

ALUMNI NEWSLETTER



LMTI IN 2023

We've got to start this newsletter off with a huge "R-O-C-K you rock! you rock!" to all of our amazing friends of TIGS & LMTI who came together in December to help us raise...wait for it... \$13,000 to go towards programming in 2023. We are so grateful for all of your donations - not just monetary but all the sharing you did and as well as the asks you made to friends, family, and employers for gift matches.

Because of your generosity we are working through 2023 to achieve some of our big goals! We are currently expanding our team by adding two full time staff members who will be focusing on providing mental health training throughout the year. Keep an eye out for future programs and events like camp, college track, and some new ones as well! If you're interested in getting more involved and volunteering your time, please let us know!

Rachel Taylor



HALFWAY TO CAMP!

Can you believe we're just a little more than 6 months away from camp?

The countdown has officially begun and we are already getting some work done. More info on volunteering in our next issue.

save the date

August 21 - August 25





WHERE ARE THEY NOW?

This year, the student leadership group Ti @ Ti from Passaic County Technical-Vocational Schools won The Lindsey Rose Meyer Memorial Prevention award for their awesome work in the 2021-2022 school year! Here's what Lily Aspirany say they are up to now!

It was a huge honor to be recognized by LMTI as the top action group this year. We have been staying busy at PCTVS, spreading our name and messages of inclusivity, positivity, and awareness against substance abuse, and mental health. We began the school year fresh from camp with our new action plan to ensure that we promoted the message we discussed as important to our school community. During these first couple of months, we have met regularly and already completed our first initiative: getting our club name more recognized through giving brief presentations about who we are and what we do. It was presented at all of our class meetings which held over 700 students in PCTI and over 250 at our STEM Academy. Although this is a year-long initiative, it immediately got us started. We followed up by holding our first open meeting of the year to incorporate another one of our initiatives: inclusivity by teaching our peers about natural highs through some icebreaker games we learned at camp. For example, we played a game in which groups of five had to hold hands, remain bonded together, use silent communication, and keep a balloon in the air while moving across the gym. However, if the circle broke or the balloon fell to the ground, the group would have to start over. The first team across the gym would win! This game was a small attempt to work together with “strangers,” but we were still able to laugh and have a good time.



WHERE ARE THEY NOW? (CONT.)

Then, for the holiday season, TI@ti participated in Operation Christmas Child, putting together wrapped shoe boxes filled with toys, personal care items, crafts and activities, and a personal note to spread positive cheer. We hope to show others that natural highs can be achieved in so many different ways, including giving back to our communities. December was pretty busy because we recorded our first podcast episode, which can be found on our Instagram page @pctvs_ti, and created a showcase in a popular hallway at our school to promote positive choices during stressful moments to avoid substance abuse. Finally, some volunteers from TI gathered at Holy Sepulchre cemetery to honor veterans by placing Christmas wreaths on their graves.

Now, to ring in the new year, we are focusing on our PSA submission for the Passaic County Teen Summit contest, where this year's theme is "Rise Above!" and we will continue to concentrate on raising awareness about mental health. Some members are also working on incorporating our incentive of inclusivity into our school's annual Bulldogs Take Action Week. During this spirit week, the student body learns about mental health and substance abuse while we host many fun and educational activities and spread awareness throughout the school. In addition to those activities, we have hosted a clothing drive to support two alumni-created non-profit organizations: One of Them Foundation and Ladies N Power. Another upcoming service project will take place on Martin Luther King Jr. Day of Service, where volunteers will create homeless kits and PB/J and cheese sandwiches for donations to a local charity. Throughout the remainder of the year, we will continue to hold our bi-monthly meeting, which helps us stay connected as a group, encourage inclusivity around the school community, and continue spreading the message of living a substance-free life with our group and our school community. TI!...You knowwww!



You may have heard of Dry January, where individuals choose to abstain from alcohol for the month. But we think having alternative, non-alcoholic options all year round is a great idea.

Here are some mocktail recipes you can enjoy!

Cranberry sangria

- 1 cup ice cubes
- 1/4 pineapple, peeled, thinly sliced, cut into wedges
- 1/2 small orange, thinly sliced, cut into wedges
- 1 passionfruit, quartered
- 500ml (2 cups) cranberry juice
- 500ml (2 cups) ginger beer
- 1/2 cup fresh mint leaves
- Pomegranate seeds, to serve

Step 1

Divide the ice cubes among 4 large serving glasses. Top with the pineapple, orange and passionfruit.

Step 2

Divide the cranberry juice and ginger beer among the glasses. Top with the mint leaves and pomegranate seeds.

Frozen apple margarita

- Salt, to serve
- 1 lime, halved
- 3 cups (500ml) Ashton Valley Fresh Sparkling Apple Juice
- 2 tsp finely grated lime rind
- 2 tbsp lime juice
- 4 cups ice cubes
- 4 slices green apple
- Lime zest, to serve

Step 1

Place salt on a plate. Run the cut side of the lime around the rims of serving glasses. Dip in the salt to coat.

Step 2

Place sparkling apple juice, lime rind, lime juice and ice in a blender and blend until smooth. Pour evenly among the glasses.

Step 3

Decorate with apple slices and lime zest.

Why Mocktails?

Mocktails are simply cocktails without the alcohol – they use a variety of tasty ingredients to create a flavor fusion, providing a sophisticated beverage sans alcohol. Of course they're delicious, but they're more than just a tasty treat, they also:

- provide healthy alternatives
- create a more inclusive environment to those who are in recovery or those who don't drink
- they're great for folks of all ages
- provide a chance to experiment with more foods and flavors

For more recipes you can visit www.mindfulmocktail.com

For more info about alcohol consumption visit www.rethinkingdrinking.niaaa.nih.gov/



partners in prevention
springsprint5K

SAVE THE DATE! SUNDAY, APRIL 23 - 8:30 AM

Secaucus High School, 11 Millridge Road, Secaucus, NJ 07094

Register at www.pipnj.org/springsprint! Register before March 1st to get the early-bird pricing. There are reduced fees for students ages 18 and younger. In person & virtual race options!

SOCIAL MEDIA

Join the conversation and connect with LMTI and other alumni on our social media pages. Tell us your stories, share your ideas, send us your pictures, and let us know how the TI fire has impacted your life!



ALUMNI GROUP

And to keep the TI fire burning even brighter, be sure to join our Alumni Group on Facebook. It's like a cabin hangout, s'mores at the campfire, and sunrise share all rolled into one.



facebook.com/groups/129510640450004

