

# MILFORD'S PROMISE



## The Alliance for Youth

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### News from our Executive Director

I first would like to wish everyone a happy and healthy new year. I hope that 2011 brings much joy and success to all. On behalf of Milford's Promise, I thank everyone in the community for all of your support and cooperation throughout 2010 and look forward to working with you in the coming year.

As we face this new year full of new challenges and new beginnings, I challenge everyone to live this year to the fullest with no regrets. There is a new book on the market written by Clint Arthur called "The Last Year of Your Life". He says what if you knew this year was your last year on earth, what would you do differently? What have you been putting off? He challenges everyone to be fully ALIVE this year - meaning live your life with Awareness, Let go of the Past, Inspire the Future, Visualize where you want to go and Energize yourself for the journey. Make commitments to yourself, your family and your community to do all that you can be present and fully alive this year. Don't miss the opportunity to do something great.

As Mark Twain once said *"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover"*.

Let's all start the new year off right by taking a step in the right direction to living our lives to the fullest and being all we can be. We can all be the change we wish to see in the world. Happy New Year!



### Every Penny Counts!

Did you know that GoodSearch will donate 5 cents every time someone searches the internet using their search engine and lists "Milford's Promise" as the recipient of their search? Give it a try – go to [www.goodsearch.com](http://www.goodsearch.com) the next time you need to look something up. We thank you in advance for your support! Tell your friends.



### What are you going to do?

Visit [www.DoSomething.org](http://www.DoSomething.org) to get started



Danielle Dumont  
Executive Director

### New Director to Tackle substance abuse in Milford

Milford has recently employed Tanya L. Schweitzer as the new substance abuse prevention director for the city. Her goal is to work to change the way the community views drug use. "Kids, and even some parents, may think that it is a rite of passage and that everybody is doing it, but that is not the case," Tanya L. Schweitzer said. "That mentality just perpetuates the problem."

Mayor James L. Richetelli Jr. commented that U.S. Rep. Rosa DeLauro, D-3, helped secure a grant to help fund this position and the program that will be run in Milford. The grant was awarded to the Milford Prevention Council through the Drug Free Communities support program, which is part of the White House Office of National Drug Control Policy.

"We started the council two years ago to get to this point," Richetelli said. "It is a collaborative of the city, the school district, United Way, Bridges mental health agency and other groups that work with young people."

Schweitzer has been a substance abuse counselor in the Fairfield public schools and a clinician and project coordinator for Connecticut Renaissance, a Bridgeport-based agency that treats adolescents who use or abuse marijuana.

Marijuana use and under-aged drinking will be the Milford council's focus for the coming year, Schweitzer said, though it may change in future years. The grant doesn't call so much for targeted, one-on-one intervention, she said, but changing the attitudes of the entire community. "We have a survey that shows that 47 percent of high school freshmen have used drugs or alcohol, but if you ask them about their friends they say 95 percent have," she said. "We're looking at how we can totally change the norms in this community. Ours is more of an environmentally based program."

Schweitzer is a Milford native and a graduate of Joseph A. Foran High School. She received a bachelor's degree in psychology from Sacred Heart and a master's in social work from Southern Connecticut State University.

(Information pulled from an article in the Milford Mirror)

## 2<sup>nd</sup> Annual "BE A HERO" Event A Great Success

On Thursday November 18th, Milford's Promise and the Boys & Girls Club of Milford once again partnered together to host the second annual "Be a Hero" event at Costa Azzurra. Over 150 people attended the event to honor their personal heroes. The honored heroes that night ranged from family and friends to mentors to members of the U.S. Armed Forces. The event emphasized that a hero is not always one who makes the headlines, but just the one who makes a difference on our life. Each honored hero received a certificate to recognize the important role they play in someone's life. Youth members, Deon Jackson, Brandy Ramirez and Mackenzie & Amelia Wenz from the Boys & Girls Club spoke about the people who have made a difference in their lives. We would like to send a big thank you to everyone who helped make this event such a wonderful success. Special thanks to our event sponsor, Milford Bank, your generosity and support is greatly appreciated. All proceeds from the event will go to support youth programs in the community offered by the Boys & Girls Club and Milford's Promise.



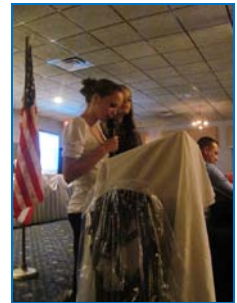
*"Heroes inspire us. They open our minds to the larger landscape of life. They help us see who we are and who may someday become. They show us that every ordinary day is filled with extraordinary surprises"*

-Flavia Weedin



### Congratulations to the Following Heroes Honored at the Event

John and Dee Boyle - nominated by Danielle Dumont  
Michael Dumont - nominated by Danielle Dumont  
All Members of the U.S. Armed Forces - nominated by Kapusta, Otzel and Averaimo Law Offices  
Ron Cappozziello - nominated by People's United Bank  
Andrew Kapral - nominated by Ralph Harrison  
Dr. Quintner - nominated by Rotary Club of Milford  
Michele Vitti - nominated by Lisa Bull-Dilullo  
Mary Ann O'Connell - nominated by her family and friends.



*To learn more about us and our work in the community visit us online at [www.milfordpromise.org](http://www.milfordpromise.org) or join us on facebook!!*