

IN THIS ISSUE...

Annual Golf Outing Just Keeps Getting Better!	2
Governor Corzine Inducts 2006 Youth Hall of Fame Members	2
Looking Ahead to a Bright Future	2
Jim Hickey Speaks at Annual Media Breakfast	3
Dr. Dennis Embry Helps Launch Prevention First's Inaugural Parent's Council Event	4
Protecting Our Children from Bullying	4
Parenting Skills: 21 Tips & Ideas to Help You Make a Difference	5
Local Foodtown Helps Prevention First Celebrate Family Day	5

ChessFest...

an Event that Keeps on Giving...and Growing!

Prevention First hosted the return of the wildly successful ChessFest on Saturday, September 30, 2006, on Asbury Park's Fifth Avenue Boardwalk. This year, over 100 children participated in the afternoon's events – the largest attendance the event has drawn since it began seven years ago! This fun-filled event for Monmouth County children, ages 5 to 18, is designed to spark interest about the game of chess.

Prevention First created ChessFest seven years ago, with the initial goal of keeping children drug-free through adulthood by having them focus on healthy activities like the game of chess. Chess encourages logical thinking, increases cognitive skills and teaches

featured children and chess masters as actual playing figures on a life-sized chessboard.

Prevention First and all associated with this annual event greatly appreciated the help provided by New Jersey Natural Gas and



A participant is awarded for checkmating one of the chess masters!



Older participants are challenged by the expertise of New Jersey's chess masters.

concentration. It also provides children with a forum in which to display aggressive behavior in a socially acceptable way while improving self-confidence.

ChessFest 2006 showcased champion chess masters and experts from around the state who worked with all of the participants. Beginners learned the basics of chess, and those who were more knowledgeable about the game had their skills tested in friendly competition. Trophies were awarded to those who obtained checkmate or drew the chess masters.

This year's onlookers enjoyed the festivities including the featured event, the "Human Chess Game." This unique and fun game

Starbuck volunteers, who assisted in running the day's events. A tremendous amount of gratitude also goes out to this year's event sponsors: Commerce Bank, Food Circus Supermarkets, Meridian Health, Monmouth County Arts Council, New Jersey Natural Gas, Red Bank Title Agency, Rotary Club of Asbury Park, The Children's Hospital of Monmouth Medical Center, The Gary and Tamar Tolchin Foundation, The Zobel Foundation, Wal-Mart and Windmill Restaurants.



Children dress up as chess pieces in the afternoon's exciting Human Chess Game.

Annual Golf Outing Just Keeps Getting Better

Prevention First held its ninth golf outing on a beautiful late October day this year and raised over \$40,000. Proceeds from the fundraiser will help us fulfill our mission to strengthen your child's foundation through life skills education.

This year, participants enjoyed the beautiful accommodations of the newly renovated Eagle Oaks Golf Club in Farmingdale. After the foursomes completed play, they enjoyed the afternoon's awards banquet which was complete with a live auction and raffle.

Special thanks go out to Chairman Domenick M. Servodio and our dedicated golf committee. Sponsors of the successful event include Commerce Bank, Hamilton Jewelers, Laufer, Knopp, Torzewski, Dalena & Sposaro, Medical Management Techniques, Inc., Meridian Health, MOSER IP Law Group, New Jersey Business and Industry Association, Red Bank Title Agency, The Robinson Foundation and Westminster Communities.



Judi Dawkins, Beliza Ann Furman, Lucia Baratta and Susan Doctorian.



Brian Buckelew, Kevin Buckelew, Domenick Servodio and Eric Sambol.



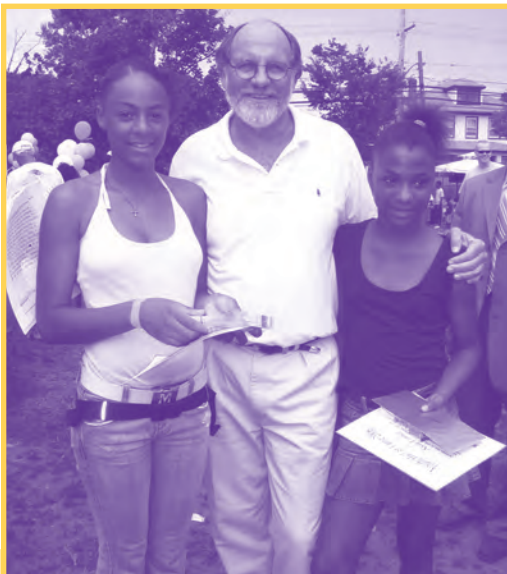
On the greens with Prevention First President Greg Atkins and his wife, Mary.



Ted Nagle, Taylor Weisleder, Brett Diakon and Bob Diakon.

Governor Corzine Inducts 2006 Youth Hall of Fame Members

Prevention First Community Partnership for Healthy Adolescents holds the annual Youth Hall of Fame inductions to celebrate youth and their contributions to the community.



Governor Corzine with Youth Hall of Fame inductees Almenta Foster and Asia Foster.

Looking Ahead to a Bright Future

Planning for the future is not always easy, but Prevention First is looking ahead and asking for your help. Please consider making a positive difference in the lives of Monmouth County's children and families by making a gift in the form of cash, securities, real estate, insurance and/or by naming Prevention First in your will. Your support could help build the Endowment Fund – and ensure the future of much-needed community programs that reach out to our children.

If you would like to learn more about planned giving or to make a donation, please contact Mary Pat Angelini, Executive Director and CEO, at 732.663.1800, ext. 215.



...strengthening your child's foundation through life skills education.SM

Jim Hickey Speaks at Annual Media Breakfast

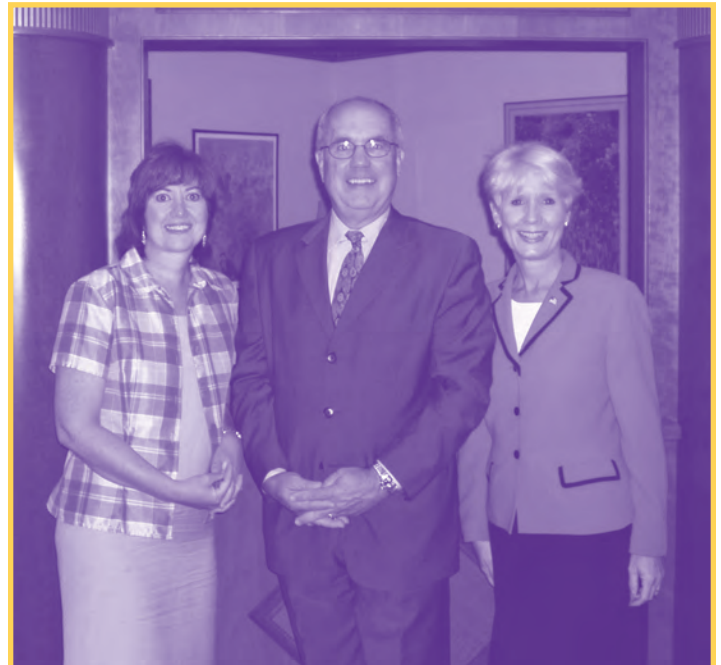
On September 20, 2006, Prevention First held its first Annual Media Breakfast. This year's featured guest speaker was Jim Hickey, a 26-year veteran of ABC News, who spoke on *The Media and the Message after 9/11*.

In his address, Hickey noted, "Organizations like Prevention First and the work that they do are more important now than ever," as he spoke about the challenges facing today's youth after a traumatic event such as 9/11 to an audience filled with journalists, community members and Prevention First board and staff members.

The renowned journalist went on to say, "We live in uncertain and dangerous times. Just last week, we observed the fifth anniversary of the terrorist attacks on 9/11. As we once again mourned and remembered all those who died on that terrible day, we recognize that children born on 9/11 are entering kindergarten and beginning to absorb and learn about the world around them. Today's children, I fear, will have a more difficult time [than we did when we were younger]. Today's children are growing up under the threat of terrorism, and there is nothing cold about it. We have been attacked and very well may be again. As children, we could only imagine what mass destruction would be like. Today's children see it, hear it and live it."

Hickey said, "There is anger and fear in the land, and thoughtful, careful, even-handed journalism is more crucial now, more imperative than ever. Fortunately, this country has organizations like Prevention First and people who are dedicated to helping us all through these troubled times."

He urged the media to learn more about local agencies like Prevention First and to team with them to portray realistic images to local families and youth. He and others went on to address the audience about specific resources that are available to them through Prevention First.



Monmouth University's Director of Special Events and Programs Jan Connolly, Jim Hickey and Mary Pat Angelini after a tour of the Prevention First building.



Speaker Jim Hickey, Executive Director and CEO Mary Pat Angelini, President Gregory T. Aikins and Township of Ocean Mayor Bill Larkin greet the audience at the media breakfast.

Hickey also stated facts from the American Medical Association and said Americans need a place to turn to for resources, for help and for guidance in trying times. He urged his colleagues in the media to use Prevention First and its Resource Center as a source for this information and to disperse it to those who would greatly benefit from the staff's knowledge and expertise.



Attendees of the breakfast are captivated by the words of speaker Jim Hickey.

A Special Thanks!

A very special thank you to The Rita and Harry Greenberger Foundation, Inc.
for their extremely generous support.

Dr. Dennis Embry Helps Launch Prevention First's Inaugural Parent's Council Event



Parent's Council Co-Chairs Carolynn Diakon and Grace Hanlon with Dr. Dennis Embry and Prevention First Executive Director and CEO Mary Pat Angelini.

This fall, Prevention First launched an exciting new program called the Parent's Council. It is designed to support local parents as we aim to raise responsible children who are prepared to make positive lifestyle choices in a challenging environment.

The Parent's Council will sponsor gatherings periodically to discuss pertinent topics and bring current information from the 'experts' to participants. The first gathering took place on October 10, 2006 at the home of Carolynn and Robert Diakon and addressed the issues of conflict resolution and peacemaking. As children return to school, bullying and harassment between students can often prevent them from getting the education they deserve.

Dr. Dennis Embry, a nationally-recognized expert on the subject, was the agency's guest speaker. Dr. Embry's work spans from Sesame Street to the Pentagon, and he has been recognized by the Today Show and People Magazine. His presentation focused on the exploration of issues that pressure and adversely affects our children and teens.

For more information or to become a member of the Parent's Council, please contact Jennifer Anderson at jjandriver@aol.com.

Protecting Our Children from Bullying

School is a place where parents hope to find a learning experience in a nurturing environment for their children. We send our children to school each day believing that we have set them down a path to become healthy, educated, individuals where their dreams and life goals can be realized. Unfortunately, bullying can irrevocably alter these dreams for both the victim and the perpetrator.

Statistics from the Journal of American Medical Association show that nearly 30 percent of all youth, aged 11 to 15, have been victims or perpetrators of bullying. The U.S. Department of Education tells us that one in four children who bully have a criminal record by the age of 30.

These are sobering statistics for parents and educators. However, we are fortunate to live in a state that has adopted an aggressive stance on bullying. New Jersey school districts are required to adopt policies that directly prohibit bullying, harassment and intimidation on school property, at school-sponsored functions and on school buses. Under the state's guidelines, schools can more efficiently address this behavior and take the appropriate actions to remedy the situation for all.

Prevention First took a stance on bullying by creating the Courageous Kids program, a program aimed at preventing negative, bullying behavior. Consisting of four lessons, the program is based on research and designed to reach children early on, focusing on those in grades kindergarten through three. The program challenges youngsters to think of the reasons behind bullying behavior and what steps can be taken to avoid it.

Courageous Kids has received high marks from educators utilizing the curriculum and has been recognized as a significant factor in fostering safer schools in our area. In addition to developing the program, Prevention First's research found that constructive use of time – pursuing hobbies and interests – helps prevent adolescent engagement in drug use and other detrimental behaviors. In addition, children learn assertiveness skills and are taught to think about the consequences their actions have on others, as well as on themselves.

Mary Pat Angelini
Executive Director and CEO, Prevention First

Save the Date

FRIDAY, MAY 11, 2007

 Prevention | first

ANNUAL GALA

THE POWER OF PEACE

AT THE RUMSON COUNTRY CLUB

honoring

JOE AND SUSAN KYRILLOS



For information or tickets, please contact Gianna Verdoni
732.663.1800 ext. 219 • gverdoni@preventionfirst.net

Save the Date

BOARD OF TRUSTEES

- Gregory T. Aikins
President
- Mary Pat Angelini
Executive Director & CEO
- Lucia M. Baratta
Michelle Baratta
Audra Burghard
Anthony R. Coppola, Jr.
Carolynn Ozar-Diakon
Susan A. Doctorian
Margaret C. Fisher, MD
Grace M. Hanlon
Canta Johnson
Michele Lanfrank
Ross F. Licitra
John P. Maldjian, Esq.
Pam Reo
Deanna Riley
Francis X. Robinson, Jr.
Charles J. Ruggirello
Domenick M. Servodio
Roberta Sheridan
John P. Szeliga
Gary S. Tolchin
Stephen E. Trimboli, Esq.
Lauren Vernon
Jennifer Waxler, DO, FACEP

LEADERSHIP CABINET

- Susan A. Doctorian
Chairperson
- Mitchell J. Ansell, Esq.
James B. Barlow
Michael E. Bitterly
Brian Buckelew
Judy Stanley-Coleman
Diane Gooch
John T. Gribbin
Hon. Sean T. Kean
Hon. Joseph M. Kyrrillos, Jr.
Hon. William F. Larkin
John K. Lloyd, FACHE
Peter J. Lyden, III
Mary Anne Nagy
Hon. Frank Pallone, Jr.
Hon. Michael J. Panter
Michael Pasterchick, Jr.
Eric Sambol
James S. Vaccaro
Luis A. Valentin
Frank J. Vozos, MD, FACEP

EMERITUS

- Mary Ann Martin

Parenting Skills: 24 Tips & Ideas to Help You Make a Difference

1. Get Involved
2. Establish “together time.”
3. Don’t be afraid to ask where your children are going.
4. Try to be there after school when your child gets home.
5. Eat together as often as you can.
6. Learn to Communicate
7. Be absolutely clear with your children that you don’t want them using drugs.
8. Be a better listener.
9. Give honest answers.
10. Use TV reports, anti-drug commercials, the news or school discussions about drugs to help you introduce the subject in a natural, unforced way.
11. Role-play with your children and practice ways to refuse drugs and alcohol in different situations.
12. Walk the Walk
13. Don’t react in a way that will cut off further discussion.
14. Be a living, day-to-day example of your value system.
15. Know that there is no such thing as “Do as I say, not as I do” when it comes to drugs.
16. Examine your own behavior.
17. Lay Down the Law
18. Create rules – and discuss in advance the consequences of breaking them.
19. Set a curfew.
20. Have children check in with you at regular times.
21. Call parents whose home is to be used for a party
22. Make it easy to leave a party where drugs are being used.
23. Listen to your instincts.
24. www.theantidrug.com

Local Foodtown Helps

Prevention First Celebrate Family Day

Sponsorship from local Foodtown enables Prevention First to kick off its Strengthening Families Program on National Family Day, September 25, 2006.

Did you know that eating dinner frequently with your children reduces their risk of substance abuse?

Research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner will help you learn more about your children’s lives and better understand the challenges they face.

CASA created *Family Day – A Day to Eat Dinner with Your Children* in 2001, as a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. *Family Day* is celebrated on the fourth Monday in September. *Family Day* emphasizes the importance of regular family activities and encourages Americans to make family dinners a regular feature of their lives. Parental engagement is the single most potent weapon in preventing substance use and abuse among youth!

This year, Prevention First kicked off their Strengthening Families program on *Family Day*, September 25, 2006. The family fun night was sponsored by the local Foodtown, who provided all the food and refreshments for the evening. The night was fun for all who attended, including six local families whose members ages ranged from seven to fifty-seven.

Prevention First’s Strengthening Families program aims to teach parents how to spend special one-to-one time with their children. In the process, parents build their ability to pass attention to their child and strengthen their parent/child bond before attempting to use new discipline approaches. During the program, parents also learn to improve family communication skills and practice their skills with some family discussions.



Prevention First staff members and program participants gather around for a group photo.



*...strengthening your child's foundation
through life skills education.™*

1405 Highway 35 North
Ocean, New Jersey 07712

Non Profit Org.
US Postage
PAID
RED BANK, NJ
PERMIT #120

Gala Gold!



Gianna Verdoni, Prevention First's Marketing and Events Specialist, received the gold JASPER award from the Jersey Shore Public Relations and Advertising Association. The award, received in late September, was for the special event planning of the agency's annual gala honoring Max Weinberg in April, 2006.



*...strengthening your child's foundation
through life skills education.™*

Our Strength is in Our Vision

Prevention First is committed to improving the lives of Monmouth County's children so they can thrive and grow to be strong, responsible individuals in any environment.

Our Strength is in Our Mission

Prevention First is a non-profit agency dedicated to strengthening the foundations of children and families by empowering them to successfully handle difficult, everyday life situations and extraordinary challenges such as violence and substance abuse.