public Health and Social Services will be staffing the four secure prescription drop boxes in the county during those hours. Bring your items to us and we'll help you through the process and give you information on it. The locations are:

- Thurston County
- Tumwater Police Department
- Lacey City Hall
- Tenino City Hall
- Other locations without boxes (call TOGETHER! for a complete list at 360-493-2230).

Also, if you'd like to learn more about prescription drug abuse and how it affects teens and others in our community, we're offering a free presentation open to the public. It's also on the 25th at the Lacey Timberland Regional Library from 10:30 to 11:30 a.m. The presenter is TOGETHER! Executive Director Jim Cooper. Learn how to secure, monitor and dispose of your medicines properly. The Lacey City Hall prescription drop box is across the parking lot, so drop off your items then come to the presentation.

TOGETHER! prevents youth violence and substance abuse through awareness, advocacy and action to support youth and families. Our vision is for all young people in Thurston County communities to be supported, healthy, safe and valued.

To learn more, visit us at www.ThurstonTOGETHER.org or call us at 360-493-2230.

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