



Inner City Youth Golfers' Incorporated

Presents

Herb Ammons Presents

LEARN, LIVE, HOPE!



Herb Ammons, motivational speaker and author, offers an inspiring new program on behalf of Inner City Youth Golfers', Incorporated

Say NO To Drugs!

Say YES to Education, Culture & Golf!

SUMMARY OF PRESENTATION

Are you happy?

We are here to talk about happiness!

Your ideas of happiness is different from their ideas of happiness is different from my ideas.

- When you are happy you have stronger friendships and relationships with your family.
- When you are happy with who you are, other people will be too.
- People want to surround themselves with happy and positive people.
- Happy people are more productive people.

In order to be happy and stay happy it is important to say NO to drugs.

Will you repeat after me?

Say NO to drugs!

Here are several points that I want you to pay attention to –

According to a website called www.teendrugabuse.us

- Alcohol kills 6 ½ times more teenagers than all other drugs combined.
- Almost 2 million youth age twelve and older are using of cocaine.
- More than 60 percent of teens said that drugs are sold and used at their school.

A recent story in the South Florida Business Journal stated that “prescription drugs cause seven deaths a day in Florida. The victims are often teenagers and young adults who show up at the emergency room on a Friday or Saturday night.”

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On these pages are the many types of drugs and their street names. Pay attention to the street names. Don't be tricked by the street names.

Be afraid of anyone who tries to trick you. They are not your friends.

Alcohol - The oldest and most widely used drug in the world

Amphetamines

Street Names: speed, uppers, dexies, bennies

Cocaine and Crack

Street Names for Cocaine: coke, snow, blow, nose candy, white, big C, freebase, rock

Cough and Cold Medicines (DXM)

Street Names: triple C, candy, C-C-C, dex, DM, drex, red devils, robo, rojo, skittles, tussin, velvet, vitamin D

Depressants

Street Names: downers, goof balls, barbs, ludes

Ecstasy (MDMA)

Street Names: XTC, X, Adam, E, Roll

GHB

Street Names: Liquid Ecstasy, G, Georgia Home Boy

Heroin

Street Names: horse, smack, Big H, junk

Inhalants

Includes household products like glues, paint thinners, dry cleaning fluids, gasoline, felt-tip marker fluid, correction fluid, hair spray, aerosol deodorants, and spray paint.

Ketamine

Street Names: K, Special K, vitamin K, bump, cat Valium

LSD

Street Names: acid, blotter, doses, microdots

Marijuana

Street Names: pot, weed, blunts, chronic, grass, reefer, herb, ganja

Methamphetamine

Street Names: crank, meth, speed, crystal, chalk, fire, glass, crypto, ice

Nicotine

Includes cigarettes, cigars, chewing tobacco, smokeless tobacco

Rohypnol

Street Names: roofies, roach, forget-me pill, date rape drug

I am encouraging each of your to say no to drugs!
Let's say this together ... say no to drugs!

Say yes to education, culture and golf!

Education is the key to accomplish all of your dreams. Whether it is a vocational school or college, just keep learning. Never stop trying to learn new ideas and ways of accomplishing your goals.

How many of you want to be millionaires? According to www.quintcareers.com, individuals with a bachelor's degree will earn about one million, six-hundred thousand dollars more than an individual with a high-school diploma, during their lifetimes.

Say yes to education!
Let's say it together, Say yes to education!

Remember your culture, your heritage.

The customs and traditions that the people of a community follow, the festivals they celebrate, the kind of clothing they wear, the food they eat, and the cultural values they believe in, connect them together.

How many of you know who James Brown was? When I young a young man, James Brown had a hit song called "Say it loud, I'm Black and I'm proud." This song reminded us that we have a great culture and a lot to be proud of.

There are many ways to celebrate and enjoy your culture. There are plays and concerts at your school, church, community centers. At the library you can listen to all types of music, not just rap music, but classical, gospel, jazz, rhythm and blues. You can read the books by the great writers and watch dvds of the classic movies.

Your culture influences your principles in life.

Say yes to culture!
Let's say it together, Say yes to culture!

- Golf is probably the most played sport in the country.
- It is estimated that more than 25 million people play golf worldwide.

- Around 5 million are women.
- Golf is the closet game there is to the game of life.
- Golf teaches discipline and character.
- You will have good days and bad days.
- The game will test your patience and your nerves.
- It will test your honesty.
- Golf is great exercise.
- By playing 18 holes of golf you will walk approximately 4 miles.
- A lot of friendships and business deals take place on the golf course.
- And its a lot of fun too.

Say yes to golf!

Let's say it together, Say yes to golf!

Say yes to education, culture and golf! You have your whole life ahead of you. Your future is an open book that is filled with hope.

- Stay optimistic and excited about what the future holds. There is always hope!
- A hopeful attitude will get you through the darkest of times. It may even be the spark that opens the door to some of the most rewarding opportunities of your life.
- Allow yourself to dream! Those dreams are filled with hope and give you something to strive for.
- No matter where you are now, you desire something greater. Its human nature.
- If you have hope, you have options.
- Go after what you really want, not what you think you need.
- What do you really want?
- Believe you can have it!
- Take action.