Fall River Teen Resource 2001

ABUSE & HOTLINES
AIDS Action Hotline - 1-800-235-2331
Child at Risk Hotline - 1-800-792-5200
Dept. of Social Services - 235-9800
First Call For help - 1-800-231-4377
Gay & Lesbian Help line - 1-617-267-9001
National Runaway Hotline - 1-800-621-4000
Parental Stress Hotline - 1-800-632-8188
S.T.D Hotline - 1-800-227-8922
Smokers Quit line - 1-800-879-8678
The Samaritans (Suicide Prevention) - 673-3777
Survivor Assistance - 324-7654
Rape Crisis Center/24 Hrs. - 1-877-301-HELP
Women's Center:SSTAR
(Domestic Violence) 24 Hrs. - 675-0087
Youth AIDS Hotline (Mon.-Fri. 3-9PM) - 1-800-788-1234
EMERGENCY MEDICAL TREATMENT
Fall River Police Emergency - 673-1212
Non-Emergency - 676-8511
Emergency - 911
Rescue/Ambulance - 675-7411
Charlton Memorial Hospital - 679-3131
St.Anne's Hospital - 674-5741
Mass.Posion Control Center - 1-800-682-9211
Health / Testing / Educational Services
Anorexia/Bulimia Hotline of Rhode Island -
1-401-861-2335
Fall River Health Dept. - 324-2422
Family Planning (Birth Control & Pregnancy Testing) - 679-0198 or 673-2400
Family Health Care Center (SSTAR) - 675-1054
F.R.E.S.H. (Fall River Ends Smoking Habits)
(Teen Tobacco Program) - 675-2157 ext. 118
Healthy Families Collaborative - 675-5778
HEALTH first Family Care Center - 679-8111
WIC - 679-9349
SSTAR - HIV/AIDS Testing - 679-5222. Ext 3277

INFORMATION & REFERRAL
Cambodian Services - 676-8225
Diabetes Association of Gr. Fall River - 672-5671
Info line - 674-1100
PCYO - Portuguese & Hispanic Outreach -
679-0962
TOPP's (Pregnancy & Prevention)
(Peer Leader INFO) - 675-2157
Young Parentts Learning center
(Durfee Day Care) - 675-8194
City Youth Services - 324-2419
INDIVIDUAL OR FAMILY COUNSELING
Catholic Social Services (Including Pregnancy & Adoption Counseling) - 674-4681
Childrens's Services - 678-0041
Community Care Services - 674-1616
Corrigan Mental Heath Center - 678-2901
Early Intervention Program - 675-5778
Family Services - 678-7542
Gay & Lesbian Youth Counseling - 676-5708
MSPCC Family Counseling - 672-1141
South Bay Mental Health Center - 324-1060
St.Anne's Sexual Abuse Program - 674-5741 ext. 2270
Young Parent Support Program - 679-6980
SUBSTANCE ABUSE
Alateen/Al-Anon Meeting Info -
1-800-344-2666
Cocaine Hotline - 1-800-262-2463
Fall River Alcohol Council - 675-0336
Family Services - 678-7542
Lifeline - 675-0131
Mass, Alcohol, & Drug Hotline -
1-800-327-5050
SSTAR - (Barry Bostock) 679-5222 ext. 3555
RECREATIONAL
Big Brothers/Big Sisters - 678-5875
Boys Club - 672-6340
Community Development Recreation - 679-0922
Heritage State Park - 675-5759
YMCA - 675-7841
SPONSORED BY TEEN TOPICS COMMITTEE FUNDED BY CFC FAMILY PLANNING

Thinking About Smoking?

If you are like many smokers, you think often about quitting. You may have even tried to quit before, but you haven't been able to make it last.

You can stop smoking successfully! But will need MOTIVATION and DETERMINATION. You will also need a plan for quitting that will help you not only to quit, but to stay quit. Quitting isn't easy, but it's worth the effort.

Tips For Quitting Smoking • • •

- Write down your most important reason for quitting and look at it often.
- Set a date to quit and tell your friends, family and coworkers.
- Try to plan ahead for situations that will be especially challenging in the early days of quitting, such as after meals and during break time at work.
- Remember - a craving to smoke will pass, whether you light up or not. Something, anything to keep yourself busy and your mind
occupied.
- Take deep rhythmic breaths to help you to relax, and try moderate exercise such as walking to relieve stress.
- If you quit for one another, and it will get easier as each day passes
- If you do have a cigarette, don't give up, just don't have a second cigarette.

When A Smoker Quits • • •

- AFTER 8 HOURS:
Carbon Monoxide level in blood drops to normal and oxygen level in blood increases to normal.
- AFTER 24 HOURS:
Chance of heart attack decreases.
- AFTER 48 HOURS:
Ability to smell and taste is enhanced.
- AFTER 2 WEEKS - 3 MONTHS:
Lung function increases up to 30% and overall energy increases.
- AFTER1 YEAR:
Excess risk of coronary heart disease is half that of a smoker.
- AFTER 5 YEARS:
Lung cancer death rate for average former smoker decreases by half.
- AFTER 10 YEARS:
Lung cancer death rate becomes similar to that of nonsmokers.
- AFTER 15 YEARS:
Risk of coronary heart disease is that of a nonsmoker.

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THE TRADESMAN
DIMAN REGIONAL VOCATIONAL TECHNICAL HIGH SCHOOL
-- A NEWSPAPER by and for DIMAN STUDENTS --
Volume 7 No. 2 December 2001

Speak Now Or Forever Hold Your Peace

"Thanks for the earmuffs." "I'm fine, Aunt Bertha." "Pass the pie." "Happy New Year." You grow accustomed to saying certain things during the holiday season. They trip off you tongue without a second thought. Surrounded by family, you're relaxed and not at loss for words.

And then you go out. From major parties to informal get-togethers, holiday time is the season for hanging out with friends. And that's where saying the right thing gets a little more complicated.

It shouldn't be. After all, these are your friends, right? But saying the right thing when it comes to a touchy subject - like drinking and driving - can be difficult, no matter how well you know the person. You don't want to offend a friend, and you don't want to seem like a nag or a loser.

So why bother? Because the potential costs of driving under the influence, speeding, and driving without a safety belt make speaking up well worth it. There were eight motor vehicle related deaths over the last Christmas holiday, making it one of the most deadly holidays of the year on Massachusetts's roads. Darker skies and icy conditions add to the challenges you face on the road.

Teenage drivers have the highest crash risk of any age group. In fact, motor vehicle crashes are the leading cause of death among American teens, ages 15-18. The high risk to teens led the Massachusetts Governor's Highway Safety Bureau (GHSB) to launch a campaign during the 2001 prom season called "Safe Driving. It's Not A Crash Course," encouraging safe driving, especially by teenagers. We can help raise awareness about this life and death issue. But we can't do the talking for you.

When is talking important? Any time someone puts you in life-threatening position. It takes three straightforward steps to avoid a driving tragedy: **Buckle up *every time.* Drive sober *every time.* Drive within the speed limit *every time.*** And any time someone stands between you and any of those three steps, you have to speak up. While doing the talking is up to you, we can give you come pointers on how to get your message across.

First of all, plan ahead. Imagine different scenarios that could put you in an awkward situation and then develop a mental script for how you'll handle each one.

* Safety belt use increases the chance of surviving a crash by 45 percent, yet Massachusetts's teenager's ages 16-19 only buckles up at the rate of 37 percent. What will you do if people in your car refuse to wear safety belts?
* Obviously, teens are not legal age to consume alcohol, and the legal alcohol limit for Massachusetts's drivers under age 21 is .02 - essentially zero tolerance. What will you say if someone pressures you to drink and you don't want to, and aren't of age?
* If you're going to a party with another driver, what will you do if he or she starts to speed?
* What will you do if he or she gets drunk?

When it comes to saying the hard stuff, try these responses, which you can adapt to something you feel comfortable with:
IF a friend refuses to wear a seatbelt in your car
TRY SAYING "I like my windshield too much to let you go flying through it. I'm not going anywhere until you put on your safety belt."
TRY SAYING "I'm glad you have so much faith in my driving ability. But it's the other people on the road who worry me. Put your safety belt on."
IF the driver is speeding
TRY SAYING "Yo, Mario Andretti, we've got plenty of time, and I want to get there in one piece."
TRY SAYING "I like to be fashionably late, so can you take it down a notch?"
IF you're being pressured to drink
TRY SAYING "I'm naturally confused, so I don't need that. Thanks."
TRY SAYING "I'll pass this time."
TRY SAYING "No thanks, just being with you is thrilling enough."
IF your driver is drunk
TRY SAYING "New development. We're crashing here. Can I call your family to let them know?"
TRY SAYING "There's been a change of plans; everyone wants to take a taxi instead. I'll take you to get your car tomorrow."

We've all been in situations where it's tricky to say the right thing. But it's worth practicing. This holiday season, take some time to think about how you will stay safe on the roads, because a little shyness shouldn't be the death of you.

Too Close . . . . . TO HOME

Police officers spent much of Sunday November 25, 2001 searching the campus of New Bedford High School. They were looking for evidence of a suppose Columbine-type plan to kill fellow students. Police lieutenant Richard Spirlet admitted that the police thought that they would find nothing but taking no chances. Administrators, faculty, and police met Sunday morning to consider the threat and to decide whether school should resume on Monday.

Eric McKeehan and two juveniles were arrested on Saturday and were arraigned on Monday. They were charged with conspiracy to commit murder. This followed the finding by a school janitor of a letter outlining a plan to shoot students as they fled an explosion. The three supposedly planned to kill themselves after the massacre. Searching the arrested students' homes, police found knives, shotgun shells, instructions for the making of bombs, and pictures of the suspects holding what might have been handguns. Police had contacted two other students, possibly co-conspirators, but Lt. Spirlet would not confirm whether the two would be arrested. Asked about the possibility of more conspirators, police would not comment.

Police had begun an investigation earlier because of information given to them in October about a potential crime. At that time police discovered some evidence but not enough to make an arrest.

COMING SOON...

Diman's
6th Annual
Dinner / Fashion Show
Thursday, March 21, 2002

H.I.V. STATE HEALTH FACTS

Massachusetts: Distribution of Persons Estimated to be Living with AIDS by Race/ Ethnicity, at the End of 1999

Distribution of Persons Estimated to be living with AIDS by Race/Ethnicity, at the End of 1999

	MA #	MA %	US #	US %
White	3,385	48.5	121,649	38.3
Black	1,840	26.4	129,017	40.6
Hispanic	1,671	24.0	62,600	19.7
Asian/Pacific Islander	56	0.8	2,584	0.8
American Indian/Alaska Native	8	0.1	1,069	0.3
Total	6,975	99.8	317,652	99.8

Distribution of Persons Estimated to be living with AIDS by Gender, at the End 1999

	MA #	MA %	US #	US %
Men	5,184	74	252,097	82
Women	1,791	26	65,551	21
Total	6,975	100	308,205	100

Notes: U.S totals include data from the United States (50 states and the District of Columbia), and from U.S dependencies, possessions, and independent nations in free association with the United States. Two people with AIDS are reported to be living in Pacific Islands.
These numbers do not represent actual cases of persons with AIDS, but rather are point estimates adjusted for delays in the reporting of AIDS cases and deaths, but not for incomplete reporting. Data were reported through September 30,2000. Persons with unknown state or area of residence were excluded. The sum of the demographic categories may not equal the total estimate due to rounding. The total includes cases with unknown sex.

New Pediatric AIDS Cases, Reported July 1999-June 2000

MA #	US #
5	224

Notes: U.S totals include data from the United States (50 states and the District of Columbia), and from U.S. dependencies, possessions, and independent nations in free association with the United States. No cases were reported in the Pacific Islands. U.S. total may include cases where residence is unknown.

Cumulative Reported Deaths Among Persons with AIDS though June 2000

MA #	US #
9,082	438,795

Diman Welcomes New Faculty Members



Mrs. Sylvaria

My Italian great-grandfather first came to Fall River in 1894 and I have lived here all of my life. I attended Greene and Brayton Avenue elementary schools, Henry Lord Middle School, and Durfee High School. I graduated from UMass Darthmouth with a BS in Biology and a BA in English. I am married and have two children.

Some of my favorites are: writing and reading poetry, researching my ancestors, fish and chips from O'Gils, camping with family, Led Zeppelin, and teaching science!

Previously taught grade 8 science in East Bridgewater.



Mr. Guimond

Education - 1989-91 BCC Associates in Elementry Education.
1992-95 R.I College - Bachelor in Social Science

1996-98 Framingham State College Masters in Special Needs, currently enrolled at Cambridge College CAGS/PHD Educational leadership.

Experience - Last year he taught at Fall River Alternative Program.
Previous 2 years at Durfee
Previous 2 years at a residential facility
Previously coached and refered and empired in ice hockey and baseball.



Mrs. Romanelli

Graduate of Greater New Bedford Vocational High School

Graduate of Nursing Program at Bristol Community College in 1985

Nursing experience includes Cardiac Care, Oncology, and Maternity. Assisted in development of Lactation Program at St. Luke's Hospital.

Substitute teacher at Greater New Bedford Vocational High School.



Mr. Moore

Graduated Stonehill College 1965. Graduated Archbishop Williams H.S. 1961 and Sacred Heart Grammer School Brockton 1957.

Have been teaching for the past 15 years. Enjoy surf fishing and storytelling.



Ms. Masse

Graduate - of Durfee High School, 1 year at Boston University, 4 years at Rhode Island College, graduated with Bachelor of Arts in Secondary Ed and General Science. First year teacher, worked part time last year as a sub at Durfee.



Mrs. Silveria

Education- undergraduate Degree in English from U-Mass, Amherst 1989

Post - Baccaulaureatt Degree in teaching English, grades, 9-12, Bridgewater state college, 1997.

Presently enrolled at Bridgewater state college masters degree program.

Experience - 1990 - 97 English instructor for At Risk Youth and Adults in the Mass. Prison System.

June 1997 - June 2001- English teacher at Greater New Bedford Vocational High School.

Sept. 2001 - present - English teacher for Diman Regional Vocational Technical High School.



Mr. Librera

BA - Polical Science S.M.U.
M. ED. Admin., Bridgewater State College. Teacher - Social Studies Principal - George R. Austin M.S., Asst. Principal - Westport M.S., Teacher Social Studies. Westport M.S., Teacher - Social Studies. B.M.C. Durfee H.S., Teacher - Soc. & Eng. Henry Lord Jr. H.S.

More New Faculty Members in the next issue of
The Tradesman