



Pine Beach Borough



Fall 2015

Connections

Pine Beach Municipal Alliance for Drug and Alcohol Awareness and Prevention Newsletter



SAVE THE DATES

Pine Beach Municipal Fall Events



COMMUNITY WATCH KICKS OFF SEPT. 29TH

by Police Chief Reece Fisher

The Pine Beach Police Department will be initiating a Community Watch Program Open Enrollment and will have an informational meeting at 7 P.M. on September 29th, 2015 at the Municipal Building.



Citizens who reside within the jurisdiction of Pine Beach interested in participating or learning more about this program are invited to attend. During the meeting, attendees will have an opportunity to sign up for the program, pick up information packets, learn the details of the program, and ask questions.

Patrolman Thomas Scalzullo of the Pine Beach Police Department and Chief Reece Fisher will be in attendance to present information and take questions related to this program.

Some benefits of participating in a Community Watch Program include deterrent of criminal activity, creation of a greater sense of security, how to recognize and observe suspicious activities within the Borough, training on the retention of information and, promotes interaction with neighbors and Police Officers.

We look forward to seeing you there.



The Pine Beach Police Department battled the Pine Beach Vol. Fire Company in a thrilling municipal alliance charity softball game on August 15th at Walling Field, with police squeaking a win out just above the firefighters, 20-19. More photos, page 5.

FLU SHOTS - OCT. 3RD

Flu shots will be available to those interested on Saturday, October 3rd, from 9 AM to noon at Borough Hall, 599 Pennsylvania Ave. Interested parties much pick up forms at Borough Hall or Rite Aid in Bayville no later than September 25, 2015. Up to 20 people will be administered their selected shots per hour on the day of the program. Rite Aid will bill your insurance company directly and let you know what the copay, if any, is before the shot is administered.

MOVE TODAY BEGINS OCT. 3RD

Are you ready to increase your stamina and muscle strength and improve your balance as well as doing much more for your health? Then join the Pine Beach Move Today Exercise Program.

Move Today is a free 60 minute non-aerobic exercise class for older adults. The program utilizes resistance bands and is designed to help improve posture and body mechanics.

Classes will be held every Thursday 9:30 – 10:30 AM for 12 weeks beginning October 3rd at Pine Beach Borough Hall, 599 Pennsylvania Ave. Please call 732-349-6425 if you have any questions.

PBYC ANNUAL COMMUNITY PUMPKIN DECORATING PARTY



The Pine Beach Yacht Club will host its annual pumpkin decorating party for families on Sunday, October 25th from 1 to 3 pm. Children and families are invited to bring a pumpkin to decorate; treats will be served.

PBYC ANNUAL HOLIDAY CRAFT FAIR - NOV. 29TH

The Pine Beach Yacht Club will host its annual craft fair on Sunday, Nov. 29th featuring local artists and artisans offering high quality items for perfect holiday gift purchases.



Teen Drug Abuse: Help Your Teen Avoid Drugs

By Mayo Clinic Staff

Why teens abuse drugs

Various factors can contribute to teen drug abuse, from insecurity to a desire for social acceptance. Teens often feel indestructible and might not consider the consequences of their actions, leading them to take dangerous risks — such as abusing legal or illegal drugs.

Common risk factors for teen drug abuse include:

- A family history of substance abuse
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD)
- Early aggressive or impulsive behavior
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse

- Low self-esteem or poor social coping skills
- Feelings of social rejection
- Lack of nurturing by parents or caregivers
- Academic failure
- Relationships with peers who abuse drugs
- Drug availability or belief that drug abuse is OK

Keep in mind that your teen's risk factors might change over time. Consider reviewing them once a year, such as around your teen's birthday.

Consequences of teen drug abuse

Negative consequences of teen drug abuse might include:

- Impaired driving. Driving under the influence of any drug can impair a driver's motor skills, reaction time and judgment — putting the driver,

his or her passengers, and others on the road at risk.

- Sexual activity. Teens who abuse drugs are more likely to have poor judgment, which can result in unplanned and unsafe sex.
- Drug dependence. Teens who abuse drugs are at increased risk of serious drug use later in life.
- Concentration problems. Use of drugs, such as marijuana, might affect a teen's memory, motivation and ability to learn.
- Serious health problems. Ecstasy can cause liver damage and heart failure. High doses of or chronic use of methamphetamine can cause psychotic behavior. Chronic use of inhalants can harm the heart, lungs, liver and kidneys. Abuse of prescription or over-the-counter medications can cause respiratory distress and seizures.

Talking about teen drug abuse

It can be hard to talk to your teen about drug abuse. Start by choosing **continued on page 3**

Pine Beach Borough Connections

Pine Beach "Connections" is a publication of the Municipal Alliance Against Drugs, Alcohol, and Tobacco Abuse. It is funded by a state grant from the DEDR (Drug Enforcement and Demand Reduction) fund, sponsor ads, contributions from residents, organizations, and the business community.



- | | |
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a comfortable time and setting when you're unlikely to be interrupted. If you're anxious, share your feelings with your teen. You might also consider sharing the responsibility with another nurturing adult in your teen's life.

Here are some tips for talking with your teen about drugs:

- Ask your teen's views. Avoid long, boring lectures. Instead, listen to your teen's opinions and questions about drug use. Observe your teen's nonverbal responses to see how he or she feels about the topic. Encourage your teen to talk by making statements instead of asking questions. For example, saying, "I'm curious about your point of view" might work better than "What do you think?"
 - Discuss reasons not to abuse drugs. Avoid scare tactics. Emphasize how drug use can affect things important to your teen — such as sports, driving, health and appearance. Explain that even a teen can develop a drug problem.
 - Consider media messages. Some television programs, movies, websites or songs glamorize or trivialize drug use. Talk about what your teen has seen or heard.
 - Discuss ways to resist peer pressure. Brainstorm with your teen about how to turn down offers of drugs.
 - Be ready to discuss your own drug use. Think ahead about how you'll respond if your teen asks about your own drug use. If you chose not to use drugs, explain why. If you did use drugs, share what the experience taught you.
- Don't be afraid that talking about drug abuse will plant ideas in your teen's head. Conversations about drugs won't tempt your teen to try drugs. Instead, talking about drug abuse lets your teen know your views and understand what you expect of him or her.

Other preventive strategies

In addition to talking to your teen, consider other strategies to prevent teen drug abuse:

- Know your teen's activities. Pay attention to your teen's whereabouts. Find out what adult-supervised activities your teen is interested in and encourage him or her to get involved.
 - Establish rules and consequences. Make it clear that you won't tolerate drug abuse. Rules might include leaving a party where drug abuse occurs and not riding in a car with a driver who's been using drugs. Agree on the consequences of breaking the rules ahead of time — and enforce them consistently.
 - Know your teen's friends. If your teen's friends abuse drugs, your teen might feel pressure to experiment, too. Get to know your teen's friends and their parents.
 - Keep an eye on prescription drugs. Take an inventory of all prescription and over-the-counter medications in your home and keep them out of easily accessible places — such as the medicine cabinet. If your teen needs to take prescription medication during school hours, it should be dispensed by the school nurse.
 - Provide support. Offer praise and encouragement when your teen succeeds, whether at school or at home. A strong bond between you and your teen might help prevent your teen from abusing drugs.
- Set a good example. Don't abuse drugs yourself.

Recognizing the warning signs of teen drug abuse

Be aware of possible red flags, such

as:

- Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, coordination or school performance
- Loss of interest in hobbies or family activities
- Hostile or uncooperative attitude
- Secrecy about actions or possessions
- Stealing money or an unexplained need for money
- Medicine containers, despite a lack of illness, or drug paraphernalia in your teen's room
- An unusual chemical or medicine smell on your teen or in your teen's room

Seeking help for teen drug abuse

If you suspect that your teen is abusing drugs, talk to him or her. Avoid accusations. Instead, ask your teen what's going on in his or her life and encourage him or her to be honest.

If your teen admits to abusing drugs, let him or her know that you're disappointed. Enforce the consequences you've established and explain to your teen ways that he or she can help regain your lost trust, such as improving grades.

If you think your teen is involved in significant drug use, contact a doctor, counselor or other health care provider who specializes in drug problems.

Remember, it's never too soon to start talking to your teen about drug abuse. The conversations you have today can help your teen make healthy choices in the future.

Reprinted courtesy the Mayo Clinic, www.mayoclinic.org.



Sticker Shock!

The Pine Beach Municipal Alliance teamed up with the Pine Beach Police Department and World Wine Liquor on Route 9 for a Sticker Shock program highlighting the dangers of underage drinking and buying alcohol for minors.



90 Years of Firefighting

Current members of the Pine Beach Vol. Fire Company sat for a group photo at their station house to mark the 90th anniversary of the organization.



PB5K Returns!

The Pine Beach 5K & One Mile Run made a triumphant return after a year off, with great thanks to Ocean Running Club and all the volunteers.





Walk Against Drugs

Each year the Municipal Alliance holds a contest with all the 5th graders at PBE to design the yearly Walk Against Drugs t-shirt and this years winner was Aidan Panno with the slogan "Don't Let Drugs Hack Into Your System." The event was held Aug. 4th at Vista Park.



Cops vs. Firefighters

A fun time was had by all at the charity softball game in mid-August, with proceeds benefiting the fire company and municipal alliance. Thanks to all the volunteers and sponsors!





Winter HORSE DRAWN CARRIAGE RIDES

Sponsored by the Pine Beach Municipal Alliance

Start the holiday season off right! The Pine Beach Municipal Alliance is sponsoring scenic horse drawn carriage rides on Friday, December 11th. Reservations start at 5:00 pm. **The cost is \$20.00 for adults and \$15.00 for children under 12 years old**, prepaid in advance. **Boarding will be at The Pine Beach Chapel, located at the corner of Hunting Ave. and Hillside Ave.** Registration will be on a first come basis and the deadline is Friday, December 5th. The demand for the event is high so please register early to avoid it being sold out. Bring the family out to see the beautiful holiday lights through Pine Beach plus come inside and warm up with holiday treats, a cup of hot chocolate and visit with Santa.

Please submit payment and reservations to: Pine Beach Municipal Alliance, PO Box 425, Pine Beach, NJ 08741. **Unfortunately due to the amount of people the carriage can hold, you are guaranteed a spot if you pre-register and any other riders will be on a first come basis.**

WINTER HORSE DRAWN CARRIAGE RIDES

Name:
Address:
Phone Number:
Amount of people attending:
Adults: Children:
Time Requested:
1st Choice:
2nd Choice:
3rd Choice:

it doesn't get more local



Alliance to Prevent Alcoholism and Drug Abuse
creating healthy & safe communities

Times available are in half hour increments
5:00, 5:30, 6:00, 6:30, 7:00, 7:30, 8:00, 8:30.
Please choose three different times. We will do everything we can to accommodate your first choice, however it will not always be possible. You will be called in advanced with your boarding time.

Senior Holiday Breakfast

The Pine Beach Municipal Alliance is hosting a senior holiday breakfast buffet on Friday, December 18th from 9 AM until Noon at the Pine Beach Yacht Club, corner of Riverside Drive and Midland Avenue. Children from the Pine Beach Elementary School Chorus will entertain with holiday carols.

The cost is \$7.00 per person.

Please make checks payable to the Pine Beach Municipal Alliance and mail along with this form to:

Pine Beach Municipal Alliance
PO Box 425 Pine Beach, NJ 08741

Please R.S.V.P by December 4th

SENIOR HOLIDAY BREAKFAST

Name:
Address:
Phone Number:
Amount of people attending:

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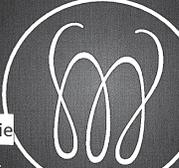
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What is the Pine Beach Municipal Alliance Against Drug and Alcohol Abuse?

One of our top priorities is to educate students, parents and educators about underage drinking and drug use in order to increase awareness of the problem and provide encouragement, resources and alternative activities for our community. The Municipal Alliance provides funding for programming which aims to improve the health, safety and well-being of all members of the Pine Beach Community as well providing our residents with fun things to do. Just some of our events include school dances, STEP Parenting Classes offered with adjoining towns,

summer programs such as the Walk Against Drugs held in coordination with the national night out against crime and free movies at Vista Park, our arts and crafts classes, and the Move Today Program and meetings for our senior population.

Pine Beach Municipal Alliance is funded through a grant from Governors Council Against Drug Abuse (GCADA) and fundraising. GCADA receives funding to administer the program from the Drug Education Demand Reduction Fund (DEDR) established to collect fines from

individuals who are assessed such when convicted of a drug offense. Most of our programs are free or very low cost to the community and any funds raised go directly to the Municipal Alliance and back to the community.

Thank you to our residents who continually support the Municipal Alliance, without your help we could not continue to host these events and programs.

To find out how you can help, or become more involved in our community, please call our Alliance Coordinator, Thea Kratochvil, at (732) 349-6425.

Pine Beach Volunteer Fire Company

FALL 2015 DONATION VOUCHER

Any and all contributions are greatly appreciated.

NAME _____

ADDRESS _____

DONATION _____

Please Mail to:

P.O. Box 386, Pine Beach, N.J. 08741

Beachwood Volunteer First Aid Squad

FALL 2015 DONATION VOUCHER

Any and all contributions are greatly appreciated.

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ADDRESS _____

DONATION _____

Please Mail to:

4 Beachwood Boulevard, Beachwood, N.J. 08722



▶ IMPORTANT CHANGES ◀

New Jersey's Car Seat Law

As of September 1, 2015, the NJ Car Seat Law will be changing. Here's what you need to know:

 <p>Children under the age of 2 and weighing less than 30 lbs. MUST be in a rear-facing car seat with a 5 point harness. The car seat must be in a rear seat of the vehicle.</p>	 <p>From age 2 through age 4 and weighing up to 40 lbs., children must be secured in a seat with a 5 Point harness, either rear-facing (up to height & weight limits of the particular seat), or forward-facing in the rear seat of the vehicle.</p>	 <p>For ages 4 until 8 and less than 57" (4'9"), child must be seated in either a car seat with a 5 pt. harness or a booster seat, also in the rear seat of the vehicle.</p>	 <p>Ages 8 and up must wear a properly adjusted and fastened seat belt. <small>If there are no rear seats (e.g., standard cab pickup truck), the child must be secured in the appropriate car seat or booster for their age, weight & height in the front passenger seat. If the child is in a rear-facing car seat, the passenger side airbag must be disabled or turned off.</small></p>
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CHOOSE THE RIGHT SEAT