

Plandome Taxi Hails CASA's "Talk. They Hear You."

Fleet to advertise importance of Parent Communication

BY MANHASSET PRESS STAFF

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Plandome Taxi has again partnered with Manhasset CASA in its mission to prevent underage drinking and will post CASA's "Talk. They Hear You." campaign decal on their fleet vehicles. The campaign provides parents with tools at www.underagedrinking.samhsa.gov to talk with their children early and throughout adolescence about the dangers of underage drinking.

"Plandome Taxi is honored to support Manhasset CASA's efforts to protect children from the dangers of underage drinking," said Angela Marmo, co-owner of Plandome Taxi. "We are appreciative of Plandome Taxi collaborating with us again to prevent underage drinking. Research shows that on any given day in the months of June or July, eleven thousand 12 to 17 year olds start drinking alcohol," stated Dr. Caryn Sawyer, executive director, Manhasset CASA.

To prevent young people from starting to drink, the campaign emphasizes communication with children between the ages 9 to 15. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), around age of nine, children begin thinking alcohol may not be just for adults; By age 15, many young people are drinking. Those who start drinking before age 15 are five times more likely to develop alcohol problems as adults than those who begin drinking at 21 or older (National Survey on Drug Use and Health).

Manhasset CASA notes that some questions about alcohol can be hard to answer, so it's important for parents and caregivers to be prepared. The following common questions and answers about underage drinking are noted by the campaign:

- "I got invited to a party. Can I go?" Ask your child if an adult will be present at the party or if he or she thinks children will be drinking. Remind your child that even being at a party where there is underage drinking can get him or her into trouble. Use this time to establish or reinforce your rules about alcohol and outline the behavior you expect.

- "Did you drink when you were a kid?" Don't let your past stop you from talking to your child about underage drinking. If you drank as a teenager,

be honest. Acknowledge that it was a risky and dangerous choice. Make sure to emphasize that we now know much more about the risks to children who drink underage. You could even give your child an example of a painful moment that occurred because of your underage drinking.

- "Why do you drink?" Make a distinction between alcohol use among children and among adults. Explain to your child your reasons for drinking: whether it is to enhance a meal or celebrate a special or religious occasion. Point out that if you choose to drink, it is always in moderation. Tell your child that some people should not drink at all, including youth under the age of 21.

- "What if my friends ask me to drink?" Helping your child say "no" to peer pressure is one of the most important things you can do to keep him or her alcohol-free. Work with your child to think of a way to handle this situation, whether it is simply saying, "No, I don't drink," or saying, "I promised my mom (or dad) that I wouldn't drink."

- "You drink alcohol, so why can't I?" Remind your child that underage drinking is against the law, and for

good reason. Point out that adults are fully developed mentally and physically, so they can handle drinking. Children's minds and bodies, however, are still growing, so alcohol can have a greater effect on their judgment and health.

- "Why is alcohol bad for me?" Don't try to scare your child about drinking or tell him or her, "You can't handle it." Instead, tell your child that alcohol is bad for his or her growing brain, interferes with judgment and can make him or her sick. Once children hear the facts and your opinions

about them, it is easier for you to make rules and enforce them.

In Manhasset, students continue to self-report alcohol use above national norms with 38.3 percent of 10th grade students and 65.6 percent of 12th grade students having alcoholic beverages (beer, wine, hard liquor—more than just a few sips) in the last 30 days (2015 Bach Harrison Prevention Needs Assessment Survey).

For more information about the campaign or how to join Manhasset CASA, go to www.manhassetcasa.org or like them on Facebook.



Left to right: 2014-15 Vice President Manhasset High School SCA Margie Suga; 2014-15 SCA Executive President Tricia Cash; Angela and Robert Marmo, owners, Plandome Taxi; Manhasset CASA Parent Committee member Renee Press; Manhasset CASA Executive Director Dr. Caryn Sawyer; and Manhasset CASA Project Director Cathy Samuels.

Christmas In July Sale

St. Mary's Gift Shoppe will be holding its annual Christmas in July sale this Sunday, July 19 from 9:45 a.m. to 1 p.m. All are welcome to come and browse at the beautiful Christmas items for purchase. The Gift Shop is located in the lower level of the Parish Center at 1300 Northern Blvd. next to the St. John Paul II room. All proceeds benefit the Parish Social Ministry. For more information, please call the shop at 516-627-0385.

