



# ONE VOICE

*Winter 2009*

## Important Events!

### National PTA Legislative Conference

March 11-12, 2009

Washington, DC

[http://www.pta.org/national\\_legislative\\_conference.asp](http://www.pta.org/national_legislative_conference.asp)

### 108<sup>th</sup> Annual Iowa PTA Convention

April 3-4, 2009

Iowa Speedway

3333 Rusty Wallace Drive

Newton, IA

[http://www.iowapta.org/en/state\\_pta/convention.cfm](http://www.iowapta.org/en/state_pta/convention.cfm)

### Reflections Recognition Ceremony

April 18, 2009

Des Moines location TBA

[http://www.iowapta.org/en/state\\_pta/programs/rt\\_reflections.cfm](http://www.iowapta.org/en/state_pta/programs/rt_reflections.cfm)

### 113<sup>th</sup> Annual National PTA Convention

June 26-29, 2009

Greater Fort Lauderdale

Broward County Convention Center

[www.pta.org/annualconvention](http://www.pta.org/annualconvention)

## PTA Mission

PTA is...

- ❖ A powerful voice for all children
- ❖ A relevant resource for families and communities
- ❖ A strong advocate for the education and well-being of every child

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Dues must be sent to the Iowa PTA office by the end of each month for any new memberships sold during that month. Include a Dues Remittal Form and Membership Roster along with payment. Membership forms may be found on the Iowa PTA website at:

[http://www.iowapta.org/en/membership/membership\\_committee.cfm](http://www.iowapta.org/en/membership/membership_committee.cfm)

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Get all your PTA instructions and forms at

[www.iowapta.org](http://www.iowapta.org)

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## INCLUDED IN THIS ISSUE

- **Convention Registration**
- **Proposed Bylaws Amendments**
- **Proposed Slate of Officers**
- **Pop Culture Quiz**
- **Your Officer Form for 2009-2010**
- **Nomination information for your PTA**
- **Preparing Youth for the 21<sup>st</sup> Century**
- **Think Green!**
- **And More!!!**

"Great and miraculous things happen when people come together with an intention to create hope and opportunity."

- Oprah Winfrey

## A Message from National PTA (#1)

### Connecting: To the Internet, to Parents, to Children

Kids and technology both grow quickly, don't they? The members of Generation X are parents now, and their children have even surpassed them as the most tech-savvy group. While trying to keep up with their own offspring, many of these moms and dads are also finding that their household needs two or more jobs to support their family. Tough economic times are taking a toll on volunteer commitments; we shouldn't be surprised that Gen X doesn't have as much time for regular PTA meetings as their parents did. Yet parent involvement remains an important part of their lives. PTA simply needs to engage these younger parents in new ways, and Gen X's familiarity with technology is how we can connect with them.

PTA's national website is now more parent-friendly. We also created a new on-demand radio station with shows featuring experts on education and family issues; jumped into online social networking (reaching out to parents through Facebook® and talking with them on blogs); set up a PTA channel on YouTube; and started sharing photos on Fotki. And that's just the beginning!

Parents aren't the only ones online, though. Young people and children are using the Internet in greater numbers and in different ways than their elders. The communication avenues and learning opportunities available online are amazing, and we must make certain that our children can explore those enriching possibilities safely. PTA.org offers a special section devoted to Internet safety, as do partners like the White House Office of National Drug Control Policy, who have a great media safety primer for parents at [www.theantidrug.com/teens-technology](http://www.theantidrug.com/teens-technology).

Generation after generation, PTA serves as a valuable and vital resource. Our mission transcends age and the ages: we bring families, schools, and communities together to help all children succeed. Now we're just doing it in ways our founders had never imagined. And you will be the next generation of PTA leaders who connect with communities in ways we can only imagine. Dream on, PTA—and never be afraid to try something new!

Jan Harp Domene  
PTA National President

### Dara Torres Joins National PTA

Dara Torres was the first American swimmer to compete in five Olympics (1984, 1988, 1992, 2000, and 2008), and she won the silver medal in three events last summer in Beijing. She has won twelve Olympic medals in her career. She's now a national PTA Ambassador, where she joins millions of parents and educators working toward improving the lives of children, as well as urging parents and families to be more involved.

### Conectándose: Con el Internet, Con los Padres, Con los Niños

Tanto los niños como la tecnología crecen rápidamente, ¿no es verdad? Hoy en día, los miembros de la Generación X son los padres, y sus hijos los han incluso superado siendo el grupo más experto en la tecnología. Para tratar de mantenerse al ritmo de sus propios hijos, muchas de estas madres y padres también han encontrado que necesitan dos o más trabajos para poder mantener a sus familias. Los tiempos duros de la economía están teniendo un grave efecto en compromisos de voluntariado; no nos debe sorprender que la Gen X ya no tenga tanto tiempo como el que tenían sus mismos padres para asistir a reuniones regulares de PTA (la Asociación de Padres y Maestros). Sin embargo, la participación de los padres sigue siendo una parte importante de sus vidas. La PTA simplemente necesita involucrar a estos padres jóvenes de otras maneras innovadoras y la familiaridad que tiene la Gen X con la tecnología es la manera en que nos podemos conectar con ellos.

El sitio Web nacional de la PTA es ahora más amigable y fácil de utilizar para los padres. Además hemos creado una nueva estación radial por solicitud que incluye transmisiones con la participación de expertos en temas educativos y sobre la familia; hemos entrado en la red social en línea (llegando a los padres a través de Facebook®, hablando con ellos por blogs); hemos creado un canal de la PTA en YouTube; y hemos empezado a compartir fotos en Fotki. ¡Y este es solo el comienzo!

Sin embargo, los padres no son los únicos que están en línea. Los jóvenes y niños están utilizando el Internet cada vez más y de maneras diferentes a las que lo hacen los mayores. Los medios de comunicación y las oportunidades de aprendizaje que están disponibles hoy en día son maravillosas y debemos asegurarnos de que nuestros hijos puedan explorar con seguridad aquellas posibilidades enriquecedoras. PTA.org ofrece una sección especial dedicada a la seguridad del Internet, como ofrecen nuestros socios de la *White House Office of National Drug Control Policy* (Política Nacional de Control de Drogas de la Casa Blanca), que incluye un excelente manual de seguridad sobre los medios para los padres de familia ingresando al sitio Web [www.theantidrug.com/teens-technology](http://www.theantidrug.com/teens-technology).

Generación tras generación, la PTA ha servido como un recurso valioso y vital. Nuestra misión trasciende edades y los tiempos: Unimos familias, escuelas y comunidades para contribuir al éxito de todos los niños. Solo que ahora lo estamos haciendo de maneras que nuestros fundadores nunca antes habían imaginado, y usted será parte de la siguiente generación de líderes de la PTA que se conectan con comunidades de maneras que solo nosotros podemos imaginar. ¡Siga soñando, PTA—y nunca tenga miedo de intentar algo nuevo!

Jan Harp Domene  
Presidenta Nacional de PTA

## A Message from National PTA (#2)

### One Easy Resolution

Many of us will (try to) keep resolutions for New Year's. Some of these resolutions will be to do things we're already doing, but perhaps better, or at least more often. Other resolutions will be to try something new, to explore the world beyond the borders we know. One resolution will help you do a little bit of both—and help boost involvement in our schools at the same time. All you need is access to the Internet, and a little bit of time, literally whenever it fits your schedule.

PTA has always been exceptionally good about connecting people who are passionate about helping children be successful and healthy—but now we have technology that allows us to connect those people in a whole new way. I want you to resolve with me to embrace the possibilities of online social networking, because it's not just for our kids anymore.

If you haven't visited the PTA pages on Facebook, YouTube, Twitter, and Fotki, you haven't seen the amazing online community that continues to grow there every single day. You'll find postings and pictures and videos of people who are sharing ideas, inspiration, and lots and lots of information. You can even communicate with PTA's leadership, including myself.

For anyone unfamiliar with the sites that millions of people (and most of our children) have been using, PTA is launching an entire series of introductory videos to help you get acquainted with social networking. Leaders can learn how to establish a Facebook presence for their local units, and how to reach out to their community and connect with the national office once they do. And absolutely anyone interested in supporting our nation's children can learn why this new form of communication is so important, and just the few simple steps it takes to get involved.

So as you resolve to bring more people into your PTA this New Year, check out <http://pta-tv.org> (with the username "ptacommunity" and password "1pta1"—just click "enter" to watch each video) to see how easy it is to be part of our online community. And I'll see you on Facebook!

Jan Harp Domene  
PTA National President

**What the future will look like if PTA  
accomplishes its mission:**

**Making every child's potential a reality!**

### Una determinación fácil

Muchos de nosotros mantendremos (o, al menos, intentaremos mantener) las determinaciones tomadas en Año Nuevo. Algunas de estas determinaciones consistirán en continuar realizando tareas que ya hacemos, pero quizás de mejor manera o, al menos, con mayor frecuencia. Otras determinaciones consistirán en intentar algo nuevo, en explorar el mundo más allá de los límites que conocemos. Una determinación le ayudará a hacer un poquito de cada una y, al mismo tiempo, ayudará a fomentar la participación en nuestras escuelas. Sólo se necesita acceso a Internet y, literalmente, un poco de tiempo siempre que pueda incluirse en su calendario.

La PTA siempre ha sido excepcionalmente buena en conectar a personas que sienten pasión por ayudar a los niños a ser exitosos y saludables, pero ahora contamos con tecnología que nos permite conectar a esas personas de una manera completamente nueva. Quiero que me acompañe en la determinación de incorporar las posibilidades de las redes sociales en línea, porque ya no se trata únicamente de nuestros hijos.

Si aún no ha visitado las páginas de la PTA en Facebook, YouTube, Twitter y Fotki, no ha descubierto la maravillosa comunidad en línea que sigue creciendo allí día a día. Encontrará publicaciones, fotografías y videos de personas que comparten ideas, inspiración y una gran cantidad de información. Hasta puede comunicarse con los líderes de la PTA, incluso conmigo.

Para aquellos que no estén familiarizados con los sitios que han estado utilizando millones de personas (y la mayoría de nuestros hijos), la PTA está lanzando una serie completa de videos introductorios para ayudarle a interiorizarse en las redes sociales. Los líderes pueden aprender a crear una cuenta en Facebook para sus unidades locales, y a llegar a su comunidad y conectarse con la oficina nacional una vez que lo hayan logrado. Además, todos los interesados en apoyar a los niños de nuestro país podrán comprender por qué esta nueva forma de comunicación es tan importante y conocer los pocos pasos simples que se necesitan para participar.

Por eso, cuando tome la determinación de incorporar a más personas en su PTA este Año Nuevo, ingrese en <http://pta-tv.org> (con el usuario "ptacommunity" y la contraseña "1pta1"; simplemente haga clic en "enter" para ver cada video) y descubra lo fácil que es formar parte de nuestra comunidad en línea. ¡Nos vemos en Facebook!

Jan Harp Domene  
Presidenta Nacional de PTA



# CONVENTION REGISTRATION

**Ready . . . Set . . . Go!**  
**Race 4 . . . Students, Membership, Success!**

April 3-4, 2009  
Iowa Speedway  
3333 Rusty Wallace Drive, Newton, Iowa

## Convention Fees.

Registration - \$48 per person (Deadline: March 21, 2009)\* \$ \_\_\_\_\_  
(Walk-ins or those registering late - \$60 per person)

**NOTE: Each registration offers you the opportunity to win two tickets for a May NASCAR race!**

## Post Convention Party

Saturday night post convention party – TBA  
Delegate - \$20 per person \$ \_\_\_\_\_  
Additional guest(s) - \$20 per person \$ \_\_\_\_\_

## Friday Evening Social Hour

Friday evening only – for additional guests  
At the AmericInn Lodge & Suites – 7:30 – 9:00 p.m.  
4401 South 22<sup>nd</sup> Ave East – just off I-80 (same exit as the Iowa Speedway).  
No charge - # attending \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Is attendee a voting delegate? \_\_\_\_yes \_\_\_\_no PTA Unit or Organization \_\_\_\_\_

*\* A PTA in good standing is entitled to one voting delegate, plus one additional voting delegate, for every fifteen (15) members. Voting delegates will be required to show their PTA membership card at the registration table.*

Signature of local PTA President for voting delegate \_\_\_\_\_

*\*Please copy this form for additional attendees.*

## Workshop Selection

Please indicate choices of workshops per session. (Some workshops have limited seating –first come basis)

### Session 1

OMDR  
990/Taxes  
Membership  
Money Management/Insurance

### Session 2

OMDR  
990/Taxes  
How to Run Meetings  
Teens

### Session 3

OMDR  
990/Taxes  
Conflict Resolutions  
Legislature/Why PTA/How to Get Members

Send registration form and check to: Iowa PTA, 5619 N.W. 86<sup>th</sup> St., Ste. 600, Johnston IA 50131-2955  
For more information visit [www.iowapta.org](http://www.iowapta.org) or call (800) 475-4782 or (515) 225-4197

## **FRIDAY NIGHT SOCIAL HOUR**

Meet & Greet  
7:30p.m.-9:00p.m.  
AmericInn Lodge & Suites of Newton  
4401 South 22<sup>nd</sup> Avenue East

Meet old friends and make new friends at this informal session on Friday night.

The evening will include snacks and beverages.

## **EXHIBITOR FAIR**

This year delegates will have more time to visit the exhibitors. The exhibitor booths will be open all day (7:30 am – 4:00 p.m.), except during the General Sessions.

Delegates are encouraged to spend time learning what the exhibitors have to offer.

The Convention Committee, hoping to give the delegates even more time to visit the exhibitors, have arranged for them to be highly visible. They'll be in the Newton Club, the open area where all the food and the networking is located.

The Exhibitor Fair gives PTAs a chance to see what type of programs and fundraising opportunities are available.

## **PTA STORE**

Make sure to stop by the PTA Store for all your PTA merchandise. This is your opportunity to purchase thank you gifts for your PTA board, guest speakers, teachers....or maybe even yourself!

## **NPTA REPRESENTATIVE**

***Betsy Landers***  
*National PTA Representative*

A PTA member since 1989, Betsy Landers was elected to serve a two-year term as PTA national secretary-treasurer in June 2007.

From the start, Landers' dedication to PTA has been unwavering. When she encountered challenges with her first PTA experience, she stayed with the group to ensure future volunteers had a better experience. When her children were transferred to a new school, she helped form its first PTA as secretary. When her children were transferred yet again she led the way to forming its first PTA – this time as president. She then took on increasing responsibilities at Shelby County Council PTA, then at the Tennessee PTA Board of Managers simply because of her passion to be involved and her desire to foster a widespread culture of excellence at the local level.

As State President of Tennessee PTA, Landers led that organization in working with the State Board of Education and several legislators to write what would become the Parent Involvement Act, using the PTA National Standards as a model. Now Tennessee law, the Act mandates that all school districts in the state have a written parent involvement policy.

Though her involvement is now at the national office, Landers is quick to point out that the real power of PTA lies at the local level. "It's the parents who dedicate themselves to improving their children's education, PTA members who are committed to advocating for all children – those are the people who make a real difference."

She is married to Ben G. Landers and has three children, Benton, Nicholas, and Mary Frances.



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# Race 4 . . . Student, Membership, Success!

# Where It's Happening!!!

## Friday Night Social Hour

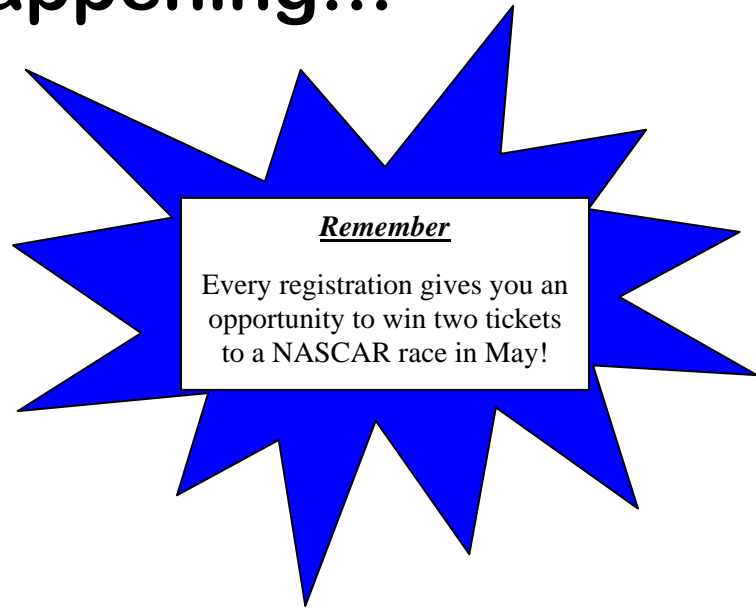
AmericInn Lodge & Suites  
4401 South 22<sup>nd</sup> Avenue East  
Newton, IA

## Convention Site

*Saturday Registration Site, General Sessions,  
Workshops, Luncheon, Membership Awards*  
Iowa Speedway  
3333 Rusty Wallace Drive  
Newton, IA

## Post Convention Party

Iowa Speedway  
3333 Rusty Wallace Drive  
Newton, IA



**SESSIONS:** *Please indicate session selections on registration form. Some sessions have limited seating. Sessions are not listed in a specific order – they're simply the sessions available within each workshop. Time slots will be assigned.*

**OMDR** – “Online Membership Data Reporting” will be conducted by Johanna Bobenhouse and Liz Mink – both PTA board members who have been trained in OMDR.

**AIM** – Association Insurance Management will be conducted by a client relations specialist from the AIM national office in Dallas TX.

**PIRC** – Parent Information & Resource Centers, Ed Redalen, Iowa Statewide PIRC Director, Clive, speaking at the Saturday luncheon (12:00 – 1:15 p.m.)

### SESSION I

- OMDR
- 990/Taxes
- Membership
- Money Management/Insurance

### SESSION II

- OMDR
- 990/Taxes
- How to Run Meetings
- Teens

### SESSION III

- OMDR
- 990/Taxes
- Conflict Resolutions
- Legislation/Why PTA/  
How to Get Members

Hotel Rooms for the 2009 Iowa PTA Convention are available at:

**AmericInn Lodge and Suites**  
4401 South 22<sup>nd</sup> Avenue East  
Newton, IA 50208  
Phone: (641)791-1160

Special PTA rate: \$94.00 (includes two queen beds – up to four persons allowed per room)  
Rates good until March 21, 2009

*When making reservations at this hotel, be sure to ask for the PTA Room Block.*

# Amendments to Iowa PTA Bylaws

The following changes were made to the Iowa PTA bylaws at the direction of National PTA.

**NOTE:** Changes are underlined. Omissions are printed with strikeout lines (~~lines drawn through the words~~).

## **Amendment 1: Article IX : Duties of Officers**

Article IX, Section 1j- Amend by striking out Article IX, Section 1j in its entirety.

Proposed amendment: ~~Section 1j. Serve as a member of the National Council of States. If the state president is unable to attend the meetings, the first vice president shall attend. In the event that the first vice president is unable to attend, the state president will appoint from the elected officers an alternate to represent the Iowa PTA.~~

Rationale: The National PTA has suggested that the member of the National Council of States not be the President, because the meetings are held at the same time and one person can't attend both meetings.

## **Amendment 2: Article IX : Duties of Officers**

Article IX Section 2b- Amend by striking out in entirety and adding "The first vice president shall serve as a member of the National Council of States".

b. Proposed amendment: Section 2b. ~~The first vice president shall become the first alternate to the president to attend national meetings.~~ The first vice president shall serve as a member of the National Council of States. In the event that the first vice president is unable to attend, the state president will appoint from the elected officers an alternate to represent the Iowa PTA.

Rationale: The National PTA has suggested that the member of the National Council of States not be the President, because the meetings are held at the same time and one person can't attend both meetings.

## Iowa PTA Proposed Slate of Officers 2009-2011

**PRESIDENT**  
**Claire Leonard**

**FIRST VICE PRESIDENT**  
**Karen Rowan**

**VICE PRESIDENT *for LEADERSHIP***  
**Pam Dunlap-Johnson**

**VICE PRESIDENT *for Legislature***  
**Stacy Bredbeck**

**VICE PRESIDENT *for MEMBERSHIP***  
**Jennifer Austin**

**SECRETARY/TREASURER**  
**Liz Mink**



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## Iowa PTA Slate of Nominees 2009-2011 And the nominees are...

### **Claire Leonard – Nominated for President**

*I enjoy being with people and have been blessed by the many friends I've made at the three schools my daughter Elizabeth has attended.*

#### **PTA Positions and activities (past and present)**

- Current VP Membership State PTA
- Past Secretary/Treasurer State PTA
- Past Volunteer Coordinator at Jefferson High School
- Vice-president - Jefferson High School
- Past Vice-president of Cedar Rapids City PTA
- Past President - Cleveland Elementary PTA
- Past Volunteer Coordinator - Cleveland Elementary PTA
- Past School Store Coordinator - Cleveland Elementary PTA
- Past Vice-president - Roosevelt Middle School PTA
- Past Membership Chairman - Roosevelt Middle School PTA

#### **Other Activities (past and present)**

- Started the Peace Garden at Cleveland Elementary School
- Started the Cedar Rapids City PTA Newsletter
- Ordained Priest, Community of Christ Church
- Counselor to the Pastor, Community of Christ Church
- Pastoral Care Commissions Chairman, Community of Christ Church
- Building and Grounds Committee member, Community of Christ Church
- Teacher for Sunday School & Vacation Church School, Community of Christ Church

#### **Employment**

- Hairdresser at Shear Happenings Styling Salon
- Lead Ticket seller for US Cellular Center

#### **Education**

- Paris Academy of Beauty

#### **Family**

- Husband: Clarence Leonard, Transit Operator Supervisor, City of Cedar Rapids
- Daughter: Elizabeth
- Residence: Cedar Rapids, Iowa

*Biographies of nominees continued on following page -*

## **Karen Rowan – Nominated for 1<sup>st</sup> Vice-President**

*When my first child began school, I was so excited about joining PTA and rushed over to the PTA sign up table. I couldn't wait. Eight years later, to be nominated for the position of 1<sup>st</sup> Vice President for Iowa PTA, is such an honor for me. All the training I've had, my strong sense of duty, my ability to work with others - not to mention my tremendous sense of humor - makes me a good candidate to serve in this position. I would appreciate your support in the State PTA elections for the position of 1<sup>st</sup> Vice President. Below, please find information that I feel would qualify me for this prestigious position.*

### **PTA Positions and activities (past and present)**

- Current 1<sup>st</sup> Vice-President for Iowa PTA
- Active PTA member for 10 years, including elementary school, middle school, city council and state board.
- Served as President of local elementary unit (170+ members)
- Served as Treasurer of local elementary unit (170+ members)
- Served as Secretary of local elementary unit (170+ members)
- Served as Secretary of middle school unit. (100+ members)
- Served as President of City Council. (8 units)
- Served as Vice-President of City Council (8 units)
- Served as Secretary of City Council (8 units)
- Served as Bulletin Editor for Iowa PTA
- Served on the membership committee for Iowa PTA
- Served on the convention committee for the Iowa PTA
- Served as presenter for several workshops at leadership trainings and state conventions.
- Served as chair person for numerous local committees including but not limited to: Family Fun Night,
- Volunteer Coordinator, Back to School Night, Lunchroom Decorations, Teacher Conference Supper, Skating Party's, Soc Hop, TV Busters, Room Party Coordinator, Staff Welcome Back, HTHYC, Budget Committee.
- Served on numerous local unit committees including but not limited to: Parent Advisory, Clean Up Clinton, Hiring Committee for Clinton Community Schools
- Attended numerous Iowa PTA leadership trainings/academies
- Attended 7 State PTA conventions
- Attended 8 National PTA conventions
- Attended Building Successful Partnership presenter training
- Attended PTA Leadership Development training – Washington D.C.

### **Other Activities (past and present)**

- Coached junior boy's soccer, & boy's basketball
- Hobbies include working out, bowling, league billiards, league volleyball, coaching my children in sports, watching my children participate in activities, traveling, visiting with friends / family and PTA

### **Employment**

- Work full time outside the home as project estimating / managing for construction division 8000, handling multiple projects of all sizes.

### **Education**

- Graduate of Clinton Community Schools / Clinton High School
- Graduate of Clinton Community College - AAS – Computer Aided Drafting & Design

### **Family**

- Married 13 years.
- Mother of 2.5 children:, Benjamin, 13 Christian 15, Mark, (bonus child) age 23
- Residence: Clinton, Iowa

# **Pam Dunlalp-Johnson – Nominated for Leadership V.P.**

## **PTA Positions and activities (past and present)**

- Current President of Hubbell Elementary PTA
- Past Vice President of Hubbell Elementary PTA (2007-2008)
- Volunteer & Homeroom Parent Coordinator at Hubbell Elementary PTA (2007 – present)
- Fun Night Committee Member at Hubbell Elementary (2007 – present)
- Summer Learning Chairperson at Hubbell Elementary (2007 – present)
- Parent Involvement School of Excellence Re-certification Committee - Hubbell Elementary (2007-2008)
- Yearbook Committee at Hubbell Elementary (2008 – 2009)
- Attended two Iowa State PTA Conventions (2007 – 2008)
- Des Moines PTA Council Member (2008 – present)

## **Other Activities (past & present)**

- Plymouth Church Children's Choir Guild Leadership Team (2006 – present)
- Plymouth Church Children's Choir Guild Leadership Team Secretary (2008 – present)
- Plymouth Church Mom's Monday Evening Book Club, member (2005 – present). Coordinator of the group (2007 – present).
- Past Member of Plymouth Mom's & Moppets Group
- Past Co-Chairperson of Plymouth Mom's & Moppets Group (2004 – 2005)
- Beaverdale Little League Team Mom (2005 –2008)
- Northwest Soccer Club Team Mom (2008)

## **Employment**

- Indemnus Insurance Agency (2006 – present)
- Wellmark, Inc. (1996 – 2006)
- American Life & Casualty (1994 – 1996)

## **Education**

- Northwest Missouri State University
  - B.S. in Comprehensive Social Science with a History specialization

## **Family**

- Husband, Darin
- Son, Avery 2<sup>nd</sup> Grade
- Residence: Des Moines, Iowa

*Biographies of nominees continued on following page -*

# **Stacy Bredbeck – Nominated for Legislative V.P.**

## **PTA Positions and activities (past and present)**

- Current IPTA Legislative V.P.
- Current IPTA representative for Iowa Safe and Drug Free Schools
- Current IPTA representative for Communities Advisory Council
- Past Des Moines Council president (2005-2007)
- Past Des Moines Council Membership Chair (2004-2005)
- Past local unit president (Windsor, 2002-2005)
- Past local unit treasurer (Windsor, 1998-2002)
- Past local unit newsletter chair (Windsor, 1995-1998)
- Past Literacy Program volunteer (Windsor, 1998-2002)

## **Other Activities (past and present)**

- Positive Behavioral Supports / Iowa Behavioral Alliance (2005-Present)
- Des Moines Public Schools Curriculum Committee (2005-Present)
- Des Moines Public Schools Interview Team Member (2005-Present)
- Positive Behavioral Supports / Iowa Behavioral Alliance (2005-Present)
- Des Moines Public Schools Curriculum Committee (2005-Present)
- Des Moines Public Schools Interview Team (2005-Present)

## **Employment**

- Consulting Resources Squared, Inc. Human Resources Manager/General Manager (1993-98)
- Pacific Medical Group, Inc. Vice President, Administrative Services (1989-93)
- RFD Publications Employee Programs Coordinator (1987-89)

## **Education**

- The University of Iowa,
  - B.A., Journalism/Political Science
  - Minor in Marketing / Public Relations

## **Family**

- Husband: Dan, Mechanical Engineer, E-Serv
- Children: Jonathan, freshman at University of Iowa  
Michael, 9<sup>th</sup> grade  
Connor, 7<sup>th</sup> grade
- Residence: Des Moines, Iowa

*Biographies of nominees continued on following page -*

# **Jennifer Austin – Nominated for Membership V.P.**

## **PTA Positions and activities & Experience (past and present)**

- Current Diversity Chair – State PTA
- Active PTA member – Washington Middle School
- Attended the Emerging Minority Leadership Conference (National PTA)

## **Other Activities (past and present)**

- Family Resource Center Parent Advisory Group – Public Schools of Wisconsin
- Board of Directors – Brookings Optimist Club
- District Activity Chair – Brookings Optimist Club
- Big Brother/Big Sister
- Alzheimer's Association
- PR Officer – Family Relations Club
- Safe Playgrounds for Kids
- Sunday School Teacher
- South Dakota College Personnel Association
- South Dakota Counseling Association
- Advisory Board - American Humanics
- South Dakota State university Native American Club
- Faculty Advisor – Multicultural Student Organization
- Diversity Chair – League of Women Voters

## **Employment**

- Pre-school co-teacher – YWCA, Clinton Iowa
- Education, Career, and Technology Development Coordinator – Boys/Girls Club – Appleton, WI
- Assistant Director of Admissions – Kilian Community College, Sioux Falls, SD
- Adjunct Faculty – Kilian Community College – Sioux Falls, SD
- Success Advisor/Academic Services – Kilian Community College, Sioux Falls, SD
- American Humanics Assistant/Human Development and Family Studies Dept. – SDSU
- Retention Specialist – South Dakota State University

## **Education**

- South Dakota State University
  - Master of Science in Counseling and Human Resource Development
    - Specialization: Student Personnel Services

## **Family**

- Husband – Anthony, teacher- Clinton School District
- Children: Josefina – 3 ½  
Amira – 21 months
- Residence – Clinton, Iowa

*Biographies of nominees continued on following page*

## **Liz Mink – Nominated for Secretary/Treasurer**

*I have been involved with PTA since Travis began attending Clinton schools in 2001 and believe very strongly in the PTA statement of parent involvement being a necessity in a child's education.*

### **PTA Positions and activities & Experience (past and present)**

- Current State PTA Secretary/Treasurer
- Current President – Washington Middle School, Clinton, Iowa
- Current Reflections Chair – Clinton PTA Council, Clinton, Iowa
- Treasurer – Whittier Elementary School, Clinton, Iowa
- Co-Vice-President – Whittier Elementary School, Clinton, Iowa
- Co-Vice President – Washington Middle School, Clinton, Iowa
- Active PTA member since 2001 (Whittier Elementary, Washington Middle School, IPTA)
- Attended National PTA Convention as a voting delegate (2004, 2005, 2006, 2008)

### **Other Activities (past and present)**

- Church Council President – St. Paul Lutheran Church
- Church Council Representative – St. Paul Lutheran Church
- Youth & Family Committee Volunteer – St. Paul Lutheran Church
- Co-Chair for Fundraising – Habitat for Humanity House – Clinton, Iowa
- Junior Achievement in-classroom volunteer (15 years)

### **Employment**

- Network Analysis Consultant – United Healthcare

### **Family**

- Children: Travis - 8<sup>th</sup> grade
- Residence: Clinton, Iowa

### **Membership Mutterings....**

Are you looking forward to the State PTA Convention April 3-4, 2009? We are very excited that we will be having this years convention at the Iowa Speedway in Newton Iowa, and are looking forward to meeting so many of you in person. This is a time of learning, (do you know what OMDR is?) of making contact with those that are doing the same job that you are, sharing the experiences you have had, and learning what has worked for others. Networking is a great way to learn!

As you continue to seek membership in your local unit, you are also continuing to add to the membership of a national organization whose sole purpose is taking care of and advocating for the most important part of each of our lives - our children! The members of this organization have the benefits and safety of those children as the focus of their work in their local community and in the Sate and National community as well.

So continue your good works, come to the convention and share with those that have the same passions, and have a fun weekend away. I look forward to seeing you and am pleased to be a part of this group of people "Racing 4.....Success, Membership and Students.

*- Claire Leonard, Membership VP*



Excellent Schools don't just happen...  
they're created.

Excellent schools are created through the dedication of superintendents, principals, teachers, parents and community members who are passionate about student success.

The **Parent/Family Involvement Schools of Excellence Certification** recognized schools whose parent involvement programs are based on the *National Standards for Parent/Family Involvement Programs*.

Iowa PTA is proud to announce the Iowa schools that received National PTA's *Schools of Excellence Certification* – the gold standard for parent involvement.

**Hubbell Elementary, Des Moines (2005 & 2008)**  
**Greenwood Elementary, Des Moines (2007)**  
**Perkins Academy, Des Moines (2007)**  
**Windsor Elementary, Des Moines (2007)**  
**Eisenhower Elementary, Davenport (2006)**  
**Clive Elementary, West Des Moines (2003)**  
**Pierce Elementary, Cedar Rapids (2003)**  
**Westridge Elementary, West Des Moines (2003)**

*To better celebrate PTAs for implementing the National Standards for Family-School Partnerships, the Parent Involvement Schools of Excellence Certification has merged with the Phoebe Apperson Hearst-National PTA Excellence in Education Partnership Award to create three new levels of recognition.*

### **Three Awards**

*Outstanding Family-School Partnership Award* – For exemplary implementation of the National Standards, one local PTA will receive a monetary award of \$2,000.

*Family-School Partnership Award of Excellence* – For representing the best in one of the six National Standards, six local PTAs will each receive monetary awards of \$500.

*Family-School Partnership Award of Merit* – For demonstrating commitment to building partnerships, all local PTAs that apply will receive a certificate of recognition.

To apply for one of the awards, submit one application – no fees! All local PTAs and PTA councils in good standing are eligible to apply.

For more information go to: [http://www.pta.org/phoebe\\_apperson\\_hearst\\_partnership\\_award.asp](http://www.pta.org/phoebe_apperson_hearst_partnership_award.asp)

### **A Message from the Iowa PTA President**

*Wow what a year - floods, tornadoes, ice storms, and cold weather just to name a few. I hope that this finds everyone doing fine. We are upon the time of year for our annual convention. This year the theme is "Race 4...Students, Success, and Membership". We are having our convention at the Iowa Speedway in Newton, Iowa on April 3 and 4. We want to see everyone there. We are having a National PTA representative, Betsy Landers, come and speak at a workshop and at one of our general sessions. We are having elections this year for the state PTA. Please come ready to learn and get a lot of information. It will benefit every unit to send people to the convention. See you in Newton!*

Johanna Bobenhouse  
Iowa PTA President

# Calendar

- Mar. 2 Read Across America <http://www.nea.org/readacross/index.html>
- Mar. 11-12 National PTA Legislative Conference [http://www.pta.org/national\\_legislative\\_conference.asp](http://www.pta.org/national_legislative_conference.asp)
- Mar. 31 Deadline for dues to the Iowa PTA office (for memberships sold in March)  
[http://www.iowapta.org/en/membership/membership\\_committee.cfm](http://www.iowapta.org/en/membership/membership_committee.cfm)
- Apr. 1 Scholarship Winners notified by Iowa PTA  
[http://www.iowapta.org/en/state\\_pta/programs/scholarships.cfm](http://www.iowapta.org/en/state_pta/programs/scholarships.cfm)
- Apr. 3 Iowa PTA Board meeting [ia\\_office@pta.org](mailto:ia_office@pta.org)
- Apr. 3-4 Iowa PTA State Convention in Des Moines [http://www.iowapta.org/en/state\\_pta/convention.cfm](http://www.iowapta.org/en/state_pta/convention.cfm)
- Apr. 12 Drop Everything and Read (D.E.A.R.) Day <http://www.dropeverythingandread.com/>
- Apr. 22 Earth Day <http://encarta.msn.com/encnet/refpages/search.aspx?q=Earth+Day>
- Apr. 23 Take Our Daughters and Sons to Work Day [www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org)
- Apr. 19-25 National Volunteer Week <http://www.pointsoflight.org/programs/seasons/nvw/>
- Apr. 30 Deadline for dues to the Iowa PTA office (for memberships sold in April)  
[http://www.iowapta.org/en/membership/membership\\_committee.cfm](http://www.iowapta.org/en/membership/membership_committee.cfm)
- May 3-9 PTA Teacher Appreciation Week [http://www.pta.org/teacher\\_appreciation.asp](http://www.pta.org/teacher_appreciation.asp)
- May 10-16 Iowa School Board Recognition Week [www.ia-sb.org](http://www.ia-sb.org)
- May 25 National Missing Children's Day  
[http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en\\_US&PageId=1992](http://www.missingkids.com/missingkids/servlet/PageServlet?LanguageCountry=en_US&PageId=1992)
- May 31 Deadline for dues to the Iowa PTA office (for memberships sold in May)  
[http://www.iowapta.org/en/membership/membership\\_committee.cfm](http://www.iowapta.org/en/membership/membership_committee.cfm)
- Jun. 26-29 National PTA Convention <http://www.pta.org/2042.asp>
- Jun. 30 Deadline for dues to the Iowa PTA office (for memberships sold in June)  
[http://www.iowapta.org/en/membership/membership\\_committee.cfm](http://www.iowapta.org/en/membership/membership_committee.cfm)
- 

## *Strengthen Your PTA with Sound Nominations*

Most PTAs are kept very busy all year with membership campaigns, programs, fundraisers, and many other events. These activities are fun and highly useful, but they need strong leadership and direction to be successful. That's why the work of your PTA's nominating committee in proposing new leaders is one of the most important aspects of running your PTA.

Every PTA should follow the bylaws that describe the roles and responsibilities of the nominating committee which should include:

Identify the characteristics & skill sets of potential PTA leaders that are needed to meet the needs of the organization.

Interact with the board to identify needs and potential leaders

Perform a gap analysis of board needs (current vs. future.)

Be sure to evaluate the level of diversity among the PTA leaders.

Provide input into the development of job descriptions, qualifications and criteria

Establish that applicants for elected positions have qualifications as outlined in the bylaws.

Develop a process to recommend nominees with the following qualities:

*Vision & leadership:* The ability to see the big picture and the courage to set direction to achieve the PTA mission

*Stewardship:* The integrity to serve the interests & pursue the goals of the organization.

*Knowledge:* Knowledge of PTA, its operations and organization

*Diligence:* Dedication and commitment to the PTA's goals.

*Collegiality:* Possessing a sincere and respectful attitude toward fellow PTA members and their views.

Communicate with all members within the PTA to identify a diverse but representative group of potential leaders.

Continue to establish the pool of potential leaders from inside and outside the PTA.

Create a pipeline for future leaders by being forward-thinking.

Be well versed in the responsibilities and skill sets required for all positions. For duties of officers and chairmen, go to:

[http://www.iowapta.org/en/leadership/resources\\_for\\_officers.cfm](http://www.iowapta.org/en/leadership/resources_for_officers.cfm)

Screen, evaluate, and select potential leaders. Seek the consent of each candidate.

Announce the slate of candidates according to the procedures described in your bylaws.

Recommend opportunities for training to enhance leadership development for the newly elected officers and board members.

Advise the president on committee member selections and appointments.

The work of the Nominating Committee is not complete until all officers are elected and all board positions filled.

*Consider this description a guide for managing your nominating committee and bringing the best people into leadership roles in your PTA. Additional information about managing the business of your PTA can be found at:*

[http://www.pta.org/running\\_a\\_pta.asp](http://www.pta.org/running_a_pta.asp)



## 2009-2010 OFFICERS FORM

**REMIT THIS FORM TO THE IOWA PTA OFFICE IMMEDIATELY FOLLOWING YOUR ELECTIONS. THIS FORM IS DUE BY MAY 31, 2009 TO RECEIVE MEMBERSHIP CARDS AND OTHER MATERIALS FOR THE UPCOMING YEAR. IT IS YOUR RESPONSIBILITY TO REMIT A NEW FORM EVERY YEAR, EVEN IF YOUR OFFICERS AND CONTACT INFORMATION STAY THE SAME.**

MAIL OR FAX TO: IOWA PTA – 5619 NW 86<sup>th</sup> Street, Ste 600, Johnston IA 50131-2955  
 QUESTIONS CALL: 800-475-4782 OR 515-225-4197      FAX 515-225-6363

Full Name of your PTA or PTSA: \_\_\_\_\_

EIN (Employer Identification Number): \_\_\_\_\_ 1099 IRS Form sent for last tax year? Yes No

Insurance Carrier: \_\_\_\_\_ Types of Coverage(check all that apply)  
 Liability     Bonding     Property     Directors & Officers Liability

Name of School District: \_\_\_\_\_

Type of School (check all that apply)     Elem.     Middle     Jr. High     Sr. High

Name of School: \_\_\_\_\_

Name of Principal: \_\_\_\_\_ Principal's E-Mail \_\_\_\_\_

School Address \_\_\_\_\_

### OFFICERS

**President** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Vice Pres.** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Secretary** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Treasurer** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

### COMMITTEE CHAIRS

**Membership** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Legislation** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Reflections** \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Day \_\_\_\_\_ Eve. \_\_\_\_\_  
 E-Mail \_\_\_\_\_

**Iowa PTA** sends information via email. Please include email addresses whenever possible. Attach another sheet with email addresses of additional board or committee members if you would like them to receive Iowa PTA information and the newsletter, *One Voice*.

## Tax Information for Local PTA Units

I have received many questions on submitting IRS tax forms and state sales tax information. One summary chart that I would like to share with you was presented at the Leadership Training that was held last August that shows what Federal forms you need to submit to the IRS depending on your income

### IRS Forms 990-N, 990-EZ, and Form 990 and Schedule A (Return of Organization Exempt from Income Tax)

If the PTA has:	Which form does my local PTA need to file?					
	990-N	990-EZ	Form 990	Schedule A**	Form 990-T	
gross receipts \$25,000 or less	x					
gross receipts greater than \$25,000 and less than \$1,000,000		x	or	x	+	x
gross receipts less than \$1,000,000 AND total assets less than \$2,500,000		x	or	x	+	x
gross receipts greater than \$1,000,000			x	+	x	
more than \$1,000 in unrelated business income					+	x

*\*\* If the PTA is required to submit a completed Form 990 or 990-EZ, it must submit a Schedule A as well  
There may be additional schedules required beginning in 2008/2009 if you are completing Form 990-EZ or Form 990*

#### **Form 990-N Annual Electronic Filing Requirement**

PTA units will be required to electronically submit Form 990-N beginning for tax years ending on or after December 31, 2007. The e-Postcard (as 990-N is also known) is due every year by the 15th day of the 5th month following the close of your organization's tax year.

#### **Items you need to know to file the e-Postcard (990-N):**

- \* Employer identification number (EIN) - also known as TIN
- \* Tax year
- \* Organization's legal name and mailing address
- \* Any other names the organization uses
- \* Name and address of a principal officer
- \* Website address of the organization (if there is one)
- \* Confirmation that the organization's annual gross receipts are normally \$25,000 or less
- \* If applicable, a statement confirming that the organization has dissolved or is dissolving

**The IRS will revoke your PTA's tax-exempt status if it fails to file the required tax forms for three consecutive years.**

Other information I have researched that I won't report all of it here, but would like to point you to the Iowa state website on state sales tax. PTAs do not need to submit Iowa sales tax unless they are utilizing a gaming license to run a raffle, or some other type of fundraising game of chance (reminder that a cake walk is considered a game of chance since all the cakes are not the same). On the other side, if you are purchasing something for your PTA, you will need to pay the sales tax on the item unless it is of direct educational use by the school. You then should be able to show your membership card (or the store may require a copy of your tax exempt letter) to purchase the items for the school, and you should not need to pay Iowa state sales tax. Here is the link to the Iowa Tax website that gives you very good examples on how to handle state sales tax issues: <http://www.state.ia.us/tax/educate/78595.html>

If you still have questions, please join us at the Iowa State Convention where there will be breakout sessions offered on IRS Federal Tax form 990  
-Liz Mink, IPTA Secretary/Treasurer



# THE VALUE OF PTA



## 113th Annual PTA National Convention & Exhibition

Friday, June 26–  
Monday, June 29, 2009

Greater Ft. Lauderdale  
Broward County  
Convention Center

## 2009 PTA National Convention

Join thousands of parents, teachers, students, and leaders who come to national convention each year to enhance their skills, connections, and success!

**Education** — Choose from 50+ workshops.

Pre-convention workshops are now FREE!

**Exhibits** — Visit more than 200 exhibits.

**Issues** — Raise your voice on national business and emerging issues.

**Resources** — Gather 100s of ideas, handouts, giveaways – interact with 1,000s of other PTA leaders from around the nation.

**Ft. Lauderdale** — Stay and play in this great family vacation destination.

**New in 2009!** Student and group discounted registration rates available online. **Save up to \$90** if you register online before **May 22, 2009** and with a group of four members from your local unit. For more information to help you plan, please e-mail [nptameetings@pta.org](mailto:nptameetings@pta.org)

# Preparing Our Youth for the Challenges of the 21<sup>st</sup> Century

## -- A Perspective for Parents & Educators --

By Lon Jordan (guest columnist)

One common goal of parents and educators in our society is to prepare our children to meet the challenges which will face them in the future. As our world evolves, so must our approach to education. How do you prepare a child or student for a successful life and career in the 21<sup>st</sup> century? How does one guide our youth in a world where technology is constantly evolving, and companies are downsizing and shipping jobs overseas?

Our parents and educators must take a leadership role and change our approach to educating our children in order to assure that they have the skills which will be relevant in the new century. We must teach our children to embrace learning, recognize and enhance their unique talents, be adaptable, and learn how to be problem solvers.

I am a product of our public school system. I also have the good fortune to have graduated from college. Upon graduation, I learned firsthand the lack of real world preparation that I had received during my educational pursuits. I had to persevere through some very painful experiences to learn the necessary communication and creative problem-solving skills needed to achieve success in our changing world.

I am presently a youth motivational speaker. I have had the opportunity to speak to teens, parents, and educators around the country. What I have noticed is that most people are relaying the same message on how to build a successful life and career as was taught in the 1960's. This was a world where a person worked hard, graduated from high school, graduated from college or learned a trade, found a job where they worked for 35 or 40 years then retired with a pension to live off of for the rest of their life. Unfortunately for 90 percent of Americans, this world no longer exists. Though many of us have accepted this painful truth, most of us are having a hard time adjusting to our changing world.

Why is it so hard for people to adapt to this changing economy? Why is it so difficult for some to have a successful career after completing their formal education? The answer is that our philosophy and our way of looking at life have not changed, even as our world has changed dramatically. In my motivational programs I emphasize to educators and parents that unless they are willing to change and constantly improve themselves, their ability to influence the next generation will diminish.

Here are three leadership qualities essential to develop for any parent or educator looking to influence the next generation.

We must:

1) Create an environment where imagination can flourish:

Albert Einstein once stated that "The kind of thinking that will solve the world's problems will be of a different order to the kind of thinking that created them in the first place." When I was growing up I was taught that the only way to make a living was to go out and get a job. As time passed, I started to see many of my friends graduating from college and struggling for months to find a job. Once they found a job, within a couple of months they had been laid off, and then the same process would repeat itself again. I discovered that most people had never been taught how to think creatively and adapt to their circumstances during times of job and career transition. Most people had only been taught how to make a living one way. On the other end of the spectrum I have one friend who at the age of 24 is making \$500,000 per year during one of the worst economic times ever. What is the difference? One person creatively adjusted to the times, while the others were applying principles that had worked in the 1960's and had expected them to produce the same results in 2009. Fostering an environment where our children are encouraged to creatively solve tough and evolving problems is essential for future success.

2) Become a student of human nature:

My dad use to tell me when I was in college that, “my real education would begin after graduation day.” At first I didn’t give much thought to this statement, but after graduation I started to take the advice more seriously. Life immediately after college was one of the toughest periods of my life. I noticed, however, that most people tended to blame the economy for their problems, rather than taking control of their situation by learning more about themselves and educating themselves about their surroundings. Most people still have not figured out that the economy is not the problem. People must learn to look inward. Until we accept full responsibility for our circumstances, we cannot make effective change. We will never be able to impart to our youth the necessary knowledge and skills that they need to be successful in the 21<sup>st</sup> century until we have altered our mindset to reflect the changing environment. Consistently reading and being a student of everything and everyone - but especially ourselves - is a discipline we cannot afford to lose, especially when the future of our youth depends on it.

3) Embrace our unique design:

I have heard someone once say that “all of us are born different, but most of us will die copies.” Every educator and parent in the world has been blessed with a unique design. What I mean by this is that underneath our title of parent, teacher, or administrator, lies a unique anatomy, personality, and mind which make us special and different from everyone else. We can either choose to accept this truth and develop our design, or throw it under the rug and dismiss it. The problem that most of us have is the constant pressure we receive from people, whether they are siblings, friends, or society, to conform to a label or box in which they wish to place us. We need to take responsibility for our own destiny, and allow our purpose to refine itself. Believe it or not, the destiny of the generations of children to come, depends on whether or not our parents and educators embrace who they are.

FOR MORE INFORMATION GO TO: [WWW.LONJORDAN.NET](http://WWW.LONJORDAN.NET)




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a PTA program?

Check this out!!



**PLAN TO  
ATTEND!!!!**

**109<sup>th</sup> Annual  
Iowa PTA convention  
April 3-4, 2009**

# Pop Culture Quiz

Between the fast-paced world of teen culture and the negative influences that bombard your teen, parenting is a challenging and unpredictable task. How in tune are you with your teen's world? Test your knowledge with this short quiz from "Parents. The Anti-Drug".

## 1. If your teen were to "ROTFL," what would she be doing?

- A. Electronically recording a TV program
- B. Text-messaging someone about her new boyfriend
- C. Instant-messaging someone about something really funny
- D. E-mailing a friend about something confusing

(Answer: C. ROTFL is instant-messenger and cell phone "language" for "rolling on the floor laughing." Text language frequently uses acronyms to shorten longer sentences or phrases.)

## 2. If a teen is "leaning," what might he be doing?

- A. Snorting heroin and cold medicine
- B. Getting ready to give someone a kiss
- C. Drinking cough syrup and soda
- D. Getting ready to fight

(Answer: C. "Lean" is an illegal drug concoction of prescription cough syrup containing the painkiller codeine mixed with soda or another sweet beverage.)

## 3. How many friends does the average teen have?

- A. 10
- B. 3
- C. 75
- D. 15

(Answer: C. Including "friends" on social networking Web sites, teens claim to have an average of 75 friends.)

## 4. Almost half of teen girls aspire to which profession?

- A. President of Yale University
- B. Celebrity personal assistant
- C. Navy Seal
- D. U.S. senator

(Answer: B. According to a poll conducted of 653 middle-school students, celebrity fame is so central to youth culture that if given a choice of becoming the CEO of a major corporation, the president of Yale or Harvard, a Navy SEAL, a U.S. senator or "the personal assistant to a very famous singer or movie star," almost half of the girls (43.4%) chose the celebrity assistant role.)

## 5. If MySpace.com were viewed as a country, its membership would have larger population than which of the following:

- A. Mexico
- B. Russia
- C. The United Kingdom
- D. Any of the above

(Answer: D. While total membership grows on an hourly basis, MySpace.com currently reports 178 million members. As of the beginning of 2007, MySpace's reach included 38 percent of all persons 12-17.)

## 6. What is a "poke"?

- A. Making fun of someone over text messaging
- B. A new term for a teen's car
- C. An online form of flirtation on a social networking Web Site.
- D. A rude way to get someone's attention in class

(Answer: C. While most social networking Web sites have a unique term for members to electronically contact each other, the wildly popular Facebook site uses the term "poke." Facebook.com encourages its users to interpret the "poke" in different ways, but it is generally considered a form of online flirtation.)

## 7. What is the "choking game"?

- A. A slang term for being so high that you are "choking" on your own words
- B. A techno song popular at rave parties
- C. A slang term for someone who always says they won't do drugs but gives in to pressure easily when around them
- D. An activity in which participants restrict the supply of oxygen to the brain to induce a hallucinogenic state.

(Answer: D. The "choking game" is a dangerous activity in which participants literally choke each other or themselves to temporarily restrict blood to the brain, thus creating a cheap way to get high. While this game has been played for many years, teens today are taking it to extreme levels, sometimes resulting in death. This "game" is widely known in its various forms and teens can easily access directions and videos online showing how to perform this dangerous act.)

## 8. What are "alcopops"?

- A. Tasty popsicles in the shape of liquor bottles
- B. Drunk grandparents
- C. Sweet-tasting alcoholic beverages popular with teens
- D. Candies designed to taste like liquor

(Answer: C. "Alcopops" refers to a variety of sweetly-flavored, potent alcoholic drinks that mask the flavor of alcohol. Parents should monitor for these types of drinks because their sweet flavor and generally high alcohol content makes them an appealing way for teens to get drunk.)

## 9. What do "space cakes" and "skittles" have in common?

- A. They are popular snacks
- B. They are sold in many convenience stores
- C. They are harmless-sounding names for drugs
- D. They are sold as high-energy drinks and contain high doses of caffeine

(Answer: C. "Space cakes" and "skittles" are harmless-sounding names for drugs. Space cakes are drug-infused baked goods, such as pot brownies. Skittles refers to OTC pills for coughs containing DXM that can be abused if taken in large doses.

## 10. What is getting "crunk"?

- A. To get crazy and drunk
- B. To get excited about something
- C. To get high
- D. All of the above

(Answer: D. While the definition of "crunk" varies from person to person, generally it refers to a combination of the words crazy and drunk, or "chronic" – a slang term for marijuana – and drunk, thus suggesting an excited state of being inebriated or stoned.)

To access this quiz and other parent resources online,  
visit: [www.theantidrug.com](http://www.theantidrug.com)

## **A SOCIAL MIXER ISN'T WHAT IT USED TO BE**

Some teens are mixing drugs because they think it will help them get high.

Many youth don't understand the dangers of combining prescription drugs with alcohol or illicit drugs. Mixing some of these drugs can slow the heart and respiration—and lead to death. Most unintentional poisoning deaths result from the abuse of prescription and illegal drugs. (1)

Today's teens abuse prescription drugs to get high more than any illicit drug except marijuana. (2) Even more troubling? Teens who abuse prescription drugs are far more likely to be using other substances as well: Of those teens who abuse prescription painkillers, 81% have also used alcohol and 58% have used marijuana. (3)

Parents can help protect teens by setting firm rules of no drug use of any kind and stressing the serious risks of mixing any drugs.

### **What to do?**

**Safeguard** all prescription drugs and alcohol at home. Monitor quantities and control access.

**Set clear rules** about alcohol and drug use, including marijuana, and consequences for breaking them.

**Be a good role model** by not sharing prescription medicines and if you choose to drink, use alcohol in moderation.

**Properly conceal and dispose** of old or unused prescription drugs in the trash.

**Ask friends and family** to safeguard their prescription drugs and alcohol as well.

American Academy of Family Physicians  
American Academy of Nurse Practitioners  
American Academy of Pediatrics  
American Academy of Physician Assistants  
American College of Emergency Physicians  
American Medical Association  
American Pharmacists Association  
American School Counselor Association  
American Society of Addiction Medicine  
Community Anti-Drug Coalitions of America  
Lions Clubs International  
National Association of Chain Drug Stores  
National Association of State Alcohol and Drug Abuse Directors  
National Council on Alcoholism and Drug Dependence, Inc. (NCADD)  
National Family Partnership  
Partnership for a Drug-Free America  
**PTA**  
**SADD**

**You can keep your teen safe and drug-free. To learn more, visit [TheAntiDrug.com](http://TheAntiDrug.com) or call 1-800-788-2800.**

1 The Centers for Disease Control. (2007). Unintentional poisoning deaths—United States, 1999–2004. *Morbidity and Mortality Weekly Report*. February 9, 2007/56(05), 93–96.

2 2006 National Survey on Drug Use and Health, SAMHSA, September 2007.

3 Wu, L.-T., Pilowsky, D. & Patkar, A. (2008). Non-prescribed use of pain relievers among adolescents in the United States. *Drug and Alcohol Dependence*, 94(1–3), 1–11. "Painkillers" include Vicodin and OxyContin.

**PARENTS. THE ANTI-DRUG.**

**Office of National Drug Control Policy**



**Think green!**



## Shop with the Environment in Mind!

*We all can help reduce waste by Shopping carefully*

Buy Only What You Need - Plan ahead. Bring a list, and avoid impulse purchases

Purchase in Bulk - Buy grains, cereals, etc. from bulk bins whenever possible. Also, products sold in larger “economy sizes” use less packaging and often cost less per ounce.

Avoid “Over-Packaged” Products - Also, choose goods that come in recycled or recyclable material – like paper or glass.

Read the Label - Choose products made with nontoxic ingredients.

Reuse or Refuse Shopping Bags - Better yet, buy or make sturdy bags of your own, and bring them with you each time you shop.

Give it Some Thought – Consider the environmental consequences of *every* purchase you make.

Ask yourself:

- ✓ What resources were used to make – and package- this product?
- ✓ Where will this product go when I’m done with it?
- ✓ Am I buying more than I really need?

### More Consumer Tips

Buy Durable, High-Quality Goods – Look for well-built products that will last longer

Buy Beverages in Returnable Containers – Return empty bottles and cans to keep them in use – and out of landfills! If you can’t buy returnables, then recycle the bottles and cans you do buy

Avoid Multi-material Packaging – Packaging made of several materials is nearly impossible to recycle.

Speak up! – Talk to store managers, insisting on products and packages that are safe for the environment.

### Spend Wisely

Buy products from companies that –

- Use thinner, lighter packaging
- Design products and packaging that can be recycled or repaired
- Use recycled materials in their products and packaging
- Create products alternatives (For example, products in concentrated form require much less packaging.)
- Eliminate toxic inks, metals and chemicals from their products and packages

### **REMEMBER:**

Each purchase you make – or don’t make – sends a message. Let industry know you’re concerned about the environment!

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