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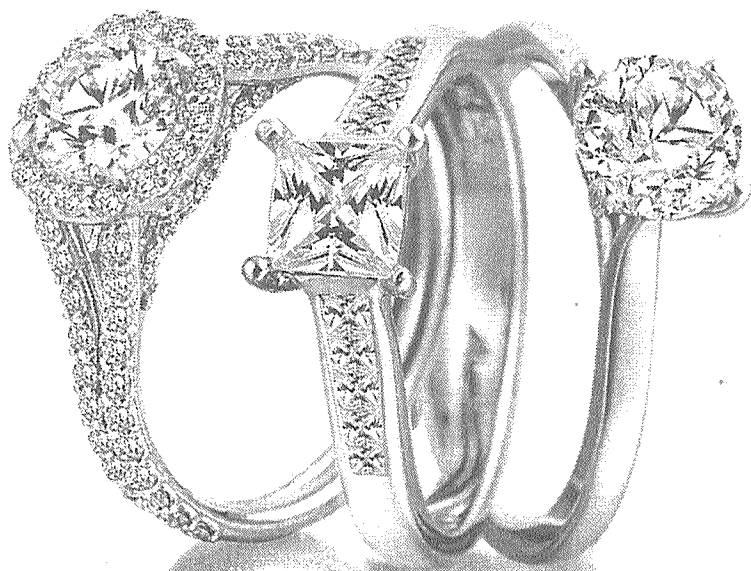
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Parents Are The Leading Influence On Their Child's Decision About Alcohol

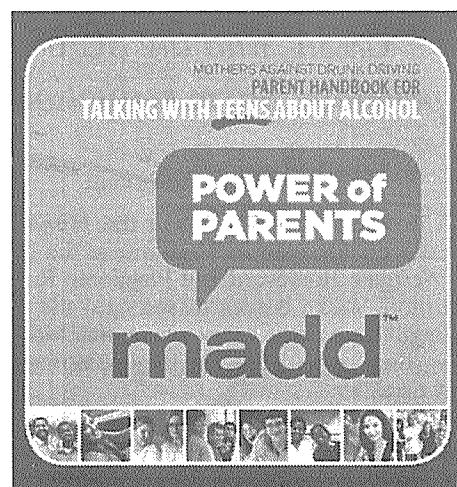
Parents can make a difference in their kids' lives, but they have to make an effort to continue to do so as their kids get older says Dr. Robert Turrissi, Penn State University Biobehavioral Health Prevention researcher, in a new parenting handbook mailed to parents enrolled in Manhasset Public Schools.

"A lot of adults feel that their teen's peers are the most critical influence on young adults' choices, and peers are important, but parents have the opportunity to be more influential than teens by promoting positive values, leading the way by example, and building communication with their child," states Dr. Turrissi.

The new handbook, *Power of Parents*, is based upon over 20 years of alcohol prevention research, and addresses how parents can talk effectively with their teens about alcohol. Working in collaboration with Dr. Robert Turrissi, Mothers Against Drunk Driving (MADD) developed the handbook to provide supportive advice and skills to improve how parents and teens relate to each other. Sponsorship by Nationwide Insurance has allowed MADD to provide the booklets free to communities.

CASA wholeheartedly recommends parents read this book as parents tend to believe their teens are adults simply because they look mature and act grown up. But when it comes to alcohol, teens are not adults. Research shows that the brains of adults and teens respond differently to alcohol on a basic, physiological level (National Institute on Alcohol Abuse and Alcoholism Alcohol Alert #67). Additionally, teens can consume dangerous levels of alcohol before they recognize it's time to stop. Drinking also reduces teenagers' social anxiety more than it does for adults, making alcohol especially attractive to teens.

In the Manhasset Public Schools, 93.9 percent of eighth-grade students report not having an alcoholic beverage on one or more occasions in the past 30 days; 54.1 percent of 10th grade students report not having an alcoholic beverage on one or more occasions in the past 30 days and by the 12th grade only 28.2 percent of students report not having an alcoholic beverage on one or more occasions in the last 30 days (2011 Bach Harrison Needs Prevention Assessment Survey Results).



The mailing of *Power of Parents* to families with students enrolled in grades 6-12 in Manhasset Public Schools, is made possible through a collaboration with Mothers Against Drunk Driving (MADD), Manhasset Public Schools, Manhasset SCA and Manhasset CASA.

"Parents have to be comfortable being uncomfortable. They have to have the confidence to deal with conflict and to put themselves in difficult situations. It's not an easy thing to do, but it is possible," stated Turrissi.

The risks of underage drinking also include life-changing short- and long-term consequences. According to the Centers for Disease Control and Prevention, about 190,000 people under age 21 visited an emergency room for alcohol-related injuries in 2008 alone. Additionally, kids who start drinking by age 13 are about five times more likely to develop alcohol dependence at some point, compared with people who start at age 21 or older (NIH, February 2012). Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking; this includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drowning.

For more information about *Power of Parents* go <http://www.madd.org/underage-drinking/the-power-of-parents/> or Manhasset CASA's website at www.manhasset-casa.org.

Gilbert & Sullivan Light Opera Company Of LI Presents 'The Mikado'



'The Mikado'

The Gilbert & Sullivan Light Opera Company of Long Island will present a performance of Gilbert & Sullivan's *The Mikado* at 8 p.m. on Saturday, June 23, at The Jeanne Rimsky Theater at the Landmark on Main Street, 232 Main Street, Port Washington. The production features a full cast of performers, scenery and costumes, and the critically acclaimed Gilbert & Sullivan Light Opera Orchestra. Tickets are priced at \$25 for adults and \$20 for students and seniors. Discounts are available for groups of 10 or more. Additionally, two children under the age of 12 will be admitted free when accompanied by an adult who has purchased one full-price ticket. To order/reserve tickets visit the website at www.gilbertandsullivanli.com. Tickets will also be available at the door.