



**NEWSLETTER**

Summer can be a time of vacations, lack-of-homework relaxation, and simply lower-key hours spent with your family. During this time, getting a chance to discuss some of the issues we deal with - alcohol and other drugs, gambling, bullying, relationships, and online safety among other subjects – can be helpful. We don't want our kids to learn from the wrong people or wrong experiences. Our website, [www.AllianceForSafeKids.org](http://www.AllianceForSafeKids.org) , offers help with all these topics.

Enjoy the rest of your summer! And if there's something you would like added to future newsletters, just contact us at [ASK4Kids@gmail.com](mailto:ASK4Kids@gmail.com) .

*Tricy Cushner, president    Cathryn Martin, director    Cynthia Cervini, newsletter editor*

**Calendar**

**Tuesday, Aug.31<sup>s</sup>**  
**4 PM. Lakeside at**  
**Osceola ASK coalition**  
*meeting.*

**Thurs, Sept. 2nd**  
**Lakeland Central**  
**School District**  
*First day of school*

**Thurs, Sept 9<sup>th</sup> - Mon,**  
**Sept 12<sup>th</sup>**  
**Yorktown Grange**  
**Fairgrounds**  
*Grange Fair*

**Tues, Sept. 13<sup>th</sup>,**  
**Yorktown Central**  
**School District**  
*First day of school, K-*  
*9<sup>th</sup> grade*

**Wed, Sept 14<sup>th</sup>,**  
**Yorktown Central**  
**School District**  
*First day of school, 10-*  
*12<sup>th</sup> grades*

**Sat, Oct 2<sup>nd</sup> (rain date**  
**Sun, Oct 3<sup>rd</sup>)**  
**Grange Fairgrounds**  
*ASK Yorktown*  
*Community BBQ*  
*Cook-off*

This month's newsletter is dedicated to our dear friend and Youth Court member Brendan Frail. Brendan was a moving force in the ASK Youth Court program and he will be truly missed.

***Business Watch***

*By Detective Sean Lewis, Yorktown Police Department, with additional information from the [National Crime Prevention Council](#)*

In past ASK newsletters I've written about the active Neighborhood Watch program in Yorktown. There's another side to this program that's ramping up here: Business Watch. This program develops links among small businesses, and between them and the police. In conjunction with community groups, Business Watch members take systematic steps to reduce opportunities for crime in and around business locations. The program helps eliminate thieves' "easy prey" temptation by training business personnel in the skills of perceiving potential crime indicators, protecting themselves, and reporting to the police. Police officers provide blue-prints for business groups organizing meetings, and checklists for shoplifting prevention, bad check controls, internal theft precautions, and security of premises.

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***Yorktown School District***  
***Enrichment Program***  
***Car Wash for ASK***

*Many thanks to the 58 students from Brookside and Crompond Elementary Schools who washed cars on June 22<sup>nd</sup> and 23<sup>rd</sup>, raising funds to help underwrite our programs. Thank you for being part of the safety net!*

### Think You've Got the Best BBQ?

On October 2<sup>nd</sup>, the Alliance for Safe Kids is hosting a Community Barbeque Cook-Off at the Grange Fairgrounds. Prizes will be awarded in 3 categories: Best Team Barbeque, Best Restaurant Barbeque, and People's Choice.

Judges for the event will include WHUD host Tom Furci, Town Clerk Alice Roker, Town Justice Ilan Gilbert, Shrub Oak Athletic Club President Steve Rosen, Yorktown Athletic Club President Rich Campanaro and ASK Special Projects Director Art Lander. And if you're not interested in grilling but would like to sample the goods? Just show up with an empty stomach and be ready to have a wonderful time! It's all in support of Yorktown and our kids! For further information, please call (914) 438-7953 or visit our website at [www.AllianceForSafeKids.org](http://www.AllianceForSafeKids.org)

#### Business Watch

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In Yorktown we've developed a Business Watch through the Yorktown Chamber of Commerce. John Decker acts as the block security chief for the participating businesses, and liaises with Detective Brian Shanahan and me at the Yorktown Police Department. Local civic associations and other community groups may also participate, lending extra eyes and ears, especially during periods when the businesses are closed. The Alliance for Safe Kids' liaison is Art Lander, a retired youth officer with our police department. Art has been instrumental in crime prevention over the years, and helps ensure that the relationship between the police department and Alliance will be strong for years to come. I believe the Alliance will be key to our continued success. Additional partners can be other local citizens' associations, along with the faith community, school districts, or other groups interested in a safe and prosperous business base in our community. Many local police departments have documented significant reductions in reported crime where Neighborhood or Business Watch programs are instituted.

For many years the Yorktown Police Department has been proactively offering community policing ideas and training to the community through Neighborhood Watch, as well as offering training programs to local businesses. Now with the support of the Yorktown Chamber of Commerce we anticipate more support from our business community.

#### Applying the Strategy

Yorktown police officers offer training to employees in crime prevention. Examples: Training in Intervention Procedures

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### "You'll never sleep again..."

By Cynthia Cervini

*N.B.:* 🍷 is my iconic nickname for my sixteen-year-old daughter, who is better dressed, with more makeup, and considerably more panache, than her mother - especially since the former's return from France.

Sounds like a curse the Wicked Witch of the West (throughout childhood she represented evil incarnate to me) would cast upon Dorothy. But no, it was my mother's parting advice (citing years of Bollinger folklore) the night before I gave birth to my now-sixteen-year-old, 🍷.

Thanks for the advice, I thought sarcastically, while I replied that surely my cherub would sleep soundly by, say, two months. After all, Cervini lore had it that my husband's older daughter slept through the night at four weeks (spoken entirely too soon, thank you, as my little vampire baby woke up every night for almost a year).

What I failed to realize, and what the Bollinger women were trying to tell me, is that a parent will always find something to worry about.

My little vampire baby is now all grown

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**Business Watch**

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(TIPS) through the Alliance to bars, restaurants and stores in responsible alcohol sales; Observation and Awareness robbery training to bank employees; and Larceny, Shoplifting, Fraud, Identity Theft, and Counterfeit Money awareness to businesses throughout Yorktown.

For more information just give me or Detective Brian Shanahan a call at the Yorktown Police Department, at 914-962-3811 or 914-962-4141

*Sean Lewis is a detective with the Yorktown Police Dept.*

**What Do I Do If .....**

***My child is hanging around kids who, according to my daughter, drink and do other drugs. She claims she doesn't do them. Should I be concerned? What action should I take?***

The good news is that your daughter has confided in you. She may be looking for your help to break away from the group she's hanging out with, or simply checking to see how concerned you

you might be. Some helpful advice is available from Alison Birnbaum, LCSW, at the Parents: the Anti-Drug [website](#):

“Dear Parent:

Are you feeling that you are caught between a rock and a hard place? Here is the dilemma: you can't make your daughter change friends, but experts say that choice of friends is the biggest predictor of drug use. If her friends are using, it is likely that she may use too.

I think your instinct to not trust your child completely is right. The fact that she is choosing friends in trouble shows that she feels she belongs with them in some way.

School expulsion and suspension are often indicators of friends use. Here's what you can do:

Talk to your daughter and really make an effort to find out why she wants to be with these friends. Is she caught between the same rock and hard place as you? What is her dilemma with these kids? Why does she like them? What does she enjoy about them? How do they treat her?

- Speak to the parents of your daughter's friends. Are they supervising their children? Would they be able to keep your daughter safe when she is at their house? Children's drug use is limited when parents insist on adult supervision during the after school hours and evenings on the weekends. This is a safety and prevention issue more than it is an issue about your daughter's friends. She has a right to choose her friends, but you have a right to make sure she is supervised and safe.”

*Alison Birnbaum is a Licensed Certified Social Worker and a parenting expert in the National Youth Anti-Drug Media Campaign. She has a private practice in New Canaan. CT*

***New Data Shows Teen Girls More Likely to Perceive Benefits in Drug and Alcohol Use***

*Stephen J. Pasierb*

*President & CEO, [DrugFree.org](#)*

Survey data released [in June, 2010] by the [Partnership for a Drug-Free America](#)<sup>®</sup> and [MetLife Foundation](#) found that teenage girls are more likely than teenage boys to perceive potential benefits from drug use and drinking, making teen girls more vulnerable to drug and alcohol abuse.

According to a new research analysis of the 2009 Partnership Attitude Tracking Study (PATS), sponsored

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**“You’ll Never Sleep Again ...”***cont’d from pg 2*

up (or so she thinks), with a driver’s license and - as it’s summer vacation – way too much time on her hands. Between her new job (twelve miles each way through back roads with limited cell signal and all the deer waiting to leap out at her ... what, me worry?), dinner meetings, pool parties, exercise class, movies, and field hockey get-togethers, she is rarely home. And while not driving her back and forth to work all weekend has been a blessing, the rest of it all is somewhat wearing when one worries and worries well.

Initially, we had a readily-accepted gentlemen’s agreement that 🚗 would text me upon arrival and departure from said location and this worked for about a week. Then she would forget, or complain, or both. Worse yet were the nights she would get off work at 9 or 10 PM and want to go to a friend’s home. On one occasion we had an argument about a 10:30 curfew one evening (I would have allowed her to stay out later but she’d have to be picked up by her father or myself) before I got the following text:

🚗: Sorry I yelled (*attempting to show some maturity*). And thanks for offering but I’ll just drive and be

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by MetLife Foundation:

- Teen girls are more likely to perceive “self-medicating” benefits with drinking and getting high.
- More than two-thirds of teen girls responded positively to the question “using drugs helps kids deal with problems at home” (an 11 percent increase, up from 61 percent in 2008 to 68 percent in 2009).
- More than half reported that drugs help teens forget their troubles (a 10 percent increase, up from 48 percent in 2008 to 53 percent in 2009).

**What Can Parents Do? Take Immediate Action to Safeguard Kids from Drug and Alcohol Use**

The Partnership encourages parents of teens who are using drugs or alcohol to take action as soon as they suspect or know their child is using. The Partnership’s Time To Act is a resource that provides parents with free, anonymous access to the most current, research-based information on how to help their child and family take the next steps. It offers step-by-step advice and sympathetic guidance from substance abuse experts,

family therapists, scientists and fellow parents to help guide families through the process of understanding substance abuse, confronting a child, setting boundaries and seeking outside help. Research consistently shows that kids who learn a lot about the dangers of drugs at home are up to 50 percent less likely to use than those who do not get that crucial message at home. Parents and caregivers are encouraged to take charge of the communication with their families, have frequent, ongoing conversations with their pre-teens and teens about the dangers of drugs and alcohol use **and to take early action if they think their child is using or might have a problem.**

To learn more about Time To Act and for more information on the full PATS data results, please visit drugfree.org.

Stephen J. Pasierb is President and CEO of DrugFree.org.

**“You’ll Never Sleep Again ...”**

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home at 10:30, I guess (*sorry attempt at guilt; read on - it won’t work*)

Me: I don’t want u to think it’s because I don’t trust you or think you’re a bad driver (*well, maybe guilt worked a little, but I’m still not changing the curfew time*). I worry because that is me and I probably get it from Grandma.

☹: Ok, I get it, but regardless of the reason I still have to be ten thirty which is why got mad, cause it’s almost like ‘its not anything you do, ☹, you just have to be home whenever I say’ you know? (*yup, it’s called being a parent*) It’s not like I’m getting in trouble but it’s like I have to get home a certain time because whatever grandma did. Does that make sense?

(*Hey I can talk about my mother, not you; now the driving gloves come off...*)

Me: I think you have a lot more freedom and options with the car than you give us credit for. Very rare we say no to you; even then try to compromise and u flip b/c not getting things your way. I wanted to take the Buick today but took the van so you would have a car.

☹ (*sensing she lost this one*) what time are you getting home? (*she doesn’t lack for irony either since that is usually the question I ask her*)

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### **Abby Sunderland found alive and fine: Solo sailor is safe in Indian Ocean with mast down**

Remember this headline from about eight weeks ago? Abby was the sixteen-year-old sailor attempting to circumnavigate the globe and lost radio contact with her family; while the world watched, she was presumed lost at sea for about twenty-four hours before being spotted from the air by Australian Search and Rescue. She was later rescued by a French fishing boat. Not to make light of a very serious situation, but I did manage to impress upon ☹ the importance of keeping in touch to avoid setting off an international incident.

☹ : “You better never embarrass me like that, jeez”

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Parents make a difference when it comes to teen driving:

- 89% of teens say that their parents are most influential in encouraging safe driving
- 59% of parents know that motor vehicle crashes are the number one killer of teens
- Nearly half (49%) incorrectly believe that driving drunk is the main cause of teen crashes when in reality **driver error, speeding and distracted driving** are the main causes.
- (*I like this one*) 50% of teens are less likely to be in a crash if their parents set rules and monitor their activities.
- 71% of teens are less likely to drive intoxicated when their parents are involved in their driving.

[www.nysdmv.com/youngerdriver](http://www.nysdmv.com/youngerdriver)

*Cynthia Cervini is a parent and guidance counselor at Yorktown High who is in the market for some worry beads.*