



THROGGS NECK COMMUNITY ACTION PARTNERSHIP

Creating a Bridge of Prevention and Promise for Our Community

Family Newsletter

FALL 2013



TNCAP HOSTS 14TH ANNUAL POSTER CAMPAIGN "The Risk Is Real. I Make Good Choices"



Above, Senator Jeff Klein and Rep. J. Crowley's district representative Thomas Messina help our 2013 honorees celebrate their achievements in the Poster Campaign, "The Risk is Real. I Make Good Choices." Since 1999, the Throggs Neck Community Action Partnership, with the support of our elected officials, schools and merchants, has hosted an annual poster campaign for area schools on issues of importance to the Throggs

Neck community. Past campaign topics have targeted graffiti, drunk driving and tobacco use. This year, middle-school students were asked to develop a poem, letter or poster on the theme "The Risk is Real. I Make Good Choices." Students learned that underage use of alcohol has many consequences, some immediate and some long-term, on their school, family and social lives, and on physical and emotional health.

We received 600 submissions from MS 101, Mott Hall Community School, St. Benedict School, St. Frances de Chantal School, Preston Center for Compassion, Phipps Beacon and Kips Bay Boys & Girls Club. Many thanks go to these agencies, principals, teachers and students for their participation and to the Throggs Neck Little League.

SENATOR JEFF KLEIN'S TEEN HEALTH AWARENESS CAMPAIGN



*News from
Senator
Jeffrey D. Klein
Serving Bronx/
Westchester*

*News from
Senator
Jeffrey D. Klein
Serving Bronx/
Westchester*

**CONTACT:
Anna Durrett,
415.203.1455**



One of my proudest achievements this year was launching the Teen Health Awareness Campaign. The campaign focuses on reducing adolescent obesity, educating students about the health consequences of short and long-term alcohol and substance abuse, and raising awareness among young women and health professionals about endometriosis, an often undiagnosed but debilitating disease.

As part of the awareness campaign, I launched the first ever teen health survey online to encourage young

New Yorkers to "weigh-in" on how much they know about important health issues. With student support and the past success of our Cyber Bully Census, I believe this will be a very powerful tool for kids and lawmakers.

The Throggs Neck Community Action Partnership's mission is to work in our community to reduce alcohol and substance abuse among our young people. This campaign goes hand in hand with TNCAP's "The Risk is Real" awareness campaign, demonstrating that our

community is addressing the serious issue of underage drinking from all angles.

Along with the Awareness campaign, I helped establish the Teen Health Awareness Education Fund, which will appear as a "check-off box" on all future state income tax forms. The check-off box will enable New Yorkers to make donations directly on their tax form and we hope that it will raise as much as \$1 million for the Fund's programs through voluntary taxpayer donations, beginning next year.

Please tell any teenagers you know to log on to www.TeenHealthNY.com to take our free, anonymous teen health survey. TNCAP has consistently worked to make our community brighter and healthier for the next generation and I believe that the Teen Health Awareness Campaign will complement TNCAP's work.



Assemblyman Benedetto attended our TNCAP meeting October 2, 2013. The Assemblyman was a teacher for 35 years and as a result, our work is very meaningful to him. He is the chair of the Education Committee. He is very active in education and veterans affair (chair of Veterans Committee). He commended TNCAP on all our good work. He has sponsored the bill to prohibit tackle football for players below the age of 11 due to all the research on the dangers of concussions and blows to the head. Those are just a few bills Assemblyman Benedetto is working on. TNCAP members asked him to come back next year.

**TNCAP
LAUNCHES A
MULTI MEDIA
CAMPAIGN
"THE RISK
IS REAL"**

*Say
"YES"
to a
healthy
lifestyle
and
"NO"
to
underage
drinking*

THE RISK IS REAL

Teach your child to think, not drink.



Using videos, posters, flyers, mailings, 7-ft. banners, Twitter and Facebook, TNCAP is committed to increasing the number of underage youth in our community who choose not to drink and to providing parents with the information they need to talk to their teens about it. The harmful effects of underage drinking are many and kids can and do make better choices, particularly if their parents have communicated clear family expectations and rules.

Frances Maturo, Chairperson of TNCAP, says, "Research shows that youth who start drinking before the age of 15 are four times more likely to have alcohol dependency. We want parents to talk to their kids early and often ... (about the) risks and how to avoid them." A youth survey conducted by TNCAP in 2011 revealed that 22% of 9th graders had used alcohol. That's one out of five 13 year olds who are flirting with the possibility of alcohol dependency. The good news is that parents have a large influence over their teen's opinions and behavior, even when it seems that the

teen is preoccupied only with his/her friends. Teens are also influenced by hearing and seeing other teens talk about the harmful consequences they suffered as a result of alcohol abuse. Kids are often surprised to learn about alcohol's "hidden" harms, such as its effects on date rape and other violence, depression and suicide, Emergency Room admissions, pedestrian fatalities, etc. The Risk is Real website has videos that feature actual teens and their stories. Without judging or moralizing, the videos present the realities of alcohol abuse, rather than the glamorized and sanitized picture presented in movies, advertisements and popular music. While popular culture insists that it's all good fun and no one actually gets hurt, the Risk is Real website reveals the damaged lives that are left behind after everyone else leaves the party. The website also has information for parents to help them have the conversations that can literally save their teen's life. For more information, visit

www.adapp.org



www.theriskisreal.org

HOW TO SAY NO TO A DRINK

- Walk away
- Change the subject
- Avoid kids who drink
- Make an excuse
- Say "No thanks"
- Suggest another activity



COMO DECIR NO A UNA BEBIDA

- Alejarse
- Cambiar el tema
- Evite los niños que beben Hacer una excusa
- Decir "No, gracias"
- Proponer otra actividad





THROGGS NECK COMMUNITY ACTION PARTNERSHIP

Creating a Bridge of Prevention and
Promise for Our Community

c/o ADAPP
2789 Schurz Avenue
Bronx, New York 10465

Phone: 718-904-1333 ext. 16

Fax: 718-823-2177

E-mail: tncap@adapp.org

Frances Maturo, LCSW, *Chairperson*
Editor: Janit Bliss, LCSW
WWW.ADAPP.ORG

Archdiocese of New York Drug Abuse Prevention Program (ADAPP)

Congressman Joseph Crowley
Senator Jeffrey Klein
Assemblyman Michael Benedetto
Councilman James Vacca

45th Precinct Community Council
Bronx Community Board # 10
Bronx Health REACH/Institute
of Family Health

Bronx Smoke Free Partnership
Bronx Underground, LLC
Crossroads Tabernacle

NYC Department of Education,
Office of Safety & Youth Development
(District 8)

Edgewater Park Owners' Cooperative, Inc.

First Lutheran Church of Throggs Neck
Jacobi Medical Center

Kips Bay Boys & Girls Club,
Throggs Neck Unit

Parent Advisory Committee
Parish of St. Benedict

Parish of St. Frances de Chantal
Phipps Beacon at the

Piagentini & Jones Campus
Preston Center of Compassion

Preston High School

Throggs Neck Little League

Throggs Neck Merchants Association

Schuyler Hill Funeral Home

Youth Advisory Committee

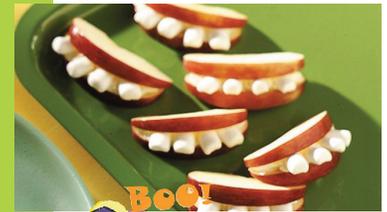
SUPPORTING ORGANIZATIONS

Bronx Times Reporter
The New York Public Library,
Throggs Neck Branch

THE KIDS CORNER

MONSTER TEETH RECIPE

1. Cut apple into quarters; remove core. Cut each quarter into 4 slices. Spread 1/2 teaspoon peanut butter on one side of each slice.
2. With kitchen scissors cut each marshmallow in half lengthwise. Place 4 marshmallow halves over peanut butter on 8 apple slices, extending slightly over peel of slice, for teeth.
3. Top each with remaining apple slice, peanut butter side down, to make smiling mouth.



A SWEET AND HEALTHY TREAT FOR THE KIDS ON THANKSGIVING DAY

Sweet-Potato Crunch Sweet potatoes can be a hard sell to the under-10 set. Try sweetening the superfood with orange peel and pumpkin-pie spice, then top with a crunchy layer of corn flakes, brown sugar, and pecans. You just might win a few converts.

WHAT'S NEW AT TNCAP??

TNCAP's website has been updated and given a new look. Visit our website at www.adapp.org and click on our logo. Like us on Facebook at www.facebook.com

TNCAP has instituted a Smoke-Free Entryway and Grounds Policy to protect from the dangers of second hand smoke. In collaboration with our member agencies BronxHealthReach/Institute for Family Health and the Bronx Smoke-Free Partnership, we urge all businesses, stores, apartment buildings etc. to consider such a policy for your premises. Please see www.nycsmokefree.org for more information.



SQUASH BOWLING

MATERIALS

- Squash
- Acrylic craft paint
- Vinyl sticker numbers
- Painter's tape



STEPS

STEP 1

To make the pins: Attach vinyl sticker numbers to 10 butternut squashes.

STEP 2

With painters' tape, cover portions of each squash to create stripes. Fill in stripes using acrylic craft paint, and let dry.

STEP 3

Carefully peel off stickers and tape. Designate a lane, and set up the pins, placing lower numbers in front and higher ones in back. Have each player stand about 15 feet away, grip a small pumpkin by the stem, and bowl. (Should the stem fall off after a few tries, players can grab onto the whole pumpkin.) Give everyone two turns, and award each player the number of points on the pins knocked down.