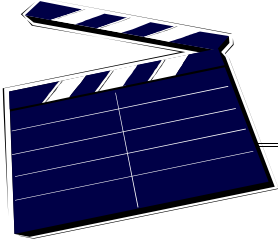


The Source

Winter 2007

*Kid's Resource Network
of Colorado Springs*



Director's Chair

The hustle and bustle of the Christmas holidays is behind us and we are now entering into 2007. It is hard to believe how the time flies. Can you believe how much snow we've had with all these blizzards? It has been an amazing winter wonderland.

I would like to take this opportunity to wish a fond farewell to Laura Troutman, who has decided to leave and go back into the arena of teaching. We wish her the best of luck. I am very proud and excited to announce the hire of Lauren Dubois, who comes to us from Texas. These blizzards have been quite a shock to her. Let's all give her a very warm welcome. You will all have the opportunity to get to know her.

You'll notice that we have a number of upcoming training opportunities available. Please keep in mind that we need to meet our yearly state training requirement of 20 hours per year. If you have any ideas or desire any specific training, please feel free to pass on suggestions to your home supervisor. As always, we have books available for use for anyone unable to make

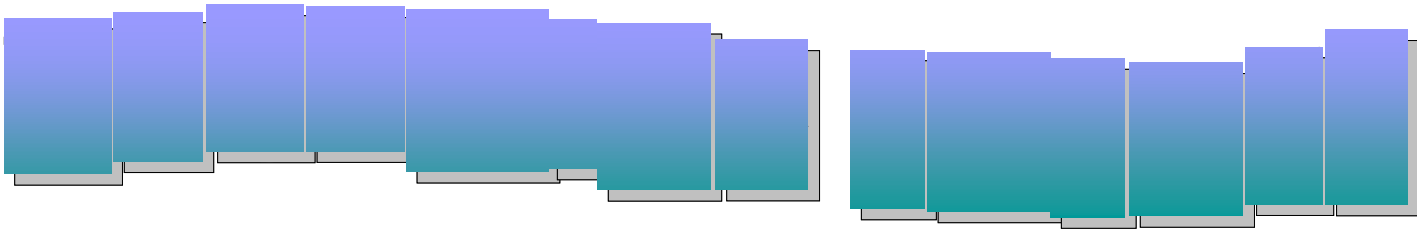
Audits are looking very well, and I thank all of you for that. We are fast approaching our yearly audit season. I'm not a bit worried about it as you all have always been willing to step up and come through with any needed paperwork.

Thank you all again for all you do. I truly appreciate each and every one of you.

Looking forward to an amazing 2007!

Yours truly,

Shawntel Tucker



GED TESTING

JANUARY 2007

GED TESTING CENTER

PALMER HIGH SCHOOL

301 N. NEVADA AVE. ROOM 122

Use the center door facing Nevada Ave.

(719) 328-5036 (PLEASE CALL THE TESTING CENTER DIRECTLY TO LEAVE A MESSAGE)

TESTING DATES & TIMES FOR THE GED

TUESDAY JANUARY 23

4:45 PM – WRITING SKILLS

7:00 PM - SOCIAL STUDIES, SCIENCE AND READING

TUESDAY JANUARY 30

4:45 PM – WRITING SKILLS

7:00 PM – SOCIAL STUDIES, SCIENCE AND READING

WEDNESDAY JANUARY 24

4:45 PM - MATH

7:00 PM - SOCIAL STUDIES, SCIENCE AND READING

WEDNESDAY JANUARY 31

4:45 PM - MATH

7:00 PM - SOCIAL STUDIES, SCIENCE AND READING

SATURDAY JANUARY 27

8:15 AM – WRITING SKILLS

11:00 AM – SOCIAL STUDIES, SCIENCE AND READING

If you are testing for the first time you must arrive by 4:45 pm on Tuesday and Wednesday and 8:15 am on Saturday!

PLEASE BE PROMPT!

YOU WILL NOT BE ADMITTED TO THE TESTING CENTER ONCE THE TESTING IS IN PROGRESS.

YOU WILL NEED TO BRING:

- CURRENT IDENTIFICATION
 - STATE DRIVER'S LICENSE**
 - STATE IDENTIFICATION CARD
 - MILITARY ID
- \$60.00 CASH, MONEY ORDER OR CHECK (*MADE PAYABLE TO GED TESTING*)
- SOCIAL SECURITY NUMBER
- **NO APPOINTMENT IS NECESSARY.**
- **YOU MUST BE 17 YEARS OF AGE TO TAKE THE GED TEST.**
- THERE ARE FIVE TESTS ON THE GED. IT WILL TAKE TWO DAYS TO COMPLETE THE FIVE TESTS.

INFORMATION ON GED PREPARATION CLASSES: (719) 667-3793 OR (719) 667-3831

Support Group

January 22, 2007	February 22, 2007
March 21, 2007	April 20, 2007
May 21, 2007	June 21, 2007



CPR & FIRST AID TRAINING

Full Classes, 9am-4pm

January 24th, February 13th, March 14, April 11th, May 9th, June 6th

Recertification Classes, 9am-4pm

February 21st, March 22nd, April 25th, May 23rd, June 20th

Pre-registration is required. To register, please call Ann at 227-7477, ext. 10

Dusting...A Lethal High

This is a true story.

First, I'm going to tell you a little about me and my family. My name is Jeff. I am a Police Officer for a city which is known nationwide for its crime rate. We have a lot of gangs and drugs.

At one point we were # 2 in the nation in homicides per capita. I also have a police K-9 named Thor. He was certified in drugs and general duty. He retired at 3 years old because he was shot in the line of duty. He lives with us now and I still train with him because he likes it. I always liked the fact that there was no way to bring drugs into my house. Thor wouldn't allow it. He would tell on you. The reason I say this is so you understand that I know about drugs.

I have taught in schools about drugs. My wife asks all our kids at least once a week if they used any drugs. Makes them promise they won't. I like building computers occasionally and started building a new one in February 2005. I also was working on some of my older computers. They were full of dust so on one of my trips to the computer store I bought a 3 pack of Dust Off. Dust Off is a can of compressed air to blow dust off a computer. A few weeks later when I went to use one of them they were all used. I talked to my kids and my two sons both said they had used them on their computer and messing around with them. I yelled at them for wasting the 10 dollars I paid for them.

On February 28 I went back to the computer store. They didn't have the 3 pack which I had bought on sale so I bought a single jumbo can of Dust Off. I went home and set it down beside my computer. On March 1st, I left for work at 10 PM. Just before midnight my wife went down and kissed Kyle goodnight. At 5:30 am the next morning. Kathy went downstairs to wake Kyle up for school, before she left for work. He was propped up in bed with his legs crossed and his head leaning over. She called to him a few times to get up. He didn't move. He would sometimes tease her like this and pretend he fell back asleep.

He was never easy to get up. She went in and shook his arm. He fell over. He was pale white and had the straw from the Dust Off can coming out of his mouth. He had the new can of Dust Off in his hands. Kyle was dead.

I am a police officer and I had never heard of this. My wife is a nurse and she had never heard of this. We later found out from the coroner, after the autopsy, that only the propellant from the can of Dust Off was in his system. No other drugs. Kyle had died between Midnight and 1AM. I found out that using Dust Off is being done by kids ages 9 through 15. They even have a name for it. It's called dusting, a takeoff from the products name. It will produce a high for about 10 seconds. It makes them dizzy. A boy who lives down the street from us showed Kyle how to do this about a month before. Kyle showed his best friend, told him it was cool and it couldn't hurt you. It's just compressed air. It can't hurt you. His best friend said no. Kyle was wrong. It's not just compressed air.

It also contains a propellant called R2. It is a refrigerant similar to what is used in your refrigerator. It is a heavy gas. Heavier than air. When you inhale it, it fills

your lungs, and keeps the good air, the air with oxygen in it, out. That is why you feel dizzy and buzzed. It decreases the oxygen to your brain, and to your heart. It can more than hurt you, IT KILLS YOU.

The horrible part about this is that there is no warning. There is no level that kills you. It is not cumulative, or an overdose; it can go just randomly, terribly wrong. Roll the dice, your number comes up and you die. It's not an overdose. It's Russian Roulette. You don't die later, or not feel good and say, "I've had too much." You usually die as you're breathing it in. If not, you die within 2 seconds of finishing the hit. That's why the straw was still in Kyle's mouth when he died, why his eyes were still open. The experts want to call this huffing. The kids don't want to believe its huffing. As adults we tend to lump many things together. But it doesn't fit here, and that's why it's more accepted. There e is no chemical reaction, no strong odor. It doesn't follow the huffing signals.

Kyle complained a few days before he died of his tongue hurting. It probably did. The propellant causes frost bite. If I had only known. It's easy to say, "Hey, it's my life and I'll do what I want." But it isn't. Others are always affected. This has forever changed our family's life. I have a hole in my heart and soul that can never be fixed. The pain is so immense I can't describe it. There is nowhere to from it. I cry all the time. I do what I'm supposed to do, but I don't really care. My kids are messed up. One won't talk about t it.

The other will only sleep in our room at night. And my wife, I can't even describe how bad she is taking this. I thought we were safe because of Thor. I thought we were safe because we knew about drugs and talked to our kids about them.

After Kyle died, another story came out. A probation officer went to the school system next to ours to speak with a student. While there, he found a student using Dust Off in the bathroom. This student told him about another student who also had some in his locker. This is a rather affluent school system. They will tell you they don't have a drug problem there they don't even have a DARE or Plus program there. So, rather than telling everybody about this "new" way of getting high they found, they hid it. The probation officer told the media after Kyle's death, and then the school finally admitted to it. I know if they had told the media, and I had heard, it wouldn't have been in my house. We need to get this out of our homes and school computer labs. Using Dust Off isn't new, and some' professionals' do know about it. It just isn't talked about much. , except by the kids. They all seem to know w about it.

April 2nd was one month since Kyle died. April 5th would have been his 15th birthday. And every weekday I catch myself sitting on the living room couch at 2:30 in the afternoon and waiting to see him get off the bus. I know Kyle is in heaven, but I can't help wonder of I have also died, and gone to hell.

This story originated as an email from the father of Kyle, a Cleveland police officer named Jeff Williams. He was on duty when his son's body was discovered by his, wife, Kyle's mother. Dust-Off, the substance in the story, has been implicated in a number of deaths across the country.

This story can be verified and re-read at:
www.snopes.com/medical/toxins/dustoff.asp

THE BACK PAGE

Wondering what The Back Page is all about? Well, it's all about you. This is your space to buy, sell, trade, share, etc. Maybe you have a table and four chairs that you don't use, and would like to sell. Maybe you need a cheap used car for your teenager, or a double stroller for a toddler. Maybe you have a home business or a unique talent with crafts, woodworking, etc. that you'd like to share ideas about.

So, come on...let's have fun with this! To participate, please call Ann at 227-7477, ext. 10; or email at krncsan@hotmail.com.

All submissions will be published pending approval by Shawntel.

*****Newsletter Submissions*****

If you have something you would like to submit to be included in our newsletter we would love to share it. We would really appreciate hearing about your inexpensive family fun ideas, experiences as a foster parent, and opportunities for foster children and foster parent families that you may be aware of. Please send any contributions to Ann.

A Publication of

Kids Resource Network
 *of Colorado Springs*