



BOYS & GIRLS CLUBS
OF THE GULF COAST

Forest Heights Unit

Volume 1, Issue 4

February 2010



*A Healthy Heart
Means a Healthy You!*



Dates to Remember:

PARENT MEETING	March 3
Heart Health	February 2
Honor Roll Nacho Party	February 5
GO RED!!!	February 5
From Boys to Men Workshop	February 13
Mardi Gras Camp	February 15-16
Cheerleading Practice	Every Monday
Life Skills Workshop	Every Wednesday
Financial Literacy	Every Thursday
Black History Events	Every Friday

The month of February is recognized for acknowledging many different themes including National Snack Food Month, International Friendship Month, Children Dental Month and Black History Month. While all of these themes are very important, we would not have the opportunity to observe any of them if we did not take the time to acknowledge American Heart Month and the importance of a healthy heart. Many of us keep telling ourselves that we are going to do more to take care of our family and our homes, but what about our **HEARTS**? If we decide to make minor changes now towards better health, we will have major benefits in the future. So on three, we would like everyone who reads this to make at least one step towards a healthier heart by eating healthier, getting the proper amount of rest, or exercising. Are you ready? **ONE, TWO, THREE...GO!!!**

HAVE A SWEET "HEART" ON VALENTINE'S DAY!

Let's make a DIFFERENCE

As you all know, the earth shook and Haiti was devastated! Though life is very difficult for them now, we know that both HELP and HOPE are on the way. If you are wondering what you can do to help, here is an idea...**DONATE!!!**

Our club will continue collecting money so feel free to bring any donation by the unit. We are also collecting items to send through the International Relief and Development organization. **You can help by bringing us any of the following items:**

Antibacterial Cream, Antibacterial Soap, Baby or Hand Wipes, Baby Powder, Band Aids, Combs, Cotton Ball, Deodorant, Diaper Rash Creams, Diapers, Hydrogen Peroxide, Lotion, Mouthwash, Rubbing Alcohol, Saline Solution, Sanitary Feminine Products, Soap, Toothpaste, Toothbrush, Tylenol



**SUMMER
REGISTRATION
COMING SOON!!!**

Boys and Girls Clubs of the Gulf Coast

Forest Heights Unit

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To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

We are on the web!

www.bgcgulfcoast.org

You can also find us on FACEBOOK...Just search "Boys and Girls Clubs of the Gulf Coast"!



MARDI GRAS SAFETY

The Boys and Girls Clubs of the Gulf Coast Forest Heights Unit would like to THROW you some tips!

Watch out for traffic:

Be aware of your surroundings when walking near parades and parade traffic.

Never run in between or chase floats for beads.

Never reach under a float for beads, even when the float is stopped.

Throw me something:

Be alert for beads thrown during the parade.

Wear sunglasses during the day to protect your eyes from the sun and beads.

Getting the good stuff:

Do not climb on or over barricades.

Do not carry anyone on your shoulders.

Do not hang from floats or other vehicles in the parade.

Don't get lost:

Never leave children unattended.

Always have a meeting place in case anyone gets lost from your group.

Police officers can direct parents to lost child stations.

Have fun and be safe,

Ms. Amanda Hodgins

Program Instructor



Happy Birthday!

Dasia Mikell - 1st

Deontae Mikell - 2nd

Quentin Hayes - 6th

Jimmie Amos - 14th

Mr. Dedeaux - 19th

Richard Brown - 22nd

Ms. Tiffany - 23rd

Ethan Handford - 26th

DeShonne Anderson - 27th

Tannesha Mikell - 28th

Demetrius Smith

Enoch Flowers

Jalyn Teague

Halie Parzynski

Ethan Handford

Meilani Sellers

Mallorie Ward

Enrique Ortiz

Jalijhia White

Kaniya Crosby

Randy McNair

Semaj Taylor

Nigel Moore

Nakaiya Searcy

Destiny Smith

Honor Roll Students

Hunter Reynolds

Deanthony Goff

Jaila Barnes

Jerkia McInnis

Brianna Towner

Rasilan Crawford

Jashun Graves

Jeremiah Lane

India Ruffin

Erion Moore

Amyah Teague

Aaliyah Ellis

Cheyenne Moore

Amber Teague

Christopher Lyons

William Parish

Jailyn Lane

Meosha Parish

Anasia Childers

Jataisha Towner

Monika Childers

Dasia Mikell

Aaliyah Morgan

Shania Woodson

BE GREAT