



NEWSLETTER

Community Day is coming up on May 15th. If you're curious about what texting while driving on an obstacle course might look like, just drop by our exhibit in front of the school. We need volunteers to help run our information table, hula hoop and water balloon contest, and display our public service announcement contest. We'll have a t-shirt waiting for you!

Tricy Cushner, President

Cathryn Martin, Director

Cynthia Cervini, Newsletter Editor

Calendar

Saturday May 15

Noon – 5 pm

Yorktown Community Day
Strang Middle School
2701 Crompond Road
Yorktown Heights

Tuesday, May 25

4-5 PM

ASK Coalition Meeting
Sparkle Lake Community
Building
Granite Springs Road
Yorktown Heights

Monday, June 1

Final date for any PSA
contest submissions by
students ages 10-19. For
contest details and prizes
check our [website](#)



By Cynthia Cervini

On Friday, May 7 from 1 to 3 pm and Saturday, May 8 from 9 am to 3 pm, Household Recycling Day will be held at FDR State Park in Yorktown. Among other items, they accept unused or expired medications.

My stuff isn't always safe with my sixteen-year-old daughter around. With thirty-three years difference between us, we share the same height (she is an inch or two taller), shoe size, and taste in accessories. So at any given time there can be clothing going back and forth (mostly it's a one-way street) or, worse yet, items of mine that have somehow found a home in her closet (on a good day; on a bad day it could be anywhere - under the bed, in her locker ... This weekend, I found a sweater on top of the umbrella stand in our vestibule). I won't mention makeup, and a few weeks ago my razor (ewww) actually went missing when she was away on retreat. As for asking permission to borrow said items, well, that's hit or miss; she probably runs about 60-40. Which can make a person crazy when one starts to look for an item (*I just saw that last week... is it at the drycleaners? Maybe the downstairs closet? I'm sure I put it away. I have twenty*

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Tuesdays at FINNEGAN'S GRILL



Take a night off from cooking, dine out and help support community programs provided by ASK.

Tuesday nights at Finnegan's Grill are now fundraising nights for the Alliance for Safe Kids. A percentage of all food sold that evening will be donated to ASK each week by Finnegan's.

So come and have a nice dinner and help support our programs! Finnegan's Grill is located at 347 Downing Drive in Yorktown Heights.

We're always looking for a magic bullet, and in at least one area of life there actually is one. Want to help your kids maintain high grades, stay away from alcohol and other drugs, keep their weight down, and feel loved and respected? Eat dinner with your kids. It may sound too simplistic, but the [statistics](#) bear it out: eating meals with your kids is one of the best ways to keep them safe. And while it's fairly easy to plan a healthy main dish and sides, dessert can sometimes stump us; Alexis Carson offered help.

Family Dinners Make for Safe Kids

By Alexis Carson

Living in today's society, eating healthily is not common. As a teenager I can tell you that our lives are surrounded by fast

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minutes before I leave for work *WHERE IS IT??*).

Barring the aforementioned razor (ewww) incident, I'm not overly concerned when she gets into my drug store purchases. A little panty hose, lip balm, fragrance sharing now and then won't kill me. I did take issue, after unsuccessfully hunting in the middle of the night for pm pain relief medicine, when I found it in her room the next morning. While there was never a RULE about it, both of my kids at the very least usually make an announcement when they are taking anything O.T.C. for pain. Come to think of it, they usually ask for dosage advice.

Scary statistic: prescription drug abuse among teens is on the rise; 1 in 5 teens have tried Rx drugs to get high and they get them from medicine cabinets in their homes and the homes of their friends and relatives.

While I thought the Cervini household was deficient in any medication that could be abused (her father is a type two diabetic and I don't think Glucophage counts) I realized I'd forgotten about his back surgery a year and a half ago; could that prescription pain medication be in the medicine cabinet? If I forgot that (believe me, at the time it was quite an event in our house) what else could I be overlooking?

This is the perfect opportunity to spring clean my medicine cabinet and at the same time help give myself the best Mother's Day present of all..... a healthy child.

Parents can find out more about monitoring, securing and disposing of prescription and over the counter medications at www.notinmyhouse.com, sponsored by the Partnership for a Drug Free America.

Cynthia Cervini is a parent, a guidance counselor at Yorktown High School. and a member of Alliance for Safe Kids.

Thursdays at *The Travelers Rest*

Travelers Rest is also participating in Dine for ASK! Thursday nights at Travelers Rest are now fundraising nights for ASK. A percentage of all guest checks that evening will be donated to ASK each week by these businesses. Be sure to mention ASK during your meal.

So come and have a nice dinner, relax, and help support our programs! Travelers Rest is located on Route 100.

Wednesdays at **BOB*B*Q'S**

Take a night off from cooking, dine out and help support community programs provided by the Alliance for Safe Kids.

Wednesday nights at Bob B Q's are now fundraising nights for ASK. A percentage of all guest checks that evening will be donated to ASK each week by Bob B Q's.

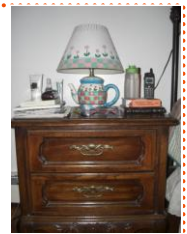
So come and have a nice dinner, relax, and help support our programs! Bob B Q's is at 958 East Main Street in Shrub Oak.

What's on My Nightstand ...and Might be on Your Teenager's as Well

The Perks of Being a Wallflower,

by Stephen Chbosky

Review by Karen Profita, MSW



"So, this is my life. And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be."

A book recommended by one of my teenage clients who described it as a "favorite book". I see it as a peek into the mind of the main character, Charlie, a freshman who sees himself as a loner and an outsider. In fact, he is the one who is called a "wallflower", because he "hears things, understands them and keeps quiet about them". I think it is an accurate portrayal of early adolescence for kids who feel this way.

I enjoyed the style in which it was written; it is a collection of letters written by Charlie to "a friend" during his freshman year of high school. Within his letters he discusses his feelings, activities and thoughts in great detail and depth, revealing disturbing experiences from the past that shape him. We come to learn of his struggles with the suicide of his

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What's on My Nightstand*cont'd from pg 2*

best friend, as well as the death of an aunt who he was both close to and had an unhealthy relationship with; these losses haunt him throughout the book, yet seem to provide answers to Charlie's innermost dilemmas.

Through his letters, he learns much about himself; dealing with friendship, love, alienation, depression, mental instability, and the many other things teens encounter in high school. He appears prone to depression, is shy, introverted, and on the fringe in his life, both with his family and in school. Charlie is a wallflower who finds friendship in two seniors: Sam (a female who he has a crush on) and Patrick, who help him to discover himself, come to terms with his life, and learn to interact socially. Charlie is also very bright, and his English teacher, Bill, recognizes his genius and begins to give him work beyond the classroom to stimulate and interest him. The relationship between Bill and Charlie progresses from that of teacher and student, to mentor and confidant.

In his letters, Charlie explains that he found 'you' to be a good person, one who listens and cares. He feels comfortable writing to this person (the "friend", who is the reader) about situations that are going on in his life, his insecurities, and things that are important to him. At first he only writes about his basic worries; about starting off high school, his new environment, and making new friends. As he continues writing the letters, he seems to open up more. His writing becomes more intimate, as if he were writing in a journal. Charlie grows up in experience and self-confidence throughout the book.

"The Perks of Being a Wallflower" details the expansive world that many adolescents have to deal with today. Although the book covers a lot of tough issues known to teens, it has its moments of humor, and the tragic aspects are handled so well that it comes off as realistic rather than melodramatic.

Karen Profita is a social worker at Yorktown High School and board member of the Alliance for Safe Kids.

Value your Privacy? Some Websites Don't

By Cathryn Martin

An online phone book site has been raising hackles recently. Spokeo.com, a site that's been around for a few years, "aggregates publicly available information from phone books, social networks, marketing surveys, real estate listings, business websites, and other public sources", according to their website. What that translates into: photos that have been posted anywhere on the web (including Facebook), your credit score, home value, income, names of those who live in your house, any other information posted anywhere on the web – they're all potentially included. Earlier this year, CBS47.tv, which serves the Fresno, California, viewing area, aired a [short piece](#) on Spokeo, outlining local law enforcement agencies' concerns that the site would enable cyberstalking

To remove your listing from the site is relatively easy. Go to Spokeo.com, search for yourself on their site (put in your name and then search by state), copy the URL of your page from the top of the webpage, then click on Privacy at the bottom of their page and include the information requested.

-Cathryn Martin is the Director of the Alliance for Safe Kids

Neighborhood Watch Update

By Detective Sean Lewis

We had a burglary in Yorktown on May 4th. this past week, at a residence on Taconic Woods Road (off Route 132). The home was ransacked, with cash and jewelry taken. It appeared that the burglar spent a lot of time searching for expensive, small, easy-to-carry items. Neighbors were apparently out for the day, and there was no vehicle description.

Double-check your doors and windows when you leave your house. And whenever you notice any suspicious vehicles or people, please report them. You may save someone else – or yourself – from a break-in.

Thanks for any and all tips.

-Sean Lewis is a detective with the Yorktown Police Dept

Family Dinners*Cont'd from pg 1*

indulging treats, and lack of exercise. I can also tell you from personal experience that changing your eating habits really does change your self. Eating the proper nutrients only improves both the interior and exterior of your body. Unfortunately, fruits and vegetables aren't everyone's favorite treat. Deceptively Delicious by Jessica Seinfeld comes in handy for that problem. This cookbook gives you a variety of healthy meals for breakfast, lunch, dinner, and dessert. Her recipes incorporate all different types of fruits and vegetables into everyone's favorite foods. I know that healthy foods aren't what my friends and I think of first. Gummy worms, McDonalds, and pizza are what sounds good to me! Being a healthy person doesn't mean cutting every carb and sugar from your diet. Simply put, it's all about portion control. Sometimes it would be a better idea to trade those gummy worms for some carrots and dip. But life shouldn't be about depriving yourself; you should be enjoying what you're eating while staying healthy at the same time.

BROWNIES

From Deceptively Delicious, by Jessica Seinfeld

Ingredients:

- Nonstick cooking spray
- 3 ounces semisweet or bittersweet chocolate
- 1/2 cup carrot puree (after peeling and trimming the ends, steam carrots for 10-12 minutes and then puree in a food processor for 2 minutes)
- 1/2 cup spinach puree (steam spinach for 30 seconds, then puree in a food processor for 2 minutes)
- 1/2 cup firmly packed light or dark brown sugar
- 1/4 cup unsweetened cocoa powder
- 2 tablespoons trans-fat-free soft tub margarine spread
- 2 teaspoons pure vanilla extract
- 2 large egg whites
- 3/4 cup oat flour, or all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Preparation:

1. Preheat the oven to 350 degrees. Coat an 8x8-inch baking pan with cooking spray.
2. Melt the chocolate in a double boiler or over a very low flame.
3. In a large bowl, combine the melted chocolate, vegetable purees, sugar, cocoa powder, margarine, and vanilla, and whisk until smooth and creamy, 1 to 2 minutes.
4. Whisk in egg whites. Stir in the flour, baking powder, and salt with a wooden spoon.
5. Pour the batter into the pan and bake 35 to 40 minutes. Cool completely in the pan before cutting into 12 bars.

Nutritional Information:

Per brownie: 120 calories, 2 g fiber, 2.5 g protein, 19 g carbohydrate, 4.4 g fat, 1.7 g saturated fat, 0 mg cholesterol, 149 mg sodium, 31% of calories from fat.

Alexis Carson is a senior at Yorktown High School who will be attending the University of Hartford this fall to major in nutrition. She has volunteered at Alliance for Safe Kids events, including the Taste of Yorktown.

KRAZY KIDS DAY!

Lakeside at Osceola

Fun-filled day at the lake for the whole family

FREE Bounce Castle
FREE Tattoos
FREE Popcorn
FREE Games & Prizes
Beach OPEN
Snack Bar OPEN
Amusement rides



Sunday, July 18th

10 am-4 pm

FREE PARKING

Admission fee:

\$10 adults

seniors \$6

\$3 kids 3-10 yrs

Under 3 **FREE**



Join the FUN!

Featuring Live Entertainment by:

~ C.R. FRIENDS Costume Characters ~

**Proceeds of Mini Golf & Boating Benefit
The Alliance for Safe Kids**

Park Amenities: Sandy Swimming Lake with Lifeguards, Picnic Area, Ping-Pong, Bocce Ball, Basketball, Volleyball, Showers & Snack Bar

Lakeside at Osceola 914-245-3246 www.LakesideatOsceola.com

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