

HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW



Athena Kan on Forbes 30 Under 30 List

HC DrugFree's Executive Director and our entire team congratulate one of "our kids" and a former Teen Advisory Council (TAC) member, **Ms. Athena Kan** for being recognized by **Forbes Magazine** as one of the most influential entrepreneurs of 2020 on their coveted **30 Under 30** list.

As a young girl, Athena quickly melted our hearts with her extraordinary generosity. That's a beautiful story for another day, but we are so pleased that Athena continues to impress others with her strong work ethic, her passion to help anyone in need, and of course, her brilliant mind.

Athena went on to graduate from River Hill High School and Harvard University. Yet, she and her family stayed connected to HC DrugFree throughout the years. As a well-rounded young woman and role model on so many levels, Athena gave of her time to speak to our TAC members both in person when on break from Harvard and by phone after she began her career.

Especially in these challenging times, HC DrugFree **celebrates Athena and all Howard County youth who pursue their dreams with great passion.** [Learn what Athena has been up to.](#)

Pictured: Former TAC member, Athena Kan (right) in 2013

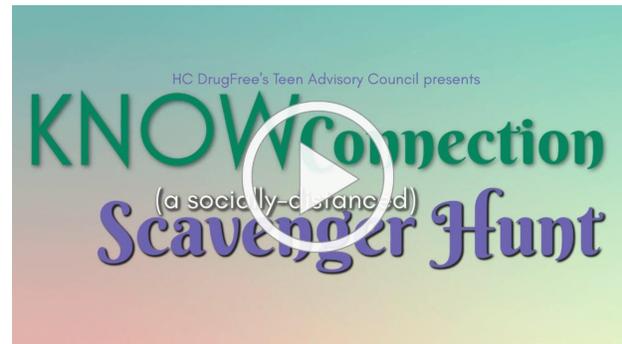


with HC DrugFree's Executive Director, Joan Webb Scornaienchi.

Teen Advisory Council Updates

KNOW Connection: Scavenger Hunt Results

We had the honor and privilege to witness our Teen Advisory Council members engage in a socially-distanced scavenger hunt over the past several weeks. [Check out the slideshow to see what they were up to!](#)



Want to Join the Teen Advisory Council?

Our next TAC Meeting will feature some **very special young adult guests** to answer questions about college, parties, and more. You won't want to miss it!

Join us on Monday, January 11 from 5:30 p.m. to 7:00 p.m. on Zoom. TAC is open to all Howard County High School Students! Public School, Private School, and Homeschool students are encouraged to join! To access the 2020-21 school year registration form please [click here](#). Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy to: **HC DrugFree**, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044

'Tis the Season for Gifting Responsibly

At this gift-giving time of year, lottery scratch off tickets are a popular and easy gift to slip into a stocking or a present. Many view gifting lottery tickets as harmless fun for any age that adds a touch of excitement in the anticipation of possibly winning money. However, research shows that children who gamble – including the use of lottery scratch off tickets – are four times more likely to become problem gamblers. [Learn more here.](#)

Drive Safe D.C. PSA Scholarship Contest

Our friends at the National Road Safety Foundation have put together a public service announcement (PSA) contest specifically for Maryland, Virginia, and DC students, and when they contacted HC DrugFree to help recruit youth,

they had 0 entries. The winner of the contest gets a \$2,000 scholarship!

Open to teens aged 13 - 19 in the District of Columbia, Virginia or Maryland. All entries must be received by December 29, 2020. [Learn more here.](#)

Are You a Friend of HC DrugFree?

Are you a donor to HC DrugFree? Have you made a gift this year? HC DrugFree depends upon the generosity of individuals, organizations and businesses in the community to support the free education and prevention services that help keep our great community safe. [Please make your tax deductible gift to HC DrugFree today!](#) Any size gift is welcome. Thank you for your support.

Events

Howard County Drug and Alcohol Family Forum

Thursday, December 17, 7:00 p.m.

If you care about someone with a drug or alcohol issue, it can be hard to know where to turn for help. **Join HC DrugFree** and our partners for a virtual family forum on Thursday, December 17 at 7:00 p.m. and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself. [Learn more here.](#)

Parenting Corner

7 Virtual Holiday Activities for Kids and Teens to Stay Connected

"The busy holiday season is sometimes more stressful than joyful. And this holiday season will be a strange one, with social distancing necessary. Holiday traditions will look very different as people spend more time apart and less time connecting in conventional ways. With all of the health precautions a global pandemic creates, What holiday activities for kids and teens can young people participate in to stay connected during the holiday season?" [Learn more.](#)

Additional Resources

Before the Holidays - Store and Dispose of Medication

Even if celebrations are smaller, be sure to keep your family and friends safe from more than viruses this holiday season. To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information.

Have a Happy and Healthy Holiday!

Holiday Cheer Recipe

Combine loads of good wishes,
a heart full of love and armfuls of
hugs. Sprinkle with laughter and
garnish with mistletoe.



HCDrugFree
Empowering Your Community

For more information, contact

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