



## 2004 Statewide Prevention Conference

The NCADA and cosponsors ACT Missouri, the Missouri Division of Alcohol and Drug Abuse, and the St. Louis Mental Health Board are combining resources this summer to present a Statewide Prevention Conference at the Millennium Hotel on the St. Louis Riverfront August 5-8. This conference offers an excellent opportunity for youth participants in middle and high school, faculty/school administrators, parents, community leaders, coalitions, and law enforcement to experience high quality prevention training.

Focus groups and educational tracks will give participants training according to their age and interest level. Tracks include "Hands on Advocacy," "Prevention for Middle School and High School," "Officers Training for Youth Groups," "Celebrating Diversity," "Prevention Works," and "Beating Addiction: Proactive Prevention of Problem Gambling and Other Addictive Behaviors." The Conference will also feature nationally known keynote speakers such as Kevin Wanzer and Dr. Peter DeBenedettis plus a resource fair showcasing community successes.

The setting for the Conference, which is a merger of two former trainings, the TREND Youth Leadership Conference and ACT Missouri's Statewide Prevention Conference, will provide a vibrant opportunity to bring people together from across the state and from as far away as Alaska. The City of St. Louis will definitely reflect Missouri's "show me" philosophy by giving Conference participants a wonderful chance to enjoy activities planned for the Bi-Centennial Anniversary of the Lewis and Clark Expedition and the Centennial Anniversaries of the 1904 World's Fair and first US Olympic Games. Together we will celebrate healthy life styles and new adventures!

Registration for the Conference is \$200 for students and adults. This price includes comprehensive resource materials, meals, a t-shirt, and tote bag. To receive a registration packet, please contact Karen Jones at (314) 962-3456 or via e-mail at [kjones@ncada-stl.org](mailto:kjones@ncada-stl.org). For more detailed information about the conference, including schedule and workshops, please visit NCADA's web site at [www.ncada-stl.org](http://www.ncada-stl.org).



### 2004 STATEWIDE PREVENTION CONFERENCE INFORMATION

**Date:** August 5-8, 2004

**Place:** Millennium Hotel  
St. Louis, MO

**Cost:** \$200 for adults and students, includes meals, resource materials, t-shirt, and tote bag.

**Registration deadline:** July 12, 2004

**Contact:** Karen Jones (314) 962-3456  
[kjones@ncada-stl.org](mailto:kjones@ncada-stl.org)

Please visit NCADA's web site at [www.ncada-stl.org](http://www.ncada-stl.org) for the conference schedule and educational tracks.

## Trivia Night Highlights



This year's NCADA Trivia Night was February 28th. Paul Cook, from Y-98, livened up the event as MC. Over 200 participants lent their support and helped raise \$5,800 toward NCADA's underage drinking and other drug abuse prevention efforts. They enjoyed a fun night of trivia, and many walked away with wonderful attendance prizes and silent auction items.



From the

**Executive Director**

In this issue of the **Key**, I've selected a very sensitive topic to write about in my column. I have to warn you though, if you are easily

disturbed by graphic language and images—please read no further. If you do choose to read on, I would only ask that you try to make it through to the end, as difficult as that may be.

Now that the squeamish have left us and only the bravest of you are still with me, I will begin. What I am about to talk about reminds me of Voldemort from the *Harry Potter* series. Voldemort is “He who shall not be named” or “He who shall not be talked about.” My topic is similar, but a little more like “That which will not be discussed” or “That which will be avoided.” If you haven't guessed yet—I'm going to talk about raising funds to sustain the field of substance abuse, prevention, and treatment.

There, I've spoken the forbidden word—

“fund-raising.” Now let's see how many of you have the stomach to read on! But wait, don't quit yet because I'm only going to talk about “you know what,” and not actually ask you for money. Consider this only an intellectual conversation – not an appeal.

NCADA, like all not-for-profits, must have funds to exist – to provide the vital services we provide. Would you believe our budget is almost \$1.8 million per year? We run two offices and employ 35 people who serve over 80,000 people annually. Fortunately, we receive about \$900,000 in government grants, \$300,000 from United Way, and \$200,000 in fees for service (none of which are guaranteed from one year to the next). Additionally, practically every service we provide, no matter what its primary source of funding, generally requires some support from charitable gifts. Thus, in order to balance our budget, we must raise nearly \$450,000 in contributions and special event revenue.

Here's the baffling part. Alcohol and drug abuse are key contributors in the four leading causes of teen deaths in this country, but when it comes to charitable

giving, substance abuse prevention and treatment services are among the lowest funded of all health concerns.

Why is raising funds for this important cause so disproportionate to the need? The irony here is overwhelming, particularly when most everyone would tell you kids should be our top priority. Truth is, fund-raising for other causes like heart disease, cancer, churches, and the arts all seem acceptable, while fund-raising for substance abuse prevention is not. Perhaps the actual unspoken word here is not “fund-raising,” but rather “stigma.” Americans are very generous, but the stigma of addiction still looms large as a barrier to supporting its prevention or treatment.

After 30 years of professional experience in this field, I am still most saddened by the enormous number of youth and adults whose lives are devastated by alcohol and drug abuse. Second to this, I am distressed by our society's general lack of support to sincerely do anything about it. I guess some things are just too scary.

## Community 2000 Teams Spring into Music Literacy and Diversity Trainings

Spring has always been a time for renewal and rejuvenation. For many of us, this season means shedding those winter pounds, cleaning out our cluttered closets or taking an opportunity to learn a new skill. And Community 2000 Team Members had an opportunity to do just that. This spring the NCADA-St. Louis Area, which also serves as the Eastern Regional Support Center for the Missouri Substance Abuse Prevention Resources Network, hosted two free trainings for Community 2000 Team Members.

As the Eastern Regional Support Center, the NCADA prevention specialists provide technical assistance for 30 Community 2000 Teams in St. Louis City as well as St. Louis, St. Charles, Lincoln, Jefferson, and Franklin Counties. In most cases, providing technical support includes assisting Teams in forming a strategic plan, writing a grant or planning a special event such as a health fair.



The Support Center also identifies salient issues that affect all the Teams and plans Regional Trainings around those issues.

On April 14th, Team Members attended a highly spirited workshop on music literacy. By listening to snippets of popular music and reading lyrics, Team Members began to understand current youth music and the power such music may have on influencing choices made by youth. The Eastern Regional Support Center held another Regional Training on May 7<sup>th</sup>. Facilitators from Focus St. Louis assisted Team Members in developing strategies to bolster their membership and ensure their Teams are reflective of the communities they serve. Through thoughtful discussions and interactive exercises, Team Members emerged from the training with concrete skills that will be used to recruit new members. These trainings demonstrate that spring has proven to be a season for Team Members to experience many “light bulb moments!”

**The Key** is published by the **National Council on Alcoholism and Drug Abuse-St. Louis Area** (NCADA).

President: Charles F. Meyer • Executive Director: Edward F. Tasch • Editor: Veronica Aldridge

NCADA is a private, nonprofit agency serving metropolitan St. Louis as the primary resource on alcoholism and drug abuse. Services include assessment and referral, intervention services, trainings and comprehensive prevention programs for schools and communities. All contributions are tax deductible.  
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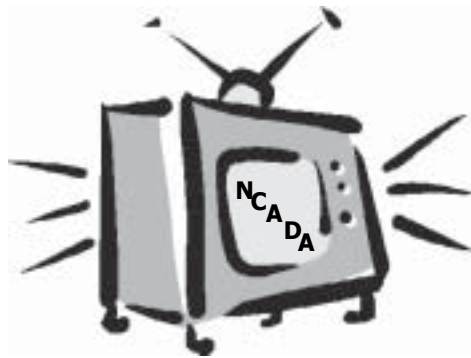
## NCADA Gets Exposed!

by Dan Duncan  
Director of Community Services

One of the difficulties facing any non-profit organization doing its part to make the world a better place, is the issue of promoting itself so that those who might benefit from its' services, know what those service are, and how to access them. For most non-profits, funding is earmarked for the provision of specific services and needs. That pays the rent, salaries, overhead, etc. What funding generally does not provide, however, is a means to promote or advertise. While promotion is a staple in the for-profit world, non-profits often struggle to find ways to let it be known they exist. This seems to be particularly true for agencies that deal with alcohol and drug abuse. While every night on the news we are inundated with negative stories that show the devastation alcohol and other drugs can wreak on our society, rarely do we see much about efforts to address these issues. So it is with NCADA. As we approach our fortieth year providing critical services in the area of community education, prevention and assessment/referral to the children, adults and families of the St. Louis area, we continue to wrestle with this issue of how to let the public know we are here, that we can help,

and how they can utilize what we have to offer. Thankfully, some help has arrived.

Due to the foresight of several NCADA board members, NCADA has begun a new Public Service Announcement (PSA) project that will help us make more people aware of who we are and what we do. This will be an opportunity to show how our community is getting behind the NCADA in addressing alcohol and drug abuse and addiction issues. Filming has recently been completed or scheduled with the St. Louis Cardinals and the St. Louis Rams as well as Joe Buck and Mayor Slay. Many more local area celebrities/dignitaries will be included. Sponsored Public Service Announcements are now running on Fox KTVI-2 with plans to add other local television and radio stations. The message? Kids are our future and they need our help to avoid the trap of alcohol and drugs...that NCADA is the **Place to Turn!** We are very grateful to NCADA board members, Mary T. Dolan with Fox 2, Joe Stephenson with Home Advertising and Dick Ulett with Clayton Studios. They have taken on this project along with the aforementioned individuals. Watch for NCADA on TV - we're coming your way soon!



## TREND Leaders Are Chosen As Gateway Young Achievers

How do you know if prevention works? NCADA offers over thirty dynamic prevention programs that serve more than 30,000 kids, K-12, in the Greater St. Louis Area every year. All of these programs are evaluated by youth participants and their adult leaders or teachers validating substantial, positive and dramatic changes in our youth, their schools and communities.

Further proof of the impact of our programming is often given by community organizations such as the Gateway Young Achievers International Program. On May 2<sup>nd</sup>, five students involved in TREND (Turning Resources and Energy in New Directions), NCADA's drug-free alternatives program, received the 2004 Gateway Young Achievers Award in a ceremony at Saint Louis University's Busch Student Center.

Students in grades 5 – 10, receiving these prestigious awards are recognized for being good citizens in their schools and communities, academically strong and successful achievers in the arts, community service, or in their faith community. We applaud Marjorie Powers from Rockwood South Middle School and Whitney Lee, Danesha Martin, Marcus Spencer and Mark Spencer from Berkeley High School for their positive achievements, behavior, leadership and service.

Call Ginny Shaller, Prevention Activities Coordinator, at (314) 962-3456 to learn about other programs for TREND leaders. Award recipients from two of these programs, the Blue Cross Blue Shield TREND College Scholarship Program and the President's Volunteer Service Awards Program, will be recognized at the 2004 Statewide Prevention Conference.



Marcus Spencer, Whitney Lee, Mark Spencer, and Danesha Martin



Marjorie Powers

**Early Sleeping Problems  
Linked to Later Drug Problems**

A University of Michigan study concludes that children who have trouble sleeping at ages 3 to 5 may be at greater risk for drinking, smoking, and using drugs as a teenager. Researches interviewed mothers of boys ages 3-5; follow-up interviews were conducted at 3 year intervals until the boys were ages 12-14. Problem sleepers were twice as likely to experiment with drugs, compared to normal sleepers; they were also more likely to exhibit symptoms of anxiety or depression and have attention problems later in life.

Join Together  
April 23, 2004

**Cocaine May Compromise  
Immune System**

Cocaine abusers are more likely than nonusers to suffer from HIV, hepatitis, sexually transmitted diseases, and other infections. Most of this increased incidence is the result of conditions and behaviors that often are associated with drug abuse, namely, injecting drugs, poor nutrition, and unsafe sex. However, NIDA-supported investigators at the McLean Hospital Alcohol and Drug Abuse Research Center in Belmont, MA, have found that cocaine itself has a direct biological effect that may decrease an abuser's ability to fight off infections.

Join Together  
April 23, 2004

**Hospitals Not Screening For  
Alcohol**

The National Institutes of Health (NIH) reported in a recent study that people who are admitted to hospitals often have alcohol use disorders that go undetected. In the study, nearly one-quarter of hospitalized individuals identified themselves as drinkers meeting diagnostic criteria for alcohol use disorders; but less than half had their alcohol disorder addressed in the hospital. Researchers believe that hospitalization is an excellent opportunity for identifying alcohol problems and making intervention and treatment referral services available.

NIH  
April, 2004



**Louisiana Gets It... Missouri  
Doesn't**

The Louisiana Senate approved a measure that would prohibit open alcohol containers in vehicles. The legislation now moves to the Louisiana House of Representatives. Although similar bills have failed in the past, the current bill has a better chance of passing since the state's powerful liquor lobby has dropped its opposition to the ban.

Join Together  
April 23, 2004

**Marijuana Sending Teens To  
ER**

According to a government report, more teens and preteens are going to the emergency room and entering drug treatment programs as a result of marijuana. Today's drug is nearly twice as potent as it was in the 1980's.

Join Together  
April 29, 2004

**More Alcohol Ads Reaching  
Minors**

A report by Georgetown University's Center on Alcohol Marketing and Youth found a 39% increase in the number of alcohol ads aired on local and cable television in 2002 compared to 2001. The ads are reaching a greater number of teens since they are airing during television shows with large teen audiences. The Distilled Spirits Council of the U.S. (DISCUS) disputes the findings, saying that the majority of ads are viewed by adults and that the alcohol industry's self-regulation is working.

Join Together  
April 27, 2004

**Habitual Pot Use Rises Among  
Adults**

Government figures show a 22% increase in habitual marijuana use among U.S. adults over the past decade, particularly among young minorities and baby boomers. That translates to an estimated 3 million adults, ages 18 and over. Dr. Wilson Compton, of the National Institute of Drug Abuse, led the study and attributed the dependence, at least in part, to the increased potency of marijuana over the last decade.

The Associated Press  
May 5, 2004

**NCADD To Launch Ad  
Campaign**

The National Council on Alcoholism and Drug Dependence Inc. (NCADD) recently hired a public-relations firm to develop a marketing campaign to change attitudes about alcohol and other drug addictions. The initiative will include print, television, radio and the internet. Target audiences include: government officials, clergy, business leaders, educators, medical professionals, and the general public.

Join Together  
April 28, 2004

**Medical Maintenance: Next  
Step For Methadone Patients**

A New York medical maintenance program now offers a new way of treating individuals addicted to heroin who are ready to move on from methadone clinics. Doctors can now give methadone prescriptions to patients who meet behavioral requirements and have made a four-year commitment to methadone maintenance.

Join Together  
May 11, 2004

**Buprenorphine Certification  
Training**

ASAM has scheduled a course on July 17 in St. Louis for physicians interested in becoming certified in the use of buprenorphine and the care of opioid-dependent patients. Visit [www.asam.org](http://www.asam.org) for registration information.

Join Together  
April 30, 2004

## Girl Talk: Addressing Female Bullying

*"I am forever having to discipline boys who always seem to be getting in fights. I almost never see girls in my office."*

This quote from an elementary school principal is typical of what happens in elementary and middle schools. Boys

with others to exclude a friend, intimidate, threaten and manipulate. Covert, ignored and often underreported, this female bullying puts both victims and perpetrators at significantly higher risk for alcohol and other drug abuse and further victimization.

NCADA is addressing female bullying through a new program called *Girl Talk*. Beginning in September 2004, NCADA staff will address verbal aggression with all 350 5<sup>th</sup> through 8<sup>th</sup> grade girls in six Catholic schools in the city of St. Louis: Central Catholic St. Nicholas, Epiphany of Our Lord, Holy Family, Resurrection of Our Lord, St. Frances Cabrini, and St. Joan of Arc. With the help of *Expect Respect*, a curriculum that teaches students to build safe and healthy relationships, NCADA staff will facilitate 40-50 groups of 5-10 girls each who will meet weekly for 9 weeks over the course of the 2004-2005 school year.

Effective prevention always requires a

comprehensive approach. Thus, *Girl Talk* also has a school-wide and community structure that supports NCADA's direct work with girls. A Community Coalition composed of principals, parents, and teachers in each school will work together to create school and community-wide education, a consistent violence prevention policy statement and a resource directory for girls and their families.

NCADA is excited about this opportunity to make changes in young people's lives and to create new norms around healthy relationships. *Girl Talk* is funded by a grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). Faculty from the School of Social Work and the Missouri Institute of Mental Health, both departments of the University of Missouri, Columbia, are evaluating the *Girl Talk* project.

fight, are then reported to the principal, and receive disciplinary action.

But what about girls? Are they sent to the principal's office for punching, hitting, fighting or pushing? Yes, but not nearly as frequently as boys. However, it is not safe to assume that girls never hurt each other. In fact, they do. And their hurts, just as deep and disturbing as their male counterparts, manifest themselves as emotional scars that erode a young girl's view of herself and of her world. Girls alienate, gossip, collude

## Staff Update



### VERONICA ALDRIDGE

Veronica joins NCADA as the Administrative Assistant to the Executive Director. She has a B.S. in biology from the University of Kentucky. Her background includes web, graphic, and print design. Welcome, Veronica!

### JENNIFER BANKS

Jen has been working in the non-profit world for seven years, and joins NCADA as the new Director of Fund Development. She will soon be receiving her MSW in non-profit management. Congratulations, Jen!



## NCADA 2004 Spring Awards Luncheon

NCADA's Annual Awards Luncheon was held on April 9<sup>th</sup>. In addition to some particularly gracious and warm acceptance speeches from award recipients, this year's keynote speaker, Mike Roberts of KSDK-TV delivered a talk that hit home with the audience. Besides entertaining the crowd with some of his witty observations of life as a weather broadcaster, Roberts touchingly shared some of his more personal observations regarding how substance abuse has impacted people in his life. Many of the two hundred in attendance were personally moved by his talk. "This was one of your best luncheons" was something heard over and over. The NCADA is grateful to all who attended this year's luncheon and would like to specifically thank Mike Roberts for his heartfelt address.



Award Winners Andy Conover, Bill Collins, Pat Peck, Mary Jo Napper, Peter Huey and Judy Brostron with Executive Director Ed Tasch and Board President Charley Meyer

## Tributes, Contributions and Memberships

January through March 2004

**INDIVIDUALS**

Jeanne Armistead  
 Jerry Bourbon  
 Judi Chapnick  
 Dario and Marybel Cova  
 Carol L. Elsaesser  
 Phyllis Jackson  
 Jim and Pat McAtee  
 Dominic Ribaud  
 John Roedel  
 Michael and Teresa Rogers  
 Peggy Shepley  
 Nancy Jo Sterneck  
 Eda and Fred Varney  
 Della Wagener  
 Marcia and William Werremeyer

**ORGANIZATIONS,  
CORPORATIONS &  
FOUNDATIONS**

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 John R. Goodall Charitable Trust  
 Nettie's Flower Garden  
 Rotary Club of Crestwood Sunset  
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 Russell Sabor Foundation

**HONORARIUMS****Dan Duncan**

Parish of the Good Shepherd

**Nancy Sterneck**

St. Joan of Arc PTO

**IN-KIND**

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 Inc.  
 Datamarq

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 Rita Fischer  
 Klaus Gerner and Family  
 Janet Kadlec  
 Michael Kadlec  
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 Dave and Karen Kussin  
 Margaret Lebeter  
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 Violet and Frank Niesen  
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 Willi and Brunhilde Splisgardt  
 Suda Family  
 Ray Suda  
 Jason and Missy Tegethoff

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**Allan Fink**

Debbie Feit and Marc Mink

**Father-in-Law of Bruce Hoskins**

Debbie Feit

**Betty King**

Harrison Don King

**Mrs. Kogel**

Debbie and Brian Feit

**Grandmother of Jonathan Lewis**

Debbie Feit

**Sue Lord**

Ed Barni

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Judy Garcia

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 Sharon Nordlof  
 Judi Rogers  
 Linda Street  
 Nancy Young

**Aunt of Steinman Family**

Debbie Feit and Marc Mink

**James Varley, Sr.**

Helaine Boland

**TRIBUTES****Shirley Armstead**

Cor Jesu Academy

**David Brannon**

Judy Garcia

**Stacey Hensler-Stone**

Pamela Gambaro

**Cheryl Kellogg**

Karlene Feldker  
 Nina Howald  
 Donna Johnson  
 Jackie Ventucci

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**Kay Roush**

Karen Schuster

**Howard Weissman**

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**TRIVIA NIGHT IN-KIND**

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 Boise Cascade  
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 Colleen Ritchie  
 St. Louis Cardinals  
 St. Louis Galleria Cinema  
 Schnuck's Markets  
 Seeger Toyota  
 Shoe Stop - Brentwood  
 Starbuck's Coffee - Clayton  
 T.G.I. Friday's - Brentwood

**VOLUNTEERS**

Adam Akers  
 Mark Allen  
 Ank Ankenbrand  
 Stephanie Ault  
 Terry Bader  
 Scott Beck  
 Jennifer Best  
 Cecilia Bolanos  
 Jennifer Brenner  
 Mary Brown  
 Jennifer Burns  
 Kim Canada  
 Ken Cates  
 Paul Clark  
 Marty Clynes  
 Karly Corbin  
 Shannon Creighton  
 Denise Davis  
 Michele De Jong  
 Barb Doerhoff  
 Tom Doherty  
 Doug Dohrmann  
 Maddie Eldridge  
 Cheryl Fellner  
 Joanna Firestone  
 Dan Fitzgerald  
 Mary Lou Fitzsimmons  
 Gordon Freeze  
 Joyce Fry  
 Chris Gerdel  
 Eileen Guelich  
 Tracy Haefner  
 Amy Hannah  
 Peer Helpers  
 Jessica Hickerson  
 Laurie Howard  
 Jay Hulsey  
 Ken Jaworski  
 Brian Keefe  
 Dorjean Komlosy  
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 Mario Mathon  
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 Jeanne Van Artsdalen  
 Jackie Votruba  
 Henry & Lynn Watkins  
 Anne Wilding  
 Bob & Carolyn Woodsmall  
 David Wright

**NEED FLOWERS?**

Call NCADA at (314) 962-3456 to order flowers from Nettie's Flower Garden, and a tax deductible 30% of your purchase is donated to NCADA.



**Somewhere Over The Lawn Mower**

In April, Fox 2's Tim Ezell auctioned off a Toro riding lawn mower in a morning news segment he called, "Somewhere Over The Lawn Mower." The winner was Jim Schmitz from St. Peters, bidding \$2,900. The money raised was donated to NCADA's youth prevention programs.

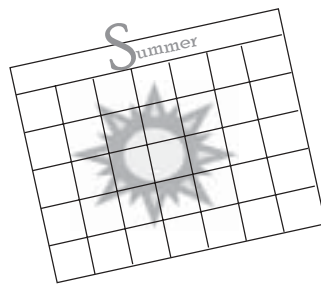


The Magician, Elvis, Dorothy (Tim Ezell), and the Chicken

**NEED A TAX BREAK?**



Donate your car to NCADA. Just call (314) 962-3456.



coming  
**EVENTS**



**July**

14 ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

**August**

5-8 ..... **Statewide Prevention Conference** - Registration fee is \$200 including meals. Deadline for registration is July 12. Call Ginny Shaller at (314) 962-3456 for registration packet or more information.

11 ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

**September**

8 ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

30 ..... **Red Ribbon Leadership Training** - for Middle School Students, 9 a.m. - 1:15 p.m., St. John's United Methodist Church in St. Louis City.

**October**

7 ..... **Red Ribbon Leadership Training** - for Middle School Students, 9 a.m. - 1:15 p.m., Missouri National Guard Armory in Festus, MO.

13 ..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, (314) 962-3456.

16 ..... **TREND Gym and Swim Party** - for middle school students, 7:30-10:00 pm at The Pointe in Ballwin. Admission is \$8.00 at the door and \$6.00 in advance. Call Karen Jones at (314) 962-3456 for reservations.

**News Around Town**



■ The **St. Louis Foundation for Alcoholism and Related Dependencies** has closed its outpatient **Exodus Program** in order to focus its attention on the development of a new residential treatment program... **Brett Quinn** was recently promoted to Counselor Supervisor at **Gateway Free 'N Clean**... **Norwood Hills Country Club** will be the site of the annual **Queen of Peace Golf Tournament** on July 19... **Comtrex** Executive Director **Dr. Stephen Huss** will be offering a three-day training on **The Seven Habits of Highly Effective People** on four separate occasions beginning in August. For more information, call (636) 931-2700, ext. 345. ■



Affiliate, National Council on  
Alcoholism & Drug Dependence



A United Way Member



Missouri Division of  
Alcohol and Drug Abuse  
Regional Support Center

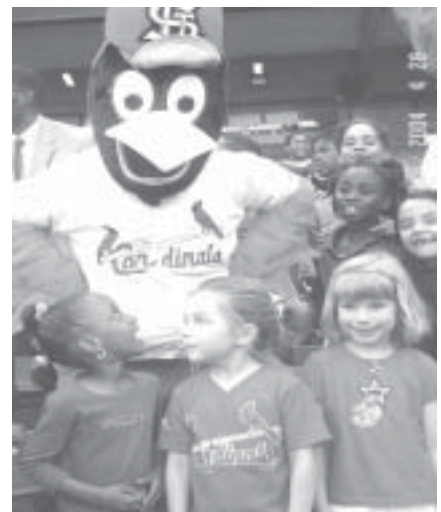
## Volunteer Appreciation Breakfast



On April 28, NCADA held a volunteer appreciation breakfast to honor all of the individuals who continually give of their time and talents.



Kindergarten students from McGrath Elementary School in Brentwood made a trip to Busch Stadium on April 28, 2004, to help us receive a \$2,500 Cardinals Care grant to benefit our Book BEES program.



**Interested in volunteering?** There will be a new volunteer training on June 23, from 6-9 p.m., at our main office. Call Janet at (314) 962-3456 for details.