



Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free

The Courage to Speak® Foundation Newsletter

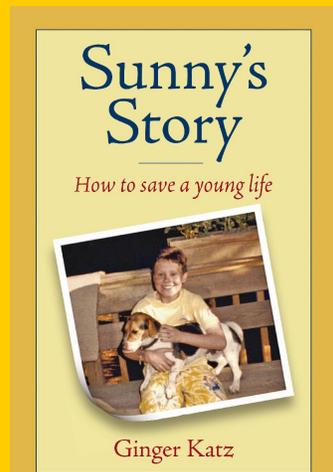
November 2010

Audio Excerpts from Sunny's Story Now Available!

Sunny's Story is a compelling story for children, teenagers, parents, grandparents and educators. It tells of joyful and sad times, and details how a dog's best friend was needlessly lost. It is narrated through the eyes, ears and mind of Sunny, the family beagle.

Audio clips from this amazing book are now available online! [Click here](#) to listen.

To purchase a copy of *Sunny's Story*, please [click here](#).
Visit our new *Sunny's Story* website at www.sunnysstory.com.



In The News!

The Hour^{online}

October 20, 2010

By DANIELLE CAPALBO

"Anti-drug program may soon expand in Norwalk schools"

It was the fourth time in a matter of weeks that Ginger Katz relived the morning she found her son dead from an accidental heroin overdose. Ian James Eaccarino was 20--less than a decade older than the students at Nathan Hale Middle School with whom Katz shared the harrowing story on Monday.

[Click here](#) to continue reading.

The Lakeville Journal / The Millerton News / The Winsted Journal

November 4, 2010

By PATRICK L. SULLIVAN

"It started with tobacco: At school, a tough talk on dangers of addiction"

Middle-school students at Salisbury Central School got a tough message about drugs and alcohol last Thursday, Oct. 28, from Ginger Katz, founder of The Courage to Speak Foundation. Her 20-year-old son, Ian, died in 1996 of a lethal combination of heroin and Valium.

[Click here](#) to continue reading.

Calling All Volunteers!

We are currently recruiting volunteers for our 7th Annual Courage to Speak® Foundation Empowering Youth to be Drug-Free Family Night, on March 15, 2011!

We have several opportunities available for various shifts throughout the evening.

Please e-mail Amanda at abolanos@couragetospeak.org for more information.



SAVE THE DATE
FOR THE 7th ANNUAL
COURAGE TO SPEAK® FOUNDATION
Empowering Youth to be Drug Free
**FAMILY
NIGHT**
Tuesday, March 15, 2011 · 5:30pm
(Snow date March 16)
West Rocks Middle School
81 West Rocks Rd., Norwalk, CT
A complimentary dinner will be served
www.couragetospeak.org
203-831-9700

Partnering With The Courage to Speak® Foundation

There are many ways you can partner with The Courage to Speak® Foundation.



Is your corporation interested in sponsoring one of our drug prevention events or programs? We are looking to partner with community groups, corporations and private foundations.

Would you like to host the brown bag lunch series at your office, allowing your employees to learn about teen alcohol and drug use, binge drinking, and other risky behavior? The Courage to

Speak facilitators are able to bring the program to your location.

The Courage to Speak Foundation can tailor the program to meet the needs of your community group. Please contact us at (203) 831-9700 or GKatz@couragetospeak.org.

The Dangers of Energy Drinks

ABC News recently published a story about the energy drinks called **Four Loko**. Please read the article below, which talks about the dangers related to **Four Loko** and similar energy drinks with a combination of alcohol and caffeine.

"Doctors: Alcohol-Caffeine Drinks Pose Health Risk to College-Age Fans"

By CLAYTON SANDELL and LYNNE GUEY

Concern over a controversial beverage concoction of caffeine and booze, that some experts say may not even be legal, could be posing a new health threat for the drinks' biggest fans: college-age people.

Two weeks ago, an athletic, otherwise perfectly healthy 19 year-old man arrived at the emergency room at Temple University Hospital in Philadelphia.

[Click here](#) to read more.

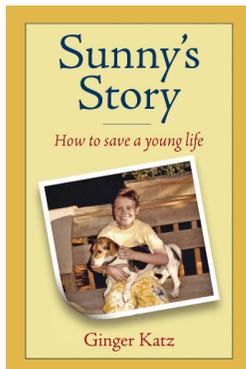
See first-hand how **Sunny's Story** is transforming the lives of DC children.

The Courage to Speak® Presentation by Ginger Katz, CEO and Founder and Author of *Sunny's Story*

Wednesday, December 1, 2010, 9:30 AM
Browne Gibbs Young Educational Campus, Washington, DC



5th Grade Teacher at Brown Gibbs Young Educational Campus:
"...most of my students have been seriously affected by drugs and alcohol. Your book provided a means to talk about it...My students loved the book. After we finished a section I had to pry the books out of their hands so we could have a discussion without them trying to sneak and read ahead."



Sunny's Story details the bittersweet life of a dog who needlessly lost his best friend to drugs.

Sunny's Story is for both young and old and the story of love, compassion, caring and understanding is universal.

Ginger Katz wrote **Sunny's Story** after a drug overdose took her son's life. It inspires children and parents across the world to find the courage to speak about drugs...before it's too late.

Visit www.sunnysstory.com.

Become a Courage to Speak
Foundation Supporter



Visit the Courage to Speak® website: www.couragetospeak.org

Visit the Sunny's Story website: www.sunnysstory.com

To join us on Facebook, please [click here!](#)

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Thank you for your ongoing support!

Courage to Speak® Foundation

"Saving lives by empowering youth to be drug-free."

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