



THROGGS NECK COMMUNITY ACTION PARTNERSHIP

Creating a Bridge of Prevention and Promise for Our Community

Family Newsletter

SPRING
2014



OUR FRIEND AND HELPER:

THE SCHOOL CROSSING GUARD

TNCAP was proud to recognize the contributions of school crossing guards for the essential work that they do in keeping children safe. Under the excellent direction of Police Officer Rhonda Morris-Davoren, 45th Precinct, school crossing guards oversee hundreds of Throggs Neck school children as well as assist adults in navigating busy neighborhood intersections. TNCAP joins with the rest of the community in thanking PO Morris-Davoren, the school crossing guards, and the 45th Precinct under the command of Captain James McGeown for their outstanding dedication to the public.

SPECIAL ACKNOWLEDGEMENTS

The 2014 Poster Campaign was made possible with the support of Senator Jeff Klein.

Additional thanks to Fort Schuyler House, Crossroads Tabernacle, the Parent Associations of PS 72 & Mott Hall Community School, Phipps Beacon at the Piagentini & Jones Campus, Barbara Lindsay and Community Bd. #10.



Stars of the Poster Contest pictured above with Sen. Jeff Klein (left) and Assemblyman Michael Benedetto . Christina Apuzzo, Aurelio Ayala, Dylan Castori, Saima Chouldhury, Christian Freeman, Katie Anne Gannon, Mahnur Hossain, Brittany Jutrzenksa, Angel Kounphom, Sokol Kukic, Dagejon Lodge, Paul Mikulka, Nicholas Murillo, Gracie Ortiz, Amber Rivera, Emily Rivera

POSTER CAMPAIGN 2014

TNCAP has been sponsoring poster campaigns in our local schools as a fun and creative way to teach important health and safety skills since 1999. This year, we were inspired by Mayor de Blasio's initiative, "Vision Zero", whose goal is to reduce traffic-related pedestrian deaths and accidents in New York City. Unintentional pedestrian injuries are the fifth-leading cause of injury-related death for children ages 5 to 19 (1). Our poster campaign aimed to teach children in grades 3 through 8 tips on how to stay safe when walking, biking or inline skating on or near the streets.

TNCAP is grateful to the schools and youth organizations that participated in this year's campaign. We received over 500 posters from *PS 72, Mott Hall Community School, Phipps Beacon at the Piagentini & Jones Campus, St Francis de Chantal School, St Benedict School, Preston Center of Compassion Big Sisters/ Little Sisters, and Preston Center of Compassion Afterschool Tutoring Program*. The creativity of these posters is truly amazing, and you can see them for yourself in the windows of Throggs Neck merchants' windows over the coming weeks. Please remember, your children learn the most by watching YOU ! Show them the importance of following safety regulations by following them yourself.

1. www.cdc.gov/features/pedestriansafety



THE TRUTH BEHIND THE SMOKE: *A Growing Public Health Threat*

HOOKAH Stores and Lounges are here in Throggs Neck



Hookah (or waterpipe) smoking is gaining in popularity throughout the nation, including the five boroughs of New York City. A hookah is a waterpipe that passes charcoal-heated air through a tobacco mixture and then through a water-filled chamber. The tobacco used in a hookah is often flavored and is called "shisha", "boory", "goza" among other names. The water lowers the temperature of the

smoke as the smoker inhales it through a tube and mouthpiece connected to the hookah. In a recent national survey of 12th graders, 17% reported hookah use in the use in the past year. As hookah use spreads, so do the concerns about the health risks that are associated with it, particularly for teens (1).

- Hookah use appears to be associated with lung cancer, respiratory disease and low birth weight in babies, just as with smoking cigarettes.
- Sharing mouthpieces during a hookah smoking sessions can spread infectious disease as tuberculosis, herpes, influenza and hepatitis.
- Hookah users believe that it is less addictive than smoking cigarettes although they inhale more smoke in a hookah session, which can last up to 1/2 hour, than do cigarette smokers. Hookah smoke contains nicotine, which is not filtered out as the smoke passes through the water in the pipe.
- The different flavors of hookah tobacco, such as orange, chocolate mint, grape, etc. are attractive to teens and conceal the harshness of the smoke, which contains carbon monoxide and cancer causing chemicals, as with cigarettes (2).



E-Cigarettes: Helpful or Harmful?



There is good news about cigarette smoking in America today. Fewer than two in ten adults smoke (less than 20%), the lowest rate since the government started tracking this information. But a troubling new cloud is developing on this sunny horizon as sales of e-cigarettes are soaring across the nation.

E-cigarettes are battery-powered devices shaped like cigarettes that deliver nicotine to the smoker in a puff of hot air that feels like

tobacco smoke. They are being marketed as a helpful tool for smokers who wish to quit cigarettes. However, recent studies question



whether they are really effective in helping people quit, or if in fact they can actually lead people to cigarettes as they become hooked on nicotine. More and more teens are experimenting with them; that number doubled from 2011 to 2012 as 1.8 million middle-school and high school students tried them (3).

What does seem clear is that much more research will be needed before the air is clear on the benefits, if any, of e-cigarettes.

1. American Lung Association, Smokefree Communities Project

2. www.cdc.gov/tobacco

3. USA Today, January 5th, 2014

RAISING AWARENESS ABOUT GAMBLING

What the Community should Know about Problem Gambling



IS LAS VEGAS-STYLE GAMBLING LEGAL IN NEW YORK STATE?

(YES)

WHAT IS THE LEGAL AGE?
(21 YRS. OLD)



IS BINGO CONSIDERED GAMBLING?

(YES)

What is Gambling?

To stake or risk money on anything of value on the outcome of something involving chance.

Effects on Adolescents

- Adolescents are 2-4x likely to develop a problem with gambling than adults (Gupta and Derevensky 2000)
- Research shows that a majority of kids have gambled before their 18th birthday.**
- Adolescents involvement in gambling is believed to be greater than their use of tobacco, hard liquor and marijuana. **

Forms of Gambling Associated with Youth

- Playing cards for money
- Playing lottery or scratch off games
- Playing pool, basketball or other games of skill for money
- Betting on sports for money
- Playing dice for money



What can the community do to prevent problem gambling for youth ??

- Help community events analyze gifts and prizes to ensure they do not promote a pro-gambling message
- Educate youth about potential dangers.
- Ensure youth are aware that the legal minimum age for gambling in New York State for (racing and lottery) is 18 years old

If you or someone you know has a problem with gambling Help is Available:
NY Council on Problem Gambling 518-867-4084 www.nyproblemgambling.org
Gamblers Anonymous 213-386-8789 www.gamblersanonymous.org

** National Council on Problem Gambling

TIPS FOR THE PRUDENT PEDESTRIAN

- Always look LEFT-RIGHT-LEFT before stepping off the curb.
- People on bicycles and inline skates must follow the same traffic rules as cars.
- You **MUST** use the bike path or bike path or bike route if one is available when on bicycle or inline skates.
- **NEVER CROSS BEHIND A SCHOOL BUS.** Always sure the bus driver can see you.
- Children up to age 10 should only cross a street with adult supervision.

CONSEJOS PARA LA PEATONAL PRUDENTE

- Mire siempre-IZQUIERDA-DERECHA IZQUIERDA antes de bajarse de la acera.
- Las personas en bicicletas y patines en línea deben seguir las mismas normas de circulación como los coches.
- Debe utilizar el camino o en bicicleta la ruta en bicicleta, si está disponible, cuando en una bicicleta o patines en línea.
- **NUNCA** cruz detrás de un autobús escolar. Asegúrese siempre de que el conductor del autobús puede verte



THE KIDS CORNER



CREAMY CHEESY CUCUMBER SANDWICH

Prep time: 5-10 minutes

What you need: ¾ cup light cream cheese, slightly softened half a large cucumber, thinly sliced 8 slices of whole-wheat bread

Equipment and supplies: Large knife Cutting board, Plastic wrap (optional)

What to do: Spread each slice of bread with cream cheese (about 3 tablespoons per sandwich). Place about 4 cucumber slices on 4 of the slices of bread and top with remaining bread slices. Cut into quarters and serve immediately



KidsHealth/Educational Partner

GRANDMA'S GRAHAMS

You will need: 2 graham cracker squares peanut butter jelly, sliced banana, knife for spreading

1. Take graham cracker square. Spread with peanut butter.
2. Take another graham cracker square. Spread with jelly.
3. Place sliced bananas between the two crackers.



Recipes courtesy of "What the Kids Are Cooking," Arkansas Professional Chefs & , The Chef and the Child Foundation



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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

THINGS FOR KIDS TO DO EVERY DAY DURING THE SUMMER

Find a farm with blueberries, strawberries, tomatoes, flowers, etc., and get picking.

Play outside in the rain. Smell the rain on the pavement; splash in puddles; make mud pies.

Make your own rain. Douse everyone with the hose or sprinkler.

Have daily quiet time. Big kids need rest too.

Cook out...frequently. Go beyond the burgers. Try veggies or fish. The kids might like them!

Make s'mores. Chocolate + marshmallow + graham cracker = summer!

Camp out. First-timers, try backyard camping.

Camp in. Put the sleeping bags on the floor and have a family slumber party.

Stargaze. Invite friends and make a party of it.

Catch lightening bugs. And then watch them flicker away into the night.

Invite friends over for a game night. Have a kids' games table and an adult one too. See an air show. And hope for no crashes.

Stop to smell the flowers. (Go to a botanical garden.)

Talk to the animals. (Go to the zoo.)

Get wet. (Go to a water park.)

Have a puzzle race. Use 100-piece puzzles and see who finishes first.

Play a card game. Maybe crazy eights, spoons or poker. Take your pick.

Make good use of nearby parks. Go to your local parks website, print the schedule of activities and tape it to the refrigerator.

Pack a picnic. And plop down to eat it just about anywhere, at a free concert, in a state park or in your own backyard.

www.workathomemoms.com



Checklist for a Healthy and Safe Summer Break

Use this safety checklist to help keep your children in good health while they have fun this summer.



Refillable water bottles.

Children should drink 12 ounces of cool water or a sports drink before they head out to play. And they should take water breaks during games. If your children go to camp or play on a team, make sure they refill their water bottle several times a day.



First aid kit. Keep a first aid kit in your home, in your car, and bring one with you on vacation. Keep first aid kits someplace where you can reach them, but the children can't.

Sun protection. Get wide-brimmed hats, sunglasses, and cotton clothes that cover your child's skin to reduce exposure to the sun's damaging rays.

Sunscreen. Use a sunscreen with at least 30 SPF on cloudy and sunny days. Reapply after

swimming, sweating, or after more than 2 hours in the sun.

Helmet. Before your children ride away on a bike, scooter, or other set of wheels, make sure they're wearing a well-fitting helmet.



Protective sports gear. If your children play team sports, make sure they have appropriate gear. Depending on the sport, this may include a mouth guard, face mask, helmet, pads, and shoes made specifically for the surface your child will play on.

Safety plan. Before your children head out to play, agree on a safety plan that includes how they can reach you and what to do in an emergency.

Bug spray. If ticks or mosquitoes are common in

your area, apply repellent with DEET, but go for the lowest concentration possible. Repellent with 10% DEET is effective for about 2 hours, while 30% DEET works for about 5 hours. Do not apply a spray with high concentration of DEET more than once a day. Lemon eucalyptus can also protect against mosquitoes.

Poison ivy protection. Poison ivy soap can break down proteins that make poison ivy or poison oak so irritating. Also, keep calamine lotion on hand to use on skin that breaks out in an itchy rash.

Antihistamine. Summer grass, weeds, and flowers may trigger summer allergies. An over-the-counter antihistamine can ease your child's scratchy throat and runny nose if allergies are a problem.