



October
2009

UPCOMING EVENTS & MEETINGS:

October 15th
Parents: 11a.m-
1p.m.

Vestar Boys and Girls
Club Presenting on
OTC/ Prescription
Drug Trends

October 28th
KIDS/Parents
1:30-3pm

Highlands Church
Sports talk for kids
7 years and up.

October 29th
9:30-10:30-
Trauma Drill
Mountain Trail
Middle School.

October 29th
Kids/Parents
1:30-3pm

Aire Libre Elementary
Drug & Internet Safety

Cranberry Juice...

Does your teen have an instant craving for Cranberry Juice? If you answered yes....your teen might be trying to pull the wool over your eyes. If you consume enough cranberry juice, iced tea or any other diuretic, it can help deter marijuana or (THC) from being detected in your urine. THC stays in your fat cells and Cranberry juice if consumed enough can help dilute the urine to pass a drug test. Parents, if you drug test your child be sure to see how clear the urine



is. If it appears that they have almost clear urine that might be a sign to test again. A lot of the over the counter drug tests come with an option to send in the test for further testing. Also hair samples are a way to get past any tampering with drug tests. If you suspect your child might be trying to pass a drug test take them into a lab for a complete test.

Drug use triples between 6th & 8th Grade....

**Marijuana is considered the entry drug to
all other drug use...**

MASKer Aide Night Gala

Our first Annual MASKer Aide Night Gala was an unbelievable night under the stars. Thank you to all that came and supported our first major event. 100% of the proceeds will go back

into MASK Community Outreach programs, and our Youth Projects. This will allow us to further our mission to different areas in the community and be able to support these programs to less

fortunate communities. Thank you once again for seeing the need and helping us fulfill it.



Check out photos @
www.azfoothillsmagazine.com

Volunteers:

If you have a passion for kids, please consider volunteering for MASK. We have many opportunities for you to get involved with. All of the people involved with MASK are volunteers. There is no compensation for any job or duties. If you are interested in helping a little or a lot please contact our office at **480-502-5337**. Together we can make a Difference!



Trauma Drills 2009-2010



Teaming Together to **IMPACT**

AirEvac, Phoenix & Scottsdale Fire Department, and MASK are teaming up together to bring full Circle Awareness & Prevention Tactics to schools. These unique "Trauma Drills" will encourage parent/student involvement, expose hidden dangers to the community, provide resources for all to participate in, and promote continued education.

These drills will run from Elementary through High School addressing the Early Behaviors to dangerous Decisions our children can fall into. We want to bring an impactful awareness so child hearing it to will walk away knowing the negative impact that these dangers can bring to their lives.

Check out our web-site for additional information

www.azmask.org

Calling all KIDS...



Next month we are holding our Annual "Change to make a *Change Drive*". We will be holding the change drive at multiple grocery locations, where they will help expose MASK to the community. The money raised will go to help bring MASK awareness to less fortunate communities. MASK creates these kid opportunities to help strengthen the kids' core on choosing to make safe, healthy choices, and to connect them with other kids of MASK. All ages to participate and service learning hours recognized. To get involved call our office at **480-502-5337**

