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Dr. LAURA KNIPMEYER, PhD (Executive Director, Patient Advocacy): Parents are the first line of defense against child drug abuse. Hello, I'm Dr. Laura Knipmeyer, the executive director of patient advocacy for Schering-Plough Corporation. At Schering-Plough, we're committed to supporting quality public television programming intended to help families guard against the dangers of drug abuse.

STEVE ADUBATO, host:

Girls and drugs, next on CAUCUS: NEW JERSEY.

Announcer: Funding for this edition of CAUCUS: NEW JERSEY has been provided by Schering-Plough Corporation, PSE&G, The Russell Berrie Foundation, Holy Name Hospital; and the PNC Foundation, which receives its principal funding from the PNC Financial Services Group, Inc., a diversified financial services organization.

ADUBATO: Welcome to Families in Focus, a very special CAUCUS series looking at the challenges and pressures facing the modern American family. I'm Steve Adubato.

Today more teenage girls than boys are starting to use marijuana, alcohol and cigarettes, and research shows that parents are the most important influence in combating this trend. Here to help families guard against the dangers of teen abuse among girls are Brian Gamarello, who is the clinical director at Daytop New Jersey, a not-for-profit adolescent substance abuse and education program; Casey is currently in treatment at Daytop New Jersey; Linda Surks is a drug prevention specialist with the National Council on Alcoholism and Drug Dependence in Middlesex County; and Kenya Mutyanda is a unit director--is the unit director at the Boys and Girls Clubs of Union County, that is in Plainfield, New Jersey.

I also want to acknowledge, Linda, in case people did not see some of the other programming that we have done, you also have a very personal connection to this subject. Tell them about your son, Jason.

Ms. LINDA SURKS (Drug Prevention Specialist): Yes. In December of 2003, my son Jason was away at college when he died of an overdose of prescription drugs that he was abusing. He had gotten them at--over the Internet from a Mexican pharmacy.

ADUBATO: OK. And I want to thank you for joining us on this program.

Ms. SURKS: OK.

ADUBATO: This program has a different focus, but many of the same themes.

Ms. SURKS: Sure.

ADUBATO: You know, I've said this every time we do a program dealing with drugs, alcohol, teens, that I never cease to be amazed at the statistics, but the statistics don't really tell the whole picture.

(Graphic on screen)

www.caucusnj.org
Drug Prevention Online Resource Center

ADUBATO: But there are some trends here. There are more girls who are abusing drugs than ever before, correct?

Mr. BRIAN T. GAMARELLO (Clinical Director, Daytop New Jersey): Yes, that would be correct.

ADUBATO: Why?

Mr. GAMARELLO: I think the why--there's a lot of reasons why. One of the big reasons I think girls get involved with drugs, Steve, is peer pressure really applies more. The social--the need to be socially accepted is more important to females than it is to males, you know, it's...

ADUBATO: There's more--really? More pressure?

Mr. GAMARELLO: I think so, yeah.

ADUBATO: Casey, more pressure on girls?

CASEY (In Drug Treatment Program): I think for most girls, yes.

ADUBATO: What kind of pressure?

CASEY: Pressure to fit in, make sure they're accepted. They want to have a lot of friends, they want to be able to do--like, be accepted in high school, especially. Low self esteem I think is another reason.

ADUBATO: Did you have that?

CASEY: Me, not so much, no. I didn't have low self esteem.

ADUBATO: You sound like a pretty confident young lady to me.

CASEY: I consider myself pretty confident, yes.

ADUBATO: But what was your story? What happened with you?

CASEY: With me, I just--I entered high school, and before high school I didn't have many friends. I was always--it was just me and my twin sister. So when I entered high school I made a lot of friends, and they were just having--they were older, and I just always hung out with the older crowd, and...

ADUBATO: Where did drugs come into it?

CASEY: I just--I got those friends from high school and I just started using. This is when I used to live in Delaware. And I started using, and then when I moved back to New Jersey the pattern just continued, and I started making friends through using, like...

ADUBATO: Back up, making friends through using.

CASEY: Yes. Like go to school and basically tell them, like, 'Oh, you want to come over to my house and smoke a bone or something when you come'...

ADUBATO: Smoke a bone.

CASEY: Yeah.

ADUBATO: Smoke marijuana.

CASEY: Yeah.

ADUBATO: And let me ask you, was it clear to you who was using and who wasn't?

CASEY: You can tell, yes. Attitudes, the way they walk around school. I think people that use are more self-confident, I guess.

ADUBATO: Really?

CASEY: I--I've noticed that. Like, when they're using.

ADUBATO: Let's describe a little bit about your drug use. It started when you were how old?

CASEY: Fourteen.

ADUBATO: Who turned you on to it?

CASEY: I guess my friends from school.

ADUBATO: Your mom used alcohol and drugs?

CASEY: Yes.

ADUBATO: Did you know that?

CASEY: Yes, I knew that.

ADUBATO: And how young--how young were you when you were aware that your mom was using drugs and alcohol?

CASEY: I mean, I don't really know the story of, like, her past when I was growing up, but when I was living in Delaware when I was 14, like, she did drink. Other times we would--I would drink in the house and she would be all right with it, things like that. And I think the worst part about it was she was trying to be my friend rather than my mother, so when she actually did try to lay down some rules and she wanted me to respect her I couldn't, because she was doing the same stuff I did.

ADUBATO: Was it too late then, when she tried to be the parent?

CASEY: For the most part, yes.

ADUBATO: What--I want to stay with this a little bit. The notes tell me you told our producers that you started using drugs, to some extent, to lose weight. Is that correct? Was weight ever an issue?

CASEY: No, I was really skinny when I started using drugs. Like...

ADUBATO: You were skinny when you started using drugs.

CASEY: I was like 103 pounds.

ADUBATO: Really?

CASEY: Yeah, I was really skinny when I started using drugs. Most people, they lose weight when they start using drugs, but for me it was like the opposite, I started gaining weight.

ADUBATO: You gained weight.

CASEY: Yeah.

ADUBATO: But what's fascinating to me is the research shows that some of the reasons why young women or girls get involved in drugs have to do with body image and weight. Am I missing something here?

CASEY: No, no, that's true.

ADUBATO: OK, go ahead.

Ms. KENYA MUTYANDA (Unit Director, Boys and Girls Club of Union County): No, that's true. A lot of...

ADUBATO: What do you see at the Boys and Girls Club? I mean, you see some of this early on, right?

Ms. MUTYANDA: Yeah, we see a lot of this early on. That's why at the Boys and Girl's Club we have a program called Smart Girls.

ADUBATO: Smart Girls.

Ms. MUTYANDA: Yes.

ADUBATO: What's that all about?

By the way, log on to our Web site, you'll find out all about Smart Girls and Daytop and other terrific programs.

Go ahead.

Ms. MUTYANDA: Smart Girls is a program developed specifically for girls so they can learn to develop healthy attitudes about themselves, a healthy lifestyle, the way to look out on life. Because a lot of--like Casey mentioned, she mentioned the peer pressure, body image. The most important person in a young girl's life when your hitting that age, the biggest influences is--are their friends.

ADUBATO: Most important.

Ms. MUTYANDA: Most important.

ADUBATO: Not the parents?

Ms. MUTYANDA: Not the parents.

ADUBATO: Even if the parent wants to. I mean, the other program we did, the other drug program we were talking about the Internet...

Ms. MUTYANDA: Mm-hmm.

ADUBATO: ...and its influence or the ability to get drugs--prescription and illegal drugs via the Internet, and we were talking about the parent has to be really involved, the parent has to be engaged, the parent has to know what's on the computer, all that stuff. And then you say, yeah, you can do all those things, but--I'll come back to you, Brian--in the end, the friends are the most important influencers?

Ms. MUTYANDA: That's the driving--that's the driving force when you start making your decisions. But it's very important, it's key for the parents to be involved. But you got to understand, in a young person's life, in their world, their friends is the beginning and the end. But how they get grounded, how they get those basic morals is from the family, from family involvement. So you need that to combat that.

ADUBATO: OK, so let's talk about body image. Let's talk about positive things that we can say to young girls so that they don't in any way--well, right, listen, you can't guarantee anything--but that they're not tempted to use drugs as a weight-loss measure. What do we say to them?

Ms. SURKS: Well, I think parents need to be very supportive of their--of their children, of their daughters in particular. They need to really help to boost their self-esteem, give them responsibilities in the home that help them to achieve. Make sure that they understand that a healthy body is more important than a beautiful body and that the--that it's important for them to keep themselves healthy. So really, providing that supportive environment is really one of the most critical things to do.

ADUBATO: Well, let's stay on this, because the dominant images in the media of girls/young women, women in general, really skews thin, in some cases rail thin, an image that is virtually impossible and maybe not even desirable or healthy for young women to try to achieve. But many are convinced that drugs, the only way they could do it. Am I oversimplifying it?

Mr. GAMARELLO: No, Steven, I don't think you're oversimplifying. I think really the key then becomes to get these young women not to tie their self-esteem into body image. I mean, self-esteem comes from...

ADUBATO: With all the messages they're getting, the bombarding of the images of the media?

Mr. GAMARELLO: It's very difficult. It's certainly not easy.

ADUBATO: Go ahead.

Mr. GAMARELLO: Self-esteem should be tied into so much more other than body image, you know. 'How do I look?' is certainly one part of it, but you know, who I am as a person and getting your child to understand who they are as a person is more important.

ADUBATO: Intellectual achievement.

Mr. GAMARELLO: Sure.

ADUBATO: Athletic achievement.

Mr. GAMARELLO: Intellectually, spiritually, emotionally.

ADUBATO: Spiritually, helping other people.

Mr. GAMARELLO: Exactly.

Ms. SURKS: Right.

Mr. GAMARELLO: Exactly. And I think our society--and the media certainly plays a big role in this--is--we kind of lose sight of that and we focus on, OK, let's look at the rail-thin supermodels. You know, 10 years ago it was rail thin, and then it seems like the supermodels put on weight, and now they've kind of gone back almost to that rail-thin image, and our young women kind of buy into that. You know, that is--that is desirable to be that way. And without looking at the health risks of that.

ADUBATO: And do you think we in the media are aware of the impact that we have?

Ms. MUTYANDA: I think the media's probably aware of the impact.

ADUBATO: Do we care?

Ms. MUTYANDA: I don't--I don't--the question is what...

ADUBATO: Do you think most of us in the mainstream media, particularly those responsible for putting commercials out there, for putting women out there in the public domain who are in fact extremely thin--and you do not see a lot of young women who are bigger in public positions being recognized, being seen as beautiful, etc. Do you think we care that much that we are in fact sending powerful messages?

Ms. MUTYANDA: No, they care--they care about selling their product. They care about their bottom line. That's the thing that's most important, not the damage that it's doing to our young girls. That's why two of the main components of our Smart Girls program is It's Your Body...

ADUBATO: It's Your Body.

Ms. MUTYANDA: It's Your Body.

ADUBATO: This is the Boys and Girls Club Program in Union County. Go ahead, It's Your Body.

Ms. MUTYANDA: It's Your Body, and...

ADUBATO: Which does what, before you tell about the other one?

Ms. MUTYANDA: It's Your Body, it educates the girls about self-esteem, you address peer pressure, nutrition, healthy eating, basic cooking skills.

ADUBATO: Hm.

Ms. MUTYANDA: It incorporates and teaches about the food pyramid and the important components that a woman's body needs, the nourishment that they need. And it goes into--we discuss and talk about the myths and truths of sexual activity, because also that ties into alcohol and drugs.

ADUBATO: How?

Ms. MUTYANDA: Because a lot of the young girls, their first sexual experience, it incorporates alcohol because it loosens up their inhibitions.

ADUBATO: OK, back up. There's a connection, a correlation, you are arguing, between sexual activity among young girls, teens, and drug and/or alcohol abuse?

Ms. MUTYANDA: Definitely.

ADUBATO: Do you buy this?

Ms. SURKS: Absolutely.

Mr. GAMARELLO: Without a doubt, yeah.

Ms. SURKS: Mm-hmm.

ADUBATO: Without a doubt.

Ms. SURKS: Mm-hmm.

Mr. GAMARELLO: Mm-hmm.

ADUBATO: The other piece of my producer's information that was striking me is there's a heavy influence of quote/unquote boyfriends in this.

Ms. MUTYANDA: Mm-hmm.

ADUBATO: That young boys have great influence on young girls, potentially getting involved in drugs.

Is this something you've seen, Casey?

CASEY: I've seen this with a lot of my friends.

ADUBATO: What do you see?

CASEY: I see--they'll do the stuff their boyfriend does, or the guy that they like, so they think it'll be appealing to the guy to do it.

ADUBATO: That the guy's doing...

CASEY: If he's, like, partying and he's going out, getting drunk, getting high, she'll go out and do the same thing, and go--try to go to the same places as the guy. This way the guy'll notice her and then maybe they can start going out and get together or something.

ADUBATO: What kind of drugs are they using?

CASEY: They can use any drug. It all really depends.

ADUBATO: What are the most common?

CASEY: Mostly alcohol, I see...

ADUBATO: Mostly alcohol?

CASEY: Yeah, I see alcohol because, like, you do loosen up when you drink and you become more social. And a lot of girls that I know from my high school, some of my friends--but not many, though--they would use it as, like, use getting drunk as an excuse to be hooking up with a guy. Like...

ADUBATO: Use getting drunk as an excuse to be with someone sexually.

CASEY: Yes. They'll be like, 'Oh, well, I was drunk, I didn't really know what I was doing.' This way, whether it's a good or a bad thing, it can be...

ADUBATO: You can blow it off.

CASEY: ...explained. Yeah.

ADUBATO: Does ecstasy come into this at all?

CASEY: Yeah. I mean, I've seen it--some of my friends do that too, while--oh, you--I call it rolling. Like, 'Oh, when I was rolling.'

ADUBATO: Rolling.

CASEY: Yeah. Yeah, that's just, like, the term that I use.

ADUBATO: For...

CASEY: Using ecstasy.

ADUBATO: Using ecstasy, it's referred to as rolling.

CASEY: Yeah, yeah.

ADUBATO: OK. Go ahead, I'm sorry.

CASEY: Rolling. So they use that because, like, when you--when you're, like, rolling, everything feels so much better, so they'll be like, 'Yeah, I only got with him because I was rolling,' or something.

ADUBATO: Another excuse.

CASEY: Yeah, exactly, excuses.

ADUBATO: But marijuana is there too, because my understanding of marijuana is that it remains the primary drug of choice.

Mr. GAMARELLO: Mm-hmm.

ADUBATO: Is that correct? Statistically, that's correct.

Mr. GAMARELLO: Statistically, I believe it is, yeah.

ADUBATO: Anecdotally, what do you feel?

CASEY: Myself and my friends, like, we smoke weed heavily, so it didn't really have that effect on us.

ADUBATO: Well, how heavily? What's heavily?

CASEY: Every day.

ADUBATO: How much a day?

CASEY: Quarter, maybe half an ounce.

ADUBATO: Quarter of an ounce?

CASEY: Yeah.

ADUBATO: High pretty much most of the day?

CASEY: All day.

ADUBATO: Because I'm thinking a quarter of an ounce will get you high for most of the day, no?

CASEY: Well, not when you build a tolerance.

ADUBATO: Did it take more for you to get high, more and more?

CASEY: After awhile I wasn't even getting high. It was just me becoming normal...

Ms. MUTYANDA: Mm-hmm.

CASEY: ...again. That's how it was. I was just normal. I felt like myself. When I wasn't smoking and I wasn't high, I was--I didn't feel like myself.

ADUBATO: One of the issues that you're going to find on our Web site when you log on to it, one of the areas we're talking about is depression and anxiety. Let's talk about it right now. The terms get thrown around a lot. Are young women--are girls--more susceptible to depression and/or anxiety than boys? And if so, how do we know this?

Yes, Dr. Surks?

Ms. SURKS: There have been studies that show that--from surveys of, you know, people. I think the partnership does a study of that sort.

ADUBATO: The Partnership for a Drug Free New Jersey. Go ahead.

Ms. SURKS: Drug Free New Jersey, mm-hmm. And the problem here is these girls are self-medicating. They're taking whatever they can get their hands on to make themselves feel better. And as Casey was saying, the more you take, the more you need. So that becomes a huge problem, because you build up your tolerance, you need more to get the same effect and at one point you're almost--you're not getting any of the effect and you continue to use, and

depending upon what you're using addiction can be very, very close behind.

ADUBATO: What's driving this depression for a lot of young girls? Does it go back to the body image thing? I don't want to put everything on that, but go ahead.

Mr. GAMARELLO: I would say some of it is probably body image, the need to feel accepted and not feeling accepted.

ADUBATO: How's that any different than boys--for the boys?

Mr. GAMARELLO: I think it's more--there's an overemphasis on it for girls. I mean, Casey talked about girls following in the footsteps of their boyfriend, OK, and that speaks volumes about--of a girl's need to be accepted. I don't think boys take that same mind-set, you know, 'Oh, my girlfriend does this, so I'm going to do that.' Usually it's just the opposite. 'My girlfriend does this, I'm definitely not doing it.'

ADUBATO: Right.

Mr. GAMARELLO: So the acceptance piece is huge.

ADUBATO: Hormones matter here? Because again, we're trying to differentiate between, you know, a 15-year-old boy and a 15-year-old girl as it relates to the potential of using and/or abusing--well, using drugs, you know, using is enough. But using and abusing is the issue here.

Mr. GAMARELLO: Mm-hmm.

ADUBATO: Hormonal issues here? Because you're at the Boys and Girls Club. Do you see anything different in the boys and girls hormonally that would cause young girls to be more susceptible to drugs?

Ms. MUTYANDA: Well, what I see at the Boys and Girls Club, the girls seem to be a lot more advanced than the boys...

ADUBATO: Advanced?

Ms. MUTYANDA: ...when it comes to--yes, when it comes to sexual awareness and attraction to the boys. And then they do--they do different things to try to get their attention, and it's not always the smart--the smart decisions that they make. So there's a--there's a difference in that. Like was mentioned before, they do things to try to attract the boys, to get their attention, and unfortunately, if there's a boy that is using drugs, then the girl thinks that, 'If I do the same thing, maybe I'll catch his eye.' And then we mentioned earlier about peer pressure, wanting to be accepted by their friends. They do like their friends--what the--like their friends do, because they want to be accepted. Then--so it goes--it goes on and on.

ADUBATO: But I'm curious about this, because on the second half of--we're doing two half-hours here.

Ms. SURKS: Mm-hmm.

ADUBATO: On the other program, what I really want to talk about is what--I mean, there have got to be some young women out there who in fact resist the temptation, who feel all the pressures that others feel about body image and

wanting to be accepted and whether a guy likes you or not, but find a way to avoid it. And I'm curious as to what some of the keys to that are. Do you think there's something--do you think there's something about the young girls who wind up using drugs that's in their DNA? I mean, that they're somehow predisposed to this?

Do you think you are? Is it the luck of the draw, or is it the choice you make?

CASEY: I believe it's the choices I've made. Even though I do have family members that use or have used, I really do believe it's the choices that I made.

ADUBATO: Go ahead.

Mr. GAMARELLO: And there are--there are--I mean, there are countless studies that have been done on the genetic predisposition. If, you know, you are a young person growing up, boy or girl, and you have a family member who uses, the propensity to use yourself is going to be that much greater. But in the end, I do believe that it's also choice. Choice plays a part.

ADUBATO: So we have to constantly be talking about choices.

Mr. GAMARELLO: Mm-hmm.

ADUBATO: Making smarter choices, right?

Ms. SURKS: Mm-hmm.

Mr. GAMARELLO: Making the correct choices, yeah.

ADUBATO: I'm curious about a few other things here--and by the way, I'm going to give you some statistics here that are significant. As we were going through this program, one of the things I found was that again, it's showing that more young girls are using and abusing drugs than boys.

Ms. SURKS: Mm-hmm.

ADUBATO: That's a fact?

Mr. GAMARELLO: Yes.

Ms. SURKS: Yes.

ADUBATO: Marijuana is the most widely used drug by teenage girls, OK?

Mr. GAMARELLO: Yes.

ADUBATO: Sixty--listen to this one. For example, girls who use drugs and alcohol are up 63 percent--listen, are more likely by 63 percent to become teenage mothers. Therefore, there's a correlation between drug and alcohol use and abuse and becoming pregnant.

How do you deal with that at the Boys and Girls Club?

Ms. MUTYANDA: Well, it all goes back to self-esteem and teaching young girls about making healthy choices. Also, we need to learn about what's the issues

going on in their lives, and then try to help them and teach them and give them the skills to combat that. One of the things that we do specifically, we have the girls--they have their own private journal. They can do freewriting in that journal, they can do artwork, whatever, to freely express themselves. They do it at the beginning of the week. And then at the end of the week, in a safe setting with the same group of girls and the same counselors, the counselor will bring up certain topics and they'll discuss it, and it'll--they'll explore it. So they'll have actual tangible skills that they can use to combat these different issues. And it's a process, it doesn't happen overnight.

ADUBATO: What about the role of parents here? What advice do you have for parents, particularly as it relates to you? You had great advice on our other program...

Ms. SURKS: Mm-hmm.

ADUBATO: ...in dealing with the Internet and, you know, the use of drugs and the connection between the two. What advice do you have for parents, moms and dads struggling, worrying, fearful about their quote/unquote little girl involved in drug abuse?

Ms. SURKS: Well, you--the biggest, the most important thing is to start early and start--and speak to them often about the issues, about the drugs and alcohol and what the consequences are. They also need to, again, help them build their self-esteem, provide them with opportunities to succeed in the family and praise them often. That really helps to build that inner strength that they will have to make the right choices.

ADUBATO: Does it matter if a girl is involved in certain activities? Like, I often think that if a kid is involved in either sports or after-school activities or community-based activities or whatever it is, religious, church-based community activities, whatever we're talking about--that the more that a kid is involved, the more that a kid is engaged with other kids...

Ms. SURKS: Mm-hmm.

ADUBATO: ...doing quote/unquote good things, the less likely they are to be involved in drugs. Now, I have no statistics to back that up, it just to me seems like it's common sense.

Were you involved--I'll come back to you.

Mr. GAMARELLO: Yeah.

ADUBATO: Again, we have another half-hour to talk about this as well.

Were you involved in things?

CASEY: Not that were positive, no. But everybody in my high school that was, like--I'm talking girls, not guys, because...

ADUBATO: Just girls now.

CASEY: Yeah. The girls, like, they were--that were on the track team or on the basketball team, things like that, they didn't use. Or if they did...

ADUBATO: They did not use.

CASEY: Yeah. Or if they did, it would be like once in a while they would drink, but they wouldn't smoke because it would affect their running. Like, I didn't know many girls that were involved in sports that did use.

ADUBATO: This is interesting. The girls who were involved in sports, you didn't know many of them who used.

CASEY: Yes.

ADUBATO: So what's--what are we saying here?

Mr. GAMARELLO: Well, I think--I think when kids are involved in those extracurricular activities, whether it's through school or, you know, your church or whatever, you're involved with peers who are accustomed to making the right choices that we talk about, OK. So the peer pressure then becomes positive peer pressure and positive support to continue to make the right choices. And I think it's very important.

ADUBATO: What other activities are we talking about here? Because again, for some girls, some boys, sports may not be the thing. What other activities? Go ahead.

Ms. SURKS: Whatever could--whatever is important to them. Because that's one of the issues, that when a young person doesn't have those sorts of activities that are important to them and begin using drugs, the drugs become the most important. If they have something--it could be theater, it could be music, it could be any number of activities--crafts, arts activities, anything that they have that's important to them...

ADUBATO: That they're putting at risk by using drugs.

Ms. SURKS: Absolutely, absolutely.

ADUBATO: Or alcohol, right?

Ms. SURKS: Yes, absolutely.

ADUBATO: So at the Boys and Girls Clubs, what kinds of activities are we talking about for these girls?

Ms. MUTYANDA: Oh, there's a wide gamut of programs at the Boys and Girls Club. In addition to our Smart Girls program we have athletic programs, we have theater programs, there's a dance and step team, we have a swim program. And this is a variety of things for all types of interests. And we have Boys and Girls Club throughout New Jersey.

ADUBATO: Throughout the country.

Ms. MUTYANDA: Throughout the country.

ADUBATO: In fact, the Boys and Girls Clubs are our partners. Connie Ludwin, who in fact heads up the state chapter, we've worked on a lot of initiatives together. That 3 to 6 PM period, Kenya, is very important here, correct? That period of time immediately after school, very vulnerable, correct?

Ms. MUTYANDA: Definitely. Definitely. And at the Boys and Girls Clubs we recognize that. We are--not only are we open from 3 to 6, we actually extend our hours for the teen population. Some of our clubs stay open as late as 9:30 and 10:00. There are some clubs that stay open--that open up on the weekends. We want the youth to know that the Boys and Girls Club is their place, a safe place where they can come, learn, explore new things and enjoy themselves. In particular, the Boys and Girls Club of Union County, we have clubs in Plainfield, Elizabeth, Union, Rosell Park, and we're in some of the schools.

ADUBATO: Why don't we do this, because we'll continue to talk about that and others. We're also going to be talking about young women who resist the temptation to use drugs and alcohol. Catch the next edition. Great job.

Announcer: If you would like more information on this program or if you would like to express an opinion, e-mail us at info@caucusnj.org, and visit us online at caucusnj.org.

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Don't miss Steve Adubato and co-host Raphael Pi Roman each week on "Inside Trenton," Saturdays at 8:30 AM on Thirteen WNET New York, and Sundays at 7:30 AM on NJN Public Television.

Ms. MARY JO CODEY (Former First Lady of New Jersey): Early detection saved my life. It could save yours, too. I'm Mary Jo Codey, and thanks to my yearly mammogram my breast cancer was caught early when it was most treatable. Early detection makes all the difference in beating breast cancer, so go get that mammogram. Information about mammograms for women without insurance is available at the NJC hotline.

Announcer: A message from the North Jersey affiliate of Susan G. Komen for the Cure, and underwriter of CAUCUS: NEW JERSEY programming.