

# The Councilor

Volume 81, Issue 7

February 2004



Shawnee Mission  
Area Council

**PTA**<sup>®</sup>

*every child. one voice.*

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## SMAC Officers 2003-04

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## President's Message

February has arrived with arctic air and a special day for friendship. Valentine's Day is one of my favorite holidays. It is easy to prepare for, and it is enjoyed by the people we care about.

Caring about the safety and well being of our children was also the theme of SM West's "Dare to Care" program. This evening was organized by Debbie Lawson, Karyl Leggio, and the parents of SMW PTSA. It was held on a district snow day, January 27. The resounding theme of all the presenters was: "If you care about your kids, let them know".

Alcohol is the number one drug of choice for teenagers. Alcohol is considered a "gateway" drug along with cigarettes and marijuana for 12 to 17-year-olds. Alcohol is also the leading cause of death for 16 to 24-year-olds. Kansas is ranked 10<sup>th</sup> nationally in alcohol-related car accidents.

Johnson County district attorney, Paul Morrison, shared that it is harder to be a parent than the DA. He feels that a lack of supervision is the most important factor in juvenile crime. All the presenters expressed the belief that parents who show they care help make their children stronger when faced with the decision to start drinking. It is estimated that the liquor industry spends 15 to 20 million dollars a year to target the college age drinker. That's a lot of pressure for our students. It's even harder to resist if you've already flirted with drinking in high school.

The powerful video "A Wrong of Passage" was shown. This video was produced locally and includes testimonials from residents of our area. The mother of a son who was killed while driving drunk said she wasn't happy about his behavior but didn't know what to do. She shared that kids need boundaries, and they need to know you care. Ask your kids what's going on and take the time to listen. You'll be glad you did and maybe they'll thank you one day.

Rae Ann Kobylinski  
SMAC President



## SMAC Officers 2003-04 *cont'd.*

### Members-at-Large

*Nancy Huckaba  
Sammie Kudera  
Mary Ca Ralstin*

### Representatives

#### SMSD Administration

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#### Board of Education

*Susan Metsker*

#### NEA

*Lisa Elliott*

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#### Middle School Principals

*Jim Wink*

#### High School Principals

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#### Bylaws/Parliamentarian

*Kim Pflaum*

#### Elementary Coordinator

*Denise Riedel*

#### Secondary Coordinator

*Laurie Franklin*

#### Immediate Past President

*Kim Pflaum*

#### Region 8 Vice President

*Rae Ann Kobylinski*

## Vice President of Public Relations



The goal of Public Relations is to keep PTA members informed. The Chairmen under the VP/Public Relations edit the *Councilor* newsletter, distribute the newsletter, maintain the SMAC PTA website, help units with publicity, inform and train legislative chairmen in the PTAs, and coordinate the Summer Films Series.

Councilor Editor—Cynthia Jarrold (381.1543) [cjarrold@sbcglobal.net](mailto:cjarrold@sbcglobal.net) Cynthia took on this challenging job and has done it tremendously well! She gathers articles from various sources to be included in the monthly SMAC PTA newsletter so PTA presidents have the latest information on Shawnee Mission and National PTA activities.

Councilor Distributor—Pam Blake (268.3236)—Pam again graciously volunteered to help out by preparing the newsletter for mailing. She keeps the mailing list, labeling the newsletter so the Bulk Mail Chairman can mail it.

Legislation—Nancy Lusk (648.2616) [nnlusk@kc.rr.com](mailto:nnlusk@kc.rr.com)—In these tough financial times, communicating with our legislators is so important. Nancy has put tremendous energy into being Legislative Chairman this year. She held a well-attended workshop in the fall, plus several meetings with PTA legislative chairmen in the district. Nancy's e-mail tree keeps everyone informed. If you wish to receive her e-mails on legislative issues, just contact her.

Summer Films—Roxanne Quarnstrom (248.0134) [quarnde@aol.com](mailto:quarnde@aol.com)

Last year's film series fundraiser was so successful I feel fortunate Roxanne is chairing it again! She works with the theatres offering the summer films at a discount and distributes the tickets to the school chairmen. SMAC appreciates the support of the schools who participate, as this is our only fundraiser.

Marketing and Publicity—Michelle Finnerty (722-5425) [mfinnerty@kc.rr.com](mailto:mfinnerty@kc.rr.com)—Michelle shares contact information for the KC Star and Sun newspapers. Contact her if you have questions about publicizing an event your PTA is holding. Positive publicity is always needed for our Shawnee Mission schools.

Web Master—Earl and Brian Glynn (492-2970) [efg2@efg2.com](mailto:efg2@efg2.com)—Earl (the dad) and Brian (senior at SM South) maintain our SMAC website. They post the *Councilor* and other newsworthy items. Our website can be found at [www.ptasonline.org/smac](http://www.ptasonline.org/smac).

I appreciate all the chairpersons for the great jobs they have done this year.

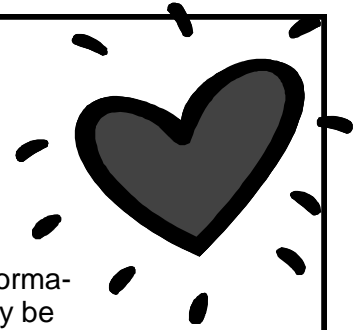
Joni Etherington  
VP Public Relations  
642.4064  
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***The Councilor is published monthly during the school year and once during the summer. Articles are due the first Wednesday of the month. Articles should be sent to Cynthia Jarrold, Councilor Editor, by email at [cjarrold@sbcglobal.net](mailto:cjarrold@sbcglobal.net) or by mail to 9107 Reeds Drive, OPKS 66207.***

***Questions may be answered by calling 913.381.1543.***

**Preferred format for emailed articles: MS Word attachment.**

# Do You Know Enough About Underage Drinking to STOP It?



Putting an end to underage drinking requires us to become informed adults who are willing to take appropriate action to safeguard our children. The information provided below has been provided by the City of Overland Park and may be found—along with video clips and downloadable brochures—on the following web site: [http://www.opkansas.org/Res/City\\_Services/Wrong\\_of\\_Passage/index.cfm](http://www.opkansas.org/Res/City_Services/Wrong_of_Passage/index.cfm). Become knowledgeable and take action—for the sake of our children, our communities, and their future.

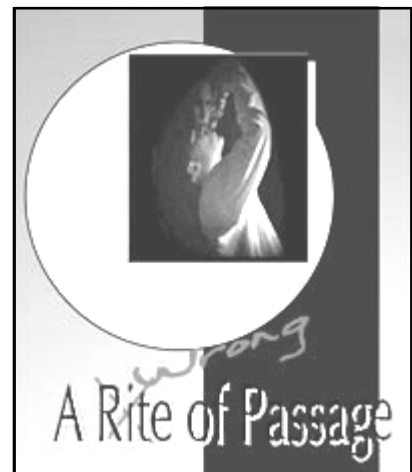
## JOHNSON COUNTY FACTS ABOUT TEEN DRINKING

- The average age of the first "full drink" of alcohol in Johnson County, Kansas is 12 years old (or sixth grade) and the average age of regular usage is 14 (or eighth grade).
- It takes an adult about five years to develop into an alcoholic. In an adolescent, addiction takes only six to 18 months.
- Alcohol use kills 6.5 times more young people than all other illicit drugs combined.
- Parents' drinking behavior and favorable attitudes about drinking have been positively associated with adolescents initiating and continuing drinking.
- Kids who drink at home are more likely to drink away from home.
- Eighth graders in Johnson County, Kansas were three times more likely than their state counterparts to report that their parents did not feel it was wrong for them to drink alcohol.
- In a survey of juveniles admitted through Johnson County Juvenile Intake and Assessment, 42 % of teens surveyed indicated there was no adult supervision at parties.
- Forty percent of all 12th graders in Johnson County, Kansas report that they have had five or more alcoholic drinks in a row within the past two weeks (binge drinking). This is almost a 10% increase from those who reported binge drinking habits in 1998.
- Eighty percent of the teenage suicide victims in Johnson County were under the influence of alcohol.

## LEGAL FACTS ABOUT TEEN DRINKING

### Can adults be prosecuted for providing alcohol to minors?

- Yes. Providing intoxicating liquor or cereal malt beverage to a person under the age of 21 is a class B misdemeanor. The punishment is a minimum \$200 fine and a maximum \$1,000 fine and/or up to 6 months in jail. K.S.A. § 21-3610 (1995) and K.S.A. §21-3610a (1995)
- In addition, adults may be charged with child endangerment, which is defined as intentionally and unreasonably cause or permit a child under the age of 18 to be placed in a situation in which the child's life, body, or health may be injured or endangered. Child endangerment is a class A misdemeanor, which means fines can be up to \$2,500 and adults face up to one year in jail. K.S.A. § 21-3608 (1995)



*Continued on page 4.*

**Can a person that is 18 or over, but under 21, also be charged with these crimes if they provide alcohol to someone under 18?**

- Yes. In *State v. Sampsel*, 268 Kan. 264 (2000) the Kansas Supreme Court held that the statutory prohibition against furnishing alcoholic liquor to a minor applies to minors as well as adults.

**WHAT CAN ADULTS DO ABOUT TEEN DRINKING?**

- Know where your children are and who they are with. If they are going to a party, make sure there will be adult supervision and no alcohol. Get caller ID on your phone and require that your children call you from their destination on the "house" phone, not a cell phone. Don't be afraid to drive by and check it out.
- Connect with other parents, especially the parents of your children's friends. Know where they stand on this subject so that you will know if your child is safe in their care.
- Let your children know you disapprove of drinking before the age of 21. Talk with your child about alcohol facts, reasons not to drink, and ways to avoid drinking in difficult situations. Do not share personal stories that glorify drinking.
- Develop family rules about teen drinking and appropriate consequences for failure to obey them...and be sure you follow through when the rules are broken.
- Your attitudes and behavior toward drinking influence your child. Set a good example.
- Talk to your homeowner's association or neighbors about united strategies to deal with underage drinking parties in the neighborhood, if they should occur.
- If you host a party, make sure there is only one way into the party, and monitor that entrance closely. Serve food in small bowls that need frequent replenishing so you can check on the kids. Require anyone who was not invited to leave immediately. Never allow parties at your home when there is not a responsible adult over the age of 21 there to supervise.
- Seek help. If you believe your child is already involved with alcohol and you have been unsuccessful in your attempts to change the behavior, seek professional help. Johnson County has several excellent resources available, many of which are listed on the following web site: [http://www.opkansas.org/Res/City\\_Services/Wrong\\_of\\_Passage/index.cfm](http://www.opkansas.org/Res/City_Services/Wrong_of_Passage/index.cfm)
- Speak up, be heard, take action. Call the police if you witness underage drinking in your community. IT IS AGAINST THE LAW.



**ALTERNATIVES TO DRINKING**

- Play a sport • Read a book • Take a walk
- Go out to a fun restaurant • Do a puzzle • Write a letter •
- Go to a movie • Keep a journal • Go to the zoo
- Go to an amusement park • Learn to cook •
- Go roller blading • Take a hike • Photograph something special
- Make a gift for someone • Go play with a younger relative •
- Enjoy a hobby • Go fishing • Go ice-skating
- Baby-sit for someone • Learn a language •
- Go camping • Fly a kite • Play cards or a board game
- Listen to music • Create some art •
- Surprise someone • Visit a grandparent
- Collect something • Plan your dream vacation •
- Go bowling • Brighten someone's day

**Community Resources**

Alcoholics Anonymous  
913.384.2770  
Al-Anon and Alateen  
913.384.4653  
MADD—Heartland Chapter  
816.318.4515  
Substance Abuse Center of  
Eastern KS  
913.362.0045  
Alcohol and Drug Helpline  
800.562.1240  
(Additional resources listed on the  
Overland Park web site.)

## Celebrate Founder's Day—February 17

Every February, PTA celebrates its establishment on Founder's Day, February 17. PTA founders, Alice McLellan Birney and Phoebe Apperson Hearst, felt there was no stronger bond than the link between mother and child. In a time when a woman's place was in the home, they worked to organize a group with a commitment to children. Since 1897, that group has grown to six million members from all walks of life. PTA has never lost sight of its purpose to change the lives of our nation's children for the better. During the past 107 years, PTA members have baked billions of cookies and also helped establish hot lunch programs, improve child labor laws, secure polio vaccine for all school children and campaign for seat belt laws.



### SMAC Clothing Center Volunteer Schedule

The PTA Clothing Center is located in the lower level of Arrowhead Administrative Center at 6601 Santa Fe Drive in Overland Park. Each school is asked to send 3 volunteers to the Clothing Center from 8:30—11:00 A.M. on the assigned day. It is the responsibility of either the school, the officer, or the SMAC chair to make the necessary arrangements for substitutes.

Date	School	Officers	SMAC Chair	Officers/Chair
	8:30—11:00 A.M.	8:30—11:00 A.M.	8:30—11:00 A.M.	Evening 4:30—7:00 P.M.
2/2	Marsh	Vineyard	Vance	
2/9				Lafferty/Wheeler
2/23	Highlands/East Antioch	Hodgson	Schroeder	
3/1	Diemer/Crestview	Ralstin	Kudera	
3/8				Finnerty/Huckaba
3/9 (Tues)	5 High Schools	Changeover	9:00 A.M.—11:00 A.M.	
3/29	Corinth/Comanche/Carpenter	Kremers/Vineyard	Robinson/Jarrold	
4/5	Brookwood/Brookridge	Pflaum	Lafferty	
4/12				Blake/Wintering
4/19	Broken Arrow/Briarwood	Franklin	Riedel	
4/26	Bonjour/Bluejacket Flint	Lafferty	Nowell	
5/3	Benninghoven/Belinder	Jorgenson	Lusk	
5/10				Vineyard/Sachs
5/17	Apache	Kremers		

# Health and Safety



## American Heart Month 2004

By the President of the United States of America

### A Proclamation

Heart disease is the leading cause of death in the United States. It affects men and women of every age and race. During American Heart Month, we encourage all Americans to join the fight against heart disease and to learn more about how to prevent it.

([http://www.whitehouse.gov/news/releases/2004/02/images/20040202-8\\_d20204-515h.html](http://www.whitehouse.gov/news/releases/2004/02/images/20040202-8_d20204-515h.html))

More than 64 million Americans suffer from one or more forms of cardiovascular disease, including high blood pressure, coronary heart disease, congestive heart failure, stroke, and congenital heart defects. Many of the risk factors that can lead to heart disease, such as high blood pressure, high blood cholesterol, and diabetes, can be prevented or controlled. Research has shown that men and women who lead healthy lifestyles, including making healthy food choices, getting regular exercise, maintaining a healthy weight, and choosing not to smoke or drink excessively, can significantly decrease their risk of heart disease.

Heart disease is responsible for the deaths of one in three women in the United States. To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute of the National Institutes of Health has joined with the Department of Health and Human Services and other national organizations to launch a nationwide campaign called "The Heart Truth." This important campaign encourages women to learn more about heart health, to lead healthier lives, and to talk with their doctors about their risk for developing heart disease.

During American Heart Month, I urge all Americans to learn more about heart health and to reduce their risk factors for serious heart conditions. By making healthy choices, we can live longer and better lives.

In recognition of the important ongoing fight against heart disease, the Congress, by Joint Resolution approved December 30, 1963, as amended (77 Stat. 843; 36 U.S.C. 101), has requested that the President issue an annual proclamation designating February as "American Heart Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim February 2004 as American Heart Month. I invite the Governors of the States, the Commonwealth of Puerto Rico, officials of other areas subject to the jurisdiction of the United States, and the American people to join me in reaffirming our commitment to combating heart disease.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of February, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH

(For more information, go to  
[www.americanheart.org](http://www.americanheart.org).)

**Membership Deadline—March 1**  
**DON'T BE LATE! The final**  
**Membership DEADLINE IS**  
**Almost Here! Please get all**  
**your memberships turned**  
**into the state office by the**  
**March 1st deadline in order**  
**to qualify for awards.**

# PTA Presidents Information Course

The President's Information Course for incoming PTA President's will be held on Wednesday, April 21, 2004. Please forward the following information as soon as your school's selection process is complete.

School \_\_\_\_\_

President's Name \_\_\_\_\_

Spouse's Name \_\_\_\_\_

Address \_\_\_\_\_

City and Zip Code \_\_\_\_\_

Phone# \_\_\_\_\_ Cell# \_\_\_\_\_

Fax# \_\_\_\_\_ E-mail \_\_\_\_\_



Please send this information to :

Jona Vance

14128 West 84 Terrace

Lenexa, Kansas 66215

894.8427 or [jonavance@aol.com](mailto:jonavance@aol.com)

## **Hop on Top of the News From the Libraries SMAC General Meeting**

Join us on February 18 to hear all the news about Shawnee Mission Libraries. Learn about our programs, our impact, and our dreams. Cyndee Anderson and Terry Wintering will share the vision and answer questions you might have. (Program will follow the business part of the meeting.)

**Read a good book to someone you love!**

# Dates to Remember

## February

17 Tuesday	National PTA Founder's Day		
18 Wednesday	SMAC General Meeting	9:30 A.M.	McEachen
24 Tuesday	Reflections Contest State Deadline		

## March

3 Wednesday	March <b>Councilor</b> Deadline		
3 Wednesday	Executive Session Meeting	9:30 A.M.	McEachen

## April

6 Tuesday	Bond Election		
7 Wednesday	April <b>Councilor</b> Deadline		
7 Wednesday	Executive Session Meeting	9:30 A.M.	McEachen
21 Wednesday	President's Information Course	9:00 A.M.	McEachen
30 Friday	Kansas PTA State Convention		Wichita/Hilton

## May

1 Saturday	Kansas PTA State Convention		Wichita/Hilton
2 Sunday	Kansas PTA State Convention		Wichita/Hilton
5 Wednesday	SMAC School of Instruction	6:15 P.M.	SM West



*The Councilor*  
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