



PACT E-News

October 2009 (Volume 1, Number 3)

www.pactvt.com

**PACT Potluck and Community Meeting:
Thursday, October 1, 5:30-7:30 p.m.
South Burlington High School**

*Please join us to enjoy entertainment from cast members in SBHS's fall musical *Guys and Dolls!**

PACT Connection from Tina Tenney, Board Member

If you live in South Burlington you are a member of PACT.

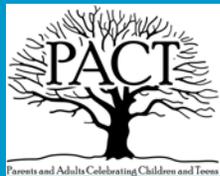
Let's stick together to further improve the health of our community and celebrate the positive contributions our young people are making.

National Substance Abuse Prevention Red Ribbon Week, October 17-31

Wear a red ribbon October 17-31 to show your support for a commitment to drug prevention and education and a personal commitment to live drug-free lives.

SADD (Students Against Destructive Decisions) will be organizing several activities. PACT will be supporting those efforts.

Please check our website for updates.



For more information on PACT,
please contact Co-Chairs
Susie Merrick (merrick@champlain.edu) and
Steve Loyer (sloyer@tgv.net).

*Make an IMPACT. Say "I'M PACT."
www.pactvt.com*

Why I Volunteer

*By Sydney Sharpe
UVM Student
SBHS Class of 2009*

I have been volunteering at the Vermont Respite House in Williston since November 2007. I come in every Sunday at 8:00 a.m. to check in with the patients, see how they are doing that morning and whether or not they want to eat breakfast, and, if so, find out what they want, then make it and serve it to them. I also go around afterwards and collect all the dishes from them and wash them.

I always felt that even if volunteering wasn't always the 'coolest' thing to do, and it sometimes made me miss out on other things, it is still worth it. You can get so much out of volunteering, from the people you meet to the impact that you have on other people. It is an amazing feeling. I wouldn't be the person I am today without volunteering. Plus, it is fun and a good way to meet people from other schools with different backgrounds.

Sydney also was honored by the Vermont Respite House as one of the nominees for the United Way Hometown Heroes Award.

*A longer version of this article first appeared in *The Other Paper*.*