

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



Inside the Issue

WHAT'S INSIDE

- Check out tips on reducing stress in recognition of **National Stress Awareness Day** on November 3rd.
- November 13th is **World Kindness Day**. What can you do to spread some kindness in St. Lawrence County?
- November 15th is **National Recycling Day**. Look for our recycling guidelines.

NOW RECRUITING TEENS FOR OUR YOUTH COMMITTEE

Are you a teen, living in St. Lawrence County, who wants to be involved in teen-led programs and initiatives? We are inviting teen leaders who are interested in community service activities and social-issue awareness to apply! Let's see every high school represented this year!

Email ABackus@stlawco.org for information.

NOVEMBER FEATURED EVENT

Teens in St. Lawrence County are invited to attend a FREE virtual Teen Leadership Summit on **Tuesday, November 30th at 7 pm**. JC Pohl, a producer and speaker, will be presenting this summit. Check out page 9 for more information.



Bravo

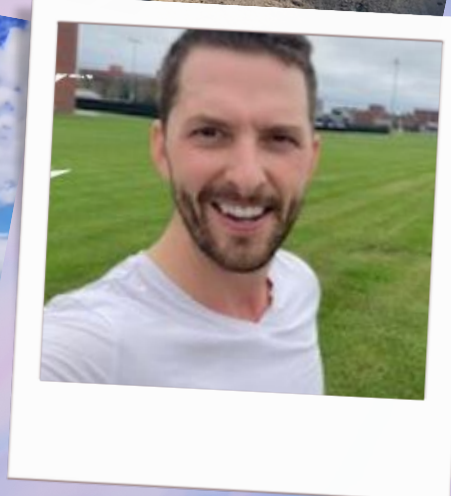
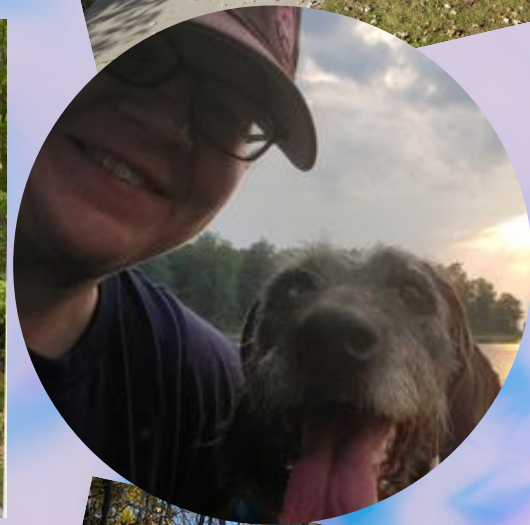
**1.2 MILLION STEPS
500 MILES**

A big SHOUT-OUT to everyone who participated in our Youth Bureau Suicide Awareness Virtual 5K! Together we increased awareness and walked over 500 miles! We've featured beautiful and heartfelt pictures submitted by our walkers. We appreciated all the messages, emails, and photos. Many stories were shared. This walk proved that we truly are a county who is caring and committed! There is great power in numbers! Thank you!



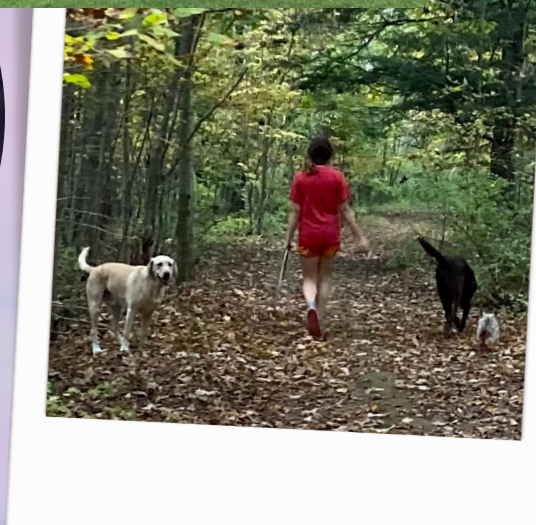
SLC YOUTH BUREAU SUICIDE AWARENESS VIRTUAL WALK

110 Participants
1.2 Million Steps
500 Miles
1 Mission





**POWER IN NUMBERS
ST. LAWRENCE COUNTY
CARING & COMMITTED**



National Stress Awareness Day November 3, 2021

Stress and anxiety are common experiences for most people. In fact, 70% of adults in the United States say they feel stress or anxiety daily. Here are simple ways to relieve stress and anxiety.

Exercise

Activities that involve repetitive movements of large muscle groups can be particularly stress relieving. Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep and self-image.



Aromatherapy

Using scents to treat your mood is called aromatherapy. Using essential oils or burning a scented candle may help reduce your feelings of stress and anxiety.

Consider Supplements

Certain supplements can reduce stress and anxiety, including ashwagandha, omega-3 fatty acids, green tea, and lemon balm. Some supplements can interact with medications or have side effects, so you may want to consult with your doctor if you have a medical condition.

Less Caffeine

High quantities of caffeine can increase stress and anxiety.

Keep a Journal

Write down what you are grateful for. Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.



Chew Gum

According to several studies, chewing gum may help you relax. It may also promote wellbeing and reduce stress.

Spend Time With Family And Friends

Social support from friends and family can help you get through stressful times. Having strong social ties may help you get through stressful times and lower risk of anxiety.

Laugh

Find the humor in everyday life, spend time with funny friends or watch a comedy show, laughter can also help improve your immune system and mood.



Learn To Say No

Try not to take on more than you can handle. Saying no is one way to control your stressors. Take control over the parts of your life that you can change and be selective about what you take on.

Avoid Procrastination

Prioritize what needs to get done and make time for it. Procrastination can lead you to act reactively, leaving you scrambling to catch up.

Listen To Soothing Music

Listening to music you like can be a good way to relieve stress and have a relaxing effect on the body.



Deep Breathing

Deep breathing activates the relaxation response. Multiple methods can help you learn how to breathe deeply.

Ogdensburg Whiz Quiz team competes



The Ogdensburg Free Academy Whiz Quiz team recently participated in a match against Lyme Central. The team represented OFA well but ultimately lost the match. Whiz Quiz advisors Lonnie Shippee and Bridgette Havens said they are proud of the team effort. The match will air on November 1 at 7:30 p.m. on WPBS. Above are students Katelyn Reed, Dylan Sovie, Sam Price, and Gannon Kelly. Emma Murray who also attended as a team alternate is not pictured.

POTSDAM CENTRAL SCHOOL POSITIVITY CLUB TO BE A MODEL FOR SCHOOLS NATIONWIDE



Students worked Sunday afternoon on Positivity Club packet orders that will be distributed to senior citizens at Mayfield Apartments and others in the community. Above from left are Desmond Baxter, Halle Varney, Juliana Batich, Johannes Richter and Kaylee Green.



RECYCLING GUIDELINES


YES!

- Clean and Empty Containers
- Replace lids and caps

Paper

Cardboard (flattened), Office Paper, Newspaper, and Magazines



Metal



Steel and aluminum containers and foil



Glass

Bottles and Jar Containers

Plastic



Bottles, tubs, jugs, and jars

AMERICA RECYCLES DAY-NOVEMBER 15TH

Big Items

Electronics, wood, propane tanks, scrap metal or Styrofoam.



Clothing

Textiles or Shoes



Tanglers

Hangers, Hoses, Wires, Cords, Ropes or Chains



Shredded Paper

Check with local transfer stations for other recycling options



NO!

Plastic Bags or Product Wrap



Batteries, Needles, Food, Liquid, or Diapers



These guidelines represent the common items accepted in most recycling programs. For more details in your local area contact your transfer station.

LOSING A FAMILY PET

by **Alexa Backus**
Youth Bureau Director



This month, we pay tribute to two family pets who we recently lost within our Youth Bureau family. We sadly said "Good-bye" to my 16 year old Pug, Louie, and Mattie Lomoglio, a Youth Committee member and Sophomore at Potsdam High school, experienced an untimely death of her Golden Doodle, Maggie. It's been a tough few weeks which prompted us to write about this topic. Losing a family pet rocks everyone's worlds. How do we grieve and move forward after such loss? Here are a few suggestions:

Be patient with emotions

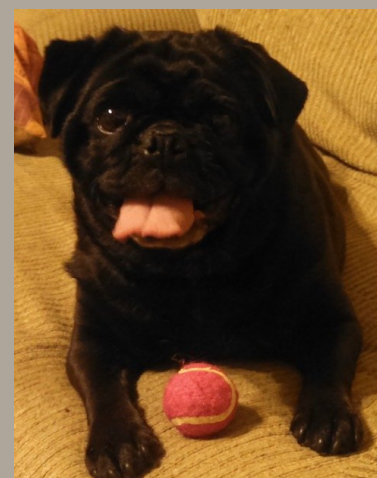
Often we feel a flurry of emotions with any loss. It's okay to grieve, cry, and feel unbearably sad. Allow family members, friends, and those close to you support you and listen to your thoughts. They want to hear it all.

Give yourself time

There is not a set timeline on the grieving process. Give yourself time and do what brings you comfort and peace. It's also okay to cancel plans with friends to stay home and binge watch a new Netflix series and eat your favorite snacks.

Remember your pet

Sharing memories and paying tribute to your pet helps guide us through our loss. Share stories with those close to you and consider journaling your stories and feelings. Some people plant a tree or make memorial stones. Do what feels right for you and what provides the most comfort. For me, I buried Louie under a beautiful, big rock on my property. That way, I can visit his burial and share some quiet time with him.



Alexa's Pug, Louie

A TEEN'S PERSPECTIVE ON LOSING A FURRY FAMILY MEMBER

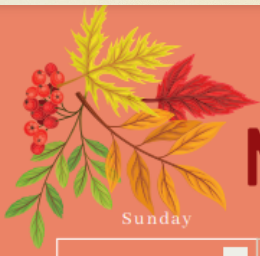
by **Mattie Lomoglio**
Youth Committee member
and Sophomore at Potsdam High School



Mattie with
Golden Doodle, Maggie

Dealing with the loss of a family member, or a pet, is an unfortunate part of life. It is hard, confusing, and heartbreaking. At the beginning of October, we lost our 2-year-old Golden Doodle, Maggie. She was loving, wild, and loved eating our Amazon packages. It has been extremely hard on my family and me for the past few weeks. It feels like there is a big hole in our home, and hearts, and it is too quiet without her here. The hardest part, for me, is not seeing her run up to me when I get home after school. I will also miss her trying to freak my mom out every time she saw her in the backup camera of her car. We all miss her very much and will never forget her and how much joy she brought to our home.



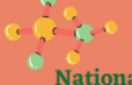











NOVEMBER 2021

A Few National Observances

- National Career Development
- National Young Readers week Oct 7-13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 National Stress Awareness Day 	4 Trinity Turkey Contest 	5 National Donut Day 	6
7 Daylight Saving Time Turn your clocks back 	8 National STEM/STEAM Day 	9	10	11 Veterans Day 	12	13 World Kindness Day Mohawk Cultural Presentation 
14	15 America Recycles Day 	16	17 Richville Library Event 	18 Mickey Mouse Birthday 	19	20 National Child's Day 
21	22 HARVEST BASH FOOD DRIVE 	23 HARVEST BASH FOOD DRIVE Donations 	24	25 Thanksgiving 	26 BLACK FRIDAY 	27
28	29 CYBER MONDAY 	30 Virtual Teen Leadership Summit TEEN TRUTH 365 				

GIVE THANKS

FAMILY & YOUTH CALENDAR OF EVENTS

11/4 Trinity Turkey Contest
11/7 Daylight Saving Time
Turn Clocks Back
11/13 Mohawk Cultural Presentation
11/17 Richville Library Event
11/22-11/23 Harvest Bash Food Drive
11/30 Virtual Teen Leadership Summit

SPECIAL INTEREST/FUN DATES

11/3 National Stress Awareness day
11/5 National Donut Day
11/7 Daylight Saving Time
11/8 National STEM/STEAM Day
11/11 Veterans Day
11/13 World Kindness Day
11/15 America Recycles Day
11/18 Mickey Mouse Birthday
11/20 National Child's Day
11/25 Thanksgiving
11/26 Black Friday
11/29 Cyber Monday

ST. LAWRENCE COUNTY YOUTH BUREAU PRESENTS

Ideal for middle school and high school aged audiences. Help student leaders understand their role in the COVID era and the importance of thinking outside the box when it comes to building community and connections. During this 90-minute Zoom Summit, attendees will learn the value of:

- **Brainstorming critical social-emotional issues that are negatively affecting student life**
- **Understanding how student leaders can better influence the world around them**
- **Developing tangible solutions that can be implemented during the COVID era**

Presenter JC Pohl is a producer and speaker who has impacted over 10 million people in 7,000+ schools. He has produced ground breaking programs such as TEEN TRUTH and RISING UP, and award-winning content for companies such as Warner Brothers, ESPN, and Disney. He has also provided innovative educational content for The American Film Institute and Human Relations Media.



VIRTUAL TEEN LEADERSHIP SUMMIT

**TUESDAY, NOVEMBER 30TH
7:00-8:30 PM**

FREE

All teens in St.
Lawrence County are
invited to attend

REGISTER



Questions? Email ABackus@stlawco.org
or call 315.379.9464

TEEN TRUTH

365

NOW RECRUITING

St. Lawrence County Teens in Grades 9-12
To Join our St. Lawrence County Youth

Committee

Discuss
Contemporary
Issues Facing
Youth in a Safe
Space

Make a Positive
Impact in Your
School &
Community

Join a Network
of Motivated
Student and
Adult Activists

Get Involved! Reach out to Alexa Backus, Director, at



ABackus@stlawco.org



Check us out on Social Media!



10 Raymond Street
Potsdam, NY 13676
315-274-9380

INTERACTIVE MOHAWK CULTURAL PRESENTATION

SATURDAY, NOVEMBER 13TH

11:00 AM TO 12:00 PM

A troupe from the Native North American Traveling College in Cornwall Island will visit NCCM and teach children and families about the traditions of the Mohawk Nation in Akwesasne. Cultural educators Lorna Thomas and Karonhianonha Francis will share stories and the significance of cultural objects that visitors can engage with. Kids will listen and ask questions as they learn about our neighboring Native community in Akwesasne.



No need to preregister. The program is included with membership and admission.

Gouverneur Recreation Department

315.287.0524

Recreation Center STEAM Studio



After School Program November 22nd & November 23rd

Helping Hands with Helping Neighbors

November Canned Food Drive

Festive Door Prizes

Each canned food item donated is eligible for tickets to win prizes

Turkey Lurky Fun

Exciting & Creative Activities

Happy Harvest Hoopla

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November Food Drive Drop Box <i>Helping Hands Helping Neighbors</i>	1 After School STEAM Grades: 2-4	2 After School STEAM Grades: UPK-1	3 After School STEAM Grades: 2-4	4 After School STEAM Grades: UPK-1	5 Senior Citizen Elnco Social 10am	6 STEM + Art STEAM
7	8 After School STEAM Grades: 2-4	9 After School STEAM Grades: UPK-1	10	11 	12 Senior Citizen Elnco Social 10am	13
14	15 After School STEAM Grades: 2-4	16 After School STEAM Grades: UPK-1	17 After School STEAM Grades: 2-4	18	19 Senior Citizen Elnco Social 10am	20
21	22 After School STEAM Grades: 2-4	23 After School STEAM Grades: UPK-1	24 	25 	26 Senior Citizen Elnco Social 10am	27
28	29 After School STEAM Grades: 2-4	30 After School STEAM Grades: UPK-1	 Mr. Casey Canell Rec. Director	 Gouverneur Recreation Center 8 Trinity Ave. 315.287.0524	 Mr. Jeff Burt Head Attendant	

Gouverneur Recreation Department
Corner of Clinton Street & Trinity Avenue
{315.287.0524}

After-School Recreation

Enrichment Program



Recreation Center Studio

{Bus transportation from school to Rec. Center}

Monday & Wednesday: Grades 2-4

Tuesday & Thursday: Grades UPK-1

After School: until 6:00pm

STEM + Art STEAM

Participant Information Required

Only \$2.00 per session

Payments accepted weekly or monthly at Rec. Center.
Cash or Checks Payable:

Gouverneur Recreation Department
33 Clinton Street - Gouverneur, New York 13642

Attention Mr. Casey Canell, Recreation Director

{Parent pick-up at Recreation Center}

American Kang Duk Won Karate

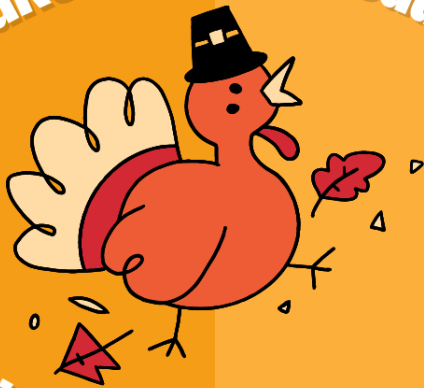


Canton Pavilion
Upper Riley Room
Thursday's 6 to 7 pm

For school-age youth, college students, and adults. Interested individuals are invited to attend a free introductory class at any time.

For further information, attend a class or contact Instructor Palumbo at 315-854-6880

Take Time Thursday



Time to Talk Turkey

We have enjoyed all the creativity our families have shown in the past. Here is another opportunity to get your creative juices flowing!

Enter Trinity's Most Creative Turkey Contest.

Your task is to create a Turkey decoration. It could be a lawn ornament, a free-standing decoration for your Thanksgiving table, or a welcome mat. The possibilities are endless! Be as creative as you would like, and bring your turkey to **Trinity's dining hall on November 4, 2021, from 6-8 pm.** During that time the Turkey's will be judged for bragging rights and we will enjoy family games, that will be COVID friendly.

(Mrs. Behrens will provide everything for the games.)

Families need to RSVP by November 2, 2021.

RSVP is important, it helps the school staff arrange the dining hall appropriately.

FREE

Dolly Parton Imagination Library at the Richville Free Library

Michelle Lallier will be at the Richville Free Library on Wednesday, November 17th, to host an informational session, storytime, and a snack. All are welcome to attend.

Sign your child up for the program for FREE!

Newborn to 5-year-old children will receive a FREE age-appropriate book each month, delivered to their home from the time they are signed up until they are 5 years old.

If you have any questions, call 315-287-1481.

FREE



NOVEMBER PUBLIC SKATING - PINE STREET ARENA -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:00-5:00 PM	2 1:45-2:45 PM	3 1:45-2:45 PM	4 1:45-2:45 PM	5 4:00-5:00 PM	6
7 3:30-4:30 PM	8 4:00-5:00 PM	9 1:45-2:45 PM	10 1:45-2:45 PM	11 3:45-4:45 PM	12 4:00-5:00 PM	13 3:30-4:30 PM
14 1:30-2:30 PM	15 1:45-2:45 PM	16 1:45-2:45 PM	17 1:45-2:45 PM	18 1:45-2:45 PM	19 1:45-2:45 PM	20
21 1:30-2:30 PM	22 1:45-2:45 PM	23 1:45-2:45 PM	24 1:45-2:45 PM	25 	26 1:45-2:45 PM	27
28 1:30-2:30 PM	29 1:45-2:45 PM	30 1:45-2:45 PM	MASKS MUST BE WORN AT ALL TIMES			

FREE ADMISSION SKATE RENTALS \$3.00

315-265-4030 TSMUTZ@VI.POTSDAM.NY.US

PINE ST. ARENA NOVEMBER EVENTS

MASKS REQUIRED FOR ENTRY

SENIOR
SHINNY
\$3.00

8:30 AM - 9:45 AM

DATES: 11/1, 11/3, 11/5, 11/8, 11/10, 11/12,
11/15, 11/17, 11/19, 11/22, 11/29

9:00 AM - 10:00 AM

DATES: 11/2, 11/4, 11/9, 11/16, 11/18, 11/23, 11/30

ADULT
SKATING
FREE

PARENT-
TOT
FREE

10:00 AM - 11:00 AM

DATES: 11/1, 11/3, 11/5, 11/8, 11/10, 11/15,
11/17, 11/19, 11/22, 11/29

11:00 AM - 12:00 PM

DATES: 11/2, 11/4, 11/9, 11/16, 11/18, 11/23, 11/30
+ DATES 11/11, 11/12, 11/24, 11/26 (NO SCHOOL)
YOUTH (AGE>12) 11:00-12:00, ADULT (13+) 12:15-1:15

OPEN
HOCKEY
\$5.00

315-265-4030

tsmutz@vi.potsdam.ny.us





Holiday Gift Drive for Older Adults

THE OFFICE FOR THE AGING IS SPONSORING
THE 8TH ANNUAL HOLIDAY GIFT DRIVE
FOR OLDER ADULTS IN SLC!

WE ARE COLLECTING FINANCIAL CONTRIBUTIONS TO
PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER
ADULTS IN OUR HOME DELIVERED MEAL PROGRAM.
PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS
BRIGHTER FOR SENIORS IN OUR COMMUNITY!



PLEASE MAIL YOUR CONTRIBUTION TO: THE OFFICE FOR
THE AGING, 80 STATE HIGHWAY 310, SUITE 7,
CANTON, NY 13617.
CALL (315) 386-4730 FOR MORE INFORMATION!
THANKS FOR YOUR SUPPORT!



JW LEARY JUNIOR HIGH SCHOOL

MCS FREE MARKET

MONDAY - FRIDAY 9AM-2PM

Do you know of families with
children at Massena Central that
need an emergency food bag?

Soap, Shampoo, or Deodorant?

Warm Clothes?

School Supplies?

Call the Junior High at (315) 764-
3720 and ask for
Megan LaPrade (ext. 3270)
or Van Alexander (ext. 3206)
for more information





ST. LAWRENCE COUNTY
STUDENTS AND FAMILIES-



WE NEED YOUR HOMEMADE HOLIDAY CARDS

**SLC YOUTH BUREAU
IN PARTNERSHIP WITH
OFFICE FOR THE AGING**

**Students of all ages are invited to
make holiday cards, notes, or
pictures for older adults this holiday
season. Let's spread some cheer!**

**Please mail your cards by Friday, December 10th to
SLC Youth Bureau 80 SH 310 Canton, NY 13617**

**For more information,
email ABackus@stlawco.org or call 315.379.9464**

