

For Immediate Release  
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9/25/09

### **KC STAAR Students Gain More Leadership Skills**

On Thursday, September 24, 2009, 20 high school students representing Pekin, Sigourney and Tri-County Schools attended the First Annual KC STAAR Leadership Camp. The KC STAAR (Keokuk County Schools Tactics for Alcohol Abuse Reduction) Project Director, Lynne Zoulek, listened to students when they asked for more knowledge and skills to combat underage alcohol abuse. The goal of the day was to have students feel more equipped to prevent alcohol abuse and educate others about the risks students take when they choose alcohol over other sober activities.

The day was filled with discussion, activities and fun. Students discussed why other students felt it was "cool" to abuse alcohol or other drugs and what they could do to influence those to make a healthier choice. Chris Spetzler, Program Director with the Decision Education Foundation, worked with the students to recognize specific values of groups, such as "Teens," "Parents" and "Community Groups" and worked on creating alternatives and activities to support the values of those groups to decrease alcohol abuse. The students got creative with their ideas and made plans to implement projects in the near future. Students will continue to work on their plans in the Action Team.

The KC STAAR Action Team meets once a month and is open to all high school students, school employees, parents and community members who are interested in helping our students make healthy choices, especially in regards to alcohol abuse. For more information, call Lynne Zoulek at 641-224-2271.

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(see attached pictures)