

Central Academy of Technology and Arts

Cougar Chronicle

Volume 5; Issue 28 March 15, 2018

CATA Families,

The PTSO served faculty and staff various homemade pies for PI day this past week to thank everyone for their hard work. Pre-Engineering students competed at the Mini Civil Engineering Competition at UNCC, and the Science Olympiad students competed at their annual competition (More details 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. Please nominate officers at this [link](#).



Information about the **Spring Musical: On the Town** (Dates/Ticket Sales) is in this edition. **Registration for the 2018-2019 School Year:** Course Registration will begin on Wednesday, 3/21. On 3/21 students will receive Registration information via Advisory and 2nd Block classes. From 3/21 to 3/29 PowerSchool Registration will be open. Please make sure students register before 4:30 pm on Thursday, 3/29. From 4/9 to 4/25 students will meet with their assigned counselor to review their course selections during 2nd block. Please make sure all paperwork is signed before the meetings take place. Students interested in running for **Student Council officer** positions for the next school year, please see Ms. Foreman in room 208 for important information. Applications will open 3/19. The **Sophomore Theatre show** is this Friday and Saturday at 7 PM in the theatre. Admission is free.

The Central Academy Alumni Association is hosting a fundraiser called the **Belk Charity Ticket Sale**. This is a private ticketed event is 5/5 from 6am-10am. Tickets are \$5. You will get that \$5 back when you present the ticket for \$5 off your first purchase. The sale is available at Belk's stores nationwide. You can purchase more than one ticket to enjoy sale prices of 15-75% off items in store. All proceeds will go to the association. Please see Ms. [Deb Christensen](#) for ticket purchases. 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](#). **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. **Rising 12th graders**, are you interested in getting paid to go to college while still in high school? If so, then you should consider applying for the **Apprenticeship Program through SPCC**. There is an informational meeting on March 20th @ 6:00 @ SPCC Tyson Family Center. Please see Ms. Webb in guidance for more information. 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.

CATA's Got Talent: Students interested in the NHS Talent Show, auditions are March 13th, 15th, 20th, and 22nd after school in the media center conference room. Sign up through the Google form [here](#).

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: No Events

Softball: Win vs. Monroe

Baseball: Win vs. Metrolina, Loss vs. Mt. Pleasant

Women's Soccer: Loss vs. Sun Valley

Men's Tennis: Loss vs. Porter Ridge

Track & Field: No Events

Upcoming Events:

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

Friday, March 16th:

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

AWAY – Soccer @ Central Davidson – 7:00 pm

Saturday, March 17th:

AWAY – Track & Field @ Marvin Ridge – All Day Event

Monday, March 19th:

AWAY – Golf @ Anson – 3:30 pm

AWAY – Tennis @ Sun Valley – 4:00 pm

HOME – Softball vs. Vance – 5:00 pm

HOME – Soccer vs. Vance – 5:00 pm

Tuesday, March 20th:

HOME – Baseball vs. West Stanly – 4:30/7:00 pm

AWAY – Softball vs. West Stanly – 6:00 pm

AWAY – Track & Field @ Sun Valley – 3:45 pm

Wednesday, March 21st:

AWAY – Baseball vs. West Stanly – 6:00 pm

AWAY – Soccer vs. Mt. Pleasant – 6:00 pm

AWAY – Tennis vs. Parkwood – 4:00 pm

Thursday, March 22nd:

No Events

Friday, March 23rd:

AWAY – Baseball vs. West Stanly – 4:30/7:00 pm

HOME – Softball vs. West Stanly – 5:00 pm

AWAY – Tennis @ West Stanly – 4:00 pm

AWAY – Soccer @ Union Academy – 5:30 pm

Saturday, March 24th:

AWAY – Track & Field @ Union County Meet @ Monroe High – All Day Event

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



COUGAR ATHLETICS CONTINUED

Dates to Know:

2017-18 School Year

Spring Sports Awards Night – Monday, May 21st @ 7:00 pm

2018-19 School Year

Summer Dead Periods (No Workouts) – July 2nd – July 6th & July 16th – July 20th

Fall Sports Parents Night – Monday, July 23rd @ 7:00 pm

1st Day of Fall Sports – Monday, July 30th, 2018

Other Information:

CATA Lacrosse Club:

Will not start this spring. Please look for information about the lacrosse club over the summer, our hope is to get the club up and running at the start of next school year.



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 *Jostens*

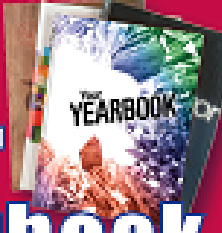
Cougar Pride - Way to go!!

- ⇒ Congratulations to our pre-engineering students who participated in the mini civil completion field trip to UNCC.
- ⇒ Congratulations to our Science Olympiad Students for competing this past weekend.
- ⇒ Thank you Mr. Morgan for being our Athletic Trainer. This past week was Athletic Trainer's 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.

Buy your yearbook



Walsworth yearbooks

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. The Spring Senior Letter with Senior Week information will be available next week!

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 and UNC Greensboro will be here on 3/22 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

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](#).

Rising 12th graders, are you interested in getting paid to go to college while still in high school? If so, then you should consider applying for the **Apprenticeship Program through SPCC**. There is an informational meeting on March 20th @ 6:00 @ SPCC Tyson Family Center. Please see Ms. Webb in guidance for more information.

PTSO Officer Nominations

We are approaching spring elections for the PTSO. Please see job descriptions below and consider serving our CATA Community. Please [click here](#) for the nomination form.

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.

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.

Around CATA

Friday, March 16— Sophomore Theatre Show, 7 PM (Theatre); Student Council at NCASC state convention.

Saturday, March 17— Sophomore Theatre Show, 7 PM (Theatre); Student Council at NCASC state convention.

Sunday, March 18— Charlotte National College Fair; (12-4 PM) Student Council at NCASC state convention.

Monday, March 19 — Robotics Club (3:30—rm 118); Math Lab Tutoring (3:30—rm519);

Tuesday, March 20—Make Up ACT; NC A&T Visit; 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); GSA Meeting (3:45, Rm. 608); NHS Talent Show auditions, (3:30, Media Conference Rm.);

Wednesday, March 21— [Report Cards](#); Special Olympics Field Trip (FHHS); Microsoft Field Trip; Chess Club (3:30 Rm. 216); Chess Club (3:30 Rm. 216); Student Life Monthly Meeting (8:20 Rm. 401); Future Prep SAT Course (4:30 Rm. 401)

Thursday, March 22—FCA (8:00 gym); Jazz/Chamber winds (3:30 band room); Interpretation workshop (3:45 rm 111); Debate Workshop (3:45 rm 609); NHS Talent Show auditions, (3:30, Media Conference Rm.); UNCG College Visit; American History II Common Assessment; Band at MPA at North Lincoln High

Friday, March 23— Student Dance Choreography, 7:00 PM (Theatre); American History II Common Assessment; Discovery Place Field Trip

Saturday, March 24—Student Dance Choreography, 7:00 PM (Theatre)

Upcoming Events March:

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

- The **FCA** will be hosting a **waffle breakfast** in Miss Casey's room on Thursday, March 22. Please come and enjoy breakfast.
- **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.
- **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.

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

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



Mr. Recher's Pre-Engineering Students

MINI CIVIL COMPETITION FIELD TRIP TO UNCC

Some students of the Pre-Engineering Academy, 31 juniors and 9 seniors, recently competed in the "Mini Civil Competition" at UNCC College of Engineering. The eight teams from CATA competed against twenty other teams from all around the Charlotte metro area. The competition consisted of four civil engineering categories: structural, transportation, geotechnical, and environmental. Collectively CATA teams did very well earning the following awards:

Geotechnical – Most Efficient: 1st, 2nd & 3rd place
Geotechnical – Highest Capacity: 1st, 2nd & 3rd place
Environmental – 1st place
Transportation – Most Efficient: 3rd place

The transportation category consisted of two activities, one being a brain exercise to see if teams could collaborate to find the best way to plan out travel plans that incorporate public transportation; the second activity was to measure each person's reaction time. For the environmental portion the activity was to build a water filter to "clean" dirty water and make change the pH from 4 to 7. The third activity was geotechnical which dealt with the physical properties of soil (dirt). Each group was challenged to build an MSE wall from the cheapest materials and let it hold the most weight with the least deflection. The last activity was dealing with the structural aspect of civil engineering. The teams constructed Popsicle stick bridges within specifications at their schools and then brought them to the competition to test the maximum load the bridges could support before failing.

A common theme in the competition was the efficient use of materials and money to successfully complete the challenges. Just about all problems in engineering can be solved with enough time and money. The real challenges are finding solutions with limited amounts of time and money.

Science Olympiad Students Compete

Students won medals in Amazing Mechatronics (4th), Anatomy and Physiology (5th), Chemistry Lab (8th), Ecology (1st), Forensics (5th), Helicopters (6th), Materials Science (4th), Microbe Mission (7th), Mission possible (4th), and rocks and Minerals (3rd). Some students will be invited to States for ecology and rocks and minerals. The students are preparing an article describing their day and we will post the article and pictures in the next edition.





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?

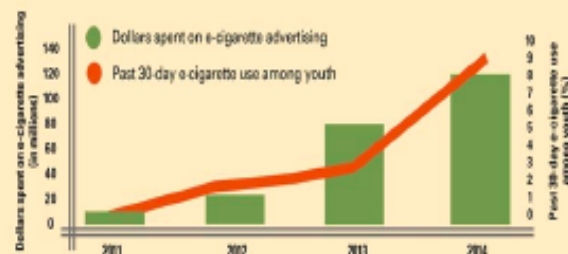
ENDS use has increased dramatically among youth. The [CDC](#) reports that 16% of high schoolers used e-cigarettes regularly in 2015, up from 1.4% in 2011 ([Other research](#) shows high schoolers regular use in 2015 as high as 24%). Regular use in middle school increased from <1% in 2011 to 5.3% in 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**



Spring Musical: On The Town

Show Times – All regular performances are \$10.00 per show

Friday, April 13, 2018 at 7:00pm

Saturday, April 14, 2018 at 7:00pm

Sunday, April 15, 2018 at 2:30pm

*** Pre Show FOOD TRUCKS open at 4:30pm til Showtime!

Thursday, April 19, 2018 at 7:00pm

Friday, April 20, 2018 at 7:00pm

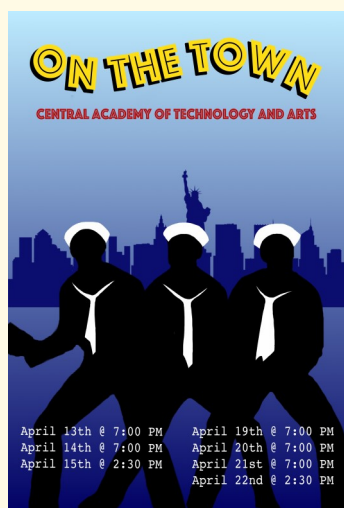
Saturday, April 21, 2018 at 7:00pm

Sunday, April 22, 2018 at 2:30pm

*** Pre Show FOOD TRUCKS open at 4:30pm til Showtime!

Advance purchase your seat selection coming soon: <http://cata.seatyourself.biz/>

---Tickets also available at the Door for general seating admission---



Join us preshow on Saturday, April 14 & Saturday, April 21 and visit our Food Truck meal nights, casual dining, and music of the era!

Food Trucks begin dinner service at 4:30pm until show time!
BBQ, Pizza & Kona Ice will be onsite for casual preshow dining.

For more information/details on Performances...

cataperformingarts@gmail.com