



## Why It's Good To Be A ZERO When You're Parenting

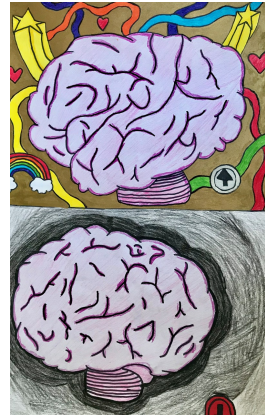
Are you ZERO tolerance when it comes to your kids and drinking, or do you think a beer or two when they're 17 or 18 is no big deal? Think about that while you read this sad, new finding:

*Mounting research suggests that alcohol causes more damage to the developing brains of teenagers than was previously thought, injuring them significantly more than it does adult brains.*

Not only does drinking hurt the teen brain in the present, it can also damage the parts of the brain that are used for decision-making later in life.

What you need to know:

- More children are killed by alcohol than all illegal drugs combined.
- Children who begin drinking alcohol before the age of 15 are five times more likely than those who start after age 21 to develop alcohol problems later in life.
- If we can get our children through their teenage years without trying alcohol, the likelihood of them becoming addicted to alcohol goes down dramatically.



We recently held a contest at the Fountain Hills Middle School and asked students to create a poster that depicts how alcohol and drugs could effect one's life. Aly, our Prevention Award winner, is in the 7th grade and created the poster above. Aly couldn't have said it better:

"I researched what happens to your body when doing drugs. They talked about what happens to your brain. I wanted to show that when you do drugs you become depressed, sad and you don't have creative, happy thoughts. This is the opposite of someone who is drug-free. When you don't do drugs, people are happy to have you around. Being drug-free is very vital to your future. You'll feel better about yourself, you'll be happier and educated and ready to start your life".

Well done, Aly!

## FHHS 6th Annual Essay Contest Awards Luncheon



An award's luncheon was held on February 22nd for finalists and their families to learn where they had placed in this year's essay contest. Judges read through 193 essays and chose 15 Honorable Mention recipients along with the top three winners.

As students' names were read, they were asked to read a few paragraphs that embodied the message of their composition. Noah Ohnsorg (1st place), Sophia Boeshans (2nd place) and Macy Morgan (3rd place) read their full essays and left the audience in awe of their writing talent.

For the Fountain Hills Times  
complete article featuring winners

names and the first place essay,  
please [CLICK HERE](#).

*Thank you to all of our sponsors, English department and  
The Hills' Pizza and Desserts for their support in making  
the Essay Contest a success once again!*

## **ABOVE THAT and ABOVE THAT 2 CLUB MEET**

Students from the high school Above That 2 Club joined members of Above That for a recent club meeting at Fountain Hills Middle School. Guest speaker, Juanita Smart, counselor from McDowell Mountain Elementary brought along Bobby, her 13 year old black pug. Bobby is a regular visitor at McDowell Mountain and is very popular with students in his role as therapy dog.

Ms. Smart explained to students how important and helpful therapy and



service dogs can be to those dealing with issues such as stress, anxiety, and PTSD. Ms. Smart answered questions and gave students tips on how they might go about training their pets as service animals. Her black Lab Dakota, in training as a therapy dog, joined the group and received just as much attention and hugs as Bobby.



## **THANK YOU! SPOTLIGHT**

Thank you to this year's essay contest judges. On top row from left to right: Former FH superintendent Tom Lawrence, Former Queen Creek Superintendent Tom Lindsey and FH *Times* Editor, Ryan Winslet. Bottom row: Speaker and author Jerry Traylor and Mayor Linda Kavanagh.

