



Inside this Issue

LAND A SUMMER JOB

Tips and suggestions for writing a resume which will get you noticed and an interview scheduled. It's a struggle knowing what to include in your resume, especially if you have little to no work experience. Check out this month's tips!

DANGEROUS PLANTS

Take a few moments and check out this month's article on the harmful wild plants/weeds growing in Northern New York. For example, wild parsnip is found at the side of the road and in fields. It's known to cause burns and sensitivity to sunlight. Yikes! Let's be safe.

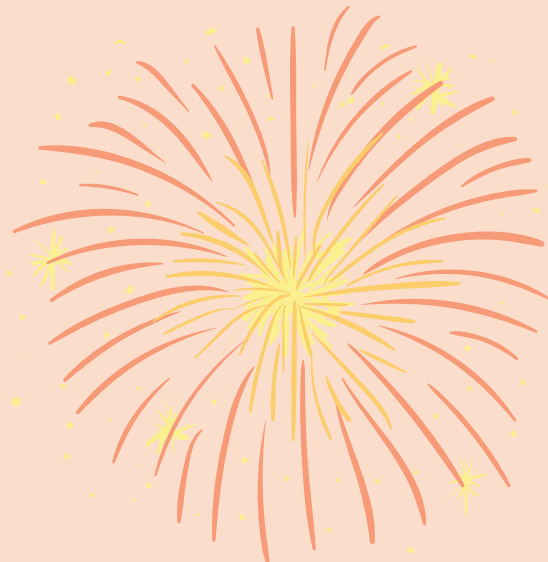
THE MONTHLY CALENDAR OF EVENTS

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

WELCOME TO OUR FOURTH 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.



5 REASONS TO LOOK FOR A SUMMER JOB

Reviewed by: Mary L. Gavin, MD
Date reviewed: February 2019
Published in TeensHealth from Nemours

[CLICK HERE](#)



It may be tempting to take the summer off and relax, but looking for a job will give you helpful life skills. Finding a job may be hard, but the search will be worth it. Jobs are out there.

Even if you don't land the job you want, you'll still gain these skills from the process:

1. **You'll develop your interview skills.** The more jobs you apply for, the better you'll get at interviewing. Learning to interview well is an important lifelong skill. It can help you get into college and even land a full-time job.
2. **You'll get better at coping with rejection.** You may not get the first job you interview for. Rejection happens in life and it can be hard to handle. The more we face rejection, the easier it becomes to move forward and bounce back.
3. **You'll learn something about yourself.** If you get a job that wasn't your first choice, you might discover a new skill or interest. If you need to save money, you may learn that commitment is necessary to reach your goals. If nothing works out? You may decide to start your own business.
4. **You'll push the limits of your comfort zone.** It's a lot easier to sit at home doing the same things. But job-hunting can push you out of your comfort zone. Experiencing new things can make you more productive and you might even have fun!
5. **You'll feel good about yourself.** The self-confidence you can build at work will help when you are back in school, applying for college, and getting a job after high school.

If you're thinking about a summer job, apply. You have nothing to lose and a lot to gain. And if you don't get a job, volunteer. Volunteering is a great way to gain experience. It looks favorable on résumés for college applications or future jobs.

If you need help writing a résumé to apply for a job, search online. A number of websites offer free tips.



SAT TEST DATES

SAT August 28, 2021

(Check online for registration deadline)

SAT October 2, 2021

ACT TEST DATES

ACT July 17, 2021

Register by June 18th

ACT September 11, 2021

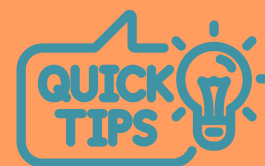
Register by August 6th



“Success at anything will always come down to this: Focus and effort, and we control both.”

-Dwayne Johnson (The Rock)

When inquiring about a summer job, make the phone call or write the email yourself. Do not rely on your parents to do it. YOU are the one applying for the position, not them.



FIRST RESUME WITH NO WORK EXPERIENCE

by ALISON DOYLE

Alison Doyle is the job search expert for The Balance Careers, and one of the industry's most highly-regarded job search and career experts.

[CLICK HERE](#)



(to read full article and access resume template)

Writing your first-ever resume is a challenge. How do you sell yourself to an employer when you're a student who doesn't have any experience in your targeted field?

When writing your first resume with no work experience, it's appropriate to include casual jobs like babysitting, pet sitting, lawn mowing, and shoveling snow. You can also include volunteering, internships, and school and community activities.

All experience counts, and the best way you present yourself, your skills, and your assets to a hiring manager is to provide them with a strong resume that showcases your own unique talents.

Writing Your First Resume

To get started, review information on the different parts of a resume and what is included in each element. It's a good idea to review high school resume examples to get an idea of what is appropriate. Even if you've never held a formal job, you still have important life experience that's applicable to the job search.

Don't forget to look at volunteer work, civic groups, and youth organizations (for example, the Scouts or 4-H). The skills you have developed doing these things have given you valuable experience that will impress employers.

The bottom line is that you actually have a lot more experience than you think you have. Writing your first resume can seem intimidating, but if you take it step-by-step, you will be able to put together a document that will highlight your abilities and show the hiring manager that you're worth calling for an interview.

How to Get Your Resume Noticed

Start by mining your life experience and academic achievements to show that you'll be an asset to the company, despite the fact that you don't have any related job titles to show off at this stage in your career.

For your first resume, take the soft skills (also known as "people skills") you have and show how they translate into success where you choose to apply them. Include volunteer experience, school achievements, sports, clubs, and organizations you belong to.

Scan the job descriptions for the positions to which you're applying. Look for keywords that indicate what the hiring manager values in a candidate.

For example, the job listing might say, "Successful candidate will be a self-starter who delivers on time and on budget." In that case, despite the fact that you don't have relevant work experience in the same field, you can get the hiring manager's attention by being sure to include (and emphasize) projects that you've successfully led, such as high school clubs in which you held a leadership role that required you to manage both your time and the team's money.

Other "people skills" that employers often seek in entry-level job applicants include traits like dependability, good communication and organizational skills, a solid work ethic, and teamwork.

If you start with the job listings instead of with the blank page, the hiring manager's keywords will guide you, and help you focus on which of your academic or after-school experiences have prepared you for this first step in your career.

SAMPLE RESUME WITH NO WORK EXPERIENCE

Michelle Washington

18 Sunnyside Boulevard
Arlington, NY 16543
mwashington@email.com
111.123.1234

EDUCATION

Arlington High School, Arlington, NY
CLASS OF 2020 (3.9 GPA)

EXPERIENCE

Pet Sitter — Arlington, NY

JUNE 2018 - PRESENT

Established and run successful pet sitting business including dog walking, feeding, and yard care. Responsible for obtaining clients, scheduling and attending visits, organizing visits, and maintaining client relationships.

Soup Kitchen Volunteer — Arlington, NY

SEPTEMBER 2018 - PRESENT

Act as weekend/holiday volunteer manager at local soup kitchen, scheduling volunteer time slots, managing intake of donated food, and assisting with preparation and distribution of meals on Sundays and holidays including, Thanksgiving, Christmas, and Easter

Child Care Provider — Arlington, NY

JUNE 2016 – JUNE 2018

Provided child care for several families after school, weekends, and during school vacations.

SKILLS

Customer service
SocietyHospitality
Microsoft Office
Google Drive

AWARDS & ACHIEVEMENTS

National Honor
Honor Roll
President of high school Volunteer Club
MVP, Arlington Varsity softball team



TIPS PREPARING YOUR FIRST RESUME



- **Don't lie.**
No matter how tempting it might be to stretch the truth, lying on your resume is always a bad idea. You might make it through this round of interviews and even get the job, but you won't be able to deliver on the promises your resume offered. Plus, you'll probably be caught—and fired.
- **Don't pad.**
You don't need to include the line "references upon request," or personal information beyond your contact information, or a bunch of unrelated hobbies. In fact, there's a lot of stuff you don't need to put on your resume, even when it's your first one.
- **Proofread.**
Nothing is less persuasive than a resume full of typos and inconsistencies. Have a trusted friend or family member proofread your resume before you submit it.

ARTICLE SOURCES

1. CareerOneStop. "[Get Work Experience](#)." Accessed May 21, 2020.
2. CareerOneStop. "[Resumes](#)." Accessed May 31, 2020.





A message from Scholastic...

We know summertime can provide tremendous opportunities for kids to accelerate reading, to experience the social-emotional impact of good literature and stories, and to make up for any lost learning time as access to instruction and reading has had to be completely rethought due to the pandemic. Research has proven that in a typical year, summer reading supports skill gains, and its absence leads to widening skill gaps. With this in mind, our Scholastic Summer Reading Promise is to help you get books in the hands of kids, support social-emotional well-being, build skills and create community among kids.

Scholastic's work with all of our partners has changed dramatically this past year, reflecting the dedication of school leaders, teachers and families to address the needs of children in the face of great challenges. Together, we found new ways to get millions of books to children who were unable to attend schools while also supporting remote, hybrid, and in-person learning. We would like to use our proven summer reading resources combined with these learnings to ensure that your children have opportunities for reading acceleration, gain motivation and experience the confidence that reading success brings. Explore this site to learn more and you can also call us at: 1-800-SCHOLASTIC

[To check out Scholastic's website and to register for their Summer Reading Program:](#)

SCHOLASTIC SUMMER READING

Benefits of Summer Reading

- Prevent summer learning loss
- Improves comprehension and reading rate
- Improves confidence
- Fluency improves
- Develops a life-long commitment to reading
- It's fun!
- Improves test scores
- Long term memory and retention improves



CLICK HERE



SCHOLASTIC SUMMER READING

READ · CELEBRATE · GIVE

WHAT'S IN HOME BASE?

Home Base is a fun, safe, and **completely free** online destination where kids can create their own avatar, interact with their favorite Scholastic characters and authors, play games, and read books.

From **April 26 to September 3**, kids will be able to visit a special Scholastic Summer Reading zone where they can start or keep their reading streaks, earn special rewards, and more. Home Base is **moderated moderated for safety 24/7**.

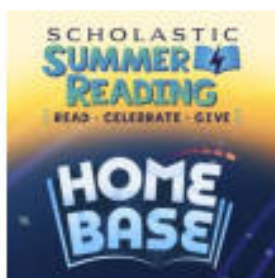
Home Base is available via the web online, in downloadable version for Mac and PC, and as an app for both Apple and Android devices.

HOW DO READERS CREATE AN ACCOUNT FOR/LOG IN TO HOME BASE?

1. Go to scholastic.com/homebase or download "Home Base by Scholastic" from the App Store or Google Play.
2. Click the PLAY NOW button
3. Click PLAY
4. On this page, kids can sign in with an existing Scholastic Kids site account, or create a new one
 - A. **If they sign in**, they'll be taken directly to Home Base
 - B. **To create a new account**: Click the REGISTER NOW button
5. Fill out Step 1 to create a username, then click NEXT
6. Enter an email address, create a password, then click REGISTER
7. They'll get a confirmation email at the email address they provided, and they will be taken to Home Base!

SCAN THE IMAGE TO GET AN EXCLUSIVE REWARD! (MOBILE APP ONLY)

Starting in April, readers can scan the image to the right after they've created an account to get an exclusive Summer Reading reward for their avatar: a Reading Streak Hoodie!



HARMFUL PLANTS IN UPSTATE NY

Lurking in backyards, hiking trails, fields, and wooded areas all across Upstate New York is a variety of unassuming plants that can seriously ruin your day.

Through different means, these plants can cause everything from minor irritations that clear up in a short time, to permanently scarring injuries that can put an end to your summer fun.

Take a look below to see photos and information on how to identify some of the harmful and even dangerous plants that call Upstate NY home.



Visit [NYUP.com](https://www.nyup.com) to view the article

Giant Hogweed

Whatever you do, do not touch this plant. This federally listed noxious weed is an invasive species that has been spotted all over Upstate NY. It can be extremely harmful, leaving permanent scarring and even causing blindness. It can grow everywhere from stream and river banks to fields, forests, yards and roadsides. It prefers abundant light and moist soil but it can grow in partially shaded habitats, too.

Identification:

- White flowers that grow in clusters of 50-150 rays up to 2.5 feet across
- Height from 7-14 feet tall
- Huge, deeply-lobed leaves up to 5 feet across
- Thick (2-4 inches in diameter) green stems with purple splotches and white hairs
- Small (3/8 inch), flattened, oval leaves with brown lines along the length

How is it harmful?

Giant hogweed sap actually blocks your skin's natural protection against sunlight and causes you to quickly develop a bad burn (photos below) which can leave permanent scarring and can even cause blindness if it gets in your eyes. The plant releases sap when something brushes against its stem or leaves.



Wild Parsnip

Wild parsnip can be found along roadsides, in fields, pastures, and other areas where the earth has been disturbed. You should not touch this plant, as it can cause painful burns for 48 hours and increased sensitivity to sunlight.

How is it harmful?

The sap in wild parsnip makes your skin vulnerable to sunlight and can leave you with a severe burn within 24-48 hours. It may also leave you with increased sensitivity to sunlight for years.

Identification:

- Grooved, hairless stems that can grow up to 5 feet tall
- Distinctive small, yellow flowers clustered together in a flat-topped array approximately 3-8" across
- Flat, brown, slightly-winged seeds
- Coarsely-toothed, compound leaves (3-5 leaflets)

Sting Nettle

Stinging nettle is a common harmful plant, often found near the banks of streams or rivers. They may also be found along hiking trails and old farm sites.

How is it harmful?

Brushing against a single stinging nettle hair can feel like a bee sting, followed by an intense burning or itching sensation that can last for several hours. The hairs can be sturdy enough to penetrate fabric, including cloth gloves. When a hair is touched, the tip breaks off of the hollow needle which injects a dose of histamine, acetylcholine, serotonin, and formic acid into the skin. It is an irritant, not an allergic reaction.

Identification:

- Stinging hairs about 1 millimeter long that stick out from the stem, leaf stalks, and leaf veins
- Slender, square, branched stems that can grow 6-8 feet tall, but are often shorter
- Dark green leaves between 2-4 inches that taper at the end and grow in pairs on opposite sides of the stem
- Tiny clusters of flowers near the base of each leaf pair



Local Food Distribution

MASSENA CENTRAL SCHOOL SUMMER MEAL PROGRAMS FREE FOR ALL!

STARTING JULY 6TH

IF YOU HAVE ANY QUESTIONS ABOUT SUMMER MEALS, CALL KRISTIN AT (315) 764-3710 EXT. 3621



SUMMER MEAL PACK

STARTING JULY 6TH

7 DAY FOOD BAGS FOR CHILDREN AGES 2-18 MONDAYS FROM 11AM-12PM PICK-UP AT THE HIGH SCHOOL CAFETERIA

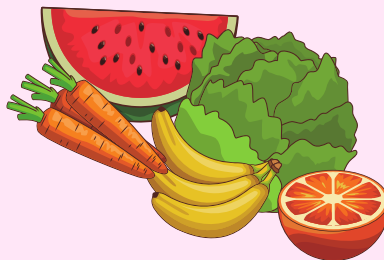
PARENTS & GUARDIANS MAY PICK-UP



HOT BREAKFAST AND LUNCH

STARTING JULY 6TH

BREAKFAST AND LUNCH ARE AVAILABLE TO CHILDREN AGES 2-18 MONDAY - FRIDAY AT THE HIGH SCHOOL CAFETERIA FROM 8-9:45AM AND 11AM-1PM.



St. Lawrence County CDP operates 6 neighborhood centers to provide food and service to families with students in the area!

Find one near you!

Hours: 8-4
C/P/P Hours: 9-1



Massena

Offers: Hotdogs, bologna, bread, lunchables, yogurt, peanut butter and jelly

Gouverneur

Offers: Juice-boxes, cheese and crackers, fruit, cereal, granola bars

Canton

Offers: Crackers, bagels, fruit, cheese, hotdogs, cereal, granola, juice, peanut butter and jelly, yogurts

Colton/Pierrepoint /Parishville

Offers: Peanut butter, jelly, bread, fruit cups, vegetables, tuna, oatmeal, macaroni and cheese, milk

Potsdam

Offers: Beefaroni, Spaghetti O's Chicken, peanut butter, mac and cheese, yogurt

Ogdensburg

Offers: Juice boxes, fruit snacks, granola bars and snack crackers, peanut butter and jelly

If you have school-aged children and would like to sign up for the summer food program through the food pantry, please call your closest neighborhood center

Canton: 315-386-3541

Massena: 315-764-0050

Potsdam: 315-265-3920

Gouverneur: 315-287-3370

Ogdensburg: 31-713-8036

Colton/Pierrepoint/Parishville: 315-244-0069

July

-2021-



- A few National Month observances:**
- Dog Days of Summer July 3-August 11
 - National Park and Recreation Month
 - National Ice Cream Month
 - National Grilling and Picnic Month
 - National Blueberry Month
 - Cell Phone Courtesy Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Canada Day	World UFO Day	Morristown Firecracker 5K walk/run 36th Robert Plumb Memorial Fireworks Hannawa
Norwood Parade, Derby & Fireworks Cranberry Lake Firecracker 5K		Teen Movie Night Ives Park Gazebo Potsdam	World Forgiveness Day		Potsdam Summer Festival	Hammond Scottish Festival
OFA Self Defense Class Cheer Up the Lonely Day			Teen Movie Night Springs Park Massena	Bike Safety/Safe Child ID Event	Cow Appreciation Day	Massena Drug Free Coalition Family Movie Night Movie Themed Trivia Night Massena Elks Lodge
National Ice Cream Day		Teen Movie Night Ives Park Gazebo Potsdam			Summer Olympics Opening Ceremony	"Color me Blue" 5k walk/run
Parents Day			Bike Safety/Safe Child ID Event Teen Movie Night Springs Park Massena	National Chicken Wing Day		National Watermelon Day

Ogdensburg Seaway Fest July 24th – August 1st

ST. LAWRENCE COUNTY CALENDAR OF EVENTS FOR FAMILIES

FAMILY & YOUTH CALENDAR OF EVENTS

SPECIAL INTEREST/FUN DATES

- 7/3 - Morristown 5K
 - 9am - Visit [Facebook](#) for more info
 - Craft Fair 10am - 5pm
 - Parade 12:00pm
 - Fireworks @ Dusk
- 7/3 - 36th Robert Plumb Memorial Fireworks @ Dusk
 - Hannawa, St Hwy 68
- 7/4 - Cranberry Lake 5K
 - 8am Registration @ DEC boat launch, Columbian Rd. \$30/person, 12 under free
- 7/4 - Norwood
 - Parade 12pm
 - Demolition Derby 2:30pm
 - Fireworks @ Dusk
- 7/6 - Teen Movie Night
 - 7pm Ives Park, Potsdam
- 7/8, 7/9, 7/10 - Potsdam Summer Festival

- 7/10 - Hammond Scottish Festival
 - www.hammondmuseum.com
- 7/11 - OFA Self Defense Class
- 7/14 - Teen Movie Night
 - 7pm, Springs Park, Massena
- 7/14 - Bike Safety/Safe Child ID Cards
 - 9am-11am, Canton Pavilion
- 7/17 - Family Movie Night
- 7/17 - Movie Themed Trivia Night
- 7/20 - Teen Movie Night
 - 7pm Ives Park, Potsdam
- 7/24 - "Color Me Blue" 5K
 - www.thepuzzlepiecefoundation.org
- 7/28 - Teen Movie Night
 - 7pm, Springs Park, Massena
- 7/28 - Bike Safety/Safe Child ID Cards
 - 9am-11am, Canton Pavilion

- 7/01 Canada Day
- 7/02 I Forgot Day
- 7/04 Independence Day-Happy Fourth!
- 7/07 Global Forgiveness Day
- 7/08 Blueberry Day
- 7/11 Cheer Up the Lonely Day
- 7/14 Shark Awareness Day
- 7/15 Cow Appreciation Day
- 7/20 Moon Day
- 7/21 Be Someone Day
- 7/25 Parents Day
- 7/31 Watermelon Day

Summer recreation programs for children in grades 1 through 6 (ages 5-12) will take place at Waddington Beach and at the Pavilion this year!

Swim lessons will take place at the beach starting July 1 and running until Aug. 13, from Noon - 3 p.m.



Summer reading program being staged at the Waddington Pavilion at the bottom of Main Street from July 5 to July 29.

The regular morning recreation program runs from July 5 through Aug. 13, Monday to Friday from 9 a.m. - Noon at the beach pavilion.

More information can be found at

www.townofwaddington.com

SUMMER CAMP

Ogdensburg
Boys & Girls Club

Day Program: M-TH 9 A.M. - 4 P.M.
Ages 6-15

For further information call the club at 315-393-1241 or visit the website at www.obgclub.com



Knapps Station Community Church

Vacation Bible School

3034 County Route 47, Norwood

July 5th-9th

6 P.M. to 8 P.M.

Ages 4-12

315-353-5093

www.knappsstation.org





For more information visit
Massena CS homepage:
www.mcs.k12.ny.us

Science day camps offered at Children's Museum in Potsdam

M-F 9 a.m. to 3 p.m.

Grades 1-5

\$195/camper

Visit

www.northcountrychildrensmuseum.org
for more info and to register.



Canton Free Library's Summer Library Program

Tails and Tales

- Weekly virtual toddler and preschool storytimes
- Take & Make crafts for various ages
- A different Storywalk each week at the Remington Recreational Trail
Monday and Tuesday 9:30 a.m. to 5 p.m.
Wednesday 11:30 a.m. until 7 p.m.
Thursdays and Fridays 9:30 a.m. to 5 p.m.



Deep Root Center's Exploration Station in Canton Summer Kids Programming **August 16th - Sept 3rd**

Week One 8/16 - 8/20

Storybook Treasures

Week Two 8/23 - 8/27

Bugs, Birds, and Beyond

Week Three 8/30 - 9/3

Feel the Beat

<https://www.deeprootcenter.org/>

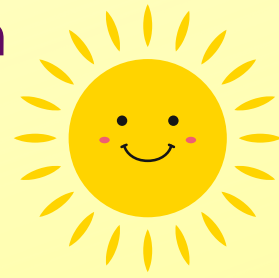
Gouverneur Recreation Department

Summer 2021

Youth Recreation Program

Friends & Fun in the Sun

July 12th - August 12th



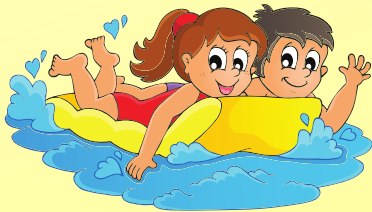
Morning Park Palooza @ Riverview Park

Monday, Tuesday & Thursday: 9:30 a.m. - 11:30 a.m.

(Supervised Park Play Groups: Ages 4-6, 7-10, 11-14)

Active Play - Theme Days - Arts & Crafts - Featured Guest

Lunch Break: Pavilion Monitored



Afternoon Swimming @ Sylvia Lake

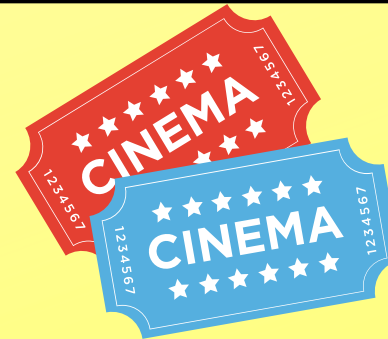
Monday, Tuesday & Thursday: 12:30 p.m. - 3:30 p.m.

Ages 7-14

Wednesday Outings

Watertown: Regal Cinema Movie / Park & Pool

Ages 7-14



ADVANCED SIGN UP REQUIRED

DRIVE-THRU SIGN UP

Tuesday, July 6 - Friday, July 9

9:00 a.m. - 5:00 p.m.

@ the Recreation Center

Corner of Clinton Street & Trinity Avenue

Contact 315-287-0524 for more information



9 Square @ Summer Festival Hosted by CFC

FRIDAY, JULY 9TH 9 SQUARE TOURNAMENT

CFC POTSDAM
STARTING AT 3PM

PRIZES FOR LAST ONE STANDING

For Further Information Visit
Potsdam Chamber of Commerce Website



BIKE SAFETY AND SAFE CHILD ID EVENT

Canton Pavilion
90 Lincoln Street
July 14th & July 28th
9 a.m. - 11 a.m.



FREE SELF-DEFENSE CLASS

Open to OFA Graduating Seniors!

When: Sunday, July 11th
Time: 6:00 - 7:00 pm
Location: 1010 Franklin St.
Ogdensburg, NY

With many of our young adults heading off into the world, we think it's important to give them some tools to stay safe!



St. Lawrence County
Sheriffs office will be
onsite to issue Safe Child
ID cards

SAFETY

Bike safety event hosted
by Canton Police
Department



Your instructor will be Sensei Ricky, who is a SAFE International Certified Instructor.
RSVP by calling 315-323-5953, emailing ricky@timadojo.com or message us on FB: @TIMADOJO.

- This class will go over 2-4 quick self-defense moves that can:
- quickly get you out of a sticky situation;
 - are easy to remember; and
 - do not require extensive training.

Massena Drug Free Community Coalition presents:

FAMILY MOVIE NIGHT



Join Us For Our **Free** Family Friendly Movie Night!

SATURDAY, July 17TH

MOVIE: RAYA AND THE LAST DRAGON (2021)

Games and Activities 6pm - 9pm

Movie starts at 9pm

FREE Popcorn/Snowcones

© Police Activities League

30 Bayley Road Massena, NY 13662



Ogdensburg Seaway Festival July 24-August 1



Concerts in the Park



YOUTH FISHING DERBY

"Ogdensburg's" Got Talent Show



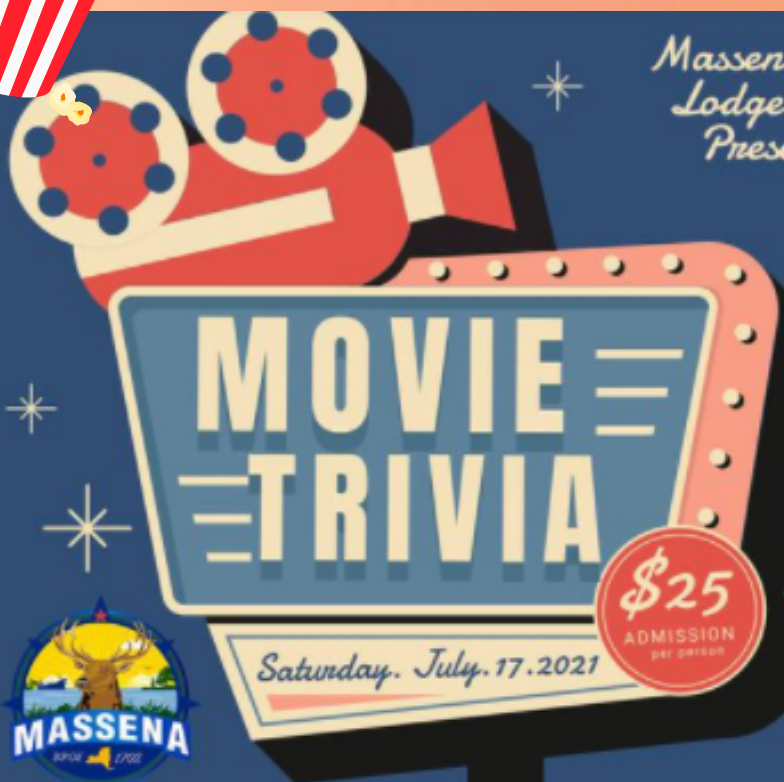
Fireworks



Parade

More Info HERE

Massena Elks Lodge 1702 Presents



Come join us for a night of some much needed social competition.

What: Movie themed trivia fundraiser
When: July 17th 2021 @ 7:00 pm
Where: The Massena ELKS 20 Bowers St
Admission: \$25 per person teams of 4 -6 max
Sign up online or at the door
Top Prize - 4 hours party bus tour for 12



All proceeds to help restore the Massena Schine Theater marquee



Teen Movie Nights in Potsdam

MOVIE NIGHT

FOLLOW @HYDEADULTING ON SOCIAL MEDIA FOR UPDATES

MOVIE STARTS AT 7:00PM

GRAB A FRIEND & SOME SNACKS AND ENJOY THE BEAUTIFUL SUMMER EVENINGS WITH A MOVIE

Presented by the St. Lawrence Health Initiative, Inc.
Contact ellen@getthehealthyslc.org with questions.

JULY 6
JULY 20

IVES PARK
GAZEBO

AUGUST 10
AUGUST 24

THIS EVENT IS INTENDED FOR TEENS



Looking for something fun to do this summer? Do you want to learn more about tough topics impacting teens? Are you looking for ways to help your community, but don't know where to start? Our CAPP program can help, but we need to hear from you first! Take this quick survey to let us know what types of programs you would like to see this summer and fall. One randomly selected respondent will win a \$25 gift card.

Survey Link:

<https://forms.gle/JBFcZrdbae7VPdZ8>

Teen Movie Nights in Massena

July 14th Springs Park
July 28th Springs Park
Starting at 7 p.m.

Teens are encouraged to join with friends

Follow @HYDEADULTING on facebook and Instagram to see what movie is showing, scheduling changes, and updates

