

# PREVENTION PRESS

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“KEEPING OUR COMMUNITY INFORMED”

## “Celtic Charms and the Far-Reaching Benefits of Therapeutic Horsemanship”



*Top left:* During their March 28th class trip to Celtic Charms, Denise Hibell, special education teacher at Bayview School in Middletown, NJ, and her student, Abby, join Christine Landuyt, program director at Celtic Charms, to socialize with Mazoo, the “rock star” of the stable.

*Top right:* Hunter, a student at Middletown, NJ’s Bayview School, gets a lesson on horse grooming as volunteer Dolores Cutler shows him how to brush Enya, a “sweet, ol’ lady” of a horse at Celtic Charms.

SUPPLEMENTARY E-MAIL BLAST  
APRIL, 2011 EDITION

Celtic Charms, a charitable, non-profit therapeutic riding center situated on 27 pastoral acres of preserved farmland at 671 Fort Plains Road in Howell, remains loyal to its mission “...to provide people with physical, cognitive and emotional disabilities a program of individualized equestrian instruction in a safe and supportive, eco-friendly farm environment.” On March 28th, special education teacher Denise Hibell and her nine students from the Bayview School in Middletown, New Jersey, took a class trip to Celtic Charms to experience first-hand the magical learning experience and positive reinforcement the farm has to offer special needs children. Amidst smiles, laughter and expressions of wonder, the children learned about horses and horse care alongside certified, experienced therapeutic horsemanship instructors and volunteers.

At the farm, students from four years of age and upward receive hands-on horsemanship experience, including horseback riding, grooming, tacking, leading and familiarization with basic horse knowledge, under the guidance of specially-trained, NARHA-certified teachers. In their 80 by 200 square-foot indoor and 175 by 330 square-foot outdoor arenas, students are taught individually or in groups of four riders. The facility also accommodates class trips and offers a variety of camp, volunteer and work program opportunities. Some of the disabilities that can gain from Celtic Charms’ therapeutic horsemanship program include ADD/ADHD, autism, depression, Down syndrome, learning disabilities, developmental delays, muscular dystrophy, multiple sclerosis and sensory impairments. “To the best of our ability, we accommodate everyone wanting to participate in our farm experience,” shares Christine Landuyt, program director at Celtic Charms. Participants benefit from improved posture, balance, muscle strength, coordination, confidence, self-image, self-esteem, social skills, focus, concentration and problem solving, areas reaching far beyond the stables to enrich and improve their everyday lives. The farm also offers scholarships to help fund student program participation for those who qualify.

Celtic Charms Therapeutic Horsemanship welcomes visitors to their bucolic location. Anyone interested in further information about the farm and its programs can call 732-987-5333 or visit their website, [www.celticcharms.org](http://www.celticcharms.org).



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# BATH SALTS

## “A New and Dangerous Drug of Concern Hitting Our Area”

**A**s if there wasn't enough parental concern about kids falling prey to all-too-well-known street drugs such as cocaine, heroin, and crack, a new and dangerous, yet very legal drug has hit New Jersey: bath salts. To the uninformed, the name bath salts would indicate something harmless, a fragrantly scented product added to warm water during a relaxing bath at the end of a long day. However, don't be fooled; these extremely addictive, white powders are snorted, smoked or ingested to get high.

Readily available online and at many gas stations, convenience stores and smoke shops around the United States for a mere \$20 to \$50, bath salts, or legal meth and cocaine, cause extreme agitation, delusions, paranoia and hallucinations. They also lead to severely psychotic episodes, often causing extremely violent behavior and self-mutilation. For example, William Parisio of Cranford, New Jersey, was charged with killing his girlfriend, Rutgers University senior Pamela Schmidt, on March 13th; his mother said he had been using bath salts during the months leading up to the tragedy, and she shared the sheer mental torment and paranoia the bath salts were causing her son as a warning to others to stay far away from the drug.<sup>1</sup>

**P**sychoactive symptoms in users can last beyond two weeks, with resulting mental health disturbances extending far beyond. Since the drugs stimulate the central nervous system, high blood pressure and an elevated heart rate leave users prone to physical calamities such as heart attacks, seizures and strokes. Wearing disguising, designer-style labels stating the decoy, “not for human consumption,” bath salts are sold under names such as C-Original, TranQuility, Zoom 2, Aura and White Lady. Their contents may vary, but all contain methalynedioxypropylvalerone (MDVP); another popular component is methamphetamine. The effects are similar to those resulting from methamphetamine or cocaine use.



New Jersey Poison Control Center reported between eight to 12 cases of bath salts use over the past year, but since the drug slips undetected under the radar of routine toxicology screenings, the number may be severely underestimated. Bath salts are fairly new to our area, but since last fall, 1,403 incidents of bath salts use have been reported in our country, according to the National Poison Data System. Poison control centers in 47 states have record of their use.<sup>2</sup>

Although the problem is taking on lightning speed, getting a drug onto the Drug Enforcement Agency's (DEA) list of controlled substances is an extensive, multi-pronged process. Many states have already banned the sale of bath salts, and other states, such as New Jersey, are currently proposing bans. In the meantime, parents can be on the lookout for the suspicious packages and a pattern of mysterious money transactions at convenience stores, smoke shops and gas stations, which is what Parisio's mother found on his credit card statements in the months leading up to Schmidt's death.<sup>1</sup> Parents need to know behaviors that might indicate use, as explained above.

<sup>1</sup> “A Slain Student, a Jailed Son and a Mom's Warning,” *The Star-Ledger*, Monmouth and Ocean edition, 3-14-11, cover story and page 2.

<sup>2</sup> “Designer Drug Bath Salts Could Be Taking Hold in NJ,” NJ.com, published 3-20-11 and retrieved 3-24-11, [http://blog.nj.com/ledgerupdates\\_impact](http://blog.nj.com/ledgerupdates_impact).

## “Howell Township Welcomes **ICE WORLD** to the Community”



Since opening their doors in late December, Ice World Family Ice Arena, 269 Lakewood-Farmingdale Road, has dynamically become a visible and much-welcomed part of the community. Home of the New Jersey Junior Titans, the state-of-the-art facility has a full, NHL-size ice hockey rink, a smaller training rink, a training gym, a stick handling area, private locker rooms with lounges, and a Subway restaurant to open soon. They are the only facility in the state featuring Rapid Shot, a hockey training system to improve players' shooting.

Reaching beyond their impressive arena and experienced staff, Ice World remains dedicated to keeping the entire family involved in ice hockey and skating, welcoming anyone, regardless of age or ability, to participate various activities offered at their arena. They proudly present their Special Needs Program, where children age five and up and teens can take advantage of inexpensive, recreational group lessons. Over a session of seven weeks, the program is designed to develop the skills necessary for independent skating in a relaxed, fun atmosphere. Each student is paired directly with a buddy volunteer from Ice World's figure skating and hockey programs, providing a safe lesson tailored to each student's ability level. Benefits include improved balance, coordination, strength, confidence and self-esteem. At the end of the session, students and their families enjoy a party at the facility to celebrate their accomplishments.

In addition to their special needs program, Ice World offers something for everyone: ice hockey leagues and training clinics for multiple age groups and ability levels, public skate sessions, skating lessons, birthday parties and camps. To learn more about Ice World and their impressive menu of activities, visit their website, [www.howelliceworld.com](http://www.howelliceworld.com) or contact them at 732-378-6600 or [info@howelliceworld.com](mailto:info@howelliceworld.com).

**DROP BY AND WELCOME ICE WORLD TO OUR COMMUNITY!**