

Health & Fitness

CAPE to implement new vaping prevention program in Beacon City School District

The Council on Addiction Prevention and Education (CAPE) of Dutchess County, Inc. announced the launch of a pilot program at Orville A. Todd Middle School that is educating students about the dangers of vaping. CATCH My Breath (CMB) is the first evidence-based youth E-Cigarette and Juul prevention and awareness program, which was developed by The University of Texas Health Science Center at Houston School of Public Health. CAPE's Community Educator, Crissy Groenewegen, discovered this innovative program in her research on vaping and went on to become the first ambassador for the CMB program in Dutchess County. The general public has now become more aware of the vaping epidemic and the dangerous side effects of these products.

After successful implementation and positive feedback in the Spackenkill District, CAPE will now be bringing the program to Beacon School District at

Rombout Middle School. It is CAPE's goal to ultimately deliver CATCH My Breath to all Dutchess County public middle schools and to any other local organizations serving youth populations that could benefit from this program.

More information about the program can be found on CAPE's website: <http://capedc.org/programs>.

In partnership with the administrators and teachers, CAPE introduced this important intervention to Spackenkill School District in January of 2020. Crissy worked with teachers Michelle Pink and Elyse Joy to deliver this program to over 120 students, as part of their 6th Grade Science Curriculum. CATCH My Breath, which has now served over one million kids nationwide, provides up-to-date information for teachers, parents, and health professionals and is grant-funded by CVS Health. The program is free to any school or organization interested.



A sixth grade class at the Orville A. Todd Middle School in the Spackenkill School District where CAPE launched a program about the dangers of vaping. The program will now be implemented at Rombout Middle School in the Beacon City School District.

-Courtesy photo

Wappinger Recreation

By Donna Lenhart
Recreation:

Here at Town of Wappinger Recreation, we are taking the coronavirus seriously and, together with the state, county and our Town Board, decided to make the following postponements and limitations on our programs to err on the side of caution and do our part to keep everyone healthy:

Postponed (dates to be announced): The Town of Wappinger Gymnastics Program, The Town of Wappinger Easter Egg Hunt, The Wappinger Senior Center Saint Patrick's Day Luncheon, Monthly Senior Center Birthday Events for March and April, The "Joseph Ennesser" 5k for Veterans Causes, AARP Defensive Driving Courses, Senior Center Speaker "Recycle it" for March 24th. The senior center movie scheduled for March 26 is still on but it will be "bring your own lunch". Keep checking our Town of Wappinger Facebook page and wappingerrecreation.com website for any updates.

For other programs and events, we are forging ahead as they are further out on

the calendar:

We're not casting for complements, but our summer fishing program is pretty popular. Registration is ongoing for our three sessions: July 20-24, July 27-31 and August 3-7. You can register for one, two or all three weeks, but each session is limited to nine kids, so sign up now to secure your place in line!

If you're age 15 and up and are looking to make your summer a memorable one, submit your application to be a camp counselor or counselor-in-training (CIT). We are accepting counselor applications through May 8 for our camp, located at Martz Field off Pye Lane. Ours is a seven week program that runs June 29 to August 14. You must be 16 by June 29 to apply for a counselor position, or you can apply for a CIT (counselor-in training) position if you are 15. So many of our campers had such a great time that they return as counselors, which we love. You can find applications at the Recreation office at Town Hall or online at www.wappingerrecreation.com.

East Fishkill Recreation

By Bill Green

Because of the COVID-19 outbreak the following activities have been cancelled or postponed until further notice:

- MARCH 29 Town Clean-up Day
- APRIL 4 Opening Day & Parade
- ADULT CO-ED VOLLEYBALL & BASKETBALL (Cancelled)
- APRIL 11 - EASTER EGG HUNT & PARTY
- APRIL 19- CASINO TRIP -POCONOS
- APRIL 22- TRIP NYC "TINA" (still on but...) Call for updates.

The East Fishkill Community Center is now closed until further notice. All activities scheduled for March and April (meetings, activities, rentals, Senior Citizen Program) have been canceled.

Our new six Pickleball Courts at Lime Kiln are now open. Come over and play this very popular and fast-growing game.

There are still seasonal jobs available in Recreation Maintenance for this spring and summer. The job includes mowing, lining and maintaining playing fields, minor repairs, etc. Applicants must be 18 years and older. If interested please email information to: Recreation1@EastFishkillNY.gov.

FishkillNY.gov.

If you haven't already done so, pick up one of our 2020 East Fishkill Recreation Guides in Town Hall, Lime Kiln, the Community Center or the East Fishkill Community Library. Complete information on all activities, programs, facilities and events can be found in the "Guide!"

The new East Fishkill Co-Ed Youth Volleyball League at John Jay High School on Friday nights has also been postponed to a future date. The League will be for grades 2-5 and 6-8 from 6:30 to 7:30 p.m. (\$50 residents, \$60 non-residents) and high school - grades 9-12 from 7:30 - 8:30 p.m. (\$30 residents/\$40 non-residents). Call 845-226-8395 for additional information.

For updated information on East Fishkill Recreation activities and events follow us on Facebook at www.facebook.com/efrecreation or send emails to recreation1@eastfishkillny.org if you have any recreation questions or wish to rent one of our facilities.

You know what else you can find online? Summer camp registration! Town of Wappinger residents may register now, non-residents may register after April 1. So, go to wappingerrecreation.com for all your camp info & to register.

Mark your calendars for our Pet Pawlooza - Saturday, May 2. Our first-ever Pawlooza will take place at Schlathaus Park from 10am-2pm. Animal rescue groups will be on hand with loving, deserving animals and we will have a pet food & goods drive to benefit the res-

cues, too. There will be vendors, music and food, too, all with the goal of getting pets adopted. Dress your pooch for the 'Dressed to the K-Nines' costume contest. More to come, so watch this space as we're really excited to help the critters find their forever families.

Then, we ask that you save date of Monday, May 25, Memorial Day, to attend our annual ceremony honoring those we've lost in service to our country. Ceremony will begin at 2pm at Schlathaus Park, 126 All Angels Hill Road.



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