



Congratulations to the Falcon Class of 2018!

June and July Hottest Months for Teen Marijuana Use

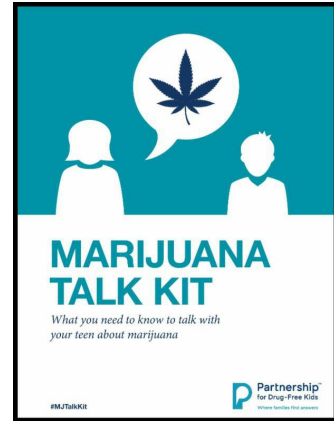
Everyday 4,500 teenagers try marijuana for the first time. During the summer months, this number goes up. Today's marijuana can be eaten in candies and cookies called edibles or smoked or vaped. But what's the real danger? Plenty. marijuana use can be especially damaging to the developing teen brain. Dr. Susan Weiss from the National Institute on Drug Abuse, says it best. "There's growing literature and it's all pointing in the same direction: starting young and using frequently may disrupt brain development."

Of course our kids deserve down time after a year of school work, textbooks and tests. But it's important to also have structure for teens so that there's not too much free time. Parents should be clear with their children that they don't want them using marijuana. Here are three points to share with teens and pre-teens.

1. Marijuana makes it harder for your brain to make good decisions.
2. For some people, once they start using marijuana they can't or won't stop.
3. Marijuana can keep you from doing and being your best.

If your child asks about legalization of marijuana, here's something to consider sharing with them. "Cigarettes are also legal, even though they are highly addictive and proven to cause birth defects and all kinds of cancers. Just because something is legal and regulated doesn't make it safe or mean it isn't harmful."

To get your free copy of the Marijuana Talk Kit, please email [us here](#) and we will mail it to you in a discreet envelope, no questions asked. Inside the talk kit are numerous tips on how to talk casually but confidently to your child about marijuana.



Student Speaker Event held at FHHS

Thursday, May 10th in the Lecture Hall was the place to be during lunch as former NFL offensive coach, Carl Hargrave spoke to students on the importance of education and staying focused to achieve goals they see for themselves,



Former NFL Coach Carl Hargrave spoke with FHHS students on the topic, *Uncover the Champion in You!*



whether it be in sports, music, science or the arts, etc.

Hargrave coached with the NFL for 11 years and 18 years as an assistant coach at the college level. He was with the AZ Cardinals for three seasons and an assistant with the Minnesota Vikings from 1994-2001.

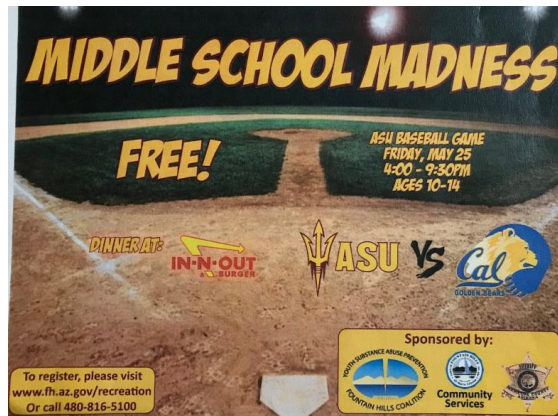
Hargrave likened the preparation needed in life to the preparation needed in the locker room before a big game: setting your mind on working harder than everyone else, staying focused on the job that needs to be done and keeping good quality people around you to help you achieve and win both on and off the field.

After his presentation Coach Hargrave answered students' questions about his experience with the NFL and players that made the biggest impression on him. "I remember when Larry Fitzgerald was the water boy for the AZ Cardinals. "Fitzgerald wanted to play professionally so bad that he put himself in the position to see and learn all he could about the game", stated Hargrave. He then asked students, "Are you willing to go the distance to become a champion in your life?"

Middle School Madness *Strikes Again!*

On Friday, May 25th, from 4 to 9:30pm, the FH Parks and Recreation department has another fun night planned for Middle School Madness! Boys and girls ages 10-14 are welcome to attend ASU's Baseball team take on the California Golden Bears after filling up at In-N-Out Burger- and it's all FREE!

To register, visit fh.az.gov/recreation or call 480-816-5100. Hurry as space is limited!




THANK YOU! SPOTLIGHT

Thank you to the Verne C. Johnson Family Foundation and Sonoran Lifestyle Real Estate for their support in co-sponsoring the Dan Lewis Skills and Drills Basketball Camp for boys and girls ages 9-14 from May 29th through the 31st. Camp Director Dan Lewis is a veteran girls' high school and AAU basketball coach with 26 years experience. He has won three National AAU titles, numerous State Championships and League Championships and has had the opportunity to coach over 300 young ladies who went on to receive a

Division I, II or III basketball scholarship. Cost is just \$25 per participant.

For more information on the Dan Lewis' Basketball Camp and enlarge flyer, please click [HERE](#).



Fountain Hills Skills and Drills
Youth Basketball Camp
May 29, 30, 31, 2018

Where: Fountain Hills Middle School Gym
Who: Girls & Boys ages 9-14
Time: 9 am—Noon (Snacks Provided)
Cost: \$25/Camper (Limited to 80 Kids)

Come join us for three days of basketball, stressing the fundamentals of the game. Ball-handling drills, dribbling drills (change of speed, change of direction), passing and shooting mechanics (free throw, lay-up, jumpshot). Introduction to post play (how to seal, how to 'spot up' when defender is behind you, in front of you or beside you). Learn how to rebound and outlet the ball properly. Learn man-to-man defensive principles and learn open post movement on offense. A typical 'camp day' consists of 6-8 stations (shooting, dribbling, rebounding) spending 10 minutes at each station. Then campers take a 20 minute 'snack break' (provided) where they will listen to a guest speaker. The last 40 minutes of camp consists of teaching team offense and defense. Participants receive a basketball, jersey and water bottle for their \$25 Registration Fee. Sponsors include:

Camp Director is Dan Lewis a veteran gym high school and AAU basketball coach with 26 years experience. He has won three National AAU (two numerous State Championships) and League Championships and has had the opportunity to coach over 300 young ladies who went on to receive a Division I, II or III basketball scholarship. He loves to teach the game!

Fountain Hills Skills and Drills is a registered 501(c)(3).

For information, Call or Email:
Dan Lewis
coachdandan@gmail.com
614-313-9976

Verne C. Johnson
Family Foundation

VERNE C. JOHNSON AND WIFE MARILYN
FOUNTAIN HILLS COALITION

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