

Russell families have Safe Place to go

YMCA Safe Place Services is an agency that provides free 24-hour help to teens and families in crisis. Safe Place provides residential services through a 24 bed emergency shelter at 2400 Crittenden Drive. Their programs also include case management, Family Team Mediation, outreach, intervention and prevention programming. Teens and families engage Safe Place for a variety of reasons: conflict in the home or in other relationships, drug and alcohol problems, abuse and neglect.

Some features that make Safe Place unique and stand out are:

- All of the services provided are free to teens and their families. Most families that come to Safe Place would not be able to pay for them otherwise.
- Safe Place is working to prevent court and state placements by making help assessable to everyone. This saves taxpayers \$20-70,000 per youth annually.
- Teens can access Safe Place through any location displaying the black and yellow diamond Safe Place sign, including any Kroger, Thorntons, Fire Station, McDonald's, Whitecastle or any TARC bus.
- YMCA Safe Place Services is the only place that provides free shelter to teens that are not already in states care. This means that any teen can come to Safe Place for any reason.
- Y-NOW Mentoring Program is working with Children of Prisoners.
- YMCA Safe Place Services has a diverse base of support from government, Metro United Way, individual, foundation and corporate support.

If you are a teen or a parent or guardian of a teen (ages 12-17) and need help resolving conflict in your home please give Safe Place a call at (502) 635-5233. If you are also interested in volunteering please call them, too.

Plymouth's summer camp program begins

The staff at Plymouth is geared up for another season of exciting recreational, cultural and educational activities for youth ages 5 - 13. Our Summer Day Camp Program began June 5, 2006, and runs for nine weeks, ending Aug. 5, 2006. The hours of operation are from 8 a.m. - 6 p.m., Monday - Friday. This year's Summer Day Camp Program will again feature

a Spanish class for all campers. The weekly fee for one child is \$49, \$69 for two children, \$89 for three, \$109 for four and \$129 for five children.

Parents will be notified on Fridays of fees for the following week's field trips.

Meals include breakfast and lunch every day, as well as dinner served by Kids Café on Mondays and Thursdays.

Activities include tutoring for one hour

each day, Spanish classes, the Every1 Reads program, swimming, arts and crafts, skating, IMAX Theater, Mayor's Summer Scene, movies, computer games and many other activities to be announced.

Please contact Plymouth Community Renewal Center at (502) 583-7889 for additional information.

by Kiarra Taylor

Plymouth holds annual banquet

Plymouth Community Renewal Center's annual fund-raiser and recognition affair is held at the University Club every year. This year's banquet was significant because it celebrated 89 years of service to the Russell community and it also kicked off a major capitol fundraising campaign.

Since 1917, Plymouth Community Renewal Center has been dedicated to providing programs and services for not just the youth, but for families. But because Plymouth is a non-profit based organization, donations and

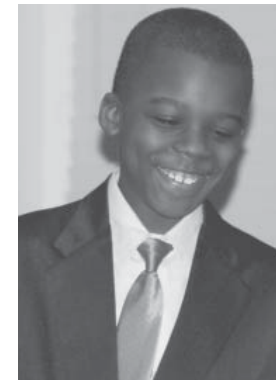


Denny Crum, former UofL basketball coach, chaired Plymouth's 1st annual banquet.

contributions are needed to keep it up and running.

The people honored at the gala was Ray "Sir Friendly C" Barker. It is important to recognize "Sir Friendly C" because he has played an important

role in many youth's lives. Long time board member Virginia Bradford was also honored for her years of service to Plymouth Community Renewal Center. Three of Plymouth's youth were also recognized for considerable growth



O'Shea Lawler was one of the youth recognized at the banquet for demonstrating growth and development over the past year.

and development in the past year. We were also honored to have Coach Denny Crum in our honorary chair.

If you or somebody you know would like to make a donation or contribution to the center, please call 502-583-7889. You may also mail a check to Plymouth Community Renewal Center at 1626 W. Chestnut Street, Louisville, Ky. 40203 Please keep in mind that your contributions will make a difference in the lives of the individuals, families and youth that we serve.

by Richard Withrow

Do you know what obesity is?

The most important part of being a normal weight isn't looking a certain way. It's feeling good and healthy. Having too much body fat can be harmful in many different ways.

So the good news is that it's never too late to make changes in eating and exercising habits to control your weight. Your weight and those changes don't have to be as large as you might think. So start eating a little bit healthier than you are now.

Obesity, or being overweight, can cause high blood pressure, or also a stroke. It is because of the way he or she is maintaining their weight that is a serious problem.

The number of people who are overweight is about 1.2 billion in the world. About 300 million of them, including little kids, are obese. Half of those people live in the United States,

because the people don't watch they eat or watch what their kids eat.

How can obesity affect your health?

Obesity is bad news for your body and mind. Not only does it make people feel tired, it makes you feel uncomfortable and can wear your body down. It can cause stress on many parts of the body when a person has extra weight on them.

Things that can affect your weight:

Things that can affect your body are soft drinks, fruit drinks and sport drinks. They are loaded with sugar. People should drink fat-free or low-fat milk, or lots of water instead. People should also eat five servings of fruits and vegetables a day. Try to avoid fast food restaurants. If you can't stop eating fast foods, try cutting back.

Things that help you lose weight:

Things that help you lose weight is going outside for a walk or taking stairs instead of elevators. Or you can walk or bike to places like school and home instead of wasting gas. This would also be good for the environment.

How does salt affect my weight?

Salt does not cause your body to lose fat. In fact, it has calories. Consumption of salt only results in temporary weight gain or it causes your body to retain water.

Some people are salt-sensitive, which means that consumption of salt can increase their blood pressure or you can be one that has a heart attack or a stroke. A healthy heart is very important.

by Tylisha Mitchell, Erica Taylor, Kiarra Taylor

More health information is available on Page 2.



The West Louisville Advocate Staff

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The West Louisville Advocate is written and produced by the youth at Plymouth Community Renewal Center. Comments may be submitted at ellenanderson@news-outherner.com.

Is healthy eating a problem for you?

A lot of people can't help but to eat a little too much junk food. Over 60 percent of America's population are obese or overweight. But research and tests show that eating unhealthy can sometimes be a result of deeper psychological issues. In other words, a lot of people overeat not because they want to, but because the junk food is close to them.

Brian Wansink, PhD. did some research and found out the size of containers, how close the food is and other factors can determine if we eat too many calories. Sheila Kealey, in an article at www.xcottawa.ca, said that while the food industry works to get us to eat more of their products, we should use this eye-opening information to make better food choices.

Container Size

Dr. Wansink noticed that people at the movies ate 50 percent more of fattening popcorn if they had it in large buckets than if they ate out of smaller buckets. And this wasn't good popcorn. It was nasty, stale, two-week-old popcorn.

But the people who had eaten out of the big bucket thought they had consumed as much as the ones who ate out of a little bucket.

In another study, Dr. Wansink found that people poured more out of larger packages than smaller ones. Take a box of cereal. You may need only a small bowl, but if you bought the economy-size box, you might eat more than what you need because you poured out more than what you need.

Reduce container sizes: If you're just starting to try to cut back on calories, you may not need to start counting them yet. Use smaller plates and bowls at home and consider the size of the container when you are eating out. If you want to eat more vegetables, eat them in bigger dishes. You want to eat less ice cream? Put it in a small bowl.

Proximity and presentation

Dr. Wansink also found that office workers ate 50 percent more Hershey's kisses when they were within grabbing distance instead of having to get up to eat them. Also, they ate more if they could see through the container.

Out of sight, out of reach, out of mind: Tuck away bad foods and surround yourself with good food.

If the people in our nation could only distance themselves from junk foods, our percentage of obese people will go down as quick as it takes to eat the junk. Instead of being on a diet, it would also help to lower our intake on the junk foods we eat.

Information for this story was from an article by Sheila Kealey at www.xcottawa.ca.

Russell residents build time capsule

Residents of the Russell Apartments have forever left their mark on the community. Outside the apartments, in the garden that opens up to the parking lot, stands a time capsule with four sides that bear the names of Russell's historic landmarks and influential educators.

The residents of the apartments came up with an idea to create a memorial of significant buildings in the area, like Plymouth Congregational Church, the Western Library, and the Zion Temple. They got help from artist Al Penny Nelson, who designed



the structure. He crafted the piece out of Gibson stone and created stencils for the lettering. After he completed the piece, the residents spent several hours a day, two days a week, etching the names of the people and places into the stone.

Some of the residents who contributed to the creation of the time capsule placed mementos inside. Some left poems they had written, others pictures of their loved ones, and others their autobiographies.

The capsule is sealed for Russell's future generation. It is topped by a sun dial, used to tell time by the light of day.

by Antonio Brown and Richard Withrow

Just for fun

And the survey said...

The kids at Plymouth polled Russell residents to find out about their attitudes toward health. Here's what they said:

- | | |
|---|--|
| 1. Do you have an annual physical examination?
Yes: 58% No: 42% | 5. Do you eat snacks that are high in sugar and fat?
Yes: 73% No: 27% |
| 2. How many times do you exercise during the week?
Daily: 23% 1-5: 35% Not Applicable: 43% | 6. Do you eat breakfast every day?
Yes: 46% No: 54% |
| 3. Do you eat at least five servings of fruits and vegetables? Yes: 42% No: 58% | 7. Do you eat at least three meals each day?
Yes: 45% No: 55% |
| 4. Do you participate in at least 30 minutes of exercise per day? Yes: 46% No: 54% | 8. Have you ever smoked a cigarette?
Yes: 85% No: 15% |
| | 9. How often do you smoke?
Quit: 15% Daily: 46% Never: 39% |

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See anything strange?

