



THE COURAGE TO SPEAK® FOUNDATION

Saving Lives by Empowering Youth to be Drug Free

Ginger Katz, CEO and Founder

Summer 2011

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We need you to help us save a child... save a family... and build a healthier community. You can do **all** these wonderful things by simply supporting the **13th Annual Ian James Eaccarino Memorial 9-Mile Race**. This important (and fun) fundraiser happens **Saturday, August 6th starting at 8:00am** at Calf Pasture Beach in Norwalk, CT. You do NOT have to run... although I would love to have you with me on the course.

Your donation will help the Courage to Speak Foundation continue our drug prevention education programs in our schools, workplaces and communities - ***you may save a life in the process***. This extraordinary community event underscores the importance of passion, commitment and a healthy drug-free lifestyle – the essence of our message to young people.

Please allow me to share our story and why we remain committed to the race and our cause. I was a new member of the Norwalk Chamber of Commerce, a commissioner on the Norwalk Planning Commission, a wife and mother of two children. My son Ian had just graduated from Norwalk High School and started college. In February 1996, he called asking us for help. Ian had become addicted to drugs and couldn't stop. He left school and came home. On Tuesday, September 10, 1996 he died of a drug overdose. Our lives changed forever. Addiction does not discriminate. It doesn't matter who you are, what race you are, how financially sound you are, or whether or not you have a family who loves you dearly.

After Ian's death, Dewey Amos, former principal at Norwalk High School, and my priest at St. Thomas Church asked me to speak to children and parents in our community. Since then, we have presented Ian's story to over a million people across the country.

The Courage to Speak Foundation has developed drug prevention curricula, taught at every level in Norwalk schools since 2001 and rapidly expanding to other communities. We provide a free five-session parent education program, *Courage to Speak - Courageous Parenting 101®*, available in both English & Spanish.

To date, the sponsors for Ian's Race are the Lightfoot Running Club, the Norwalk Park & Recreational Department, WSTC 1400/WNLK 1350, Norwalk Cove Marina, Dr. Marc Franks D.M.D., West Rocks Shell and Booth Financial Associates. Please consider becoming a sponsor: a Friend of the Race (\$100), Bronze Sponsor (\$250), Silver Sponsor (\$500), Gold Sponsor (\$1,000) or Platinum Sponsor (\$2,500). You may do so by returning the enclosed form. You may also donate by visiting our website www.couragetospeak.org.

Together we can make a difference in the lives of our children, empowering them to be drug free and encouraging parents to communicate effectively with their children about the dangers of drugs.

Sincerely,

Ginger Katz
CEO and Founder and Author of *Sunny's Story*