


**Healthy Communities Partnership  
brings families together  
for a fun filled  
substance free  
afternoon**



*By Roy Logan*

A vertical, semi-transparent image of a bowling ball on a lane, positioned on the left side of the page. The ball is white with dark stripes and is shown in a perspective view, appearing to be in motion or about to be released. The background of the image is a dark, solid color.

**Youth and families enjoyed a couple of hours of free bowling and treats at Logan Lanes on Sunday afternoon. The popular annual bowling party is sponsored and hosted by Healthy Communities Partnership's Alcohol Tobacco and other Destructive Behaviors Task Force.**



Every kid's  
healthy day  
includes:

5

Five  
fruits &  
veggies

2

Two hours  
or less of  
"screen  
time"

1

One hour  
or more  
of activity

0

Zero  
sugary  
drinks  
(includes water  
& low-fat milk)

LoganCounty





Every kid's healthy day includes:

- 5** Five fruits & vegetables
  - 2** Two hours of daily activity
  - 1** One hour of daily activity
  - 0** Zero sugary drinks
- LoganCounty 5210.org

PHYSICS OF  
Coca-Cola  
How the  
much you  
can pop  
the top on  
weight gain



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Document with text on a table

Scissors and other items on a table

Menu board with text









# Parents Matter.

Talk to your teens about alcohol.

For more information visit:  
[samhsa.gov/underage-drinking](http://samhsa.gov/underage-drinking)



[healthycommunitiespartnership.com](http://healthycommunitiespartnership.com)



Chestnut Health Systems  
[chestnut.org/prevention](http://chestnut.org/prevention)

Funding provided in whole or in part by the Illinois Department of Human Services and the Substance Abuse and Mental Health Services Administration (SAMHSA).







Every kid's  
healthy day  
includes:

5

Five  
fruits &  
veggies

2







**Logan Lanes owner/manager Sean Taylor said that there were over 170 bowlers and over 200 people attended in total.**





OPEN BOWLING	2.95
JR. LEAGUE	1.99
SR. CITIZEN	1.99
LEAGUE SHOE RENTAL	1.50
SHOE RENTAL	2.00
LOCKER RENT	12.00
FULL LINE OF BALLS BAGS SHOES	
BALL PLUG & DRILL BY APPOINTMENT	
GRIPS	10.00
THUMB INSERT	5.00
FINGERS	15.00
DRIVE	25.00
FUL P. 00	25.00
PURCHASE HERE	15.00



**9 PIN TOURNAMENT**  
 20 CIGARETTES  
 1000 FT 45 & 45000  
 1000 FT 45 & 45000  
 1000 FT 45 & 45000

**COSMIC BOWLING**  
 (WEDNESDAY, FEB 1)  
 50% OFF THE DAY BOWLING

**28th Annual WFL Eagles Disabled Youth Tournament**  
 10:00 AM - 12:00 PM

**WESTERN BOWL**  
 10:00 AM - 12:00 PM

**WALK THE BOWLING**  
 10:00 AM - 12:00 PM

**DANCE CONTESTS**  
 10:00 PM - 12:00 AM

**HEY KIDS**  
 SIGN UP FOR THE LOGAN LANES BIRTHDAY CLUB IT'S FREE!

**Dutch Masters PERFECTO**  
 25¢

**MONTHLY 9 PIN NO TAP TOURNEY**  
**FEBRUARY 28TH AT 5PM**



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ENRAGED IS BACK  
SATURDAY FEBRUARY 11  
275 BOTTLES  
EPIC - MESSY  
LET OUT YOUR  
AGGRESSION

BE  
SUN

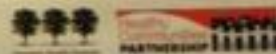
MORE  
TIME  
TO  
BOWL







## Parents Matter.



### Talk Early

- Chances that children will use alcohol increase with age.
- Some children may try alcohol as early as 9 years old.
- If you do not talk about it, you are still saying something.
- Let your teen know you disapprove of any youth use of alcohol.

### Talk Often

- Frequently talk with and listen to your teen.
- Use teachable moments to talk about alcohol issues.
- Lots of little talks are more effective than one "big talk."

### Take Action

- Develop family rules about youth drinking.
- Monitor alcohol use in your home.
- Monitor your child's activities.
- Connect with other parents.

**Talk Early  
Talk Often  
Take Action**

Parents make the difference.

## Parents Matter.

More than 80% of children say parents are the leading influence in their decision to drink or not.



Healthy  
Communities  
**PARTNERSHIP**



**WE'RE ON A MISSION**


to create the healthiest  
community in America  
and improve the quality of life  
for the people of Logan County.



HealthyCommunitiesPartnership.com

Follow Us





**During the event, HCP also promoted its new obesity prevention campaign, 5-2-1-0. 5-2-1-0 represents celebrating life making a daily habit of 5-fruits/vegetables, no more than 2-hours of screen time, at least 1-hour of physical activity and 0-sugary sweetened beverages.**

# Every kid's healthy day includes:



Five fruits & veggies



Two hours or less of "screen time"



One hour or more of activity



Zero sugary drinks  
(choose water & low-fat milk)

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