



Montebello Five

1. Asset #3-Other adult relationships
2. Asset #5-Caring school climate
3. Asset #10-School Safety
4. Asset #22-School Engagement & Participation
5. Asset #24-Bonding to School

Upcoming Activities

- 3/1 - ATOD Meeting - Elementary Schools
- 3/5 - ATOD Meeting - High Schools
- 3/6 - School Site Coordinators Meeting
- 3/26 - Core Management Team Meeting

For additional information

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Montebello Unified School District Safe Schools/Healthy Students Grant Initiative

Take a Second, Make a Difference

March 2012 Newsletter

Kids are Kickin' the Habit!

Tobacco use among MUSD students is decreasing; numbers from 2009 to 2011 surveys show that our kids have quit smoking by a whopping 31.36% and that's news worth celebrating!



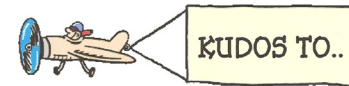
Fernando Ontiveros, Ulises Tello, Cristy Jauregui, Max Alaniz, Daniel Lopez, Edward Andrade, and Jessica Fierro

Fred Owens was hired by the district to lead the *Project EX* training in its tobacco-use cessation program under the Safe Schools/Healthy Students grant program. *Project EX* targets high school students between ages 14 and 19 through a fun and informative series of motivational techniques that will help our youth make the decision to stop or reduce cigarette smoking, and recognize the inherent consequences of tobacco addiction. Other techniques will offer yoga, games, and mock talk shows to bring home the story that smoking affects everyone.

Mr. Owens is currently offering the program at the Community Day Schools and Vail High School.

Daniel Lopez, the coordinator at Vail High, is also getting into the act by taking a group of students through a tobacco cessation activity as part of a youth development program. Mr. Lopez gave eight students the task to produce two activities with an anti-tobacco theme geared toward an audience of fourth graders. Creativity took over and these kids wrote an original story using voice tracks and music to put on a puppet show entitled "Love & Lung Cancer." It asked the question, who will get the girl – the smoker or non-smoker? Creative juices still flowing, another group effort was a live skit featuring singing, rapping, and acting out the story of twins who help a smoking uncle realize how his smoking habits are affecting the whole family; with love and support, the uncle makes the choice to quit. The students who took part in the program presented their work at a Los Angeles County-wide conference in Montebello to showcase their efforts. Also attending the conference were special assignment teacher Beverly Cohen and Vail High Principal Suzette Montano.

MUSD is proud of those students willing to take a stand against tobacco use in a way that entertains while teaching. We are extremely proud of the students who are choosing to kick the habit and congratulate them on their hard work. Good for you!!!



Fred Owens

A retired probation officer, police firearms instructor, certified security protection person, and FBI and ATF consultant specializing in gangs and fugitives wants high school kids to stop smoking!

Fred Owens is teaching a Safe Schools/Healthy Students grant program, called *Project EX*, at Vail High School and Community Day School, both alternative high schools within the Montebello Unified School District. Fred is no stranger to the dangers associated with gangs and drugs, and while tobacco use may not seem like drug use to most of us, he knows that tobacco addiction can be a serious health threat to adolescents. He's made it a priority to educate kids who may be the most vulnerable to addictive behavior by challenging them to quit smoking, employing engaging and entertaining methods to get his message across.

Fred Owens graduated from California State University at Long Beach with a degree in Recreation Administration with a minor in Criminal Justice. He serves on the Board of Directors for Su Casa, a domestic violence program in Lakewood, and volunteers to escort women going to court appearances. His background in law enforcement and his engaging, dynamic style put Fred in demand for speaking engagements to various organizations on the subject of drug use and gang activity. But this articulate man does take time out for personal pleasures, like traveling within the states and many foreign locales, such as Hong Kong, Thailand and Mexico. He's in the midst of planning a trip to the Czech Republic this fall. A rewarding pursuit for Fred, his wife and daughter, has been hosting foreign students from Europe and Asia who attend the Kaplan International Language School at Whittier College.

MUSD is very fortunate to have someone of Fred Owens' caliber teaching the tobacco-cessation classes to district teenagers. He's taken on the commitment to help our youth stay healthy by kicking the habit and the district applauds Fred Owens for the work he's doing to make that happen.

