

# AABA NEWSLETTER

Alaska Attachment & Bonding Associates

August/September  
2011

## You, the Parent

*If a community values its children, it must cherish their parents.*

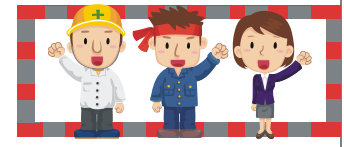
*John Bowlby, 1951*

Several approaches work quite well to help reverse or manage some of the emotional and behavior problems that foster and adopted children can present with. Ultimately, however the best ally and resource a child can have is a loving and caring parent—foster or adoptive—who genuinely tries to understand her, truly knows who she is as an individual, and who can accept her unconditionally. Very few of the techniques, procedures or interventions can come anywhere near to accomplishing this. Granted, parents and children sometimes need some assistance—be it from a therapist, a good teacher, or medication—but much of it gets down to what happens in the home between the child and primary care providers.

One of the themes you repeatedly come across in books on adoption is *love is not enough*. In believe there is even a book out with that title. This is a point that is repeatedly reinforced, as many adults mistakenly believe that all you have to do is love the child with a troubled background and all will be well. Love certainly plays a key part in parent-child relationships, but if that is all it took, there would be no need for books such as *Diagnosis, Assessment & Treatment* or *Foster and Adopted Children*. Many kids who grew up with abuse, trauma, and neglect learned to feel and believe that love hurts, and some will fight intimacy and closeness—with parents or others—as hard as they can.

It is also important to take into consideration the innate temperament and 'style' of the child. These are the characteristics that are unique to each of us, some of which may be genetic and some of which may be random. When you bring a child into your life—regardless of her age—she will have a personality that is part of her broader constitution; that is, it is simply who she is. Because of the random nature of foster placements and adoption, there may be a good 'fit' between parent and child or not. Some children are simply more hyperactive, inattentive, withdrawn, moody, or oppositional than other kids their age. This doesn't mean they meet the criteria for a diagnosable condition, nor should these attributes be viewed as negative. If given the right opportunities in life, the child will build upon these characteristics and use them in productive ways as they grow older. For some parents, therefore, it isn't about taking the child to therapy as much as it is about having greater tolerance for a child who interacts with adults, peers, or the world in a way that is different from them.

This also translates to identity. Foster and adopted children simply feel different from the parents raising them. While this may seem like an



Thank You ! 2  
Grants & Donations

3  
Workshop: Revised De-  
fusing Strategies August  
27, 2011

3  
Links / Resources

4  
Continued from pg 1  
You, the Parent

5  
Spotlight RTC's  
Cedar Springs  
Note from the  
CEO/President  
Lending Library Info

6  
Camp for Attachment Disor-  
der kids and their families.  
With Nancy Thomas

7  
Cont. from 4—  
You, the Parent

8  
Events & Training  
Special Thanks for the sponsor-  
ship and door prizes 9  
Bingo Mania

10  
AABA's Mission



• Helping Families Stay Together

**Alaska Attachment & Bonding Associates depends solely upon yearly support from the community. We are proud to recognize the following individuals, businesses, and organizations for their support through Grants and Donations.**



**Lend a helping hand**

**Alaska Attachment & Bonding Associates** is eligible under AS 43.23.062 to receive charitable contributions for 2012 as designated by PFD applicants electronic Permanent Fund Dividend applications.

Program: (Pick. Click. Give.)

Please help with our mission

**PICK. CLICK. GIVE** to:

**Alaska Attachment & Bonding Associates**



**2011**

**Diamond: (\$10,000 to \$24,999)**

Alaska Mental Health Trust Authority (2010-11)

Mat-Su Health Foundation (2010-2011)

**Sapphire Circle: (\$6,000 to \$9,999)**

**Ruby Circle: (\$2,500 to \$5,999)**

AdoptUsKids (2010-2011)

**Emerald Circle: (\$1,000 to \$2,499)**

Susan and Dave Denton

Match with Susan Denton from BP

Jim Wardman

**Platinum Circle: (\$500 to \$999)**

Western Enterprises, Inc.

Totem Ocean Trailer Express, Inc (2010)

American Seafoods Company LLC (2010)

Barnard & Rachel Gottstein

BPOE Palmer Elks #1842

Cedar Springs Behavioral Health

**Gold Circle: (\$150 to \$499)**

BP America Inc.

Karen Howes

**Silver Circle: (\$50 to \$149)**

Natalie J Beyeler, D.O.

Eleanor F. Oakley

Crystral Loncle

**Bronze Circle: (\$25 to \$49)**

Weldin Construction

**Aluminum Circle: (\$1 to \$24)**

**In-kind Circle:**

Kaye Zwiacher MD

Terrilyn Wamser

Rosemary Burnett

Glacier Dietary Foods & Fitness

Sportsman's Warehouse

Flowers by Louise, Inc

Learning Essentials

Stanley Carpet Cleaner

Batteries Plus

Sears Portrait Studio

Papa Murphy's Pizza

Body renew

Shake Your Day

Bouncin'Bears

Just Imagine toys

Guys & Gals Salon

Fish Creek Sporting Goods

All I Saw cookware

Hairport Salon

Alaska Shipping

The Dog wash

Three Bears Alaska, Inc

Pampered Chef-Karen

Pro-Lube car Wash

Jacobson's Greenhouse

Flipo's Pizza

Alaska Splendor Limousine

Geneva Woods Pharmacy

Derma Glow

Gelato Kudrino Artisan Italian Ice Cream

Valley Performing Arts

Spenard Builders Supply

Alaska Cheesecake

**Volunteers**

Eleanor Oakley,

Jim Wardman

Karen Howes,

Laura Wagner

Brittany Blawn

Joyce Hance

Carol Rice

Terrilyn Wamser

**Special Thanks to**

*Mr. Howes* for donating his time.

*Karen Howes* for helping with Pampered Chef Fundraisers.

To all the Board Members and volunteers.

And thanks to: Bingo Mania for using our Gaming permit.



**Workshop: Revised Defusing Strategies**

~Reactive Attachment Difficulties with Siblings

~How to Defuse Situations

~Practical Tool Strategies

~Therapeutic Interventions

New information and video

**Time: August 27, 2011****Place: 101 W. Swanson Ave, Training Rm. 2, Wasilla, AK****Time: 8:45 am to 5:30 pm****Cost: \$150.00 Provided: Continental Breakfast, Lunch, Snacks****CEU: Alaska Commission For Behavioral Health /Alaska Center for Resource Families (foster credits)**

**Registration required: Online registration ([www.akattachment.org](http://www.akattachment.org)) (will not work with web-based accounts, g-mail, yahoo, etc), Or download form and mail to AABA, PO Box 872188, Wasilla, AK 99687, Or call 907-376-0366 and register over the phone. Web-site now has PayPal. You can register and pay by credit card through PayPal online at [www.akattachment.org](http://www.akattachment.org).**

**Special Thanks to**

~“Susan Denton and BP for the BP Matching funds”

**Great AABA Board !!!**

Workshops  
Are a fun way to  
learn!

**Resources and Links****TATTAC** Bernadine Janzen, MS, LPC;

Tattacbsj@gmail.com

**Attachment Disorder Network for parents;** [www.radzebra.org](http://www.radzebra.org)

Alaska Parent Line; 1-800-643-5437

**Alaska Center for Resource Families;** [www.acrf.org](http://www.acrf.org)**Alaska Children's Trust;**[www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)**Families & Professionals Resources for the first three years of life;**[www.threetozero.org](http://www.threetozero.org)**American Family Advocacy Center;**[www.profane-justice.org](http://www.profane-justice.org)**For Grandparents raising grandkids;**

grands@voaak.org 1-888-522-9866

**RAVEN Respite Parent Support Group, subscribe at;**[www.subscribe@yahoogroups.com](http://www.subscribe@yahoogroups.com)

(To sign up for Online support group: call 907-357-6263 or Email: [princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)) you will receive easy instructions on how to get on the site.

**Mom2Mom/Dad2Dad parent support:**

Support group line: 907-982-1948 Crystal

[cloncle@mtaonline.net](mailto:cloncle@mtaonline.net)**RAVEN Respite Support** Melissa Jessup;[zeusl@mtaonline.net](mailto:zeusl@mtaonline.net)[princessbutercupp@yahoo.com](mailto:princessbutercupp@yahoo.com)**Court Appointed Special Advocates;**[www.alaskacasa.org](http://www.alaskacasa.org)**Attachment Disorder support group;**[www.adsg.org](http://www.adsg.org)**Child Welfare Information Gateway;**[www.childwelfare.gov](http://www.childwelfare.gov)**RAD Kid Organization; [www.radkid.org](http://www.radkid.org)**[www.sociallearning.com](http://www.sociallearning.com).[http://](http://www.fosterparentcollege.com/)[www.fosterparentcollege.com/](http://www.fosterparentcollege.com/)<http://thursdaygroup.blogspot.com>**Co-occurring Disorders Institute**CoDI; [www.codi-ak.org](http://www.codi-ak.org)**CCS Early Learning**<http://www.ccsalaska.org>**Visit the AABA**

web-site  
for  
information on  
upcoming  
workshops.

[www.akattach](http://www.akattachment.org)  
[ment.org](http://www.akattachment.org)

“RAVEN  
Respite Striving to make a  
Difference for families in the



**(Continued from Page 1) You, the Parent**

Obvious statement, parents raising these kids sometimes wonder why the child can't move beyond this, especially in those instances where the child never lived with or met her biological parents. I like how Nancy Kim Parsons addressed this topic in an interview with *Adoptive Families* magazine. Parsons is the producer of *ADOPTED: The Movie*, which was released in 2007.

Trans-racial adoption is tricky and, for me, the issue around racism and racial identity were as important as the issue of family formation. I am a person of color; my parents were not. They don't and cannot be expected to know what it is like to be a person of color in the United States. What my parents did and what you can do as you parent a child of a different race is to be aware that despite your longings for a world where your love will be enough to protect your child from racism and a trip to your child's birth country or your attempts to celebrate cultural holidays with them will not be enough to give your children the racial identity that they deserve and desperately need. In other words, my parents taught me about Korea, but they could not teach me how to be Korean.

While Parsons' experience is intensified by the fact that she is racially different from her adoptive parents, the issues she gives voice to are somewhat universal for foster and adopted children. Whether they were adopted at birth or at a much older age, these children consistently tell us that they feel part of two worlds. Some kids find it easier to bridge these two worlds than others. I have worked with some children who approach this in a highly positive manner and they feel privileged to have two families of which they are part. For other kids, they feel haunted by real or imagined ghosts of birth family members they may or may not have ever known.

In her interview, Parsons added, "As an adopted person with no knowledge or information about my birthmother in Korea, I can tell you she is a presence in my life and I think about her often. Since it is an issue for me, it is an issue for my parents as well."

Few of us fail to see the logic in this. One of the consistent challenges when working with foster and adoptive families however, is helping parents understand this on an empathic level, while assisting them in communication this perspective to the child, regardless of her age.

Increasingly, I have been of the opinion that family based approaches to the mental health treatment of children are ultimately what results in noteworthy behavior or emotional changes. When I did my training as a child psychologist, I was taught the principles of child-centered treatment, such as play therapy. While I believe there is a role for play and individual approaches to child therapy, my experience has shown that the kids who make the most progress are those I see together with one or both parents.

I often think of it in terms of couples counseling; if a couple is having problems, one member

Continued on page 7

## R.T.C. Spot Light

**Cedar Springs provides both inpatient and outpatient psychiatric treatment for individuals of all ages. The facility is at the foot of beautiful Cheyenne Mountain in Colorado Springs, Colorado.**

### **New Programs:**

**Connections: Program for children Challenged with Attachment Disruption and Reactive Attachment Disorder.**

**Southgate School Day Treatment Program: Year-Round Licensed Special Education/Alternative School for Children and Adolescents.**

**Mountain View Place Program: Positive residential treatment program for young people challenged with general psychiatric disorders.**



**Cedar Springs  
Behavioral  
Health System**



Cedar Spring Behavioral Health System  
2135 Southgate road  
Colorado Springs, CO 80906  
Phone: 719-633-4114  
Toll Free 800-888-1088  
Www.cedarspringsbhs.com

### **A Word from our CEO/President**

**It's already August, how time flies when your having fun. Keep up the good work.**

**Eleanor Oakley, MS, CEO/President**



### **Pampered Chef "Pampered Chef Consultant- Karen Howes"**

**You may order on-line at [www.pamperedchef.biz/karenh](http://www.pamperedchef.biz/karenh) anytime or request a catalog from Karen, at 315-1425 or email request to [karenh@gci.net](mailto:karenh@gci.net).**

**Call Karen to find out what the guest special is or go on line.**



**Lending Library** Located at: 619 S. Knik Goose-Bay Road, Suite J, Wasilla, AK 99654

Open: 8:00 a.m. to 4:00 p.m. - Monday though Friday

Books are listed on AABA's web-site: [www.akattachment.org](http://www.akattachment.org)

Please come in and browse, check some books out, to read at home at your leisure, then either bring them back or mail them in. If you cannot get to the lending library call and request the books you would like to read, and we will mail them to you. Please call Laura at 907-376-0366 with any questions.

***LENDING LIBRARY MADE POSSIBLE IN PART BY:***

*THE ALASKA MENTAL HEALTH TRUST AUTHORITY*

*AND MAT-SU HEALTH FOUNDATION*

**The TRUST**  
The Alaska Mental Health  
Trust Authority



**Mat-Su Health  
Foundation**

## **“Family Development Camp” for Attachment Disorder Kids & Families” with Nancy Thomas as camp director and parent trainer.**

**Development in the works, the camp will be May 13 to 19, 2012. The camp ground will be North Star Bible Camp in Willow. We need 13 volunteers , one volunteer for each family. The local therapists, teachers, school counselors, parole officers, classroom aides and psychology students could learn new techniques and understand the families they work with more deeply. Needed: 13 volunteers and 13 families**

**This is a very special event, the kids that very seldom get a chance to go to camp with their families, and the families get a chance to bond with their kids under the direction of Nancy Thomas.**

The one week Family Camp was designed to help families to bond and help children with ADD, ADHD, RAD, ODD, OCD, PTSD, Tourette’s, Asperger’s, the effects of early trauma and adoption and Bipolar disorder. With RAD so common and such a huge issue we have mainly focused on those children but many have multiple diagnosis. The focus of the camp is to increase love, laughter, bonding, self-control, and child conscience development in the family.

The goal of the Camp is to teach parents of emotionally disturbed children how to help their child to be successful. Each morning the parents attend a training, encouragement, support session. They then practice the new skills with staff support to fine-tune the interventions throughout the day.

Afternoons are spent interacting and having fun together with bonding, cooperation and trust building activities as the parenting skills are put into place.

Camp: cabins secure enough to provide safety for the emotionally disturbed child to keep them from sneaking out at night and hurting others or themselves.

Each family needs their own cabin. Families do not share common areas in their cabins.

Staffed kitchen cleaning/dishwashing crew separate from the camp volunteer team. The dining room is large enough to comfortably accommodate all families and camp staff during meals.

A training room that can seat all campers and staff.

A intervention room where the sound will not create a disturbance to any activities or people sleeping nearby. This room is for children having meltdowns or needing quiet time to shift gears and get back on track.

Entire camp located where the sound will not concern nearby residents. Privacy and a feeling of safety are essential for these children to heal as well as to avoid embarrassment to the parents from others who don’t understand. To protect the privacy of the attending families, this group must be the only ones using the facility at that time.

Any adults (other than the parents) that will be interacting with children must attend the two day training. We will need a minimum of one volunteer team member, full time, per family for interventions and activities. Nancy will bring a licensed therapist, who is well seasoned and trained as an intervention staff person. We will train 10 to 20 volunteers to do the work.

Price for the camp is \$750 per person, we have 3 spaces for RV’s or 1 RV and 2 trailers, their price will be \$550 per person. Because of the high volume of registrations, A \$500 non-refundable deposit is required to hold your place.

**If you are just interested in attending a Nancy Thomas one day workshop (Rebuilding the Broken Bond), May 12, 2012, the fee will be \$150. Please register soon: seats are already filling up.**

**Call Laura @ 907-376-0366.**



(Continued from page 4) You, the Parent

**Might find it useful to talk about this with a therapist. In order to effect meaningful change, however, the therapist is in a better position when she has both members to work with, as the core issues, dynamics, and communication styles can be dealt with directly.**

**A therapist works with the child maybe one-to two hours a week. A psychiatrist sees the child once every thirty days for thirty minutes. A teacher interacts with the child for twenty-five to thirty hours a week. Any of these individuals can influence and help a child. Ultimately, however, it is the parent with whom the child spends most of the time. In most instances, it is also the parent who has to deal with the effects of any behavioral or emotional problems on the part of the child.**

**Regardless of any treatment approaches you use with your child, recognize that the growth and healing that needs to be done will mostly happen at home. There are numerous rewards associated with fostering or adopting a child. There are also many challenges. Parents consistently report that they need more support and resources than they sometimes find is available. In light of this, reach out to others, educate yourself about your child's history, and keep the lines of communication open. Books and websites have much to offer, but ultimately, follow your heart and intuition. Most likely, this has served you well in the past and it will be a great comfort for you in the future.**

**The information is from the book "Diagnosis, Assessment & Treatment of Foster and Adopted Children, by; Christopher J. Alexander, Ph.D.**

**Permission to Print was granted by:**

**Author: Christopher J. Alexander, Ph.D.**

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505-890-5414, f  
[www.alexanderphd.com](http://www.alexanderphd.com)**

**AABA has a couple of copies in the Lending Library.**

**This is a great book with a lot of information.**



## Alaska Attachment & Bonding Associates: Workshops

### “Revised Defusing Strategies”

**When: August 27, 2011 Where: 101 W. Swanson Ave. Training, Rm. 2, Wasilla, AK**

**Time: 8:45am to 5:30 pm Cost: \$150.00 CEU's Provided: Continental Breakfast, Lunch, Snacks  
Scholarships for Caregivers & their Natural Supports (when available)**

**REGISTRATION REQUIRED: Register by Phone: 907-376-0366 Fax: 907-376-0966**

**online registration @ [www.akattachment.org](http://www.akattachment.org) (PayPal available)**

**(will not work with web based email addresses, such as hotmail, g-mail, yahoo)**

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### Therapeutic Parenting Specialist “Nancy Thomas”

**One day workshop “Rebuilding the Broken Bond”**

**Date: May 12, 2012; Fee will be \$150; Registration Required (limited seating) Call Laura @ 907-376-0366.**

**Sponsored by: Alaska Attachment & Bonding Associates**

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**Mat-Su Training Aug-Sept 2011: Required Core Training for Resource Families:**

**Regular Core Training:**

*Tues nites 6:00-9:00 PM Aug 30th-Sept, 18 hr class.*

*Core for Seasoned Foster Parents: Monday Sept 12<sup>th</sup> and 19<sup>th</sup> from 9:00-1:00, total 8 hrs.*

*Core for Relatives: Tues Sept 20<sup>th</sup> and Thurs Sept 22<sup>nd</sup> from 9:00-1:00, total 8 hrs. FASD classes for resource families, youth, and workers:*

**FASD Foundations (FASD101)** Tues Aug 16<sup>th</sup> 10:00-2:00 lunch is provided.

An overview of biomedical foundation of FASDs, prevention, diagnosis, and intervention strategies, as well as information about prevalence rates and the psycho-social-cultural impacts of FASDs.

**FASD201 Developing Successful Interventions and Supports** Thurs Aug 18<sup>th</sup> 10:00-2:00 lunch is provided.

A brief review of the biomedical foundations of FASDs followed by the presentation of activities and tools that can assist with the development of successful, individualized intervention strategies for individuals with an FASD.

**Video Days:** You are invited to come to ACRF and watch videos with other foster/adoptive parents in a relaxed setting. We will serve refreshments, but there is no childcare available. You do not have to stay the entire time but you must pre-register by calling 376-4678.

Thurs Aug 4<sup>th</sup>, 9:00-2:00- **FASD**-- Thurs Sept 15<sup>th</sup>, 9:00-2:00 *ALL Classes will be held at the ACRF Wasilla office in the Brentwood Plaza on the Palmer Wasilla Highway unless otherwise noted. Turn on Shennum and drive behind the post office to the rear of the building, Ste. A2. Pre-registration is required call 376-4678 or email [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org)*

**Rural Teleconference Training and Support:**

Tues Aug 9<sup>th</sup>, **FASD**, noon-1:00

Wed Aug 10<sup>th</sup>, **Sensory Integration**, 7:00-8:00 PM

Tues Sept 13<sup>th</sup>, **Children of Alcoholics**, noon-1:00

Wed Sept 14<sup>th</sup>, **Advocating for your Child in School**, Trainer: John Bennett, 7:00-8:00 PM

The monthly Rural Teleconference is designed for anyone living outside of Anchorage, Fairbanks, Juneau, Wasilla or Palmer although we allow others to participate. Families may participate by dialing 1-888-626-7441 and when asked enter the code: 9939775#. For more information contact [bwoodin@nwresource.org](mailto:bwoodin@nwresource.org) or call toll-free 1-800-478-7307.

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### “R.A.V.E.N. Respite Project”

If you would like to participate in the upcoming RAVEN Respite project: there is still time to sign up, we have 5 providers and 6 respite families interested so far. (respite training workshop is a must) respite meetings will be booked before and after workshops, and when ever deemed necessary by the families.

### “Mom2Mom/Dad2Dad Parent support group”

Mom2Mom/Dad2Dad parent support group meets the first Monday of every month. From 10:30am to 12:00. At the AABA office, 619 S. Knik Goose-Bay Road, Ste J. Wasilla. No registration is required, just come and talk with the other parents that have the same concerns as you do. Coffee and tea is served.

If you have any questions, please e-mail [laura@akattachment.org](mailto:laura@akattachment.org) or call 907-376-0366.



**Workshop: August 27, 2011 Revised Defusing Strategies~****Is sponsored by: "American Seafood -TOTE - Cedar Springs Behavior System"****Thank you for your support!!!****"A Special Thanks for the Door Prizes from:"**

Flowers by Louise, Inc:	376-4939
Learning Essentials:	357-3990
Batteries Plus:	376-1181
Papa Murphy's	376-3696
Just Imagine Toys:	357-1543
Guys & Gals Salon:	376-2320
Fish Creek Sporting Goods:	373-2650
All I Saw Cookware:	376-3177
Pampered Chef-Karen:	357-1045
Pro-Lube Car Wash:	376-5823
Flipo's Pizza	357-0020
Alaska Cheesecake	373-3392
Alaskan Splendor Limousine	376-3023
Valley Performing Arts	373-0195
Derma Glow	367-7554
Geneva Woods Pharmacy	376-8200
Gelato Kudrino Artisan Italian Ice Cream	357-0066
Spenard Builders Supply	376-5237

**"Bingo Mania" supports "non-profits" by using their gaming permits.****(Non-profits are Alaska Attachment & Bonding Associates & Wasilla Senior Center)****Closed: Monday; Tuesday and Wednesday:****Opened: Thursday: one session starts @ 6:30 p.m.****Friday: two sessions starting @ 6:30 & 10:30 p.m.****Saturday: two sessions starting @ 6:30 & 10:30 p.m.****Sunday: one session starting @ 6:30 p.m.****6445 E. Blue Lupine Drive Wasilla, Alaska 99654,****Phone: 907-376-4816****(Located on Parks next to Alaska Sales and Service).**

## Alaska Attachment & Bonding Associates

City Center Business Park  
619 S. Knik Goose-Bay Road, Ste J  
Wasilla, AK 99654

Phone: 907-376-0366

Fax: 907-376-0966

E-mail: [laura@akattachment.org](mailto:laura@akattachment.org)



AABA

Web Site

[www.akattachment.org](http://www.akattachment.org)

### About Alaska Attachment & Bonding Associates

AABA is a non-profit organization that provides education, training, support and advocacy for kinship, adoptive and foster families who care for children with emotional disorders, such as Reactive Attachment Disorder (RAD), and professionals who work with this population of children.

AABA's area of Focus: **PREVENTION** of abuse/neglect

**PLACEMENT** information

**TRAINING** in Attachment

**COMMUNITY** Resource information

### WHAT drives AABA?

AABA is passionate about traumatized children.

AABA has first hand experience with Attachment Disorder children and knows the special care and treatment needed to help these children learn love and trust.

Left untreated, children with Attachment Disorder and other emotional disorders are often times shipped to out-of-state Residential Treatment Centers (RTC's), and are likely to become emotionally disturbed adults, unemployable, likely to be involved in drugs, alcohol or other illegal activities.

Attachment Disorder children place a huge impact in dollars, stress, crime, and livability in the Mat-Su Borough and throughout Alaska.

### WHY should you care?

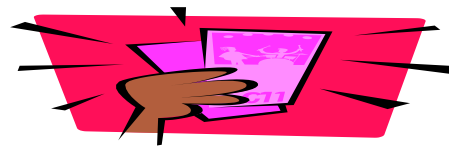
Because this is a preventable disorder and will take the community working together! AND, "**BECAUSE THIS IS YOUR HOME!**"



The Bingo Mania is a light yellow building away from all the hustle and bustle of the bowling alley. A much more pleasant and serene atmosphere. There is a Bingo Mania Deli for all the hungry Bingo people. Bring a friend and help celebrate this new kind of Bingo establishment. Bingo Mania is located at 6445 e. Blue Lupine Dr. Wasilla. 907-376-4816, On the frontage Rd by Alaska Sales & Service.



## NEW PULL TAB STORE!!!!



## “PULL TABS MANIA”

Mile 49 Parks Hwy

Meadow Lakes

Opened 11:00am to 9:00pm

(helping the non-profits)