

PROJECT VENTURE

virtual

October 2020



Canoe Surfing with Hawaiian Paddle Sports

Dear Project Venture Participants, Families and Community,

Spooktober is here! Halloween is around the corner and we are very excited to share this month's newsletter with you all. Due to the pandemic, a traditional trick-o-treating will not be the same this year. However, there is much to celebrate. This month we will be celebrating the beauty of culture!

"Who says that my dreams have to stay just my dreams?"

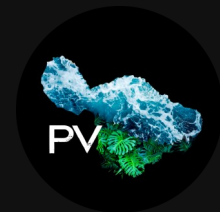
— Ariel,
The Little Mermaid

**‘A‘ohe hala‘ula
i ka pō**

"No hala fruit shows its color in the darkness of the night — Beauty must be seen to be enjoyed."

In this issue:

- Group Values
- Día de los Muertos
- Let's Talk:
Synthetic
Marijuana
- Recipe and more!



Social Media Links



Project Venture Group Values:

Be Here

Be Safe

Set Goals

Speak Your Truth

Let Go & Move On

Care For Self & Other

Leave No Trace (LNT)



Día de los Muertos

Autumn is here and the month is almost over! Día de los Muertos (Day of the Dead) is a two-day ancient holiday, acting as both a remembrance of death and a celebration of life. During this holiday, families remember those they have lost. For weeks families prepare by creating altars, decorating burials sites, and cooking specific foods. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. These offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations!

On November 1st, it is said that the *angelitos* (children) come back to visit and celebrate. On November 2nd, the *difuntos* (adults) come back to visit and join the celebration. At night, graveyards are lit up with candles and music as families arrive to their loved ones. Crowds of people with painted faces gather for parades and parties.

The meaning of the colors in Day of the Dead:

- **Red** — represent our blood
- **Black** — represents the Land of the Dead
- **Pink & White** — represents hopes, purity, and celebration
- **Purple** — represents rain, the mourning and grief surrounding the holiday
- **Orange** — represents the sun and unity, because under the sun, we're all the same
- **Yellow** — represents the Mexican marigold, which represents death itself.

Cempazuchitl are marigolds that symbolize death. Petals are used to make a trail so that the spirits can see the path to their altars.



[Click Here
for
Coloring Pages](#)



What are Synthetic Cannabinoids?

Synthetic Cannabinoids are a man-made drug that provides a high effect similar to marijuana and is also referred to as Spice or K2.

Side Effects Include:

- Rapid Heart Rate
- Increased High Blood Pressure
- Vomiting & Convulsions
- Hallucinations
- Numbness & Tingling
- Paranoia
- Agitation & Aggression

Common Names:

- Spice
- K2
- Blaze
- Yucantan Fire
- Red X
- Black Mamba
- Flake Weed
- Mr. Nice Guy
- Herbal Incense



It is often coated with unknown toxic chemicals, causing a dangerous and unpredictable high.

Legal Penalties in Hawaii

- Spice and Bath Salts are illegal to sell and possess in the state of Hawaii
- ACT 29: All retailers or persons in possession of Spice and/or Bath Salts are in violation of state law and may be prosecuted for possession or distribution of a schedule 1 controlled substance
- Considered a Class B Felony, violators can be prosecuted for up to 10 years or pay a \$10,000 fine

[Click Here for a PSA on Synthetic Cannabinoids](#)

Sources: National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services, and Hawaii Prevention Resource Center

Dead Man's Finger Sandwiches

Ingredients:

- White bread, thin sliced & crust removed
- Soft margarine
- Cream cheese or peanut butter
- Almonds
- Strawberry jam



Preparation:

Take a rolling pin and gently flatten the individual slices of bread. Take the margarine and cream cheese and spread a little on the bread. Roll up the bread and use a knife to make indentations to form the joints of the fingers. Use the knife to trim the ends of the fingers into a 'V.' Stick some almond to each tip to act as the fingertips. Use a little cream cheese to make them stick. Add some strawberry jam at the end of the finger for the blood!

Enjoy!

Contact Us

Give us a call for more information about our program and services.

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Visit us on online at:

[http://myfs.org/index.php/
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Encourage your family to get out
and go for a hike or camp.