



## Got Drugs?



### **National Rx Take Back Day**

**Saturday, Sept. 26th**  
10am - 2pm

Be sure to turn in your unused and expired prescriptions at FH Town Hall and help keep our youth safe.

If you are unable to make the date, you can always dispose of your medications safely in the permanent Rx drop box located by MCSO, on the first floor in Town Hall. Town Hall hours are Monday-Thursday, 7AM to 6PM. Call (480) 816-5100 for more information.

Join us for  
Friday Night  
Football and Win  
\$250!

## **TALKING TO KIDS ABOUT ALCOHOL: START AT AGE 9**

Dr. Lorena Siqueira, Clinical Professor of Pediatrics at Florida International University and co-author of the new report released by the American Academy of Pediatrics, says that kids are starting to develop impressions (about alcohol) as early as 9 years. "In regards to prevention, it's better for parents to influence children's ideas about alcohol early, rather than trying to change their impressions later, from positive to negative", Siqueira says. "Alcohol is the substance most frequently abused by children and adolescents, but because it's a legal substance, the consequences are downplayed."

The report published August 31, 2015, states as many as 50 percent of high school students currently drink alcohol and within that group, up to 60 percent binge drink. Alcohol is involved in nearly one-third of fatal car accidents among 15-20 year olds. Also, eighty percent of teens say their parents are the biggest influence on their decision to drink.

Dr. Siquiera advises parents to set good examples for their kids. It doesn't mean that parents can't have a glass of wine in front of their children, but Siquiera believes getting drunk in front of them is not a good idea. Parents should also avoid talking about alcohol to fix problems or make themselves feel better, like coming home and saying, "I need a drink". Even the youngest of children can recognize these types of cues as coping mechanisms and sends the wrong message.

[\\*Click here for the full article by Sara Miller](#)

**FH Coalition Receives Local Grants**



Come cheer on the mighty Falcons this Friday (18th) and you could win \$250 cash!

Stop by the FH Coalition table, let us know that you are a Safe Homes Network member and double your chances of winning \$250 by receiving two tickets to the drawing! Don't forget to encourage friends to become Safe Homes Network members too!

We'll see you there....  
***GO FALCONS!***

The FH Coalition has again been awarded grants by the Fountain Hills Community Foundation and the Maricopa County Sheriff's Office (MCSO).

"Thanks to the generosity of these organizations, we are able to continue the Above That Club at FHMS and the Speaker Series at the high school", says Shelly Mowrey, Executive Director of the FH Coalition.

"These are two very important programs that help educate students on the importance of making good choices and staying healthy throughout their young adulthood. We are very fortunate and pleased to be able to offer these activities for the 2015-2016 school year!", beams Mowrey.

If you or someone you know has an inspirational story to share, please contact us at [contact@fhcoalition.org](mailto:contact@fhcoalition.org).

Fountain Hills Coalition  
16921 E. Palisades Blvd #103, Fountain Hills, AZ 85268  
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