



Inside this Issue

STUDY TIPS FOR FINALS

Tips and suggestions for acing end of year finals, exams, and projects. With some planning and preparedness, you'll end the school year with success and free of stress!

JUNE APPRECIATION

This month we honor our Graduates, Gay Pride, and Juneteenth! Check out our teen perspective articles submitted from a St. Lawrence County student. We applaud her courage and insight. A job well done!

THE MONTHLY CALENDAR OF EVENTS

June's Calendar of Events provides some family friendly activities offered in St. Lawrence County. There are also some really fun activity dates!

WELCOME TO OUR THIRD EDITION

by Alexa Backus

We've been listening to your feedback and know there's a need for a central place to list events, activities, and helpful tidbits. We've reached out to many organizations and schools to gather information. Let's continue to be patient while people are getting to know this is available. *Please spread the word!* Share this newsletter and ask school personnel, community leaders, and parent influencers to contact us with news and events. We are looking for articles, written by teens, as well. Any future journalism majors? Contact us, please! We can be reached at slcouthbureau@gmail.com or (315) 379-9464.



HELLO, FINALS



TIPS FOR KEEPING YOUR COOL DURING JUNE FINALS

by Alexa Backus



Congratulations, you've made it to the end stretch of the school year which means finals are coming up quickly! Here are some tips and strategies to consider when getting ready for end of semester tests and projects:

- **Know your test final and project dates.** Put them into your calendar so you don't overlook any important deadlines. Ask your teacher about study guides and test content. This allows you to effectively plan your study time. *Do this now.*
- **Chunk your study time.** Focus, concentration, and stamina are strongest when doing short, powerful study bursts. For example, study hard for 40 minutes and then take a 20 minute break. Study another 40 minutes and then *another* 20 minute break. You'll find that you get a lot done when you study hard, free from distractions (especially your cell phone), and then reward yourself with a snack or social media break.
- **Schedule a study group with your peers.** Consider studying via Zoom and do screen shares to review content together.
- **Involve the senses when studying.** Over the years, I've often coached students, "See it, hear it, say it, feel it." Students have a much easier time remembering content when they are actively studying. Write out notes and test questions. Use highlighters and markers. Recite facts out loud so you can hear your voice. These strategies are much more effective than merely reading notes.
- **Practice Test Questions.** Often test questions can be pulled out of textbooks & study guides. Plus, many teachers use these questions when developing finals. *Check them out.*
- **Use study apps for engagement.** Download some top rated apps for studying such as StudyBlue Flashcards & Quizzes, Go Conqr, My Study Life, and Evernote. Many apps are free to use and promote organization, time management, memorization techniques, and motivation.
- **As always, unplug, practice self-care, and get sleep.** Take care of yourself during finals and good luck! *You got this!*



SAT TEST DATES

SAT June 5, 2021

(Past registration deadline)

SAT August 28, 2021

(Check online for registration deadline)

ACT TEST DATES

ACT June 12, 2021

(Past registration deadline)

ACT July 17, 2021

Register by June 18th

ACT September 11, 2021

Register by August 6th

“

“All progress takes place outside the comfort zone.”

-Michael John Bobak

”

APP



Chegg Study & Homework Help

App



GRADUATES, WE HONOR YOU!

Congratulations

ENJOY YOUR TIME!

by Alexa Backus

Recently, some area high school graduates confessed they feel stressed and ill-prepared for their next steps. Some grads are heading off to college in August while others are starting jobs or, perhaps, doing both. Without a doubt, this is a stressful time. As with any life transitions, they can be unpredictable and topsy-turvy. However, transitions can be adventurous, fun, educational, and life changing. Here are a few tips to ward off graduation jitters and embrace *your time*:

- **Spend quality time with your people.** Summer will quickly pass. Spend quality time with family and friends doing activities you enjoy. Take pictures and make memories.
- **Be easy on yourself.** Some students may already know their college major, career, or trade. It's okay if you do not. Realistically, many people change their college major or career path. It's okay to do so. Now is the time to reflect on your interests and strengths.
- **Don't compare yourself.** Too often, we have a tendency to compare ourselves to others. *As long as you are always striving to be your best, that is enough.*
- **Make new relationships.** Be open to making new friendships. If you are attending college, get to know your resident assistant (if you are living on campus.) Also, build a positive working relationship with your college academic advisor. They can be a big help. If you are starting a new job, get to know your direct supervisor. (Same reason as resident assistant & college advisor.)
- **Learn how to manage your money.** Listen to the advice of your parents or teachers on this topic.
- **Talk it out.** It's okay to reach out to your parents or friends when you are feeling unsure and need some support. Have at least one support person you can talk to about anything.
- **Be proud of your accomplishments.** Enjoy your graduation and pat yourself on the back for a job well done! *Congrats!*

BELIEVING IN YOU

A graduation poem
by Catherine Pulsifer

Never stop believing in yourself.
When others doubt, don't you.
Do what you love to do,
No one knows better than you.

Life is too short to live others' dreams
Follow your own dream
Push yourself to reach your goals
And live the life you once dreamed.

Trust your instincts.
Be true to yourself.
You know what is right for you.
Never give up or give in.

Forget the words "I don't know how".
You can learn,
You can research,
You can do.

Your mind is powerful.
When you believe you can.
You will find a way
You won't waste a day.

Persist and persevere
Do not fear
Because if you believe in you
You will find dreams can come true.

May all your dreams turn into goals,
Believe in yourself.
And remember, all of life is a choice.
The decision is up to you.

Believe in Yourself, Dare To Be
Whatever You Want To Be!





JUNE IS LGBTQ+ PRIDE MONTH

The following article is from Youth.gov-

Lesbian, Gay, Bisexual, and Transgender Pride Month (LGBT Pride Month) is celebrated annually in June to honor the 1969 Stonewall riots and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) Americans. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBT Americans were commonly subjected. This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBT Americans.

Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that LGBTQ individuals have had on history locally, nationally, and internationally.

Federal and local policies and practices are increasingly acknowledging and focusing on LGBTQ youth and numerous national advocacy and other organizations are also giving greater attention to LGBTQ youth in their work. Encouraging greater acceptance and support for all youth, including those who are or are perceived to be LGBTQ, will make communities, schools, and other settings safer, better places for all youth.

To get involved:

The White House is holding an *LGBT Pride Month Champions of Change Video Challenge* to explore the stories of unsung heroes and local leaders who are leading our march towards a more perfect union. In early June, you will have a chance to weigh in and help identify finalists that will be featured as Champions of Change at an event at the White House!

Take a look at resources from the **Administration on Children and Families' National Clearinghouse on Youth and Families**. These resources are geared at helping youth-serving organizations understand and more effectively support lesbian, gay, bisexual, transgender, and questioning young people: *Serving Lesbian, Gay, Bisexual, Transgender and Questioning Youth With Open Arms*.

Pride events occur throughout the month. Find a LGBT Pride event in your area.

Check out the **It Gets Better Project**. Take the pledge to speak up against hate and intolerance whenever and wherever you see it. Watch videos from folks who know "It gets better," or submit a video of your own.



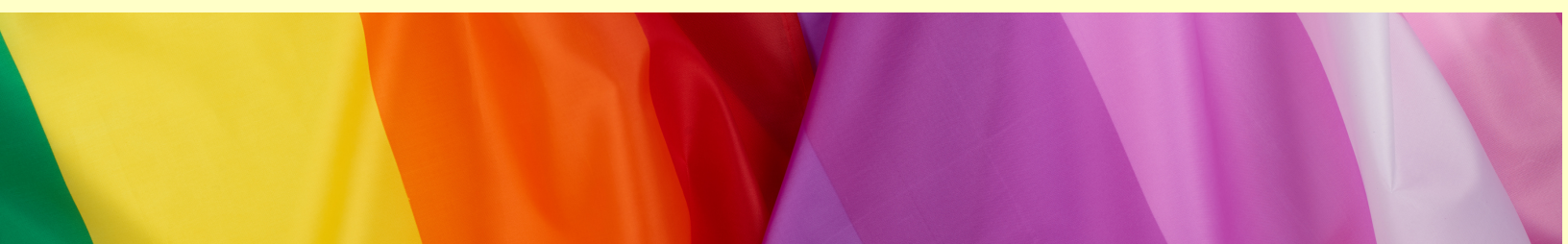
[It Gets Better Project](#)

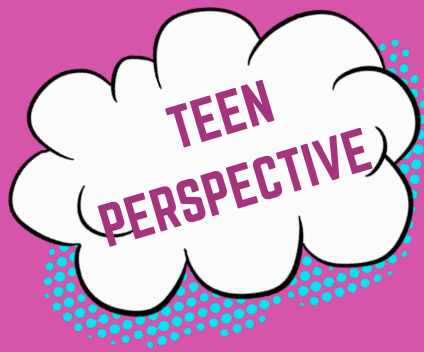
[To access the full article-](#)

[CLICK HERE](#)



Take the Pledge Today
and stand up against
intolerance
Click Here





JUNE IS LGBTQ+ PRIDE MONTH

The following article was submitted anonymously by a St. Lawrence County teen.

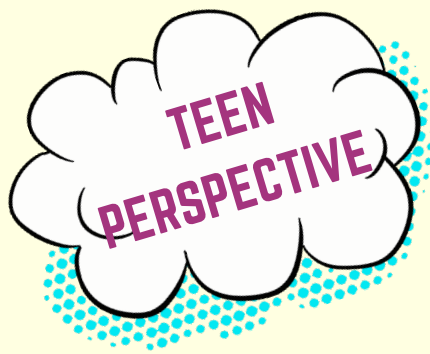
IT'S OKAY TO BE GAY

The media often dramatizes the reality of what it means to be part of the LGBTQ+ community. For example, most tv and movie characters, who are a member of the LGBTQ+, fit into the same stereotypical roles that have become associated with certain genders or sexualities, if a specific gender or sexuality is even being portrayed in the first place. In actuality, the LGBTQ+ community is diverse and most do not fit within the stereotypes that have been assigned to their sexuality or gender. As well, these characters, when they come out of the closet, go home to a loving, caring family who accepts them for who they are. Sadly, this isn't reality for some youth, especially in conservative leaning areas, like St. Lawrence County. Instead, these youth fear discrimination and hate for simply trying to be themselves.

Most people, who haven't experienced the decision of coming out, don't understand the difficulty of doing so. "It can't be that hard, everyone will accept you," some people think. However, the fear of not being accepted, as themselves, is validated by the everyday actions of those around us. I, myself, have countless stories of being stared at and called out for wearing a pride shirt or rainbow Crocs, people using improper pronouns for those transitioning (sometimes even using "it" as a pronoun to describe another human being), and casual homophobic or transphobic language with it just being shrugged off as "a joke" or "locker room talk". Now, some non-LGBTQ+ people may not see the issue in such language or actions because they don't understand the harm it can cause. An overabundance of LGBTQ+ youth struggle from mental health issues that have some correlation to their sexuality or gender identity when most just want to feel accepted by others for who they are rather than just a label. This lack of feeling accepted is also related to how LGBTQ+ youth are taught. Most don't know the struggles that those in their community faced within history and for a vast majority of history being "not straight" was seen as sinful and "unnatural". If, in history, we learn about events in the Civil Rights Movement, like the March on Washington, and groups like the Black Panthers, then why can't we, as youth, learn about the Stonewall Riots and the Gay Liberation Front? I remember something similar to this vividly when, in my AP US History class, we talked about the historical significance of Raphael Warnock being elected as Georgia's first African-American Senator and Kamala Harris becoming the first woman and first person of African-American and Asian descent to be elected Vice President but never learned about the historical significance of Pete Buttigieg becoming the first openly LGBTQ+ cabinet member. I felt like my community was being silenced in a time of great significance for the LGBTQ+ as a whole.

I want youth, in St. Lawrence County, to know it's okay to be gay. It's okay to be lesbian. It's okay to be transgender. It's okay to be yourself. You are stronger than any discrimination that you may face. Always know that there are hundreds of other people just like you out there, fighting the same battle of acceptance that we, as a community, have been striving towards for decades and June is the time we celebrate our history without fear of being judged.





JUNE IS LGBTQ+ PRIDE MONTH

The following article was submitted anonymously by a St. Lawrence County teen.

HOW TO BE AN ALLY



An ally is someone who is not a member of the LGBTQ+ community but fights for the rights and values of those within the community. Allies help the world move more toward progress and are a vital part of gaining equality. A growing rise in youth allies has increased due to the creation of GSA (Gay-Straight Alliances) groups in schools across the country. However, you don't need to be a member of a GSA to be an ally. Here are some simple tips on how to be an ally to the LGBTQ+ community:

- **Use proper pronouns.** Most youth who are beginning to transition from one gender to another are in a time of great uncertainty and fear. By using proper pronouns, it will help those transitioning feel more secure and accepted by those around them. If you are unsure about a person's specific pronouns, just ask or use they/them/theirs pronouns until their pronouns have been specified to you.
- **Don't invalidate someone's sexuality or gender identity.** Every human being has the right to be themselves, no matter their sexuality or gender identity. By calling their sexuality or gender identity invalid, you are essentially saying that they no longer have the right to be themselves. It's okay to ask questions, in order to learn more about someone's orientation, but it isn't okay to question somebody's gender identity or sexuality.
- **Don't out someone if they are in the closet.** It takes time for an individual to express to others their gender identity or sexuality. Someone coming out to you takes a lot of trust. By outing someone to peers, friends, and family, you are violating their trust and could potentially cause the individual mental or physical harm if the people you outed them to are homophobic or transphobic.
- **Be supportive.** Many LGBTQ+ youth fear not being accepted or being viewed as "not normal". By being supportive of someone's sexuality or gender identity, you show that individual that they have someone that they can trust if they experience a hard time or doubt in their sexuality or gender identity.
- **Understand that sexuality and gender identity are fluid.** Realizing that you are gay, lesbian, transgender, non-binary, asexual, bisexual, etc. is a long and confusing journey. Some people in the LGBTQ+ community fluctuate between terms for their gender identity or sexuality until they feel comfortable with a specific label. By understanding that someone's sexuality or gender identity can change and that different terms have different meanings to every individual, you can better support those around you.
- **Don't be a bystander.** If a peer or family member is being homophobic or transphobic, say something. By explaining your perspective, you can help to educate those who may not be knowledgeable about the LGBTQ+ community and help to spread equality.





How to Talk To Your Kids About Bullying

An article from aplatformforgood.org

Society is littered with the cliché images of some older grade kid pushing down the neighborhood geek wearing broken glasses and stealing all of his lunch money for the week; too many, this is the only visual that comes to mind when they hear the word bully. But modern society has come up with many more hashtags than just your basic Sandlot crew; add cyber-bullying, fat shaming, and more to the list.

And while protecting your kids from the worst of it is your job, the key to figuring out how to target bullies is by going straight to the source, and identifying what is bullying and what just hurtful behavior.

When it comes to bullying, there are three things to consider: intent to harm, power imbalance, and repetition. Bullying happens, usually, frequently and when a child chooses to take part in a particularly hurtful activity and doesn't stop despite seeing that they are causing harm. And most of the time, signs of bullying come from children who are experiencing hurt or bullying as well, and see hurting someone else as a release of their own pain and feeling.

Kids that are mean to more than one person, or use the internet to publicly post harmful comments, are establishing a precedent for cruelty, and are on their way to true bullying. For unintentionally or intentionally hurtful comments once, it's mean. But once a pattern emerges, and someone has told the person to stop, then it has escalated from rudeness to bullying and a common thing for bullies is their inability to understand the pain of others. If you can get your children to understand that compassion is an incredibly important part of building positive relationships with others, you can decrease their chances of turning the occasional rude comment into full-on bullying.

Even with the increase of technology use in our children's lives, it hasn't significantly increased actually incidents of bullying; most kids these days are not engaging in cyberbullying, and continuing this trend is all in teaching your kids that they have to be responsible in the way they treat others. Let them know that they should report abuse that they see online, rather than let it happen, either through the website itself or to an adult.

And in the event your child makes a mistake, turn it into a teachable moment. The first step is to always be a good role model by how you treat those you encounter in life. If you're always helping the old lady at the grocery store reach the top shelf items, your kids will pick up on this. If you've got incredible road rage and can't make it through traffic without yelling obscenities, your kids will pick up on that too. It all starts at home, and showing them what you expect from them is the most significant factor in instilling good values.

The next step is in letting them know their actions have consequences, even when they can't see them. Sometimes sorry isn't enough; the damage is too deep just for one word. Teach them how to show that they are sorry rather than just saying it, by encouraging good behavior, and positive life changes. If you treat people, including your children, with respect, they will in turn treat the people around them with respect, and while it doesn't mean everyone will be holding hands every day, or ending bad days forever, but it means most of the days they do live will be happy, positive ones.

So while we'll never get rid of bullying, and your kids can't be protected from everything, letting your kids know that they have tools to stopping it, or teaching them not to do it, is a great way not to get in the vicious cycle in the first place. **Strong kids who turn into strong adults is the end goal here, and when we work together we can make it happen.**

Check out aplatformforgood.org
for other informative articles





TEENS & COVID 19 vaccination



NEW YORK STATE'S GET A SHOT TO MAKE YOUR FUTURE

Governor Andrew M. Cuomo today announced the 'Get a Shot to Make Your Future' incentive for 12- to 17-year-olds to get vaccinated for COVID-19. Participants can enter into a random prize drawing and potentially receive a full scholarship to a SUNY or CUNY college beginning May 27.

Winners receive a full scholarship to any public college or university, including tuition and room and board. New York State will administer the random drawing and select 10 winners a week over five weeks for a total of 50 winners. Federal COVID-19 relief and outreach funds will be used to cover the cost of this vaccination incentive program.

"Vaccination rates across the state are beginning to slow and our greatest need is with young New Yorkers who make up a large percent of positive cases and have the lowest vaccination percentage in the state," Governor Cuomo said. "To better reach this population and defeat COVID once and for all we need to get creative in our efforts. We're offering all 12- to 17-year-olds a potentially life-changing opportunity—a full scholarship, room and board at any public college or university in New York—in exchange for getting vaccinated. And the earlier you get vaccinated, the more chances you have to win—it's free, there's no appointments and you also have a chance to win a full scholarship, so if you haven't already done so, go get vaccinated."

The winners will receive up to four years of full-time undergraduate study or five years in an approved five-year bachelor's degree program which includes the following components:

- Tuition: An amount equal to tuition at the State or City University of New York's in-state tuition.
- Non-tuition Costs: Room and board and allowances for books, supplies and transportation up to the average cost at SUNY colleges.
- Residence: Students living on campus will receive a higher room and board allowance than commuter students. If housing is not available for students on campus, they will receive the same allowance as students living on campus.

[CLICK HERE TO ACCESS ARTICLE](#)



Teen Perspective

Mattie L. on the COVID 19 vaccine...

“ I only had a small headache and my arm was sore for about 2 days. I got the vaccine because I want to help slow down the spread of the virus and I want to protect myself, my friends, family, and others in my community.”

Mattie is a student at Potsdam High School and a Youth Committee member for the St. Lawrence County Youth Bureau



Get A Shot To Make Your Future

Parents/Guardians of any New Yorker, ages 12 to 17, can enter their child who has received at least their first COVID-19 vaccine dose, for a chance to win 4-year full-ride scholarships to any New York State public college or university.

**SIGN UP
NOW**



NEW YORK STATE OF OPPORTUNITY | Higher Education Services Corporation



WHAT IS JUNETEENTH?

From History.com



Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday.

[Check out the rest of the article-](#)



CHECK OUT A LOCAL JUNETEENTH EVENT...

Celebrating...
Black Lives
Black Beauty
Black Voices
Black History

Ives Park
Potsdam, NY
3 Riverview Dr. 13676

Saturday
JUNE 19
4 - 9 PM

JUNE TEENTH
FREEDOM DAY

SOUL FOOD - MUSIC - ART
DANCING - FASHION SHOW

FREE COMMUNITY CULTURAL EVENT

FAMILY FRIENDLY ALL ARE WELCOME



AN AMAZON RECOMMENDATION...

Juneteenth

by Ralph Ellison

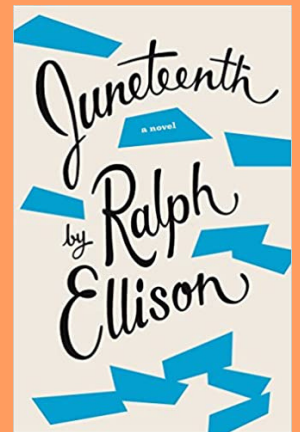
4.5 out of 5 ★

From the author of bestselling *Invisible Man*—the classic novel of African-American experience—this long-awaited second novel tells an evocative tale of a prodigal of the twentieth century. Brilliantly crafted, moving, and wise, *Juneteenth* is the work of an American master.

"Tell me what happened while there's still time," demands the dying Senator Adam Sunraider to the itinerate preacher whom he calls Daddy Hickman. As a young man, Sunraider was Bliss, an orphan taken in by Hickman and raised to be a preacher like himself. Bliss's history encompasses the joys of young southern boyhood; bucolic days as a filmmaker, lovemaking in a field in the Oklahoma sun. And behind it all lies a mystery: how did this chosen child become the man who would deny everything to achieve his goals?

Here is the master of American vernacular at the height of his powers, evoking the rhythms of jazz and gospel and ordinary speech.

"An extraordinary book, a work of staggering virtuosity. With its publication, a giant world of literature has just grown twice as tall." —*Newsday*



June



A few National Month observances:

- National Dairy Month
- National Pride Month
- Great Outdoors Month
- National Fresh Fruit and Vegetable Month
- National Flag Week-Week of June 14th
- Honor High School Graduations this month

-2021-

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1	2	3	4 Doughnut Day	5 National Trails Day
6 National Gardening Exercise Day	7 Chocolate Ice Cream Day	8 Best Friends Day	9	10	11 Flip Flop Day	12 Peanut Butter Cookie Day
13	14 HAPPY FLAG DAY	15 Nature Photography Day	16 Fresh Veggies Day	17	18	19 Juneteenth Freedom Day
20 HAPPY Father's DAY Happy Summer Solstice	21 Yoga Day	22 World Rainforest Day	23 National Pink Day	24 International Fairy Day	25	26 FORGIVENESS DAY Forgiveness Day
27 Sunglasses Day	28 Paul Bunyan Day	29 Hug Holiday	30 Meteor Day			

FAMILY & YOUTH CALENDAR OF EVENTS

SPECIAL INTEREST/FUN DATES

- **Sat 6/19** Potsdam Juneteenth Freedom Day Event @ Ives Park 4-9 pm
- **Sat 6/19** St. Lawrence County 4-H dairy showmanship clinic, Gouverneur Fairgrounds 10am-2pm
- **Sat 6/19** Fobare's Fruits Craft Fair 10am-4pm
- **Fri 6/25-Sat 6/26** Sienna Academy Rummage Sale St. Mary's Canton
- **Sat 6/26** Children's Miracle Network Craft Show 11am-5pm St. Lawrence Centre, Massena

- 6/04 Doughnut Day
- 6/05 National Trail Day
- 6/06 National Gardening Exercise Day
- 6/07 Chocolate Ice Cream Day
- 6/08 Best Friends Day
- 6/11 Flip Flop Day
- 6/12 Peanut Butter Cookie Day
- 6/14 Flag Day
- 6/15 Nature Photography Day
- 6/16 Fresh Veggies Day
- 6/19 Juneteenth
- 6/20 Happy Father's Day
- 6/20 Summer Solstice

- 6/21 Yoga Day
- 6/22 World Rainforest Day
- 6/23 National Pink Day
- 6/24 International Fairy Day
- 6/26 Forgiveness Day
- 6/27 Sunglasses Day
- 6/28 Paul Bunyan Day
- 6/29 Hug Holiday
- 6/30 Meteor Day

AREA EVENTS

Celebrating...
Black Lives
Black Beauty
Black Voices
Black History

Ives Park
Potsdam, NY
3 Riverview Dr. 13676

Saturday
JUNE 19
4 - 9 PM

JUNE
TEENTH
FREEDOM DAY

SOUL FOOD - MUSIC - ART
DANCING - FASHION SHOW

FAMILY FRIENDLY ALL ARE WELCOME **FREE COMMUNITY CULTURAL EVENT**



Saturday, June 19th, at the Gouverneur Fairgrounds, from 10:00 a.m. – 2:00 p.m. Participants can bring their own calf, but calves will also be available (upon request) for hands-on instructions in Fitting and Showmanship, Health and Nutrition, Knot Tying and Interactive Fun Stations. Lunch will be provided for the participants. The first 10 participants to enroll will receive a free rope halter!! The cost for the day is \$50.00 per participant. The first 20 participants to enroll will have their fee covered through Tractor Supply and JoAnn Funds!

[To Register click HERE](#)



Children's Miracle Network

Craft / Vendor show & Garage sale

St Lawrence Centre
6100 Saint Lawrence Ctr
Massena, NY

June 26th, 2021
11am-5pm

\$20 per 10x10 space
must bring your own tables and chairs
one direct sales per company

Healthy Families for a Hopeful
Future
&

St. James School

Summer Hiking Challenge

Looking for a fun family activity? Join me
in exploring some trails in the ADKs this
summer!

You can join me on the following dates OR
complete on your own this summer OR a
combo of both options. Families that
complete all 5 mountains will be entered in
a raffle to win a basket full of locally
purchased hiking goodies!

May 29th: Baker Mountain

June 26th: Mt. Arab

July 10th: Coney Mountain

July 24th: Goodman Mountain

August 28th: Castle Rock Loop

Contact: Karley Wake

Phone: 315-317-5713

Email: kwake@rcdony.org

Facebook Messenger: Karley

Wake



**If you are interested in completing the
Hiking Challenge and want to be
entered in the raffle in September,
please reach out to Karley Wake.
There is more information that needs
to be sent to you so that you are fully
informed of the Challenge. These 5
mountains are kid-friendly and most
of the hikes are around 1 mile to the
summit.**

SALE



SIENA ACADEMY RUMMAGE SALE

JUNE 25 8-3PM & JUNE 26 8-2PM

ST. MARY'S PARISH CENTER GYM

2 POWERS ST., CANTON NY

DONATION DROP-OFFS:

JUNE 20, 1-3PM & JUNE 21, 4:30-6:30PM

**DONATIONS ARE NEEDED TO HELP MAKE THIS
FUNDRAISER A SUCCESS! PLEASE BRING YOUR
GENTLY USED ITEMS AND HELP SUPPORT
SIENA ACADEMY!**