



Assemblymember Linda B. Rosenthal

67th Assembly District

Back To School Newsletter

Dear Students,

Welcome back to school! I hope everyone had a fantastic and restful summer, and that you are excited about the new school year. I love this time of year and the positive energy that it brings. There is so much to look forward to: meeting new friends and seeing old ones, discovering new interests or joining a new sports team. The beginning of the school year is a great opportunity to make a fresh start, set new goals and strive toward greatness. I know that this will be an excellent year for everyone!

I hope you find this newsletter fun to read and helpful as you get back into the swing of the school year. I welcome your ideas, and I am interested in hearing about your experiences and/or concerns. Please always feel free to call 212-873-6368 or email rosenthal@assembly.state.ny.us.

Have a great school year!

Linda Rosenthal

Linda B. Rosenthal
Member of Assembly



**An apple for the teacher
It's really nothing new
Except when you remember
Parents are teachers too!**

Back To School Tips

The beginning of a new school year is a very exciting time, but the first few weeks and even months, can also be very overwhelming. Everyone needs to learn a new class schedule and meet their new teachers. Some students may be entering a new school building for the first time and meeting new classmates. Change is hard for many people, even adults, so it's completely normal to feel uneasy. Whatever the case may be, remember that soon you and your classmates will be settled in and ready to make the most of school year.

Over the years, I have learned a few good tips to help me face my fears. Hopefully, these tips will help you as much as they have helped me.

- If you're beginning the year in a new building, it's easy to feel disoriented. It's smart to tape a map of the building or your classes on the inside of your notebook. If you get lost, you can quickly flip to the map to find where you are or your class schedule. The first time I traveled to the New York State Capitol Building, I did just that and managed to make my way to my office without anyone knowing I was lost!
- Start building close relationships with your new teachers early. Your teachers are there to support you and know that the beginning of the school year can be tough. If you're feeling stressed or overwhelmed, you should definitely talk with a teacher you can trust.
- Create a routine early and follow it. New beginnings can be scary because there are so many unknowns. Creating a routine, from the moment you wake up till dinner time, can help you feel more in control of your new surroundings and in time, the unknowns will start to feel familiar.
- Pick a new club to join, one that you haven't been involved in before. This will help you to expand your horizons and meet new people!
- Remember to smile! It may seem silly, but when someone's nervous, a simple smile often helps them to feel better. Everyone is just as nervous as you are, so a smile may also help to make someone else feel better!



Our Government

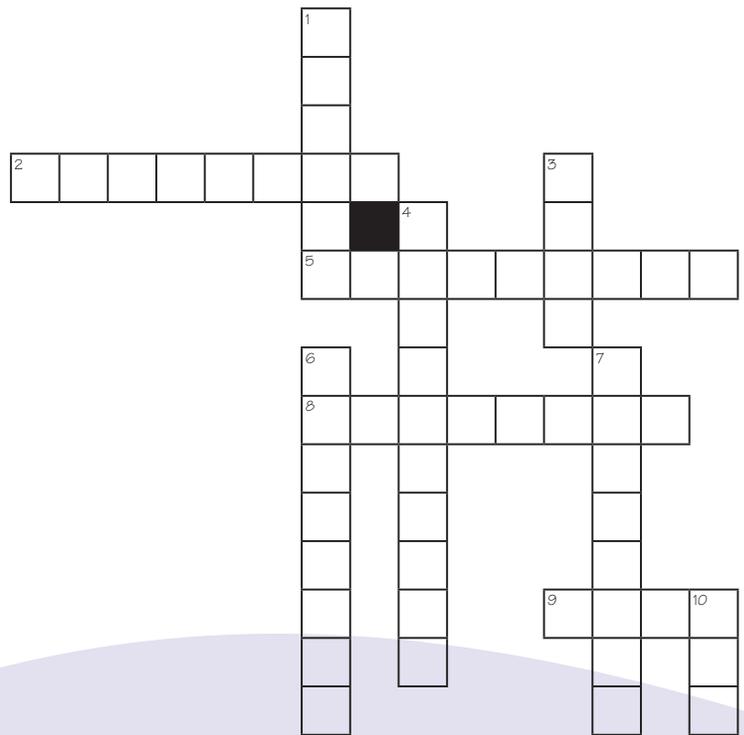
Complete the crossword below!

Across:

- 2. The third branch of government; people bring court cases to this branch of government.
- 5. The Governor of the State of New York is the head of this branch of government.
- 8. I represent the 67th district in this house of the New York State Legislature.
- 9. This document may be signed into law by the Governor if it passes both houses.

Down:

- 1. One of the two houses of the New York State Legislature.
- 3. Your ____ matters. This is the right you exercise on Election Day.
- 4. A person who writes laws is called by this name. Synonym for elected official.
- 6. People who are vying for elective office run this in order to win.
- 7. My favorite day of the year! _____ Day is when people aged 18 or older exercise their right to vote.
- 10. A bill becomes a ____ when it is passed by both houses of the Legislature and signed by the Governor.



Across Answers: 2. Judicial 5. Executive 8. Assembly 9. Bill
 Down Answers: 1. Senate 3. Vote 4. Legislator 6. Campaign 7. Election 10. Law

Weightlifting For Your Brain

Summer is a laid-back time, meant for relaxing and spending time with family and friends. With the new school year upon us, it's important to get your brain back in shape for school so that you're primed and ready to succeed. Just like you exercise to strengthen your muscles, you must exercise your brain to keep it strong and smart. Give these brain teasers a try!

- 1. What has to be broken before you can use it?
- 2. What gets wetter as it dries?
- 3. A man walks into an art gallery and concentrates on one picture in particular. The museum curator notices this and asks the man why he is so interested in that one painting. The man replies, "Brothers and sisters have I none, but that man's father is my father's son." Who is in the painting?
- 4. What occurs once in a minute, twice in a moment and never in one thousand years?
- 5. What is as light as a feather, but even the world's strongest person couldn't hold it for more than a minute?

Answers: 1. An egg. 2. A towel. 3. The son of the man who was studying the painting. 4. The letter M. 5. His breath!

Online Safety

The Internet is an exciting and useful place, filled with endless possibility. You can use the Internet to do so many things, like streaming videos, researching school projects, reading the news, talking with friends, keeping in touch with family members from out of town or playing games.

It's easy to believe that using the Internet is always safe, but we all should be very careful how and with whom we share our information. It's also important to be smart about what you explore on the Internet.

Some websites may try to take your personal information, like your name, address or phone number, when you visit them. There are also some bad people who will try to do the same. It's often difficult to tell the difference between a good website and a bad one, which is why it's important to have a parent or adult present when you go online. They can help you tell the difference and make sure you avoid any dangerous places.

To help you navigate the Internet safely, here are a few tips you should follow. You can keep these by your computer so you have them for quick reference.

Here are some tips to stay safe and stay smart while you are on the web!

- **Never share your personal info with anyone that you talk to online! This includes your name, address and phone number.**
- **Do not download anything without asking an adult first.**
- **Say NO to meeting people from the internet in person, unless you have an adult with you.**
- **Stay away from websites you are not familiar with or sites that are not kid-approved.**
- **If you read a message that sounds mean or scary, do not reply and tell an adult immediately!**
- **Treat others the way you want to be treated.**
- **Keep your passwords to yourself, and do not share them with anyone except your parents or guardian.**
- **Do not click on pop-up messages that may appear on your screen.**



save earth

Live, Love & Recycle!

Earth is our only home, so we must do everything that we can to protect it! That means we must take steps to reduce our waste, reuse as much as we can and recycle!

Recycling is a process by which our waste is turned into cool, new items. Recycling helps to reduce the amount of trash that we produce, which reduces the space our garbage takes up in landfills. Recycling also saves money and energy and helps to protect the environment and wildlife.

I'm sure you're already recycling, since it's the law in New York State. If not, you can begin by figuring out which items are recyclable. You can ask your parents or a teacher, or you can visit this website: <http://www1.nyc.gov/site/dsny/recycling-and-garbage/residents/what-to-recycle-for-residents.page>. Once you know what you can recycle, you can start to reduce your impact by recycling whenever and wherever you can to save the Earth we love.

The future of recycling is bright! Soon, we will be able to turn toxic electronic waste, like old computers and cell phones, into solar cells, which provide power to solar panels that can produce renewable energy for our homes, schools, offices and so much more.

Smoking is a gross habit that creates a lot of waste, and cigarette butts make up about 40% of all of our trash. Soon, cigarette butts will be used to make supercapacitors – fast-charging electrical power storage devices that could replace some batteries.

There are a lot of ways to help protect planet Earth, but recycling is one of the easiest and most fun! So, start talking with your friends and family about recycling and other ways to reduce your use!

Electronic Cigarettes: Another Bad Habit

Everyone knows that smoking cigarettes is bad for you. In addition to being a gross habit that stains your teeth and makes your clothes smell bad, cigarette smoking is harmful to your health. Smoking is the leading cause of all cancers and the leading cause of death from cancer. Since everyone knows how dangerous cigarettes are, fewer and fewer young people are taking up the habit, and that's great news! But what about electronic cigarettes? Since they aren't cigarettes, are they as dangerous?

Electronic cigarettes are relatively new, so many people are confused about their safety. While electronic cigarettes are not like regular cigarettes, the dirty truth is that they can be just as dangerous. That's because electronic cigarettes contain the same active ingredient as cigarettes: Nicotine. Nicotine is the chemical in cigarettes that makes them addictive.

In addition to nicotine, electronic cigarettes also contain a number of other chemicals that may be dangerous, like formaldehyde and benzene. Formaldehyde is a poison that is used to prevent the decay of organic matter and benzene is



used to make pesticides that kill insects and weeds.

That's what you're putting in your body when you use electronic cigarettes. Even though commercials try to make electronic cigarettes look cool, they can be just as bad for you as regular cigarettes. Plus, once you start using electronic cigarettes, you may become addicted to the nicotine and start smoking regular cigarettes.

It's important that you stay away from electronic cigarettes, no matter how cool they may look in commercials. I've been working hard to protect young people from the dangers associated with electronic cigarette use. In 2012,

I passed a law to ban the sale of electronic cigarettes to kids under the age of 18. In 2013, I passed a law to ban the sale of electronic cigarette liquid to minors and to require that the liquid come in child-resistant packaging. Now, I'm working to pass a statewide law that would prevent people from using electronic cigarettes in restaurants and in other places where cigarette smoking is prohibited.

Even with all of these laws, it's important that you do your part and stay healthy and safe by staying away from electronic cigarettes!

Adopt - Don't Shop!



Those puppies staring out at you from behind the glass of the pet store window could not be cuter, with their big eyes seemingly begging you to take them home. Even though those animals look cute, you should not buy them. Many of the animals in pet stores come from puppy mills, which are like factories, but instead of producing cars or canned food, they produce puppies.

Puppy mills treat the animals really badly. Mom puppies are kept for years in tiny cages. They rarely get to go outside and play, and have very little human interaction. The moms are pregnant all the time, which is exhausting, and once they get too old or too sick to have puppies, they are usually put down. Puppy mills are sad places, and if you buy a puppy from a pet store, your purchase helps to support them. Plus, pet store puppies can be really expensive, sometimes as much as several thousand dollars!

Good thing, there's an alternative. Instead of buying your pets at a pet store, you can adopt a loving dog or cat that desperately needs a fur-ever home! There are plenty of great animal shelters and rescue groups that have so many animals they just don't know what to do with them. You can adopt healthy, loving animals from shelters and rescues. And, these animals may love you even more because you saved their life.



I care about animals just like you, which is why I have passed laws to help shut down puppy mills. But, I need your help. Until everyone stops buying animals from pet stores, puppy mills will continue to exist. So please, when you're ready to add a furry member to your family, please tell your parents to adopt, not shop! You'll be saving a life!

In addition to passing laws to protect people, I also work hard to pass laws that protect animals. In the past, I have passed legislation to ban people from tattooing and piercing their pets. This year, I am working to pass a law that would ban declawing of cats, which is painful and unnecessary. If you were an elected official and could introduce one law to protect any kind of animal, what would it be and why?

Write your answer here (add a sheet if you need more space):

Tear this part off and send it back to:
Assemblymember Linda B. Rosenthal
230 West 72nd Street, Suite 2F
New York, NY 10023
One lucky student may see their idea become a bill!