

Central Academy of Technology and Arts

Cougar Chronicle

Volume 5; Issue 27 March 8, 2018

CATA Families,

This past week our students participated in a rocketry program with UNCC and launched their own rockets, our dance students attended a national conference, we had four students accepted to the NC Governor's School, and our Environmental Science students helped to clean up a creek in Monroe. Please see pictures in this edition. Consider serving as an officer or committee chair for the **PTSO** for the upcoming school year.



Duties are posted in this edition and a nomination process will be announced in an upcoming issue.

Please check out the vaping fact sheet in this edition, so you are aware of the dangers and health concerns. Vaping, electronic cigarettes, and Juuls are not permitted on school campus and are not healthy choices for students. We hope that you will discuss this concerning trend with your child.

Attention Seniors - Jostens will be here on Monday, 3/26 (during student lunches) to deliver Cap & Gowns, Graduation Announcements and other Senior items! All orders must be paid in full in order to pick up your Cap & Gown. If you haven't ordered a Cap & Gown yet, time is running out... you can still order online at Jostens.com. **Seniors:** Are you interested in finding a summer job or a permanent job when you graduate? Interested seniors will take a field trip to attend the Union County Job Fair at SPCC on Thursday, 3/27. Please see Mrs. Webb in guidance to pick up a permission slip by Thursday, 3/15. Permission slips must be returned to Mrs. Webb by Tuesday, 3/20. Questions? please contact Sarah Webb at sarah.webb@ucps.k12.nc.us. **Juniors**, more than 200 schools from across the country will be at the **Charlotte National College Fair** on 3/18 from 12-4pm. Take advantage of this opportunity to learn about different schools. We will provide transportation to this event. Please sign up via the [Google form](#) on the school counseling website. Check out summer and other opportunities for students on the website under School Counseling. There you can find information on great programs like **The Wake Forest Summer Immersion Program**. Please check out information in this edition and at this [website](#). Current sophomores and juniors - if you are interested in taking **Career and College Promise (CCP)** Courses at South Piedmont Community College please see Ms. Lawson by 3/23 to review the directions for sign ups. A representative from SPCC will be at CATA on **Tuesday, 3/27 at 2:00 pm** to sign up interested students. The SAT will be administered to all Juniors on April 24th. Students are working to prepare for this during Cougar Time. They can also work on this at home through their Kahn Academy/College Board site.

Registration for the 2018 Band of Blue Marching Band is now open on the [band website](#). Please visit the marching band page today and register by May 1st for this award winning program! Please see Mr. Retzlaff for any questions you may have. The **Theatre Program is in need of prop items** for the show, "On the Town." Please contact Ms. [Antonia Fairchild](#), the theatre director if you can help. Items needed: 5-small round tables for night club – table cloths gold lame, 10- chairs for night club, 2- small couches for apartment, 1 period chair – Murphy chair (Claire's apt), 1-park bench for street scenes, and Palm tree (fake is fine) 2 would be ideal if possible. The **CATA Band Program** is selling \$20 cards for Krispy Kreme Donuts. These cards give 10 opportunities to buy one get one dozen donuts from Krispy Kreme. Please see a band student today or go to the band website www.cataband.org to place your order. There is an order form with links in this edition. **CATA's Got Talent:** Do you want to showcase your talent? CATA's NHS chapter is sponsoring their annual CATA's Got Talent show on 5/1 and needs acts. Auditions are the next three weeks. Click on this Google Form to sign up for one of the audition dates: <https://goo.gl/CSh3ev>. **Athletics:** For athletic events this week, see the Cougar Chronicle, follow us on Twitter, or go to the [school athletic website](#). **Spotlight on Academies this week:** Check out our [website](#) for our Academy and school Spotlights!

Please take time to read over this newsletter to see the great things our children and teachers are doing. The Cougar Chronicle, in addition to our website, will be the main form of communication from school to home. At CATA we will continue to work toward Leading the Way so that your child can lead the way in the future! Go Cougars! Dr. Fisenne

COUGAR ATHLETICS

If you have questions about athletics or want to volunteer to help with athletics, please send an email to Athletic Director, [Coach Jay Niessner](#).

Make sure to follow all of CATA's athletic teams on Twitter: **@CATA_Athletics**

Results:

Men's Golf: 2nd Place RRC Match

Softball: Loss vs. Union Academy, Loss vs. Forest Hills, Loss vs. Forest Hills

Baseball: Win vs. Union Academy, Win vs. Concord, Loss vs. Concord

Women's Soccer: Loss vs. Piedmont, Win vs. Monroe

Men's Tennis: No Events Last Week

Track & Field: No Events Last Week

Upcoming Events:

Please follow the CATA Twitter & Facebook feeds for the latest updates due to weather and rescheduled events.

Friday, March 9th:

HOME – Baseball vs. Metrolina – 4:30/7:00 pm @ Walter Bickett Stadium

HOME – Soccer vs. Sun Valley – 4:00 pm

Monday, March 12th:

HOME – Tennis vs. Union Academy – 3:30 pm @ Monroe High

AWAY – Men's Golf – West Stanly – 3:30 pm

AWAY – Track & Field – Monroe High – 3:45 pm

HOME – Winter Sports Awards – 7:00 pm – CATA Auditorium

Tuesday, March 13th:

AWAY – Baseball @ Mt. Pleasant – 4:30/7:00 pm

AWAY – Softball @ Mt. Pleasant – 6:00 pm

HOME – Soccer vs. Cox Mill – 5:00 pm

Wednesday, March 14th:

HOME – Baseball vs. Mt. Pleasant – 6:00 pm

Thursday, March 15th:

HOME – Tennis vs. Mt. Pleasant – Monroe High – 4:00 pm

HOME – JV Baseball vs. Concord – 5:00/6:30 pm – Double Header – Walter Bickett Stadium

AWAY – Soccer @ Porter Ridge – 4:30 pm

Friday, March 16th:

HOME – Baseball vs. Mt. Pleasant – 4:30/7:00 pm @ Walter Bickett Stadium

HOME – Softball vs. Mt. Pleasant – 5:00 pm

AWAY – Soccer @ Central Davidson – 7:00 pm

Dates to Know:

Winter Sports Awards Night – Monday – March 12th @ 7:00 pm – CATA Auditorium

Spring Head Coaches Contact Information:

Athletic Director & Women's Soccer– Jay Niessner –

jay.niessner@ucps.k12.nc.us

Men's Golf – Mike Jacobus – mike.jacobus@ucps.k12.nc.us

Track & Field – Kim Inuwa – Kimberly.inuwa@ucps.k12.nc.us

Men's Tennis – Terry Lewis – terrylewis@kw.com

Baseball – Aaron Hammers – aaron.hammers@ucps.k12.nc.us

Softball– Gregory Peters – Gregory.peters@ucps.k12.nc.us



CATA

Class of 2018

Cap & Gown Delivery Day!

Announcements & Senior GEAR will be delivered, too.

Monday, March 26th

During ALL Lunches



Orders must be **PAID IN FULL**, prior to delivery day, in order to pick up your Cap & Gowns!

If you haven't ordered a cap & gown yet, please call our office **800.582.6376**

Order Online www.Jostens.com



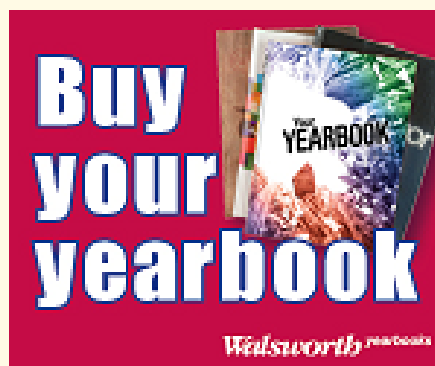
Cougar Pride - Way to go!!

- ⇒ The Dance Department traveled to Pittsburgh , PA for the National High School Dance Festival. While they were there students participated in masterclasses from world renowned teachers, lectures and auditions. They attended performances performed by Point Park dancers , Jessica Lang dance company, and visiting schools .
- ⇒ Congratulations to Lisa Ince, Grace Joyner, Ka'Shella Sturgis, and Matthew Warren for being accepted into the 2018 Governor's School. Lisa will be traveling to East Campus for the Clarinet. Grace, Ka'Shella, and Matthew will travel to West Campus for Art, Trombone, and the French Horn. Way to Go!!! CATA is proud of you!!!
- ⇒ Congratulations to our Environmental Science Students and Ms. Kopchick for taking the time to clean up a local creek in Monroe this past week.



2018 Yearbook

Yearbooks are on sale for \$85.00. Be sure to remember to order your yearbook! Order online at <https://www.yearbookforever.com> (search for CATA) or bring in a check or cash to Ms. Christensen. Make checks out to CATA. If you have any questions about yearbook sales or senior tributes, please contact Ms. Deb Christensen at deb.christensen@ucps.k12.nc.us or call 704-296-3088, ext. 7140.



College and Career Corner

Class Information from the School Counselors

Senior Information Graduation is Saturday, June 9, 2018 at 6:00 PM at Winthrop Coliseum .

Please click [here](#) to see the Fall Senior Letter.

College Recommendations: Be sure to provide staff with a minimum of 3—4 weeks time to complete a recommendation for you. Remember that it is your responsibility to meet deadlines, teachers cannot put aside their teaching or family responsibilities because you neglected to ask them in advance.

Scholarship Information— [Click Here for more Senior Scholarship Information](#)

Please see Ms. Cole if you have questions.

College Visit: North Carolina A&T will be at CATA on 3/19 during 2nd block to speak to interested and accepted students. If you would like to attend please fill out the Google form on the College Events page on the School Counseling website. Attendance requires teacher approval. Please see Ms. Cole with questions.

Student Opportunities

SAT for ALL Juniors on Tuesday, April 24th

Upon completion of the ACT students will start to review SAT during Cougar Time with College Board & Khan Academy

Students can visit satpractice.org for individual practice at home

2018-2019 CTE Internship: Attention Rising 12th graders, if you have taken at least 2 Career & Technical Education (CTE) courses, and are interested in participating in a CTE Internship next school year, stop by the guidance office and pick up an application from Mrs. Webb.

If you have any questions, please contact Sarah Webb at [sa-rah.webb@ucps.k12.nc.us](mailto:sarah.webb@ucps.k12.nc.us).

CLASS OF
2018

CLASS OF 2019

Class of
2020

Class of
2021

“Career of the Week – Architect”

An architect is a person who plans and designs houses, factories, office buildings, and other structures. Typically an architect meets with clients to determine what needs to be built and what the requirements are for the building, work either on a computer or draw by hand a scale of the building, make sure building contractors have the contracts, visit worksites to make sure the builders are following their architectural plans, etc. Most architects earn their professional degree through a 5-year Bachelor of Architecture degree program, as well as, earn a master's degree in architecture. All states require architects to be licensed, which typically includes completing a professional degree in architecture, gaining relevant experience through a paid internship, and passing the Architect Registration Examination. Architects average salary for the state of North Carolina is \$78,660

CATA Guidance Department

A high school guidance department can help your student with a LOT during high school—counseling during a problem/or stress, college planning, career/college questions, interview skills, problem solving with classes/teachers, friendship/social issues. Counselors also help with scheduling and what courses to take. Counselors are available to answer parent questions as well.

Please see the list of counselors by academy:

Ashley Lawson: Medical Science, Transportation & Guidance Department Chairperson

Ashley Cole : Pre-Engineering and Performing Arts (theatre & dance)

Sarah Goodwin: Information Systems (CyberSecurity, Computer Engineering, Software & Game Design) and Music Production & Re-cording Arts.

Sarah Webb: Career Development Coordinator for all CTE based Academies.

The Wake Forest Summer Immersion Program is an unforgettable experience that allows **rising sophomores, juniors, and seniors** in high school and incoming college freshmen, the opportunity to test-drive their career goals and get a glimpse of the future. Led by renowned industry experts, this five-day experience includes sessions taught by Wake Forest faculty, access to industry professionals, facility tours and even the chance to live on campus for the week. Programs offered in Winston-Salem and Charlotte. Watch the [video](#) to learn more.

2018 Institute Offerings:

Biosciences and Engineering, Business and Entrepreneurship, Dance, Debate and Public Advocacy, Documentary Film, Health and Exercise Science, Law*, Leadership, Medicine Neuroscience, Psychology, Sports Marketing*, Sports Medicine, Technology, and Visual Arts
***Offered at the Wake Forest Charlotte Center only.**

Enrollment is limited and by application only. Seats in each of the programs are filling up fast and currently waitlists have been implemented for select programs. Scholarship is available for those who qualify. For more information, or to apply today, please [visit our website](#).

PTSO Officer Nominations

We are approaching spring elections for the PTSO. Please see job descriptions below and consider serving our CATA Community.

Article VII - Duties of the Officers Section 1. The President shall preside at all meetings of the PTSO and the Executive Committee, shall perform such other duties as may be prescribed in these By-laws assigned to him/her by the PTSO or by the executive committee; and shall be an ex-officio and coordinate the work of the officers and committees of the PTSO in order that the objectives may be accomplished. He/she will be on the signature card with the Treasurer and the Vice President. The President shall also review and initial bank statements each month.

Section 2. The Vice President shall act as an aide to the President and shall perform the duties of the President in the absence of or the inability of the president to act. He/she will be on the signature card with the Treasurer and the President. He/she shall perform such other delegated duties as may be assigned to him/her by the organization or by the executive board, and shall be a member ex-officio of all committees, except the nominating committee.

Section 3. The Secretary shall record the minutes of all meetings of the PTSO and of the Executive Committee; and shall perform such other duties as may be delegated; and shall maintain a current and accurate roster of the membership.

Section 4. The Treasurer a. The Treasurer shall have custody of all funds of the PTSO; shall keep a full and accurate account of receipts and expenditures; shall make disbursements as authorized by the President, Executive Committee, or the PTSO. b. The Treasurer shall present a financial statement at every meeting of the PTSO and at other times when requested by the Executive Committee and shall make a full report at the meeting at which new officers assume their duties. c. The Treasurer shall keep permanent books of accounts and records as shall be sufficient to establish the items of gross income, receipts, and disbursements of the PTSO, including, specifically the number of its members and the dues collected from its members. d. The Treasurer's accounts shall be examined annually by an Auditing Committee who, satisfied that the Treasurer's annual report is correct, shall sign a statement of that fact at the end of the report. The Treasurer shall maintain the PTSO checking account. The checks must be signed by two of the following: President, Vice President, or Treasurer. e. Financial records and books shall be audited annually by July 1 each year. f. Treasurer is responsible to file necessary paperwork required by State and Federal Government to maintain non-profit status.

Around CATA

Friday, March 9— End of Grading Period;

Saturday, March 10— Science Olympiad at UNCC

Monday, March 12 — Winter Sports Awards Night, 7:00 pm (CATA Theatre); Robotics Club (3:30—rm 118); Math Lab Tutoring (3:30—rm519);

Tuesday, March 13—Fashion Club (3:30—rm616); Jazz Band/Chamber Winds (3:30—Band room); Speech Workshops (3:45—rm 110); Gaming Club (3:45—rm 217); Hands Helping Others (3:40, Rm. 623); NHS Talent Show auditions, (3:30, Media Conference Rm.); Beta Club Meetings (8:15 AM and 3:40 Media Center)

Wednesday, March 14— Black History Club (3:30 Rm. 602); Chess Club (3:30 Rm. 216)

Thursday, March 15—FCA (8:00 gym); Jazz/Chamber winds (3:30 band room); Interpretation workshop (3:45 rm 111); Debate Workshop (3:45 rm 609); Science Olympiad 8:00 Rm. 605); NHS Talent Show auditions, (3:30, Media Conference Rm.); UCPS Diversity Day, (9:00 AM Ag Center)

Friday, March 16— Sophomore Theatre Show, 7 PM (Theatre)

Saturday, March 17—Sophomore Theatre Show, 7 PM (Theatre)

Upcoming Events March:

3/21—Report Cards

3/23-3/24-Student Dance Choreography, 7:00 PM (Theatre)

3/26—Senior Delivery– Josten's (Lunches)

3/28—Site Based Team, 3:40 PM (Media Center Conference Rm.)

3/30— NO SCHOOL, Holiday, Good Friday and Passover

4/2 to 4/6— NO SCHOOL, Spring Break

Student Life

Many of our student life organizations are listed on our website. [Click here.](#)

Please check the Around CATA Calendar posted above for Student Life Events this Week

- **CATA's Got Talent:** Do you want to showcase your talent? CATA's NHS chapter is sponsoring their annual CATA's Got Talent show on 5/1 and needs acts. Auditions are the next three weeks. Click on this Google Form to sign up for one of the audition dates: <https://goo.gl/CSh3ev>
- **Registration for the 2018 Band of Blue Marching Band** is now open on the [band website](#). Please visit the marching band page today and register by May 1st for this award winning program! Please see Mr. Retzlaff for any questions you may have.

Students In Action



ATTENDANCE AND EARLY DISMISSAL FACTS AND PROCEDURES

People to contact for absences:

SCHOOL PHONE # (704)296-3088

FAX # (704)296-3090

Mrs. Nahum- School Secretary-
andrea.nahum@ucps.k12.nc.us

Mr. Smith- Data Manager-

william.smith@ucps.k12.nc.us

Mrs. Riley- ISS and Absence Recovery Coordinator- karen.riley@ucps.k12.nc.us

[Click Here for Information about attendance and absentee notes](#)

Technology Fees: The required technology user fee (\$25) for your student is past due if it was not paid before September 5th. This fee includes an insurance policy that covers accidental damage. It is important to pay your fee so that if there is accidental damage to your child's computer that it is covered. [You can pay this fee online at this link \(click here\).](#)

Be in the Know by following us on Twitter

Follow CATA at @cata_monroe

Dance @CATA_DANCE

Performing Arts @CougarArts

Athletics @CATA_Athletics

Football @CATA_cougarfb

Band @catabanddirect

Student Council @StucoCata

Counseling @CATA_Counseling

Cheerleading @CATACougarCheer

UCPS @UCPS_MonroeNC

Math Tutoring: We have a general Math Lab Tutoring with Mr. Broome on Monday afternoons from 3:30 to 4:30 on Mondays in room 519.

Student Parking Passes– SOLD OUT– Students will be put on a waiting list

Parking passes are not guaranteed available throughout the school year. Once we sell out we will start a waiting list. Students obtaining their license during the school year are not guaranteed a spot, and may have to wait until the following year to drive. We will have a waitlist for those students bringing in all appropriate documentation. **Please click [here](#) for Parking Pass forms and further information.** Past due fees must be paid before parking passes are issued.



Bus Tracking App Now Available:

This school year, Union County Public Schools (UCPS) parents will be able to view the real-time location of their child's school bus on their smartphones, tablets or computers.

[Click here!](#)



Volunteering at Central Academy:

We are happy to have our parents volunteer for events, field trips, and other school activities. Please click [here](#) to fill out an application to volunteer. There is a new volunteer portal, so volunteers who are already approved should have received an automated email from the new system with instructions on how to activate their volunteer status in the new system.



YOUR CATA PTSO

Your 2017-2018 Cougar Council Executive Officers are:

President - Teri Tucker

Vice President - Emily Watts

Secretary - **Grace Watts**

Treasurer - Ann Helms

Click on this page if you,
have an interest in serving
on the CATA PTSO

Our Committee Chairs are:

Communication - Jeannine Kenary & Sarah May

Fundraising - Myra Ledbetter

Hospitality - Carol Taldo & Megan Huffman

Performing Arts - Carla Harrison & Janet Peirano

Membership - Open

Staff Advisor/Liaison - Deb Christensen

If you, or someone you know, have an interest in serving CATA's students and staff in one of these areas, please Click on this screen/ad or contact us at catacougarcouncil@gmail.com.

Find us on:



amazonsmile
You shop. Amazon gives.



Band Booster Club - Contact Band Booster president Aimi Gundersen to volunteer at catabandpresident@gmail.com

Cougar Athletics – Contact Jay Niessner at jay.niessner@ucps.k12.nc.us

Cougar Council PTSO Information

Pi Day for Faculty & Staff 3/14—It is a day to celebrate the mathematical constant **pi** (π) and eat lots of pie! Thank you to our gracious families for your donations which will make for a fun event!

DID YOU KNOW? **Pi Day** was founded by Physicist Larry Shaw in 1988.



Click [here](#) to view important PTSO information, minutes, and agendas.

CATA Band
Krispy Kreme Fundraiser

BOGO Donut Sale

Click on this ad to
place an online
order.

Click on this ad to
place an online
order.

Cards Valid Nationwide
\$20 Card - Valid for 10
Opportunities for One Dozen FREE
Original Glazed Doughnut with
purchase of any dozen.
<https://goo.gl/DxPSFm>
Cards Will be Mailed if Out of State





Saturday, March 24, 2018 at 8:00 am • Downtown Monroe, North Carolina

MISSION

The 4th Annual Heart for Monroe - Follow Your Heart 5k event in historic downtown Monroe brings the community together to address hunger, homelessness, education, and relationships in our area. Registration fees go directly to providing Title 1 schools in Union County with mentoring programs, classroom library books, school supplies, and other essential items they may not be able to afford otherwise. Race participation will support the students and teachers of Benton Heights Elementary, East Elementary, Rock Rest Elementary, Walter Bickett Elementary, Marshville Elementary, Wingate Elementary, Monroe Middle, and Monroe High. Registrations will also support Turning Point, the Union County Community Shelter, as well as UCPS students that are in need of beds.

The race will be officially timed by Start 2 Finish and the course is USATF certified.

WHEN: March 24, 2018 at 8:00am (Downtown Monroe at the Union County Courthouse between Jefferson St & Main St)

WHO: Race is open to all ages including runners and walkers.

RACE PACKAGES: \$25 for students and teachers

\$30 standard registration with a cotton t-shirt

\$35 upgrade registration with a performance tee

\$25 donate a race package for a Title 1 student

**Click on this page to
go to the race website
to register.**

SPECIAL OPPORTUNITY:

Sponsor a child/student from a Title 1 school in Union County. Each student that participates in the race will receive a t-shirt, race bag, and finisher's medal. All Heart for Monroe elementary school students will also receive new tennis shoes. Last year 130+ students were sponsored to run in the race. In addition, we had 80+ Wingate University students paired up with elementary students as "running buddies." In 2018, the University of North Carolina and South Piedmont Community College will also be involved. This year we expect 200+ students.

DONATE TO HEART FOR MONROE: Not interested in running or walking? Donate a race registration for a Title 1 student or donate your race registration to assist the Union County Community Shelter and our partner schools.

ALL PARTICIPANTS RECEIVE: A string bag, race t-shirt, and finisher's medal.

FOR MORE INFORMATION OR TO REGISTER
www.racesonline.com/events/follow-your-heart-5k

ABOUT HEART FOR MONROE

Heart for Monroe is a nonprofit organization that exists to unite and mobilize community organizations, businesses, churches, and individuals to address homelessness, hunger, education, and relationships in our community.

Heart for Monroe includes a network of 40+ churches and 20+ nonprofits all working together with one heart and one mission.

VAPING FACT SHEET

WHAT IS VAPING?



Electronic Nicotine Delivery Systems (ENDS) include personal refillable vaporizers, e-cigarettes, and vape pens. Cartridges contain, or tanks are filled, with e-liquid or juice composed of nicotine, flavoring, and other chemicals. The liquid is heated by the device into a vapor, or aerosol, and inhaled. Some devices can be adapted to vape marijuana, cannabis oil, and wax.



WHO IS VAPING?

ENDS use has increased dramatically among youth. The [CDC](#) reports that 16% of high schoolers used e-cigarettes regularly in 2015, up from 1.4% in 2011 ([Other research](#) shows high schoolers regular use in 2015 as high as 24%). Regular use in middle school increased from <1% in 2011 to 5.3% in 2015. Nearly 38 percent of high schoolers reported having tried an e-cigarette at least once in 2015.

The considerable increase in e-cigarette use among U.S. youth in recent years corresponds with increases in [advertising expenditures](#), from from \$6.4 million in 2011 to \$115 million in 2014.

VAPE MYTHS:

It is safe..
It helps you quit smoking.
It's just water vapor.

E-cigarette use among youth is rising as e-cigarette advertising grows



CDC, National Youth Tobacco Survey, 2011-2014; Cigarette Advertising Expenditures, 2011-2014

THE TRUTH ABOUT VAPING:

Vape pens and e-cigarettes have been in existence for just about a decade and there is little scientific research available as to the long term effects. It is [advertising and marketing](#) that promote the messages about safety to encourage the sale of their products. The products available online and in retail stores offer thousands of candy, fruit, and dessert flavors attractive to young consumers.

Nicotine is the highly addictive chemical in tobacco products and is present in e-liquids, sometimes even in the products labeled to have zero nicotine. Adolescent brains are particularly sensitive to [nicotine's effects](#), and exposure at a young age may cause lasting harm to brain development and prime the brain's reward system for other addictions.

The solvents that are vaporized along with nicotine and flavorings include glycerin and propylene glycol. These are listed (in the 1970s) by the FDA as Generally Recognized As Safe ([GRAS](#)), specific to use in food, and does not apply to other uses, like aerosolizing and inhaling.

[Studies](#) show lower levels of toxicants released by ENDS than by conventional cigarettes, but similar size and number of nanoparticles. While more research is needed to determine the long term health effects of

vaping, there is scientific evidence that vaping is not benign and inhalation is associated with adverse effects on lung health. "Safer" does not equal "safe".

According to the World Health Organization, e-cigarettes are not a legitimate quitting aid. The FDA's Center for Drug Evaluation and Research has not approved any e-cigarette as a safe or effective method to help smokers quit. Instead of quitting, many e-cigarette users are continuing to use e-cigarettes while still using conventional cigarettes.

What Parents Can Do:

- ***Talk to your children about not smoking and not vaping. Make your expectations clear. Take advantage of teachable moments.***
- ***Research online and read about vaping. Make sure the articles you read are science-based and include facts, not opinions.***
- ***Ask your child what things are if you see a device that you are unsure of. Open it, see what it is.***

**No Smoking
No Vaping**



Waxhaw Woman's Club
proudly announces the
**2018
Project Prom**
at the Woman's Club
200 E. South Main Street
Waxhaw, NC 28173

**Saturday,
March 10th**
11 A.M. – 6 P.M.

The ladies of the Waxhaw Woman's Club would like to help you get ready for your special event!

- ✓ Come "shop" our selection of dresses, shoes, and accessories
- ✓ All items are free of charge*
- ✓ No prior registration necessary – just show up on the 10th
- ✓ Questions? Call (919) 815 - 7195

*No income verification required.