



# All Kidding Aside...

## FAMILY NIGHT OUT IN JULY WILL BE A SWIMMING GOOD TIME

Family Night Out this month is scheduled for July 19, 2004 at Deseret Peak Complex. Tooele County and Domino's Pizza have generously agreed to supply free swimming and pizza for YFP youth and their families. Unfortunately, we are unable to cover the cost of friends. However, friends are welcome to attend this activity if they plan to bring their own food and pay entrance to the pool,

which will be open to the public as well.

Family Night Out in August is tentatively scheduled for August 16, 2004 at 6:30. In September we will have a service project, tentatively scheduled for September 26, 2004.

There are several other dates coming up that our youth and families should be aware of. We will hold a 4-H breakfast club meeting

on July 31, 2004. At 10 a.m. We will be making bread dough sculptures that day, which can be entered in the county fair. The fair will take place August 5-7, 2004. We will hold another 4-H meeting on August 14, 2004, at 10 a.m.

On September 10, 2004, we will be holding a golf tournament fundraiser. Please see the related article on page 3 of this newsletter.

### Youth and Families with Promise

Volume 3, Issue 3

July 2004

### Special points of interest:

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## TOOELE COUNTY 4-H CAMP TO BE HELD; ALL WELCOME

As you probably know, all YFP youth are also 4-H members, and eligible to participate in all 4-H activities. In addition to the monthly 4-H breakfast club meetings we have with YFP, there are many other fun activities to participate in. Recently, both Adventure

Camp and Junior Youth Conference were held. Youth in 5th-8th grades will have a chance to participate in these again next summer.

Coming up on July 6-8, 2004, Tooele County 4-H Day Camp will be held. This is a chance to have a

lot of fun with other 4-H youth. Your entire family is welcome to attend, either overnight or just for the day. Please check your 4-H newsletter for more information, or call Curtis at 843-2351 or Tamra at 843-2356.

### READ A BOOK:

Try *A Wrinkle In Time*, by Madeleine L'Engle. Meg, her brother Charles Wallace, and her friend Calvin journey on a quest through space to find her father. Other books in this series include: *A Wind in the Door*, *A Swiftly Tilting Planet*, and *Many Waters*.



# PARTNERSHIP WITH THE SCHOOLS PROMISES TO BE A REAL SUCCESS; GRANT APPLICATION IS PENDING

Tooele YFP has been presented with a great funding opportunity and partnership that may prove to be an important asset to our program.

As many of you know, earlier this year we started a pilot program using mentors from Tooele High School's internship program to spend time in class with youth at Overlake Elementary. We are hoping to expand this program to three elementary schools next year, using mentors from both Tooele and Grantsville High

School.

In light of this expanding partnership between YFP and the school district, we are currently applying for a federal grant that may allow us to receive a significant amount of funding, which will allow the program a secure future, at least for the next several years.

The benefits of this partnership is not limited to the funding we might receive. It may allow us to hold after school 4-H type activities and involve more youth

with mentors.

We are working closely with the school district in applying for this grant, and we will continue to keep you posted on the results.

Mentors, please remember to turn in your monthly reports to Jennifer, either through the internet, mail, or in person. Thanks!

## GOLF TOURNAMENT SCHEDULED FOR SEPTEMBER

On September 10, 2004, Tooele YFP is planning to hold a golf tournament fundraiser at the Stansbury Park Golf Course. We are currently looking for corporate sponsors for this event. Proceeds will go to help cover the cost of the admini-

stration of the YFP program, as well as specific activities.

As the tournament approaches, we will be looking for participants to sign up for the event as well.

Please keep us in mind if you

know anyone who plays golf or would like to get involved as a sponsor. We will likely need volunteers as well. For more information, call Scott at 843-2354.

### IMPORTANT REMINDER:

Youth, families and mentors that want to attend Family Night Out on July 19, 2004 need to come into the YFP office or contact us in order to get tickets so that you can get into the swimming pool that night! We cannot pay for friends, the event is for YFP families and mentors only!

## TEEN DANCE WILL KICK OFF FAIR

The Tooele County Fair will begin with a teen dance and swim party at the Deseret Peak Aquatic Center on August 4, 2004, at 8:30 p.m. The dance is for youth ages 12-18. There will be a DJ present, and refreshments can be purchased there. Admission to the dance is \$2.

August 5, 2004 will start the carnival, exhibits and Keith Urban con-

cert. Exhibits will be open through August 7, 2004.

Those youth who are interested in entering their beaded animals, bread dough sculptures (from our 4-H project July 31, 2004) or other projects from this year need to bring them to the YFP office **BY JULY 31, 2004**. We encourage all youth to enter something.

## Youth and Families with Promise

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Everybody needs a mentor. Who was yours?



Youth and Families with Promise is a prevention/early intervention program for youth between the ages of 10 and 14. Youth are matched with both a young adult mentor and grandmentor(s) who help provide social support, structured activities, community involvement, and educational improvement. This support helps youth increase their confidence to participate and succeed.

For more information in Tooele County, contact:

**Scott Campbell, Site Coordinator**

**(435) 843-2354, 840-1966**

**Jennifer Swan, Assistant Site Coordinator**

**(435) 840-1650**

**Tamra Cox, Volunteer Coordinator, Recruiter**

**(435) 840-1677**

## A WORD TO OUR YOUTH ABOUT SMOKING

### Did you know...

**Tobacco damages your health.** Smoking is the most common cause of lung cancer. Smoking is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidney. Smokeless tobacco can cause mouth cancer, tooth loss, and other health problems.

**Tobacco affects your body's development.** Smoking is particularly harmful for teens because your body is still growing and changing. The 200 known poisons in cigarette smoke affect your normal development and can cause life-threatening diseases, such as chronic bronchitis, heart disease, and stroke.

**Tobacco is addictive.** Cigarettes contain nicotine—a powerfully addictive substance. Three-quarters of young people who use tobacco daily continue to do so because they find it hard to quit. Tobacco can kill you. Smoking is the

leading preventable cause of death in this country. More than 400,000 Americans die from tobacco-related causes each year, and most of them began using tobacco before the age of 18.

**Know the law.** It is illegal for anyone under 19 to buy cigarettes, smokeless tobacco, or tobacco-related products.

**Stay Informed.** Addiction to tobacco is hard to control. More than 90 percent of teens who use tobacco daily experience at least one symptom of withdrawal when they try to quit.

**Keep your edge.** The poisons in cigarettes can affect your appearance. Smoking can dry your skin out and cause wrinkles. Some research even relates smoking to premature gray hair and hair loss.

**Be aware.** It can be hard to play sports if you use tobacco. Smoking causes shortness of breath and dizziness, and chewing

tobacco causes dehydration.

**Think of others.** Smoking puts the health of your friends and family at risk. Approximately 3,000 nonsmokers die of lung cancer each year from breathing other peoples' smoke.

**Get the facts.** Each day more than 3,000 people under age 18 become regular smokers. That's more than 1 million teens per year. Roughly one-third of them will eventually die from a tobacco-related disease.

**Look around you.** Even though a lot of teens use tobacco, most don't. According to a 1998 study, less than 20 percent of teens are regular smokers. In fact, 64 percent of 12- to 17-year-olds have never even tried a cigarette.

For more information, check out the internet web site at <http://www.health.org/govpubs/phd633>.