

# Haverstraw Center News

Volume 3, Issue 1

September 2011

## Village of Haverstraw/Haverstraw Center

### Special points of interest:

- HAVERSTRAW CENTER offers many programs free of charge (See schedule)
- COUNSELING for help with: alcohol, tobacco and other drug use, family problems, boyfriends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES

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### GIRL'S CIRCLE

Girls' Circle is a model program for girls ages 9—18, designed to “foster self-esteem, help girls maintain authentic connection with peers and adult women in their community, counter trends toward self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.”

According to the Girls' Circle web-site, “When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and encourages them to express themselves more fully. By examining cultural expectations in a safe and supportive setting, girls gain greater awareness of their

options and strengthen their ability to make choices that are consistent with their values, interests, and talents.”

The Girl's Circle does not aim to provide advice, but encourages girls to share experiences that are helpful to one another.

Trained facilitator and staff member, Jeanmarie Zubko is offering this structured support group assisted by volunteer Jackie Jenkins on Monday September 12, 19 & 26, October 3, 17 & 24, and November 7 & 14, 2011 for girls in 5th, 6th and 7th grade. The sessions take place in the 2nd floor group room from 3:30—

5:00 PM. On Tuesdays, Girls' Circle is being offered to girls from Fieldstone from 3:00—5:00 PM. Session dates are September 13, 20 & 27, October 4, 11, 18, & 25 and November 1, 2011.



Jeanmarie Zubko in her office at the Haverstraw Center

### Straight to the Top

The following youth who attended the Back to School event at the Haverstraw Center on September 6th received their first choice in backpacks and school supplies in recognition of their participation in the inaugural *Straight to the Top* program.

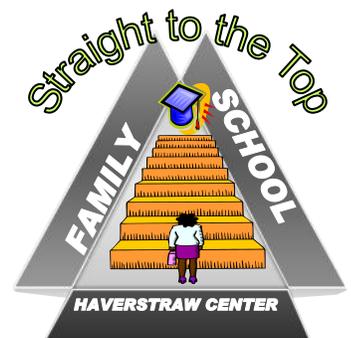
Students who take part in this program pledge that they will work hard to improve their grades, atten-

dance and/or pro-social behaviors. This program recognizes that Haverstraw Center Youth can achieve academic success with the right combination of family-school-community support.

#### CONGRATULATIONS TO:

Anderson Martinez, Andre Epps, Andrea Osai, Atreau Jefferson, Cyan Jefferson, Bryan Thomas, Che-

lanie Rivera, Gabriel Rivera, (continued on page 2)





Halloween Fun from 2010  
What's in store this year??

**Self-Expressions**

Facilitated by Assistant Director of Youth and Family Services, Peter Fata, this program is open to boys and girls ages 13 and older. The group gathers every Tuesday afternoon from 5:15 to 6:15 PM to create poetry, short stories, song lyrics, etc. using their creativity. Pete usually starts the meeting with some "thinking" activities asking such questions as "If you could travel anywhere in the world, where would you go and why?" or "What is the hardest thing you have ever done?"

Please feel free to e-mail back your thoughts!

**Strengthening Families Program**

The family enjoys a meal together during the first ½ hour of the program. The youth and parents then separate and attend hour-long sessions addressing important issues. The families are reunited in a group session which always starts off with a fun ice-breaker activity. The curriculum for this program is delivered by trained facilitators and is well received by the group participants. Babysitting is provided. The program is FREE.

\*\*\*Attention Middle School Parent/s and Students\*\*\*  
(ages 10-14)

**Strengthening Families Program**

The Strengthening Families Program will provide you with the tools that will put you and your family on the path towards making your dreams come true

**Parents**  
Would you like more closeness between you and your children?  
Would you like clearer rules and expectations within your family?

**Students**  
Do you know how to communicate so your parent/s listen and understand?  
Do you know how to resist peer pressure and be your own person?

**Date:** Fall Session Dates ~  
**Wednesday October 12 to November 16, 2011 (6 weeks)**

**Time :** 6:00 – 8:30 p.m. (dinner included)

**Place:** HAVERSTRAW CENTER  
50 West Broad Street  
Haverstraw, NY 10927

**Cost:** Free (Free babysitting also available for younger siblings)

**Registration required. Please call:**  
Haverstraw Center/Reachout at (845) 429-5731

"The Strengthening Families Program helped me to communicate better with my children and my spouse. We now have regular weekly meetings so that we know each other's schedules, chart progress with chores and share important issues."

**Recreation**



Camp is over, the slip and slides stored for another summer season and thoughts of football on the minds of those who love physical activities. The Haverstraw Center offers an exciting co-educational program on Saturday mornings in the gymnasium under the direction of staff member Tim Sanders. Called the "Sharp Shooting Academy" Tim offers basketball skills

and drills to middle school aged youth. Basketball is also available during the week, after school, for all ages. The game room is open from 3:00 PM—7:00 PM for youth to enjoy foosball and to play pool. If there are other activities that you would like to participate in, let the staff know—we are eager to hear your suggestions!

*Straight to the Top continued:* Ryan Patino, Christian Patino, Demmond Marshall, Deion Marshall, Deyana Marshall, Diamond Walker, Nya Harrington, Nimani Harrington, Felix Delapena, Viviana Delapena, Jack Gualpa, John Gualpa, Jahmarley Francis, Jamilla Francis, Jeremy Germosen, Justin Moronta, Karime Minaya, Katherine Portillo, Kayla Taylor, Kenie Nazario, Kenneth Nazario, Ariel Encarnacion, Liana Encarnacion, Victor Marrero, Marc Anthony Marrero, Kwani Harris, Nikita Sisco, Niya Hurt, Rahiem Moses, Kasiem Moses, Yamilka Colon, Yannibel Colon, Yeidy Rodriguez, Jessica Santana, Chris Taylor, Brandon Taylor, Bryant, Daniel Santiago, Caroline Alcantara, Omar Morrales, Donovan Quinones, Aiyana Quinones, Jayzon Quinones, Nikolas Ferreira, & Gavan Guzman

## Who's Cooking at the Haverstraw Center?

ALEX GUARINO, Assistant to the Haverstraw Town Supervisor



### ZUCCHINI OVER LINGUINI

#### Ingredients:

3-5 zucchini (smaller are better – less seeds)  
 3 cloves of garlic  
 ½ an onion  
 ¼ cup olive oil  
 Salt (to taste)  
 Pepper (to taste)  
 1 pound linguini  
 6 leaves of fresh basil  
 Parmesan cheese (to taste)

#### Prep:

Chop garlic and onion. Cut zucchini into small pieces—3/4" cubes. Start to heat a pot of water for the linguini.

Start to heat oil in a sauté pan.

#### Cooking:

When garlic and onion will sizzle, add to sauté pan. Once lightly browned, add zucchini. Add salt and pepper to taste. Mix every few minutes. Add chopped basil. Add linguini to boiling water and cook as directed on package. Zucchini is done when it is browned and slightly breaking apart. Add to cooked linguini. Add parmesan cheese to taste and serve.

Buon Appetito!

Alex Guarino Jr. and Sr. enjoyed sharing their love of good food and cooking with the teen summer program participants. The teens (and staff) loved the healthy, delicious recipe! Thank you to a great father and son team!

## PETE FATA, Assistant Director Youth and Family Services

Sausage, Peppers & Onions  
 Serves: 8

#### INGREDIENTS

- 2 or more pounds sweet and/or hot Italian sausage
- 6 peppers—color of your choice
- 3 large Spanish yellow onions
- Salt, pepper to taste
- Olive oil to cover bottom of pan

#### Directions:

Fry sausage in olive oil until cooked through and nicely

browned over low to medium heat. Pierce sausage with fork tines to release juices.

In separate pan, sauté sliced peppers in olive oil for about 10 minutes, then add sliced onions and continue to sauté for additional 10—15 minutes or until tender.

Transfer the sausage from pan into the cooked peppers and onions skillet. Season with salt and pepper as desired for taste. Sausage may be sliced prior to final sauté or left whole. May be served as is or on fresh Italian bread. You may add your favorite pasta sauce to heat through.



## Volunteer of the Month

Alex Guarino, Jr.!!

Assistant to Town of Haverstraw Supervisor, Howard Phillips, Alex Guarino, Jr. is volunteer extraordinaire.

Not only does Alex donate his time to the youth of the Haverstraw Center, he also assists at the Catholic Community Services location in Haverstraw where many of the youth met him for the first time enjoying gardening.

Alex brings that dichotomy of youth and wisdom to the Center and we are so grateful for his time with us. In addition, Alex participates with the Haverstraw Collaborative and serves on many of the sub-committees.

Thank you Alex for your compassion and caring for the residents of the Village of Haverstraw. Your selfless and untiring energies are appreciated as you set a wonderful example for all mem-

bers of this community.

George Bernard Shaw said, "We are made wise not by the recollection of our past, but by the responsibility for our future." Continued success to you. Thank you Alex!!!



## Village of Haverstraw/Haverstraw Center



50 West Broad Street  
Haverstraw, NY 10927

Phone: 845.429.5731  
Fax: 845.429.5796  
E-mail: [CommunityCenter@VoHny.com](mailto:CommunityCenter@VoHny.com)



### The Haverstraw Center Mission Statement

The Haverstraw Center serves all residents of the Village of Haverstraw by providing and hosting high-quality, comprehensive services for youth, families, adults and elders, promoting the health, safety, and well-being of community residents of all ages, and raising the quality of life for all people of our diverse community in a spirit of non-partisanship and cooperation.

We're on the WEB!  
[http://www.voh-ny.com/dept\\_youth.htm](http://www.voh-ny.com/dept_youth.htm)

### What's happening at the Haverstraw Center Fall 2011?

- ▶ Boys' Council – A ten week program  
Two separate groups for boys ages 10 – 12 and 13 - 17  
See Frankie Vazquez or Tim Sanders for times and dates
- ▶ IMPACT: *Internally Motivated Positive Actions Connecting Teens*  
For boys ages 14 – 17  
Facilitators: Frankie Vazquez and Tim Sanders
- ▶ J.U.M.P. – *Juvenile Mentoring Program* for boys and girls ages 9 - 14  
(Mentor training available through Big Brothers Big Sisters of Rockland – [info@BBBSOFRC.com](mailto:info@BBBSOFRC.com) or call 845.634.2199)  
Program runs Tuesday nights from 6 – 7:30 PM when school is in session
- ▶ Girls' Circle – An eight week program for girls in 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> grade  
*The Girls' Circle is designed to foster self-esteem, help maintain connection with peers and adult women in the community and allow for self-expression.*  
Facilitators: Tanya Soto and Kim Gizzi/Rockland County Youth Bureau
- ▶ Girls' Club for middle school, Fieldstone school and high school girls  
*Talk about: Friends, School, Family, Relationships, Making Healthy Choices*  
Various dates and times  
See Jeanmarie for additional information
- ▶ Self-Expressions Group for boys and girls ages 13 – 18  
Tuesday evenings from 5:15 – 6:15 PM *A program to express yourself in many ways you know/or to find ways to express yourself through: MUSIC, POETRY, RAP*  
See Pete Fata
- ▶ Strengthening Families Program  
Wednesdays from October 12<sup>th</sup> to November 16<sup>th</sup> from 6:00 – 8:30 PM  
Free program for families with youth ages 10 – 14 *providing you with tools that will put you and your family on the path towards making your dreams come true*  
Free babysitting and free dinner! See Peggy Koval
- ▶ Teen Advisory  
Thursdays at 3:30 PM for youth in grades 9 – 12 interested in developing and implementing programs at the Center  
See Tanya Soto
- ▶ Sharp Shooting Academy  
A co-ed basketball program for middle school youth  
Saturdays from 10:00 AM to 12:00 noon  
See Tim Sanders
- ▶ COUNSELING SERVICES, AFTER SCHOOL HOMEWORK HELP (program is currently at capacity), GAMES, RECREATION

*Girls' Group who participated in Keep Rockland Beautiful clean up pose in front of the mural at the Haverstraw Center*

