

Gabriella Contreras

-age 14, of Tucson, Arizona, has witnessed firsthand the horrors of school violence – when she was in third grade, drug-related riots broke out opposite her school's playground. That incident prompted Gabriel, at age 9, to found BADDD (Be Alert and Don't Do Drugs), a community-service club whose motto is "Even As Youth We Can Make a Positive Difference in our home, neighborhood, school and community." She took that message beyond her school, serving as the Arizona Youth Delegate at the Presidents' Summit for America's Future in 1997 and organizing a city-wide Youth Summit in Tucson. Most recently, she led a community-wide Peace march involving more than 500 people in response to local copycat violence that occurred following the Littleton tragedy. Gabriella serves on several national boards, including the 4-H Council, has received more than \$30,000 in scholarship funds for her community service, and is a representative for the Department of Health and Human Service's "Girl Power!" initiative.



Gabriella Contreras

Motivational Speaker

Youth Engagement Specialist

Gabriella Contreras, a middle school student at Roskrige Elementary & Bilingual Magnet Middle School began her career as a volunteer at the age of 5, entertaining the elderly in her mother's care home and a local hospital. When only 9 years old, this committed young lady challenged the culture of her neighborhood high school by forming Club B.A.D.D.D (Be Alert, Don't Be Drugs!) The motto of this club is *"Even As Youth We Can Make A Positive Difference in our home, neighborhood, school, & community."* Gabriella has now taken that message beyond the boundaries of her neighborhood and is spreading the message across the county, and even into Europe. She served as the Arizona Youth Delegate for Arizona at President Clinton's Summit on the Future of America. You may have seen her after this event when PBS aired a special that focused on Gabriella's attendance.

What you and your friends in Tucson are doing is wonderful....I just want to thank you for all the terrific work you are doing. You can be very proud.

—General Colin Powell

Your dedication and devotion to the safety and well being of our youth is a remarkable example of the generosity and compassion that helps to better our communities. I commend your work and thank you for being a shining point in the lives of the people of America.

—President George Bush

As the youngest delegate and the National Youth Spokesperson, she now brings the goals of America's Promise to Tucson where she successfully coordinated a city-wide Youth Summit. She received a state as well as a city proclamation for this event. She has been recognized by the Point of Light Foundation, Women on the Move, Mujeres 2000, Chicanos por la Causa and several state and national figureheads.

Most recently Gabriella returned from her mission as a People to People Youth Ambassador to Europe. While touring Europe, she was able to interact with foreign youth and dignitaries to introduce her simple message. Gabriella's awards have included scholarships from JC Penney's Education for Youth Involvement and The Anthony Robbins Foundation Leadership Training Program. She successfully negotiated a Mayor's Proclamation in 1994 for her coordination of Tucson's Annual Peace March which she continues to organize every year with over 400 youth and adults in attendance. Gabriella's mission is to bring her simple message of Youth Involvement to as many environments as possible. She has presented this message to schools, community organizations, councils, and political figures. She endeavors to bring this message to your community as well.

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Arizona Daily Star

Monday, March 31, 2000

Metro/Region

skruge student activist lauded

Contreras
New York City
award

R. Corolla
Daily Star

ge Bilingual Magnet
on a \$20,000 col-
or being named
top-teen commu-

de Gabriela Contreras,
New York City yesterday to

five teens to be
d prize winners from
omitted for the 2000



Contreras

of React and on its Web site,
www.react.com. They also will be
featured in Parade magazine.

Contreras was in the third grade
when she founded B.A.D.D. — Be
Alert, Don't Do Drugs.

Since then, the group has con-

React Take
Action Awards.

React is a
weekly maga-
zine for teens
produced by
Parade publi-
cations. Con-
treras and the
four other win-
ners are fea-
tured in the
current issue

ducted food and clothing drives,
recycling efforts, teen summits and
peace marches.

"You can imagine how proud I am
of her," Principal Conrado Gomez
said last night. "She's done so much
in so little time. She has had an
impact on the whole city."

Gomez was in Phoenix because he
is accepting another community ser-
vice award for Contreras there this
morning.

"Obviously she can't be there, so
I'm going on her behalf," Gomez
said. He said he will accept her
award at the Fourth Annual Cesar
Chavez Memorial Breakfast.

Contreras is one of the youngest
recipients of the ASU-sponsored
award.

In 1997, Contreras was one of the
youngest delegates to the President's
Summit for America's Future. Last
year she went to Washington, D.C.,
to receive a national Prudential Spirit
of Community Award. It included
\$5,000 and a gold medallion.

Ten other teens received \$1,000
scholarships, and 10 more were
given honorable mention and \$250.

The awards also were sponsored
by the New World Foundation, a pub-
lic charity that funds community-
based efforts to improve health, edu-
cation and the quality of life.

"There were so many excellent
candidates for the React Take Action
Awards," Lee Kravits, editor of

See CONTRERAS, Page 4B



CLUB B.A.D.D.D. The Club Notebook

Put together a Club Notebook to be used at every meeting which will include

1. The Club Motto:

"Even as youth, we can make a positive difference at home, in my neighborhood, in my school, and in my community!"

2. The Club Creed:

1. I will make a decision to Be Alert and Don't Do Drugs.
2. I will make a decision to act as a positive peer.
3. I will learn to say "no" to negative peer pressure and walk away.
4. I will learn how to Volunteer to solve problems.
5. I will learn how to set goals and finish the goals, learning to be committed.
6. I will learn to develop cooperation skills.
7. I will learn to make new friends and practice encouraging words.

3. List of Officers

4. Dated Sign-In Sheets of Membership and guests at each meeting

5. Agenda from each meeting

6. The Minutes of the meetings to be taken by the Secretary at each meeting

7. The Budget Chart

8. A List of Community contacts that will continue to grow



APR-21-00 FRI 09:30 AM SHIP N-11HIL P.03

Completed by Mary Bustamante

always have kids who need an instrument. And at this level, you see a lot

teaching certification. And next week, he will have a master's in edu-

archi. There are about 80 students in his

The groups perform at school district events, retirement homes and

sponsored by the Tucson Realty & Trust Co. and the Educational Enrichment Foundation.

Tucson's own little child a tireless champion of youth causes

Remember America's Promise - the pledge to this country's youth that came out of Colin Powell's three-day Presidential Summit in Philadelphia in April 1997?

It identified five critical resources for a better life for all young people. And it challenged everyone in this nation to volunteer to help meet the goal of reaching 2 million children with these resources by 2000.

As I watched the retired general, President Clinton and former President George Bush speak about the importance of this promise, I wondered if this nation of such short memory span could make it happen.

Could we even remember what the five resources were? And if we could, who among



us would step forward and lead the charge for our nation's youth?

In Tucson, I have watched carefully who has followed through.

And the one who has done the most, without question, is a tiny young girl.

It was a stroke of boldness - and genius - for a local steering committee to send a then-11-year-old to the summit in the

first place.

But Gabriella Contreras had earned the right through her unswerving dedication to helping her peers and the community through her group - Be Alert, Don't Do Drugs - at Roskrige Bilingual Middle School.

She started B.A.D.D.D. (Be Alert, Don't Do Drugs) when she was only 9. Members learn about drug prevention and do community service projects.

When Gabriella got back from the summit a year and a half ago, she didn't sit still.

This April, with the help of her parents and friends, she coordinated a "Great Resources for Youth" Tucson Youth Summit, similar to the national one, and held it at Roskrige.

Then she asked for and

received proclamations from the mayor of Tucson and the governor allowing students to "stand up and demonstrate in their schools in the form of peace marches."

Consciously working for peace is the way to help it happen, she believes.

If Tucson needs a model, she and Roskrige will provide it.

At Roskrige's fifth-annual peace march Wednesday, sponsored by B.A.D.D.D., the proclamations will be read.

Then the more than 550 students at the school at 501 E. Sixth St. will be pledging to make a positive difference in their own lives and the lives of people around them.

That's the purpose of one of the goals, Gabriella points out.

"When other students across

the nation are being recognized for shooting each other, creating gangs and violence and reaching out to drug use,

Roskrige students are taking a stand - a stand for peace," she said.

Gabriella is hoping other students from other schools will follow her lead.

In case we've forgotten those five resources that Gabriella is working so hard for, here they are again:

1. Young people need caring adults to provide care, support and guidance.

2. They need safe places in the community to go before and after school for structured, stimulating, adult-supervised activities that are physically safe, emotionally supportive, developmentally challenging,

accessible and affordable.

3. They need comprehensive health care and education for a healthy start in life.

4. They need to develop marketable skills to make a successful transition from school to the labor force.

5. They need to be challenged, inspired and given opportunities to serve through their families, schools, communities of faith, youth service corps and community organizations.

Pretty basic, don't you think?

Let's all follow Gabriella's lead and get these done.

Mary Bustamante's column appears weekly on the Schools page. To contact her, call 573-4596 or e-mail her at mbustamante@tucsoncitizen.com.

Ann Landers/2
What's going on?

Club B.A.D.D.D. (Be Alert! Don't Do Drugs!!) was founded in 1994 by 3rd-grader Gabriella Contreras at Roskrige Elementary & Bilingual Magnet Middle School. The Club B.A.D.D.D. was created so that youth and their peers in elementary and middle school could learn how to solve the problems that surround them. They could also learn to develop mentoring skills for each other, learn positive skills and learn to volunteer their time and energy in positive ways. Youth mentor youth to solve their surrounding problems and learn together to avoid becoming violent and to avoid the using drugs like they saw taking place in the Tucson schools. With the support of caring adults like Dr. Gomez (the school's principal) and the school teachers and staff, Club B.A.D.D.D. was officially recognized as a school club. Even though Gabriella's parents, Grace Contreras and Richard Contreras, are divorced, these two parents are caring adults and have volunteered to supervise Club

B.A.D.D.D. members, mentoring these youth to become leaders in their home, neighborhood, school, and community since 1995. The Club has now expanded into a full-blown volunteer mentoring education and awareness organization in her school that works diligently to make many positive impacts in the community as a whole.

In its first four years, this youth-run club has sponsored holiday food and clothing drives, a recycling drive, annual peace marches, and the First Annual Youth Summit where more than 500 people including state and local officials, Community youth organizations learned about volunteer opportunities, and they pledged to make a positive difference in their community. Club B.A.D.D.D. kids have also painted over neighborhood graffiti and organized bake sales, auctions and talent shows to purchase eye glasses for classmates, buy books for their library, sponsor other school clubs and purchase supplies for their school nurse. The kids have also raised money for organizations like the March of Dimes, and for youth needs in the community like operations for very sick children. Club members also get involved in national Earth Day, National Red Ribbon week, and other organizations that deal with youth issues outside of school.

Gabriella, as a National Youth Delegate for *America's Promise - The Alliance for Youth* is committed to the five goals of this initiative.

- An ongoing relationship with a caring adult.
- Safe places and structured activities during non-school hours.
- A healthy start for a healthy future.
- Marketable skills through effective education.
- An opportunity to give back through service.

Club B.A.D.D.D. is one vehicle that can be used to focus on the fifth goal of "giving back." With this packet you will find a commitment sheet. Copy this sheet for all the youth in your Club B.A.D.D.D. and any other youth who would be willing to make a commitment to "give back" to their community. After the youth complete the commitment forms, make a copy of each one and send it to the Club B.A.D.D.D. Headquarters. Gabriella is collecting these commitments as a demonstration to this country's leaders that youth are concerned about their future and are committed to serving their communities through service.



For more information about America's Promise visit the web site at:

<http://www.americaspromise.org>
Chairman General Colin Powell
Sponsored by The Points of Light Foundation



Gabriella Carreras, 14, of Tucson, Ariz., has witnessed firsthand the horrors of school violence. "When I was in third grade, drug-related riots broke out at the high school opposite my school's playground. They had SWAT teams and everything," recalls Gabriella, now an eighth grader. "It really frightened me."

That incident prompted Gabriella to start a school club to help her classmates resist negative pros-

ures. Today, BAODD (Be Alert and Don't Do Drugs) has 65 members and organizes 12 activities a year, including peace marches, anti-violence art shows and a citywide youth summit.

This past summer, Gabriella coordinated a citywide peace march in Tucson attended by more than 500 adults and children. "I'm challenging other schools to copycat positive things like a peace march instead of violent tragedies."



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Design Layout:
Stephen Michael

*"Kids don't have to be limited by the
volunteering at a young age, then
be concerned and solve problems."*



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ings for a county that now

COUNTY, continued/5A

Teen hopes to inspire peers in peace march

By C.T. REVERE
and SUSAN CARROLL
Citizen Staff Writers

A Tucson teen who vowed to give local youths a positive event to emulate, rather than the epidemic of school violence, is planning a communitywide peace march June 26.

Gabriella Contreras, a 13-year-old Roskrige Bilingual Middle Magnet School student, has been discussing her plans with city and county officials for a peaceful splash that will reverberate into the next school year and into other communities.

"Whoever wants to voice their opinion and promote peace and demonstrate they are wanting something positive to happen in the community is invited," she said.

Mayor George Miller said the city most likely would support the march and issue a proclamation in support of the peace efforts. "At this point, I can't imagine having a problem with that," he said. "How could one

not be supportive of peace?"

The "Safe Schools, Safe Streets" march, which Contreras proposed last week during a forum on youth violence hosted by the Tucson Citizen and KGUN-TV, would begin at 8 a.m. June 26 at Roskrige, 501 E. Sixth St.

Student representatives and local civic leaders would be given the opportunity to speak, Contreras said.

Contreras, who earlier this month was honored with a Prudential Spirit of Community Award as one of the nation's top 10 youth volunteers for her efforts to promote peace in her school and community, hopes the message spreads beyond Tucson.

"I'm hoping to challenge other cities in Arizona and other states to copycat this instead of copycatting things like what happened again today," she said in reference to the wounding Thursday of six Georgia schoolchildren at a high school outside Atlanta.

Contreras is seeking donations to help buy supplies for making signs and banners, and bottled water and snacks for the marchers. Anyone interested in helping can call Contreras at 884-5893 or Roskrige at 617-6140.



Contreras

Premian labor de Gabriela

Por MARIA LEON



Joe Rarvezi/AGUIA

Gabriela Contreras, de 13 años, fue premiada por su labor social.

Miembros de la comunidad de Tucson, se reunieron este miércoles para rendirle tributo a una joven, que ha demostrado un marcado interés por la lucha en contra de la violencia en las escuelas.

Rodeada de sus mejores amigos, maestros y de su madre, Gabriela Contreras, de tan sólo 13 de edad, recibió tres premios de manos de representantes de compañías privadas así como de la ciudad.

Entre ellos Ray Daniels, agente de Relaciones Públicas de la Ciudad, quien fue en representación del alcalde George Miller y de los miembros del Concilio, le entre-

gó a Contreras el Premio de la Comunidad, el cual solamente se le otorga a ciudadanos que realmente hacen algo bueno por su comunidad.

Contreras también recibió en días pasados el Premio Presidencial que otorga la Casa Blanca a jóvenes emprendedores a nivel nacional.

Contreras, estudiante destacada de la escuela primaria Roskrige, fundó su grupo BADD, que significa Ponte Alerta, No hagas drogas.

THE WHITE HOUSE
WASHINGTON

May 8, 2000

Gabriella Contreras
2130 North Tanglewood Place
Tucson, AZ 85745

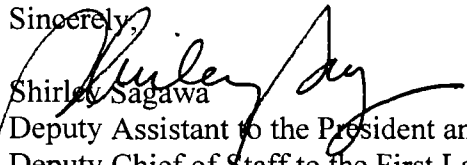
Dear Gabriella:

I wanted to thank you personally for agreeing to speak at last Tuesday's conference. Your willingness to speak personally about your experiences as a teenager today added a lot to the event. You certainly have accomplished a great deal at a young age.

We will send you a copy of the conference videotape when it becomes available. In case you missed the C-Span replay last Tuesday night, you can see the morning session on the C-Span website.

Again, thank you. Best wishes in all your future endeavors.

Sincerely,



Shirley Sagawa

Deputy Assistant to the President and
Deputy Chief of Staff to the First Lady

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Date 4-30-2000

Number of pages 3 (including cover page)

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from: Name Gabriella S. Contreras

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Company Club B.A.D.D.

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Comments

Heres the speech; it's only 3 minutes
Thanks!!
D

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520 884-5893

-Speech to the White House-
May 2,2000
"Conference Raising Responsible-
Resourceful Youth"

School attending:

Roskrugs Elem.Bilingual Middle magnet School
Grade 8th Age 14 Youth Activist-Motivational Speaker
Fax to: 202 456-6244

Attention: Shirley Sagawa Deputy Assistant to the President and Deputy
Chief of the Staff to the First Lady

Speech for second panel by Gabriella S. Contreras

Are you wondering what kind of Girl Power, a 14 year old has? My attitude is Motivate! Relating my personal experiences you may realize Kids don't have to be limited by their age. Allowing youth to volunteer at a young age, as we get older, we learn to be concerned, solve problems in our community. At the age of five I began volunteering at the Elderly care home, my mom Grace Contreras, owned and managed at that time. I visited and played my violin, I was accepted and valued by these people.

Recently I ask myself . The years of our youth are they a curse or a blessing? In my opinion as youth we have opportunities to have fun, going to the movies, shopping, hang out with friends and taking on the role of questioning how things are always done. Searching deep within our selves, stepping beyond the demands of home work, after school activities, with our free time get involved, take a stand,speak up as a positive peer!

I admit it is not easy being a youth the negative peer pressure is evident. At the age of nine, in the third grade I moved to a new school, Roskrugs Elementary Middle Magnet school. There were a lot of riots, at the high school across the street, and other high schools around the city. The police and swat team blocked off the streets, broke up gang fights! Seeing what was happening from our class room windows, we were scared. I gathered friends, during lunch hour we made posters saying, Stop the Violence! give hugs not Drugs! Shouting as we marched along our school fence, facing the high school. I created a club; B.A.D.D.D. the " Be Alert Don't Do Drugs Club". I met with the school Principal Dr. Conrado Gomez he listened to my ideas, approved the club and annual school wide Peace Marches, to kick off the school year in a positive way. Today the club members include k-8th graders, who are involved in volunteer and educational projects. The club is strong

into it's sixth year. As my mom Grace Contreras and my dad Richard Contreras continue to supervise the club, enabling youth to mentor youth, I realize what great amount of faith, belief, respect they have for us, even at our young age.

In 1997, I was invited As the Arizona youth delegate to a National Summit called; America's Promise-The alliance for youth, pointing kids in the right direction. I met the Co-Chair of this event, General Colen Powell, I gave a speech on creative youth volunteerism.

My mom and I attended the break- out sessions, I learned the importance of community youth based organizations mentoring youth. I asked my mom to help me organize a "Tucson" city wide youth summit. I called it ; "The Great Resources For Youth. Students, parents,business people, city and state officials attended, everyone valued sharing information.

Recently, a total of thirty three youth were being arrested through out Tucson for copy cat Culumbine threats- I conducted a City Wide Peace March, like the annual school wide peace marches. The entire city came together, supporting this goal, holding banners Tucson stands for Peace! Si Se Puede Por La Paz! Yes We Can Have Peace, Safe Schools Safe Streets!

I created a motto I share with my club and I leave with you: Even As Youth We Can Make a Positive difference In Our Home, Neighborhood, School And Community! In conclusion I challenge adults to include us! Encourage us!,Have faith in youth of all ages nation wide, How can we as youth make a difference? One important easy way; volunteer with us, to make a difference in our communities, enable us to have a voice by organizing school wide, and city wide Peace Marches, Thank you.