

Prevention message will be displayed on King Kullen Manhasset grocery carts throughout the summer and fall. Left to right: Caryn Sawyer, Manhasseet CASA Parent Volunteer; Jerry Reilly, Store Manager, King Kullen Manhasset; Stacey Kelly, Certified Health Coach at Living Your Optimal Life; Cathy Samuels, Project Director, Manhasset CASA; Lisa Belinsky, Executive Director, Manhasset CASA.



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## "Talk. They Hear You" Campaign Resonates

BY MANHASSET PRESS STAFF

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Manhasset CASA's "Talk. They Hear You" campaign has arrived at King Kullen. The underage drinking prevention message will be displayed on the Manhasset store's grocery carts throughout the summer and fall. The campaign provides parents with an online source to start underage drinking prevention early with their children about the dangers of alcohol.

"King Kullen Manhasset is proud to stand with Manhasset CASA and its efforts to reduce underage drinking in the community," stated Jerry Reilly, Store Manager, King Kullen Manhasset. "Our store employees are currently trained through a certified New York State Liquor Authority training program to prevent the sale of alcohol to minors. We appreciate Manhasset CASA's ongoing efforts to educate parents to talk early with their children about the dangers of alcohol."

"We greatly appreciate the proactive and ongoing prevention efforts of King Kullen to prevent underage drinking in Manhasset and across Long Island," added Lisa Belinsky, Executive Director, Manhasset CASA.

The "Talk. They Hear You," campaign highlights factors that increase the risk of a child's alcohol use. Risk factors include significant social transitions such as graduating to middle or high school or getting a driver's license; a history of social and emotional problems; depression and other serious emotional problems, a family

history of alcoholism and contact with peers involved in troubling activities.

Parents can promote factors to protect their children from underage alcohol use by supporting their children and giving them space to grow:

- Be involved in their lives, encourage independence and set appropriate limits:
- Keep the lines of communication open so children can share information;
- Know where your children are, what they are doing, whom they are, and whom they are friends with; Make an effort to get to know the parents of your child's friend and share your rules about not allowing alcohol use;
- Find ways for your children to be involved in family life such as doing chores or caring for a younger sibling; Help your children find ways to have fun without alcohol;
- Set clear rules, including rules about alcohol use and enforce the rules you set; Do not let your children attend parties at which alcohol is served and do not allow alcohol at parties in your own home;
- Help your children avoid dangerous situations such as riding in a car driven by someone who has been drinking;
- Help your children get professional help if you are worried about their involvement with alcohol; and
- Create a pledge between yourself and your children that promises they will not drink alcohol.

For more information, go to underagedrinking.samhsa.gov or manhassetcasa.org.

## **How Sweet It Is**

By MANHASSET PRESS STAFF

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The Town of North Hempstead is the home to Clark Botanic Gardens located nearby in East Williston off of I.U. Willets Road. The gardens are also home to honey bees that produce honey. Honey contains antibacterial, antifungal, antiseptic, and antioxidant properties in addition to being sweet.

Richard and Helen Colgan, the Garden's two volunteer beekeepers, collect honey from the bee hives situated on site. The Colgans harvest honey twice a year and sell it in the Clark Botanic Gardens' gift shop.

The Colgans revived the beehives at Clark Botanic Garden several years ago after the hives had become inactive. In addition to the five hives on the grounds, there is also an educational viewing hive located in the learning center that enables the viewer to see the inner workings of the hive.

Clark Botanic Garden is 100 percent organic and uses exclusively natural nontoxic alternatives to keep the garden pest-free. This natural environment helps the bee population flourish. Many people purchase the local Clark Botanic Garden honey as a holistic remedy for seasonal allergies, making them resistant to the pollen that would typically make them sneeze. You can purchase the honey for \$8 a jar at the gift shop which is open daily from 11 a.m. to 3:30 p.m. except Tuesdays located at 193 I.U. Willets Rd. Albertson.