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May 2011

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Voices of Youth Town Hall, today!

Voices of Youth is putting on a Town Hall event tonight, where student leaders from across Thurston County will present data and perspectives about health and wellness issues affecting youth in this community. You are welcome to attend. The audience will participate in discussion and electronic polling to compare, contrast and illuminate the research results and the students' recommendations for action. Voices of Youth is a program of [United Way of Thurston County](#), [TOGETHER!](#), [The Olympian](#) and [Planned Parenthood](#).

When: Wednesday, June 1.

Doors open 6:30 p.m.; town hall 7-9 p.m.

Where: [Educational Service District 113](#)

6005 Tye Drive SW (near Costco)

Tumwater, WA

A Tasty Way to Help Your Community

[Burger Claim](#) (a new local hamburger joint in Grand Mound, next to Great Wolf Lodge) is partnering with TOGETHER! to sell burgers to support our work!

Join us June 7 and eat to help kids! They have breakfast, lunch and dinner menus, and everything is handmade from fresh ingredients. A portion of the proceeds that day will go to TOGETHER! to

What

Fundraiser day for
TOGETHER!

Food for purchase,
raffles and prizes!

Where

support our important work, making a difference in your community. We will have staff and volunteers there helping Burger Claim staff, and **we'll have raffles throughout the day.**

So come to Grand Mound on June 7 and eat in benefit of TOGETHER! and the children and youth we serve. Maybe you'll win a prize!

Where



20320 Old Highway 99
Grand Mound, WA 98531
www.BurgerClaim.com

When

Tuesday, June 7, 2011
6 a.m. - 11 p.m.

[Visit Burger Claim's website for menu and directions.](#)

[Find the event listing on Facebook.](#)

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Big Anniversary for Capital City Pride



June 11-12, Sylvester Park

[Capital City Pride](#) this year marks "20 Years of Celebrating You" on June 11 and 12. It'll be a pretty big event this year! As we have for many years, TOGETHER! will have a table at the event, so come see us!

Free Stuff and Demos We'll demonstrate a fingerprint-locking medicine safe that [you can order from us](#)--you can try it out too! We'll also have raffles and giveaways. Staff and volunteers at our table also have a lot of information about substance abuse topics, and can talk to you or give you brochures on a lot of topics, like how alcohol and tobacco disproportionately affect the GLBTQ community, and on cancer among this population.



Smoke-Free Event For the 4th year, Pride will be a smoke-free event, thanks to their partnership with us! If you attend, please keep this in mind, and step outside the event area if you must smoke. Or use it as an excuse to quit for the day--and stop by TOGETHER!'s booth for [quitting help](#).

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Let Tropics Hit Your Taste Buds

Celebrate Sunny Weather with Classic Drink

The summer is showing up in fits and starts this year. Make the most of a sunny day, or celebrate the arrival of summer, with a toast that can be enjoyed by all ages!

Tropical Collision

This classic summer blend of pineapple and coconut is cool and refreshing. It looks especially stunning in a colored glass.



This and other non-alcoholic drink recipes can be found in *Mouthwatering Mocktails*, a recipe book produced by TOGETHER!.

[Email us](#) if you would like a free copy of the book. In addition to recipes, it also includes the stories behind them, guides on how to best enjoy, and more pictures of staff members testing them out. Here, former volunteer and program assistant Heidi is cheered up by a Tropical Collision.

Ingredients:

- 2 ounces coconut milk
- 3 ounces crushed pineapple
- 1 ounce pineapple juice
- 1/2 cup crushed ice
- Brown sugar to taste (no more than 1 Tbsp)
- Garnish of choice (see instructions)

Instructions:

1. Put all ingredients in blender and blend until smooth (30 seconds).
2. Pour into chilled glass.
3. Garnish with orange slice, pineapple wedge and/or maraschino cherry.

App for Healthy Teen Relationships

Article Courtesy of [SafePlace](#):

There's a new app in town! Designed to bring awareness about teen dating violence and electronic harassment, this application gives teenagers information to avoid abuse and assists them in finding help when they really need it.

Downloading the app brings teens a relationship quiz, list of warning signs, tips for keeping safe with technology, self care recommendations, and videos, music, and stories from teens who have been in abusive relationships.

Click here for: [iPhone](#) version or [Android](#) version.

The information is also available online at www.td411.org.

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 online](#) or call us at 360-493-2230.

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