

# Youth News

Winter 2010 Edition

## We need your help...

Help us make this newsletter possible. If you know of any special youth-related events being held throughout the area in upcoming months, or would like to submit your own items for publication in the next newsletter, please let us know.

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## When Sarah Starnier was 15...

*This is part of a series of articles in which Hocking Countians share with youth what their lives were like when they were 15, forming habits and making critical decisions for their futures.*

### By MARK DANIELS

When she was fifteen, Sarah Starnier spent a busy year that included adjusting to being a student at Logan High School life, learning to drive, and being involved in Mock Trial.

Sarah, now a freshman at Denison University in Granville, Ohio, and a National Honor Society (NHS) student at Logan, admits that she probably worked harder at her schoolwork than many students did. About a year-and-a-half before she turned 15, she was diagnosed with leukemia and shortly thereafter underwent the first of two bone marrow transplants she has had in the past five years. This means that she spent many months as an oncology patient at Children's Hospital in Columbus. (The cancer reappeared about two years later and in January 2008, Sarah underwent another transplant and spent many more months at the Columbus hospital.)

But Sarah said her experience with leukemia made her more determined to do well in school.

"I can't control the cancer," she remembers thinking as she began her ninth-grade year. "So, I figured the one thing I could control was my schoolwork. I wanted to show people that cancer wouldn't keep me from excelling."



submitted photo

"Plus," she adds with a chuckle, "I had all this time" — time she was forced to spend in a small hospital room or, after she was out of the hospital, not doing things that others might take for granted.

And so, when she was 15, back in school, Sarah did what she always did, even before cancer entered her life: threw herself into doing the best she could.

**"When I was 15, I was appreciating having gotten better. I was appreciating more in my life. The relapse after that changed things, but I still appreciate my life so much."**

## Who we are



**RECLAIMING FUTURES**  
HOCKING COUNTY

*A different way of doing business*

Working in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA)/Center for Substance Abuse Treatment (CSAT), Office of Juvenile Justice and Delinquency Prevention (OJJDP), Robert Wood Johnson Foundation and Reclaiming Futures National Program Office, our local initiative is taking a new approach to youth who are involved in the juvenile justice system and have substance abuse disorders.

Reclaiming Futures Hocking County is one of 26 sites across the nation who are implementing the Reclaiming Futures model and learning from professionals in the adolescent development and treatment field through webinars and conferences.

With the help of a \$1.3 million dollar, four-year grant from the federal government, members of Reclaiming Futures Hocking County are focused on helping young people in trouble with drugs, alcohol and crime by promoting new standards of care and opportunities in juvenile justice. A partnership of court staff, treatment providers, community organizations and individual volunteers is changing the way we do business in Hocking County.

The National Center on Addiction reports that four out of five teens in the juvenile justice system are under the influence of alcohol or other drugs while committing their offenses, and of those with substance abuse problems, 85 percent also have a mental health disorder. Yet many do not receive treatment. Even those who do may be shuffled among fragmented services that aren't very effective. But Reclaiming Futures results show that treatment and coordinated services can be effective in cutting drug abuse and drastically reducing a teen's criminal activity.

The Reclaiming Futures solution involves three essential elements: **More Treatment** – teens in the juvenile justice system are screened for drug and alcohol use and a team is pulled together to develop a care plan that begins immediately.

**Better Treatment** – providers are trained in practices proven to work with youth.

**Beyond Treatment** – community members support teens in their recovery efforts.

Reclaiming Futures was established by the Robert Wood Johnson Foundation in 2001 as a pilot in 10 communities across the country. By 2006, these communities reported significant improvement in the quality of juvenile justice and substance abuse treatment services available to troubled teens. Research from SAMHSA suggests that treatment can cut drug abuse in half, drastically decrease criminal activity and significantly reduce arrests.

Visit [www.reclaimingfutures.org](http://www.reclaimingfutures.org) for more information.

Information provided with permission from the Kate B. Reynolds Charitable Trust's annual report.

## When Sarah Starner was 15... (continued)

Her favorite subjects that year were English and engineering. English appealed to her because of her love of reading and also of writing poetry. In the engineering class, she remembers, she and her classmates used computers to generate objects. "We made a contraption," with the computer design program, Sarah says, "to cause a little car to hit a mousetrap." There were other projects as well.



courtesy of Logan Daily News

At 15 1/2, Sarah took driver's education. She remembers boring, funny movies and excellent instruction in the classroom. She also remembers feeling a bit "wary" of going out to drive with an instructor who, it was rumored, sometimes fell asleep as the students drove. But, in spite of her concern, Sarah got her driver's license.

One regret Sarah does voice about that year of her life is that she was unable to do

plays because of the medications she was on after her leukemia treatments. Why she would have enjoyed being involved in stage productions is understandable, because Sarah is a poised speaker and singer, with a love for language and drama. The people of her home congregation, Saint Matthew Lutheran Church in Logan, know all about that; Sarah has occasionally sung and often read for worship and presentations there over the years. She even preached on Easter Sunday in 2009. She was only scheduled to speak at one service then; but the response to the testimony of faith contained in her sermon was so powerful and well received that, by acclamation, she was asked to preach at the second service that day as well. **(Continued on page 4.)**

## Warm up this winter with physical activity!

By **DANIELLE ARNETT**  
*Employee Wellness Coordinator  
Hocking Valley  
Community Hospital*

Doctors say keeping kids and teens active - the sort of movement that gets a heart pumping faster - is needed year-round. Children who are physically active on a regular basis will see great benefits, but as the weather turns cold, staying active can be tough. The benefits are worth it! Some of the benefits include:

- Less likely to become overweight.
- Decreased risk of developing Type 2 diabetes.
- Reduced blood cholesterol levels and lower blood pressure.
- Higher self-esteem and less likely to have depression and anxiety.
- More likely to build strong bones and muscles.
- More attentive in school.

So, how do you make sure you stay active in the cold months?

Here are a few tips:

**Focus on Fun** - What physical activity can you safely do in the winter that is fun? Walking

laps in the mall while you shop or are hanging out with friends? Bundling up and going for a walk? If it's snowy, how about sledding, building a snowman, or having a snowball fight?

**Limit TV and computer time.** To stay healthy, the American Academy of Pediatrics recommends no more than two hours daily of media exposure. That means computer time, TV watching, and texting/talking on the phone. This may be tough during the winter time but worth it. When you are sitting to watch TV or use the computer, try taking breaks to move around...do lunges, jumping jacks, push-ups, stretches, crunches, or jog in place.



**Clean up.** Chores don't have to be a bore; they can be a great way to stay active! Sweeping or mopping the floor, putting away laundry, and picking up your room can get your heart rate up and benefit your health.

*Be creative!*

## When Sarah Starner was 15... (continued)

“Sometimes,” Sarah says honestly, referring to her experience with cancer, “I get angry with God. But I also know that He’s always with me. And He helps me focus on the meaning of life.”

Sarah continues to show the same determination to lead a meaningful life that she demonstrated when she was 15. At Denison, she’s majoring in psychology, although she hasn’t yet decided on what specific field she will focus. Her long-term plans include going to graduate school.

Spend time with Sarah and you’re struck by how mature she seems for a college freshman. “I think I’m mature in some ways,” she says. “I eat right, dress healthfully because of my immune system being down, and the medicines I have to take. But, in other ways, I feel less mature than others my age because my illness has made me more dependent on my parents.”

“When I was 15,” Sarah says, “I was appreciating having gotten better. I was appreciating more in my life. The relapse after that changed things, but I still appreciate my life so much.”

During her senior year, Sarah was crowned Homecoming Queen at Logan High School and graduated with honors. It wouldn’t have been much of a stretch had someone dared to predict, when Sarah was 15, that her senior year would prove to be so eventful for her. Faith, grit, determination, and a love for life’s challenges have always been part of her life. Just imagine where they will lead her in the years to come!

*Rev. Mark Daniels is the pastor of Saint Matthew Lutheran Church in Logan.*

*Rev. Mark Daniels asked Sarah to conduct the Easter sermon in 2009, and she was in treatment at Children’s Hospital at the time. Here is an excerpt of her sermon:*

“This (Easter) story is also a reminder to me that God has a special path that each of us will journey in our lives. For me on this Easter Day, I remember the past six years of my life. Through those years I knew that my life was and still is in God’s hands and I need to trust in him just as Jesus did when he died on the cross. He believed in the Lord and today we celebrate his glory with family and friends.”

## Thinking about furthering your education after high school?

It’s that time of year when many high school seniors and some juniors are visiting college campuses and trying to decide which one may be the perfect fit. Along with all the college mail, tempting you with all they can offer, also comes the worry about how to pay for your future education. Scholarships and grants are ways to help alleviate that concern. Start your financial aid search now.

(Remember: scholarships and grants typically do not have to be paid back, while loans generally do.)

**Why attend college?** According to the Foundation for Appalachian Ohio’s website, [www.appalachianohio.org](http://www.appalachianohio.org):

- Education pays off. Studies clearly document increased levels of education directly associated with a substantially reduced risk of poverty in the United States, regardless of race.
- Education beyond high school is essential to an individual’s economic success, often without regard to occupation. The critical thinking and technological skills required in today’s job market have transformed the meaning and substance of workforce preparation. Approximately two-thirds of Ohio’s new jobs now require advanced information technology skills.
- Individuals who pursue education after high school are also more likely to be engaged and contributing members of society. Effective citizenship means a more participatory and representative democracy and stronger, healthier communities. In Appalachian Ohio, high school graduation rates fall generally below graduation rates in the rest of Ohio, and the rate of adults who have ANY college or technical school education beyond high school runs generally 20 percent below the state average.

Tip for college: Keep copies of your essays because you may be able to use them for multiple applications.

Check to see that you are accessing the correct FAFSA (Free Application for Federal Student Aid) website. [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

The college attendance rate for Appalachian Ohio is 30% compared to 41% for the rest of Ohio and 62% for the U.S. Help us catch up!

# Scholarship and grant opportunities...

**The Foundation for Appalachian Ohio** ([www.appalachianohio.org](http://www.appalachianohio.org)) regional scholarships include: the Wayne F. White Scholarship for graduating high school seniors throughout the 32 Appalachian Ohio counties; the Ora E. Anderson Scholarship, for those students pursuing post secondary studies associated with the natural sciences; the Ariana R. Ulloa Scholarship for students pursuing a degree in international studies or a related field; the Bellisio Foods Scholarship, for employee children and grandchildren of Bellisio Foods.

Check with Hocking County grant program **Brighten Your Future**. Contact **Charles Taylor, Executive Director, by writing to P.O. Box 991, Logan, Ohio, 43138; calling 740-385-5053; or emailing [ctaylor@loganhocking.k12.oh.us](mailto:ctaylor@loganhocking.k12.oh.us)** for more information.

During the 20 years that BYF has awarded grants, over 80% of applicants who completed the process have qualified for a grant. BYF is a "last dollar" grant program, meaning that the applicant must exhaust other sources of financial assistance before being eligible for a BYF grant. Trustees review applications and make decisions on awards usually about mid August.

Explore the websites of the institutions of higher learning in which you are interested. They have scholarship and financial aid tabs and are likely to list scholarships and grants specific to their school or department. Or call them up and ask them over the phone!

If you are linterested specifically in Hocking College and you are a current

## Essay tips

- Have someone else review your applications to catch any mistakes before sending. Many times small mistakes can set you in the "no" pile due to the fact that some scholarships/grants are very popular and the competition is fierce. Little mistakes can hurt you.
- Get your application in the mail in plenty of time to arrive at its destination. After putting all the work into creating a great one, why delay putting it in the mail?
- Letters of reference – a very important part to most applications. The best way to ask someone for a letter of reference is to say "Would you be able to write a strong letter of reference for me?" You don't want just average letters of reference, but convincing ones that show the writer really knows you.

year graduate from Athens, Fairfield, Hocking, Perry, Pickaway or Ross County High Schools, look into the **District Scholars program**. District Scholars at Hocking College is based on family income. Here is how you apply: complete and return the district scholar application and contract to Hocking College; apply for admission to Hocking College for summer or fall quarter after graduation; complete the FAFSA for financial aid; register and attend summer and/or fall quarter classes; and contact the Financial Aid Office prior to starting your first quarter classes for work assignment information. Award amounts are based on your parent's Adjusted Gross Income (AGI). (Up to \$40,000 = Full cost of tuition paid; \$40,001-55,000 = tuition is paid up to \$635 per quarter; over \$55,000 = tuition is paid up to \$425 per quarter.)

**Logan High School** will have local scholarships available in February.

## Other good websites to check include:

- [www.oache.org](http://www.oache.org) – Ohio Appalachian Center for Higher Education;
- [www.ohiocan.org](http://www.ohiocan.org) – Ohio College Access Network;
- [www.knowhow2goohio.org](http://www.knowhow2goohio.org) – Know How To Go Ohio (information for middle schoolers through high schoolers to mentors).
- [www.nces.ed.gov/collegenavigator/](http://www.nces.ed.gov/collegenavigator/) - College Navigator;

At times it might seem overwhelming. Take a deep breath and realize that you do not need to make these important decisions alone. Seek out help from your parents, teachers and, most importantly, school guidance counselors. Line up your potential letters of references before you need them. Read all directions on the scholarship/grant/college applications before filling them out. Prioritize tasks and do not procrastinate.

**YOU CAN DO IT!**

## What's going on

All of the following activities are taking place at the **Logan-Hocking Community Center**, also known as IFACE, located at 1593 E. Front St:

- Every Monday: Becoming A Love and Logic Parent, (sponsored by Target) will begin Jan. 4 and run for seven Mondays. Dinner is at 5:15 p.m., with classes beginning at 6 p.m. The cost is \$30, and scholarships are available.
- Barbara A. Long LISW, Director Social Service Programming at IFACE also provides counseling at the center, and a sliding fee is available. Call 385-4322 ext. 225 for an appointment.



A junior at Logan High School decorates a pumpkin to be taken to a local nursing home as part of Make a Difference Day. Photo by Christa Myers.

## Interview with a youth

**Q.** What have you learned in the program?

**A.** I have learned to make better decisions than those in the past, for instance; when dealing with my friends I have found better influences such as people who know what they want out of life and they try to help me. They are positive role models. Most of my friends before were all considered druggies and people that didn't care about their future.

**Q.** What are your future goals?

**A.** I want to graduate high school and I want to go to college and I realize that before, I wasn't trying, and I didn't care about school and so without the program and changing my way of thinking I would not have those goals.

**Q.** What made you want to change your thinking?

**A.** I think at the half-way point of the program I decided there was more to life than partying and not caring.

**Q.** Why do you care now?

**A.** Well seeing as though I had a probation officer, counselor and case manager on my tail, it made it easier and they are the ones who helped me laugh and want to care.

**Q.** How are you going to make it without the program?

**A.** The program gave me the tools I need that I apply everyday and that's how I plan on getting through it.

**Q.** What do you plan on doing after your probation has ended?

**A.** O man, nothing different really - just staying out of trouble.

**Q.** What did you like most about the

program?

**A.** The monthly activities, because I would have never got to do half of that stuff and it was really cool.

**Q.** What do you think of the community and how it needs to change to help our youth? And what ways do you think you can do to change it?

**A.** I don't really have an opinion about the community because I don't talk to a lot of people, but as far as school staff I don't think all of them care. It's like some of them go just to get the pay check and I think the last time I heard anyone say anything about abstinence was when I was in seventh-grade. So if there was more information and support as far as being drug free I think it would probably help. But if you don't mess up how do you learn?

*(next page)*



Prizes for both the Stomp Out Drugs and Poster Contest were donated by Kim Lanning of BSS Waste, Corby Leach of State Farm, Reed & Baur Insurance and Chris Baker of Dominoes Pizza. The poster contest winners (from left) are: first place, Whitney Mitchell (12th grader) - \$25; second place, Natalie Dalton (10th grader) - \$15; and third place, Ashley Skinner (11th grader) - \$10. Not pictured is first place winner Hilary Rutter (12th grader) - \$25. Information provided by Kathy Mara, guidance counselor at LHS.

## The truth about heroin

**Q.** Isn't heroin a less dangerous drug if you snort or smoke it instead of injecting it?  
**A.** No. Heroin is heroin. There is no safe way of injecting it. You can still die from an overdose or become addicted by snorting or smoking it.

**Q.** Can withdrawal from heroin kill you?  
**A.** Although it is seldom fatal, withdrawal from heroin produces drug cravings, restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and other symptoms that usually last about a week, but may last for many months.

**Q.** Will heroin use alter my brain?  
**A.** Yes. Heroin enters the neurons or cells of the brain and changes the speed of the chemicals in the brain. It not only affects your brain physically, but also affects the way you think.

**Slang – Smack, Horse, Mud, Brown Sugar, Junk, Black Tar, Big H, Dope, Skag**

*Information from Substance Abuse and Mental Health Services Administration [www.samhsa.gov/SHIN](http://www.samhsa.gov/SHIN)*

## Know the signs of heroin use

How can you tell if a friend is using heroin? The signs and symptoms of heroin use are:

- Euphoria;
- Drowsiness;
- Impaired mental functioning;
- Slowed down respiration;
- Constricted pupils.

Signs of a heroin overdose include:

- Shallow breathing;
- Pinpoint pupils;
- Clammy skin;
- Convulsions;
- Coma.

The bottom line. If you know someone who uses heroin, urge him or her to stop or get help. If you use heroin – stop! The longer you ignore the real facts, the more chances you

take with your life.

**It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust.**

## Interview with a youth (from previous page)

**A.** If I could help, I would move the community center in town because it's too far to walk and not many kids have a car and it would give us something to do instead of walking through town and bumping into someone who sells. I can go through town and run into like six people who sell on any given night. I have turned many people down because others have learned that I will soon be released and they think I want to use, but I don't.

**Q.** What advice do you have for newcomers?

**A.** Its a lot easier if you do what you are supposed to do and set your mind to what you want do in life.

# Get the facts ...about heroin

## What's going on

**Heroin affects your brain.** Heroin enters the brain quickly. It slows down the way you think, slows down reaction time, and slows down memory. This affects the way you act and make decisions.

**Heroin affects your body.** Heroin poses special problems for those who inject it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles. These health problems can be passed on to sexual partners and newborns.

**Heroin is super-addictive.** Heroin is highly addictive because it enters the brain so rapidly. It particularly affects those regions of the brain responsible for producing physical dependence.

**Heroin is not what it may seem.** Despite the glamorization of “heroin chic” in films, fashion, and music, heroin use can have tragic consequences that extend far beyond its users. Fetal effects, HIV/AIDS, tuberculosis, violence, and crime are all linked to its use.

**Heroin can kill you.** Heroin is one of the most frequently reported drugs by medical examiners in drug abuse deaths.

## Before you risk it:

**Know the law.** Heroin is an illegal Schedule I drug, meaning that it is in the group of the most highly addictive drugs.

**Get the facts.** Any method of heroin use – snorting, smoking, swallowing, or injecting the drug – can cause immediate harm and lead to addiction.

**Stay informed.** The untimely deaths of several popular musicians and other celebrities may have influenced many young people to stay away from heroin use, but to others, the dangers are still not clear. The average age of first use was 20.7 in 2006.

**Know the risks.** Because of the strength of heroin varies and its impact is more unpredictable when used with alcohol or other drugs, the user never knows what might happen with the next dose.

**Look around you.** The vast majority of teens are not using heroin. According to a 2006 national study, less than 1 percent report ever having tried it.

*All the following events are at the Hocking County Job Services Center, 389 W. Front Street, Logan; register by calling 380-1545.*

**Jan 26:** Open tutoring, 9 to 11 a.m.

**Feb. 2:** Open tutoring, 9 to 11 a.m.

**Feb 2-6:** Job Club, 9 a.m. to 2:30 p.m.; free five day workshop which discusses interviewing skills, employer expectations, resumes, etc.; 14 and up.

**Feb. 9:** Open tutoring, 9 to 11 a.m., Work keys, 9 a.m. to noon, Customer Service skills, 1 to 4 p.m., free written assessment to determine work aptitudes and customer service skills.

**Feb. 10:** Introduction to computers, 9 a.m. to noon

**Feb. 12:** Introduction to the Internet, 9 a.m. to noon

**Feb. 23:** Open tutoring, 9 to 11 a.m.

**March 2:** Open tutoring, 9 to 11 a.m.

**March 2-6:** Job Club, 9 a.m. to 2:30 p.m.; free five day workshop which discusses interviewing skills, employer expectations, resumes, etc.; 14 and up.

**March 9:** Open tutoring, 9 to 11 a.m.

**March 10:** Introduction to computers, 9 a.m. to noon

**March 12:** Introduction to Internet, 9 a.m. to noon

**March 16:** Open tutoring, 9 to 11 a.m., Work keys, 9 a.m. to noon, Customer Service skills, 1 to 4 p.m., free written assessment to determine work aptitudes and customer service skills.

**March 30:** Open tutoring, 9 to 11 a.m.

**April 2:** Introduction to computers, 9 a.m. to noon

**March 6:** Open tutoring, 9 to 11 a.m.

**March 7:** Introduction to Internet, 9 a.m. to noon.