



## *Inside this Issue*

### **MEET THE INTERNS**

Recently, the Youth Bureau hired several new interns to help with various programs and initiatives throughout the course of the summer. Check out their profiles in this edition!

### **SUMMER SAFETY**

Learn how to be safe and still have fun this summer.

### **THE MONTHLY CALENDAR OF EVENTS**

August'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 FIFTH EDITION**

*by Alexa Backus*

We are excited to offer this month's edition of the SLC Youth Bureau newsletter. You'll meet our six Youth Bureau Summer Interns and learn a little more about them. Our Interns have been working on various projects such as updating our county school tours which includes interviewing all of our talented Department Heads, creating social media content, and increasing our Youth Committee membership including social/emotional components to meeting planning. We are very proud of their hard work and accomplishments during these last few weeks. This issue was developed and written by our Intern, Tavon Hubbard! Thank you, Tavon!



# MEET THE YOUTH INTERNS

MY NAME IS TAVON HUBBARD AND I GRADUATED FROM HERMON-DEKALB CENTRAL SCHOOL IN JUNE 2021. I AM 18 YEARS OLD AND I PLAN ON ATTENDING ST. LAWRENCE UNIVERSITY THIS FALL. I PLAN ON TAKING JOURNALISM AND BUSINESS MANAGEMENT. I WANTED THIS OPPORTUNITY TO WORK FOR THE YOUTH BUREAU SO IT CAN HELP ME IN THE LONG RUN FINDING A GOOD OPPORTUNITY AFTER COLLEGE. WITH THIS EXPERIENCE, FINDING A JOB THAT PAYS WELL WON'T BE TOO DIFFICULT. THIS POSITION ALSO ALLOWS ME TO HELP YOUTH LEARN A FEW THINGS WHICH I CHERISH, EDUCATION IS ALWAYS ONE OF THE MOST IMPORTANT THINGS IN OUR LIVES.



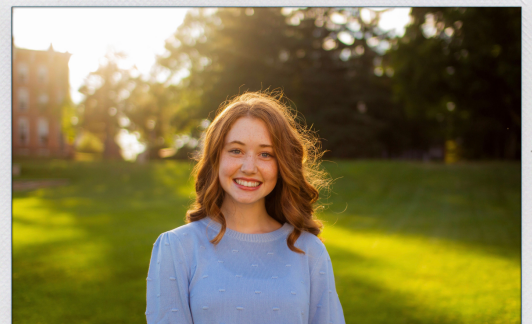
**TAVON HUBBARD**

MY NAME IS ANDREW DEMERS AND I GRADUATED FROM HEUVELTON CENTRAL SCHOOL IN JUNE 2021. I AM 18 YEARS OLD AND I AM ATTENDING THE ROCHESTER INSTITUTE OF TECHNOLOGY (RIT) THIS FALL. I WILL BE GETTING A DEGREE IN ASTROPHYSICS. I TOOK THIS JOB BECAUSE IT GIVES ME AN OPPORTUNITY TO PERFORM EDUCATION AND ACTIVISM FOR THE COUNTY. HAVING THIS JOB WILL GIVE ME GREAT EXPERIENCE AND PREPARATION FOR MY FUTURE IN ASPECTS SUCH AS ORGANIZATION, PUBLIC SPEAKING, AND LEADERSHIP.



**ANDREW DEMERS**

MY NAME IS ABIGAIL HUGHES, AND I'M A RECENT GRADUATE FROM POTSDAM HIGH SCHOOL AND THE CLARKSON SCHOOL. IN THE FALL OF 2021 I WILL BE ATTENDING DARTMOUTH COLLEGE TO PURSUE MY UNDERGRADUATE DEGREE IN ENGINEERING. IN MY FREE TIME I ENJOY LISTENING TO AND MAKING MUSIC, RUNNING, AND SPENDING TIME WITH FRIENDS AND FAMILY. MY EXPERIENCE AS THE SECRETARY OF THE SLC YOUTH BUREAU OVER THE PAST YEAR HAS GIVEN ME THE OPPORTUNITY TO HELP ADDRESS ISSUES FACING LOCAL YOUTH, AND TAKE STEPS TO ENACT POSITIVE CHANGE IN THEIR COMMUNITIES. I AM EXCITED TO EXPAND ON THIS EFFORT AS AN INTERN THIS SUMMER, SPECIFICALLY THROUGH COLLABORATION WITH MY PEERS AS WE DEVELOP INITIATIVES FOR THE UPCOMING SCHOOL YEAR.



**ABIGAIL HUGHES**

# MEET THE YOUTH INTERNS

HI! MY NAME IS AMANDA WOODS AND I AM A SENIOR AT COLTON-PIERREPONT CENTRAL. MY HOBBIES INCLUDE FILMING VIDEOS, EDITING, WATCHING MOVIES, PLAYING SPORTS, AND HANGING OUT WITH FRIENDS. IN 2020, I JOINED THE YOUTH BOARD AND HAVE REALLY ENJOYED THE IMPACT I'VE MADE IN ST. LAWRENCE COUNTY, RESULTING IN ME APPLYING FOR THIS JOB. I JOINED THE YOUTH BUREAU IN ORDER TO MAKE AN IMPACT WITHIN MY COMMUNITY AND TO WRITE ABOUT TOPICS THAT I CARE ABOUT LIKE YOUTH ADVOCACY.



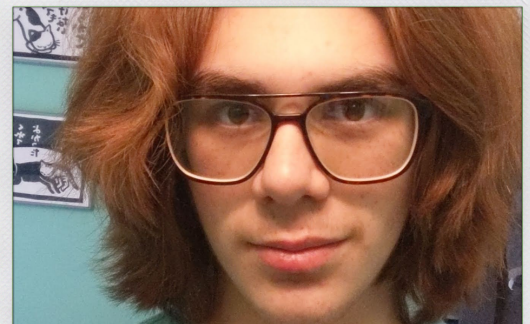
**AMANDA WOODS**

HELLO MY NAME IS ELIAS SNYDER AND I'M A JUNIOR THIS YEAR AT CANTON CENTRAL SCHOOL. I LOVE PLAYING SPORTS LIKE FOOTBALL AND BASKETBALL. I'M PLANNING ON ATTENDING COLLEGE AFTER HIGH SCHOOL FOR CRIMINAL JUSTICE. I CHOSE TO BECOME A PART OF THE YOUTH BUREAU BECAUSE IT GIVES ME THE OPPORTUNITY TO ENTER THE FIELD OF EMPLOYMENT AND ALSO GIVES ME EXPERIENCE HELPING AND WORKING WITH OTHER YOUTH. THE YOUTH BUREAU ALSO GIVES ME THE CHANCE TO SAY I INTERNEED WHICH IS GREAT FOR COLLEGE. NOT ONLY DOES THE YOUTH BUREAU GIVE ME A CHANCE TO ENTER THE WORKFORCE IT ALSO GIVES THE CHANCE TO HELP AT-RISK YOUTH AND TO HELP YOUTH IN THE COMMUNITY AROUND ME.



**ELIAS SNYDER**

HEYO! MY NAME IS CHRISTOPHER RODRIGUEZ, AND I'M A 10TH GRADER FROM OGDENSBURG FREE ACADEMY, AND I PLAN ON GOING TO THE CRANE SCHOOL OF MUSIC. MY HOBBIES INCLUDE MUSIC MAKING, INCLUDING SONGWRITING, PLAYING BASS GUITAR, AND SINGING. I ALSO LOVE TO DIY THINGS, SUCH AS MAKING INSTRUMENTS AND 3D PRINTING. I AM VERY HONORED AND THRILLED TO BE IN THE ST. LAWRENCE YOUTH BUREAU! MY POSITION IS TO DESIGN AND CREATE A "PEER GROUP" WHERE TEENAGERS FROM ALL ACROSS THE COUNTY CAN TALK ABOUT THEIR PROBLEMS AND RECEIVE HELP. I LOVE IT! IT'S AN AMAZING IDEA ON BEHALF OF THE YOUTH BUREAU, AND I'M VERY EXCITED TO COLLABORATE WITH MY NEW FRIENDS TO HELP YOUTH FROM AROUND ST. LAWRENCE!



**CHRISTOPER RODRIGUEZ**



# ***Staying Safe this Summer***

***By: Tavon Hubbard***

Now that summer is on the final homestretch, there are still many fun activities you can partake in (listed on page 5). Even while you are having fun in the summer sun, you still need to avoid harmful situations and stay safe.

While camping, DO NOT start the fires by yourself. If you are going to be camping with an adult, have them start it. DO NOT play with the fire, fire is not a joke. It can cause forest fires, or it can cause you to end up hurting yourself. Before you leave your campsite, make sure the fire is completely out. Including the embers, which can be blown around by the wind, starting forest fires if the wind is strong enough. Put them out by pouring water on them.

If you see wild berries or fruit in the woods, you shouldn't just run over and eat them because they could be extremely poisonous and may even cause death. When you find these fruits and berries you should always ask adults if they are safe to eat. Even before you eat them, if they are safe, you should wash them first.

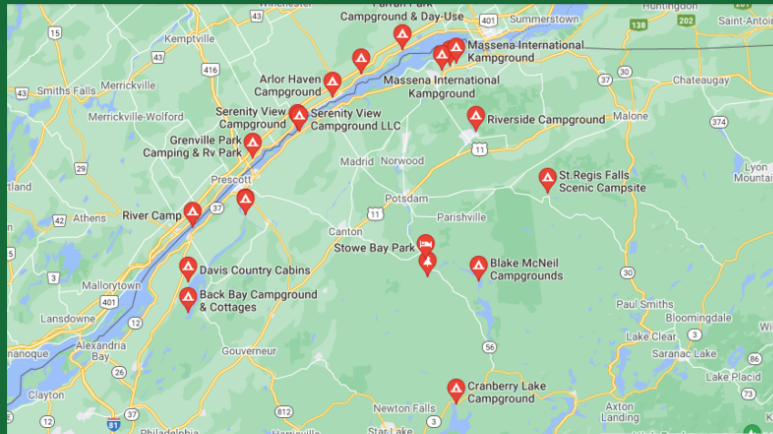
The last thing you should try to stay away from is the animals in the forest. You can watch them from a distance because animals can be dangerous. They can be rabid, or sick in other ways, and that can be aggressive. If you see a generally nocturnal animal walking dazed and confused in the daylight, there's a good possibility that the animal is rabid. You should walk away from them immediately. Most animals are skittish around humans generally, but if you want to walk in the woods you should always have an adult or family member with you just to be safe.



# CAMPING IN ST LAWRENCE COUNTY



St Lawrence County is a beautiful area that you should take advantage of this summer! We have a numerous amount of campgrounds and activities to participate.



## Activities:

Have a camp fire

Swim

Fish

Stargaze

Kayak

Hike

Skip Stones

Water Ski

Play sports

The Perseid meteor shower will be active all month until the 24th. The 12th is the peak with 100 meteors per hour!



# THE PERFECT S'MORE

# HOW TO

# MAKE

# THE

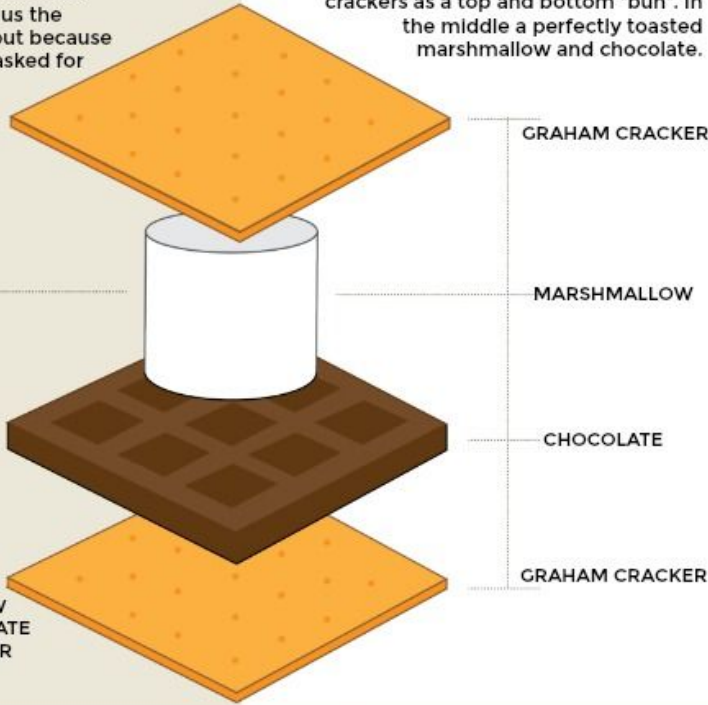
# PERFECT

# S'MORE

The first printed S'mores recipe appeared in 1927 in the Girl Scout handbook. Folklore tells us the name S'mores came about because everyone who tasted it asked for "some more."

A S'more is made of two graham crackers as a top and bottom "bun". In the middle a perfectly toasted marshmallow and chocolate.

- CHARRED ●
- ON FIRE! ●
- WELL DONE ●
- MEDIUM WELL ●
- MEDIUM-RARE ●
- RARE ●



- THE CHECKLIST**
- 2 GRAHAM CRACKERS
  - 1 LARGE MARSHMALLOW
  - 4 SQUARES OF CHOCOLATE
  - 1 STICK OR WIRE HANGER

## OPEN FLAMES VS. EMBERS

Open flames provide intense, quick heat. The result is crispy on the outside, gooey on the inside.



Embers provide even, slow heat. The result will be creamy in texture and golden brown.



## S'MORE VARIATIONS

SWAP THIS

GRAHAM CRACKERS  
CHOCOLATE

FOR THIS

SHORTBREAD, OREOS,  
OR WAFERS  
PEANUT BUTTER CUP, WHITE  
CHOCOLATE, NUTELLA

MIX IT UP & ADD

SLICED BANANAS - BACON - JELLY - CUT STRAWBERRIES - CARAMEL - PEANUT BUTTER - APPLE SLICES - MINT CHOCOLATE - LEMON CURD - BUTTERSCOTCH CHIPS - PEACH SLICES - PRETZELS - BLACKBERRIES - USE YOUR IMAGINATION!

# The Wild Parsnip

By: Tavon Hubbard

In the last newsletter, we mentioned the invasive weeds that terrorize the North country. There are many of these weeds around but the main menace is; wild parsnip. It generally stands between 3-5 ft and can survive in almost any type of soil. It is usually yellow with many tiny flower buds around the top of the plant. The sap that this invasive weed produces, contains a highly toxic piperidine alkaloid compounds which in some case can cause respiratory failure and even death in mammals.

Piperidine alkaloid naturally occurs in plants and is one of the main components in giving pepper it's pungent taste. In small amounts, the most it will do is make you sneeze, just like pepper, but in large amounts it can be fatal.

If you have ever seen wild parsnip or came into contact with it, you probably already know the damage it leaves behind. If exposed to sunlight and the sap makes its way on your skin, it can end up causing, severe rashes, blisters, and discoloration of skin.

Now if you come in contact with the sap of this invasive plant, there are some methods you should take:

- Wash the affected area and cover rash with cool, wet cloth to reduce swelling
- Steroid cream can sometimes be used if the case is severe enough (consult a doctor or pharmacist)
- Protect the affected area from sunlight



Wild Parsnips



Burns left by wild parsnips

# GETTING BACK INTO A SCHOOL MINDSET

*By: Tawon Hubbard*

Summer is coming to an end. We've already have had a lot of good times and memories this summer but it's almost over. With only a month left, we should start thinking about getting into a routine for school.

In the last two weeks of August, is when you should get back to the mindset of focusing on school again. Getting to bed earlier than usual to rest up and get into that rhythm for school again. Getting good rest is important for the brain and the rest of the body to grow. Also once you get used to going to bed early and waking up earlier than usual, you're body will do it by itself.

Eating good healthy breakfasts can help your mind and body grow as well, since breakfast is the most important meal of the day. Eating healthy in general can help your mind grow more.

Another way you can get back into the school persona is to start reading more than playing video games at night. Reading helps you expand your vocabulary and it can also teach you many new things. Try to at least read for 30 minutes a day.



# ST. LAWRENCE COUNTY FAIR

AUG 3 - AUG 8

85 EAST BARNEY STREET, GOVERNEUR, NY 13642



*Rides!*



*Games!*



*Food!*



*+ More*



# August 2021

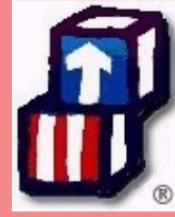
- A few National month observances:
- Admit you're happy month
  - Family Fun month
  - National Picnic Month
  - National Farmers Market week, August 1- 7
  - Be Kind to Human Kind week August 22-28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friendship Day 1	NATIONAL ICE CREAM SANDWICH DAY 2	NATIONAL WATERMELON DAY 3	U.S. Coast Guard Day 4	5	6	CAMPFIRE DAY 7
International Cat Day 8	9	NATIONAL S'MORES DAY 10	11	12	FRIDAY THE 13TH 13	14
15	NATIONAL TELL A JOKE DAY 16	17	18	National Potato Day 19	NY State Fair Starts 20	SENIOR CITIZEN'S DAY 21
National Tooth Fairy Day 22	23	24	25	National Dog Day 26	27	28
29	Toasted Marshmallow Day 30	31				

www.augustmagazine.com



# Enroll in Head Start Today!



## What is it?

Head Start is a school readiness program for children between 3 and 5 years of age. Our program has certified teachers to help children begin to learn math, science, literacy, language, social/emotional, physical health and development.

## How much does it cost?

Our Head start program comes at no cost to our families! We provide transportation, meals and school supplies to all of our children for free!

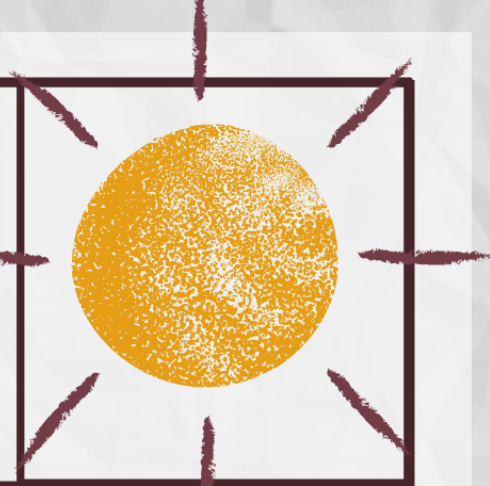
## What can we offer?

We offer both full day and part day classrooms as well as home-based services that give children the opportunity to gain social and emotional skills through play. Home-based services provide the same quality services as those provided in the classroom, offering school readiness for children, with the only difference being the learning environment is in the home.



To learn more about our Head Start program, visit our website at <https://slccdp.org/head-start/>  
Or call us at- (315) 386-1102!

# Neighborhood Centers



Our Neighborhood Centers offer a variety of ways to help you if you've been affected by the Covid-19 pandemic we can help!

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Our centers offer food pantries and programs such as Food\$en\$e!

We can help provide school supplies such as textbooks and cover college application fees. We can also assist in funding or supplies for those obtaining a credential, certificate or degree for educational and/or vocational skills!



We offer a variety of financial assistance for utilities, vehicles, morgage and rent!

## Find a location near you!

Canton: (315) 386-3541

Massena: (315) 764-0050

Potsdam: (315) 265-3920

Gouverneur: (315) 287-3370

Ogdensburg: (315) 713-8036

Colton/Pierrepont/Parishville: (315) 244-0069

Or look at our website at: <https://slccd.org/neighborhood-centers/>





Massena Central's 3rd  
Annual

# READY 4 SCHOOL

August 24th, 2021

Massena High School Parking Lot  
12pm-3pm

**FREE School Supplies. Haircuts  
for children. Community  
Resources.**



Contact Kristin Colarusso-Martin at  
[kcmartin@mcs.k12.ny.us](mailto:kcmartin@mcs.k12.ny.us) or (315) 764-3710 ext.3621  
for more information