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School invites students and community to learn about the 'Power of One'

BY LINDA BRUCH
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He's been featured on Oprah and in USA Today. He's been recognized as the Disney Health Teacher of the Year and has been inducted into the National Teacher's Hall of Fame. He's authored books and articles for publication. His inspiring and enjoyable presentation has been given to millions of students and adults. He's traveled all over the country and now he's coming to Cut Bank. Who is this well-known speaker? His name is Dr. Stephen Sroka.



Dr. Stephen Sroka

On Oct. 30, "Dr. Steve," which is how the kids he speaks to refer to him, will be speaking to Cut Bank students, parents and community members. "I'm coming to talk to every kid, from elementary school, to middle school to high school," Sroka said.

Sroka starts his day by speaking to the elementary school kids and has sessions with other students and staff members throughout the day. He concludes the day by speaking to parents and students in the Cut Bank High School auditorium. All sessions, beginning at noon, will be held in the auditorium unless otherwise noted. This is his schedule:

9-9:30 a.m.-H.C. Davis Elementary School; 9:45-10:15 a.m.- Anna Jeffries Elementary School; Noon-1 p.m.-Community Groups Brown Bag Lunch; 1:44-2:34 p.m.-CBMS Students and staff; 2:38-3:28 p.m. CBHS Students and staff; 3:45-4:30 p.m.-K-12 staff in the CBHS library; 7-8 p.m.-Parents, students and community members presentation.

Sroka's message to the kids focuses on abstinence from sex, violence and drugs and emphasizes the power of one where each student can make a difference and change the future. His community based program, which is for anyone, stresses community needs and values and how those relate back to our kids and schools.

"The message I'm presenting saves lives and delivers hope," commented Sroka. "Without hope, it is hard to keep going."

There are three "hopes" Sroka wants the kids to hear and think about when they leave his presentation. First, Sroka wants them to learn all they can because knowledge is powerful. Second, he wants them to remember how important it is to take care of one another. And lastly, "We've got to tell the people we love that we love them every day," said Sroka.

He claims these three concepts pave the way in helping kids to understand and comprehend the "meat" of his program which centers on drugs, violence and sex in the schools. "We have to speak to kids in a language they understand," revealed Sroka. "And that means we've got to be honest with them."

Part of what Sroka believes kids need in their lives is all about the "3 F's"-Family - someone that loves them unconditionally, Friends - people to pull them up not down and Faith - a moral compass with a sense to know right from wrong. "Kids connected to family and friends can make it better in this world," stressed Sroka.

His presentations have been termed, "lively, but informative, entertaining, but instructive." To that comment Sroka added, "It is my opinion I can make a difference in the lives of young people and adults by offering cutting edge information and skills in an entertaining, motivating and inspirational presentation that lets theory translate into practice."

Aside from being a nationally recognized speaker and president of his own company, Health Education Consultants, Sroka is an Adjunct Assistant Professor, School of Medicine, Center for Adolescent Health, Case Western Reserve University and an Adjunct Associate Professor of Health Education at Cleveland State University. His list of accomplishments as well as the list of cities, towns and schools that have been privileged to hear him speak, is very impressive.

"We've been talking about coming to Cut Bank for a couple of years," confessed Sroka. Don Paulson, Cut Bank Middle School Principal, finally made it a reality. Now Cut Bank can hear Sroka's message of hope and it will be heard loud and clear.

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AMEX	2075.81	15.37
NYSE	9168.24	37.32
30 YR BOND	48.72	0.25

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