

# YOUTH BUREAU NEWS

*A St. Lawrence County Monthly Newsletter*

August 2022

Vol 2 Issue 8



2022 Summer Interns Kaelee Shrewsberry, Joanie Shaw, Amanda Woods, and Mattie Lomoglio enjoy ice cream from Schwan's, courtesy of St. Lawrence County EAP (Employee Assistance Program)

## *Inside the Issue*

### Meet the Interns

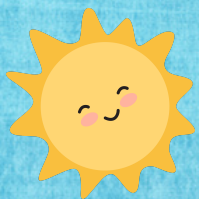
Recently, the Youth Bureau hired four new interns to help with various programs and initiatives throughout the course of the summer. Check out their profiles on pages 2 and 3!

### 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!

### Student Perspective

Local teens from across the county have written articles about topics important to them. Check out all the great topics found within this edition!



# Summer



# MEET THE INTERNS

Hi my name is Kaelee! I am 19 years old and I graduated from Norwood Norfolk Central School. I am currently a 3rd year undergraduate at Clarkson University. I plan on pursuing a career in school psychology. In my free time I enjoy reading memoirs, watching true crime documentaries, as well as spending time with friends and family. I am excited to intern with the St. Lawrence County Youth Bureau this summer to address the various problems faced by modern youth.



Kaelee

Hi, my name is Amanda Woods! I am an incoming freshman at Champlain College in Burlington, Vermont and a recent graduate of Colton-Pierrepont Central. At Champlain, I plan on studying filmmaking because of my love of movies growing up. Within the St. Lawrence County Youth Bureau, I've sat on the Youth Committee for two years and was selected to be our committee's Vice Chairman in January of 2022. I also was one of the Youth Bureau summer interns in the summer of 2021. Through my time working with the Youth Bureau, I've enjoyed making an impact in my community through the various initiatives we've accomplished and look forward to making an impact during year 2 of my internship!



Amanda

# MEET THE INTERNS

My name is Joanie Shaw and I'm a rising senior at Harrisville Central School. I took this internship because I wanted to work on my public speaking skills and make a difference in my community. My hobbies include playing piano, participating in pageantry, and tending to my plants. I'm the eldest of two children and I have two rabbits named Phoenix and Wenri. After high school, I plan to go to college for criminology and work in the criminal justice field. I'm excited to see how my co-workers progress and grow as they make their way to their goals.



Joanie

Hello, my name is Mattie Lomoglio and I am a rising Junior at Potsdam High School. I took this internship because I wanted to make new friends, increase my social skills, and create/share intuitive ideas to improve the quality of life in my community. I love helping people and I love seeing that I'm making a difference. I am the oldest of three children and I have a dog named Benny. After high school, I intend to go to college for Speech Pathology. I am excited to see what ideas we create and share as interns for the upcoming school year. I am looking forward to working with such amazing and hardworking people!



Mattie



# INTROVERTED OR EXTROVERTED

## WHICH ONE ARE YOU?

An article by Joanie Shaw



Introverted people can often isolate themselves from others and tend to keep away from big crowds. Some other words used to describe introverts can be quiet, stand-offish, distant, shy, or inward. A lot of times, you may see an introvert hanging out by themselves at a social event or seeming like they don't want to engage in a conversation with their friends. Although introverts may seem like they want to be alone all the time, the truth is they just need a little extra time to recharge after a long day around people.

On the other hand, extroverted people have a tendency to be energetic all day every day. Some words often used to describe them would be talkative, loud, busy, or confident. You can often find an extrovert hanging out with friends anywhere they can, spending their time with loved ones, or seeking attention at the center of the party. Extroverts often use person to person interaction as a way to help keep themselves happy.

Which one are you? [CLICK HERE](#) or scan



to find out!

## A Few Things To Remember:

As you take this quiz, keep in mind that it doesn't define your personality. No matter who you are, (whether introverted or extroverted) you should love yourself. Being introverted or extroverted is not a bad thing, and it's nothing you should feel embarrassed or uncomfortable about. Instead, you should learn to embrace your personality. After all, it's what makes you, YOU!



# NATIONAL IMMUNIZATION MONTH



An article by Mattie Lomoglio



During the month of August is National Immunization Month. It can be scary to get an immunization, especially if the contents are unknown or poorly researched. However, most vaccines and other immunizations have been highly tested and proven safe for humans.

As a teen contemplating on whether I wanted to get the Covid-19 vaccine, I realized that it was more important for me to keep myself safe, as well as my family and friends, rather than worrying about the effects the vaccine could have on my body or what other people might think about me if I got the virus. As there are mixed opinions on whether the vaccine should or should not be distributed to people around the world, individuals who have received the vaccine have had fewer symptoms of disease. An important thing to remember about immunizations is that they don't treat disease, they prevent it, however not all the time. That is why you shouldn't expect that you won't get sick. Some diseases that have immunizations are Covid-19, Influenza, Measles, Hepatitis, and Polio.

To learn more about immunizations and effects

[CLICK HERE](#)



VACCINATED

# SUMMER SAFETY

An article by Joanie Shaw

The Summer season is one of the best seasons for teens all around the state. After all, there's no school, which means no homework, no more having to listen to endless lectures, and...did I mention no school??? Longer days provide more time to make plans with friends, warm weather makes outdoor activities possible, and everyone generally just has a light and fun mood.

However, what happens when the situation is no longer fun? For example, when a strange woman decides to join you and your friends walking around town, or when a random man starts following you down the street, things can get a little tough to handle. The truth is that as teenagers, we are often not equipped enough to handle a situation like this. No matter how prepared you may be, it's important to realize that you are never too far from safety. It may be scary, however, you shouldn't freak out. It's important to keep your head. Keep in mind that it is not your fault that someone is following you and remember there are a number of alternative ways to handle a situation in which you feel unsafe or vulnerable around strangers. For instance, one good way to make sure you stay safe is to stay where you can be seen, or to go where a lot of people are. Another good thing to do is to tell an adult you trust that you think you're being followed. It's best to avoid telling strangers your name and address as it could lead to them repeatedly following you in the future.

Whatever your game plan is, it's best to always talk about it with a parent or guardian. Make sure they always know where you are, who you're with, and what you're doing. In the event of an emergency, the information you give them can help keep you safe.



## 8 Tips to Avoid Summer Bumpers

[Webmd.com](http://Webmd.com)



### Use the 20-Minute Rule

Drink water at least every 20 minutes, to prevent heat stress and heat stroke.



### Make Yourself Unattractive

To insects, avoid scented soaps, perfumes, and hair sprays. They can attract mosquitoes and other biting bugs.



### Stay Street Legal

Before you head out on a family bike ride, you might want to check on your local laws and of course, make sure everyone straps on a helmet.



### Play It Safe

At the playground, take a good look at the equipment. It should be in good shape.



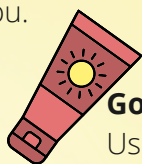
### Scan for Bad Plants

Learn to recognize poison ivy and poison oak, and steer clear.



### Big Adventure? Brag About It

Tell someone where you're going and when you expect to be back. Take a first aid kit with you.



### Go Broad

Use a "broad-spectrum" sunscreen



### Be a Hero, the Right Way

If you see someone struggling in a pool or lake, you'll naturally want to help them. Throw a Coast Guard approved flotation device to the person in the water or use a pole to reach them.



SUN SAFETY		
SUMMER SKIN PROTECTION		
WEAR BROAD HAT	USE SUNGLASSES	WEAR PROTECTIVE CLOTHING
AVOID SUN BETWEEN 11 AM AND 3 PM	USE SUNSCREEN	DRINK MORE WATER
REFLECTION CAUTION	SEEK SHADE	AVOID DIRECT SUNLIGHT

# NATIONAL DOG MONTH

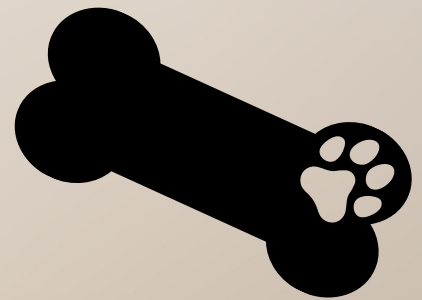
## Adopt, Don't Shop

An article by Amanda Woods

In April of 2020 during the start of quarantine during the COVID-19 pandemic, my family like many others across the country found ourselves adopting a dog. Diamond, our husky, lab, shepard mix became a part of our family after a short stay at North Country SPCA in Elizabethtown, New York. From the moment we saw Diamond's first picture, we instantly fell in love with this dorky little girl. Diamond's story is like many other shelter dogs that get adopted and find their forever home but many are not as fortunate to find their special place due to shelter biases.

When people think about adopting a dog from a shelter, they sometimes have preconceived notions about these animals. Oftentimes, people view shelter dogs as mean or not as loving and caring as non-shelter dogs. However, this is simply not the case. Most shelter dogs, like people, come from diverse backgrounds and sometimes these animals came to the shelter after being in harsher living environments. If people gave shelter dogs a chance and helped these animals move past their former lives, they would see that shelter dogs are the same as any other dog one may meet and are deserving of a forever home.

As well, there are many benefits to adopting a dog from a shelter rather than buying one from a breeder. First by adopting a dog from a shelter, you are giving the dog a forever home and a chance at having a new life outside the shelter. As well, adopting a dog from a local shelter reinvests money back into the shelter so that the animals remaining at the shelter can have a better life while still searching for their forever home and creates more space for dogs that are in need of help which the shelter can provide. Finally, owning a dog can boost both one's mental and emotional health as well as help people remain physically active through doing various activities with your dog like going on walks or playing fetch out in the yard.



### Animal Shelters and Organizations in St. Lawrence County



**Postdam Humane Society (Potsdam, NY)**

**St Lawrence County SPCA (Ogdensburg, NY)**

**Massena Humane Society (Massena, NY)**

**Gracious Friends Animal Sanctuary (Heuvelton, NY)**

**Friends 4 Pound Paws (Gouverneur, NY)**



# Back To College

An Article By Kaelee Shrewsberry

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Starting college can be a new and challenging experience for many teenagers and adults. Most people go into college with high expectations, making the overall adjustment a bit tricky. However, there is no need to be a perfectionist during our higher education years. It is more important to prioritize physical and mental help, which includes sleep, over the monetary values of grades. What you learn is more salient to your end goal or career than just completing assignments for the grade. A good way to achieve this is to make connections with your professors. Instead of feeling like a burden to the professors, acknowledge the student professor dynamic; you are there to learn and they are there to teach. Forming a relationship with one or more professors opens a gateway of opportunities that students who don't take advantage of the system will never experience.

Outside of networking with professors, establishing social connections with your peers is equally as important. Even though many people view college as a time of liberation and independence, having a support system of friends and people within your major can make the adjustment to college feel more natural. One way to do this is joining clubs, sports, and experimenting with new interests. However, it is O.K. to not make friends right away. People tend to compare the friends they make in college over a handful of semesters to the depth of the relationships they made during the 12 years of grade school hindering their ability to make more valuable connections.

Go into college with an open mind instead of high expectations created by the media. This will help you adjust more comfortably to this major change in your life, lessening your chances of not meeting expectations. Take advantage of this time to branch out while also learning to prioritize yourself.





# FACT OF THE MONTH

Created by Joanie Shaw

Clouds can weigh over 1 million pounds.

Did you know that clouds are actually heavy? That's right! As impossible as it may seem, the largest clouds can weigh over 1.1 million pounds. While it may look like these giant heaps of fluff are made of nearly nothing, the truth is that they're made completely out of tiny evaporated water droplets. It may sound like a small amount, but when put together, the water particles that make the cloud really add up. Not so light and fluffy looking now, are they?



## Tropical Smoothie Recipe

With the hot weather in Summer, making a smoothie is not only refreshing, but also healthy and delicious! Here is an easy recipe on how to make a tasty summer beverage.

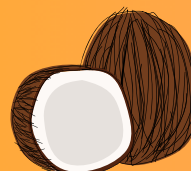
### Ingredients:

- 1 cup frozen cubed mango
- 1 cup frozen cubed pineapple
- 1 frozen sliced banana
- 1 (13.5 oz can) coconut milk, full fat or light
- Spinach: optional (color will be green/brown)



### Directions:

- Place all ingredients into a high-powered blender and blend until well-combined and smooth.
- Put into a bowl and enjoy!



This recipe is courtesy of [showmethenyummy.com](http://showmethenyummy.com)

# -2022- August

- 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
		1 <b>Ice Cream Sandwich Day</b> 	2	3	4	5
		<b>St. Lawrence County Fair</b>				6 <b>Massena Downtown Artisan Market</b> <b>Pirate Party</b>
7	8 <b>Book Lovers Day</b> 	9	10	11 <b>National Son &amp; Daughter Day</b> 	12	13 <b>Cranberry Lake Art Show</b>  <b>Left-handers Day</b>
14 <b>Adirondack Raptors</b> 	15 <b>Relaxation Day</b> 	16	17 <b>National Nonprofit Day</b> 	18	19 <b>World Photo Day</b> 	20
21	22	23	24 <b>National Waffle Day</b> 	25	26 <b>Dog Appreciation Day</b> 	27 <b>Family Fun Day</b> 
28	29 <b>Toasted Marshmallow Day</b> 	30	31 <b>Eat Outside Day</b> 			

## Family & Youth Calendar of Events

**8/2 - 8/7**

- Gouverneur and St. Lawrence County fair

**8/6**

- Massena Downtown Artisan Market & Sidewalk Sales
- Pirate Party

**8/12**

- Friday Nights in The Falls
  - Click [here](#) for more info

**8/14**

- Adirondack Raptors at NCCM
  - 1:00-2:00 pm

**8/19**

- Ogdensburg Farmers and Artisans Market
  - Click [here](#) for more info

**8/26**

- Movie Night, Ives Park

**8/27**

- End of summer family fun day

## Special Interest/Fun Dates

**8/2**

- Ice Cream Sandwich Day

**8/9**

- Book Lovers Day

**8/11**

- National Son & Daughter Day

**8/13**

- Left-handers Day

**8/15**

- Relaxation Day

**8/17**

- National Nonprofit Day

**8/19**

- World Photo Day

**8/24**

- National Waffle Day

**8/26**

- Dog Appreciation Day

**8/30**

- Toasted Marshmallow Day

**8/31**

- Eat Outside Day

## Do you have to complete volunteer credits for your school, group or team?

Grasse River Heritage is always accepting volunteers to help maintain trails and various other task.

Get a group together today and contact them for available dates to volunteer!

GRASSE RIVER HERITAGE IS LOOKING FOR YOUTH VOLUNTEERS TO HELP WITH PARK MAINTENANCE, EVENT PLANNING, AND MUCH MORE!

## VOLUNTEER OPPORTUNITY



SCAN THE QR CODE OR CLICK THE LOGO TO VISIT THE GRASSE RIVER HERITAGE WEBSITE FOR MORE INFORMATION



# St. Lawrence County Fair

August 2nd-August 7th

85 East Barney Street Gouverneur, NY

## SAWYER BROWN



Tuesday, August 2nd

8:00 P.M.

Click for TICKET

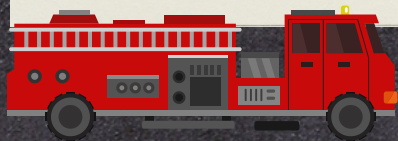
or call 315-287-3010

Reserved Seating \$50.00, Festival Seating \$30.00

Rides Open daily at 2pm Wednesday - Sunday

Wednesday

Band Day & Fireman's Parade



Thursday

12:00 P.M - Harness Racing

6:30 P.M. - Talent Show

Friday

6:30 P.M. - New York Hot  
Farm Pulling Series



SO  
MUCH  
FUN



Saturday

4:00 P.M. to 7:00PM - Local Band

8:00 P.M. - Larger Than Life - The  
Ultimate Boyband Tribute



Sunday

1:00 P.M. - Demolition Derby



FOR THE COMPLETE  
FAIR SCHEDULE  
INCLUDING EVENT  
TIMES, PRICE, AND  
LOCATIONS

click  
here!





# NORTH COUNTRY CHILDREN'S MUSEUM

Where kids play to learn and grown-ups learn to play



Wednesday - Sunday | 10am - 5pm  
10 Raymond Street Potsdam  
315-274-9380



## Adirondack Raptors

AUGUST 14 @ 1 PM - 2 PM

Join us for a live animal show with wildlife specialist Mark Manske. Mark is a wildlife rehabilitator, a master falconer, and a children's book author. He'll bring his birds of prey and read from his story "The Great Snowy Owl Caper". His children's book series about "Stoney and the gang" will also be available for sale. Event included with membership & admission. No need to preregister.



**CHRISTIAN LIFE FELLOWSHIP & GRACE FOOD PANTRY**

Weekly Food Pantry Distribution  
Thursdays  
9am - 11:45am  
In Church Basement

Large Quantity of food provided to all who show up

52 CHURCH ST. GOUVERNEUR



**Summer Market**



**SATURDAYS**  
9 am - 2 pm  
May - November

**IVES PARK, POTSDAM NY**



**ADDRESS**  
2321 Ford Street Extension  
Ogdensburg, NY 13669  
St. Lawrence County

**CONTACT PERSON**  
Beth Lyons

**PHONE**  
(315) 869-6188

**EMAIL**  
lotsofislands@gmail.com

**WEBSITE**  
Facebook Page

**FRIDAY NIGHTS IN THE FALLS**

For more information about the Friday Nights in the Falls Festival, such as food vendors, activities, prices, times, and location, click below.

*click here!*

**DOWNTOWN ARTISAN MARKET and SIDEWALK SALES**



*Registration for Sidewalk Sales & Vendors OPEN!*

**Massena Downtown Artisan Market & Sidewalk Sales**  
60 Main St  
SATURDAY, AUGUST 6 AT 10 AM - 5 PM

**MORE INFO**



**5<sup>TH</sup> ANNUAL "END OF SUMMER FAMILY FUN DAY" AT American Legion Post 1539 Star Lake, NY**

**Saturday August 27<sup>th</sup> 11AM- 4PM**

Featuring

- Chicken Barbeque 12PM- UNTIL**  
Meal: \$14.00 / Chicken only \$10.00 at the door  
Pre-Sale tickets available at the Legion  
Or by calling [315-848-2089](tel:315-848-2089)
- Classic Car Cruise In-11AM-3PM**  
"We want to see your ride"  
Cars, Trucks, Motorcycles or anything of interest.  
Questions Call: [315-525-6686](tel:315-525-6686)
- Come and enjoy live music  
Local vendors and crafters will be onsite  
To show their talents and products  
Question Call [315-848-3506](tel:315-848-3506)
- Playground for the kids  
Bring the family to enjoy, Music, Classic Cars, and great food.

# POTSDAM RECREATION

VILLAGE OF POTSDAM RECREATION PRESENTS:

## BACKYARD Games Week

August 1st - 5th  
9:00 AM - NOON

AGES 4 - 15

\$25 Per Child

Proceeds Directly Support Current & Future Rec Programs

**Small Group & Team Activities Including:**

- Backyard Bowling
- Capture the Flag
- Cornhole
- Disc Golf
- Giant Connect Four & Tic Tac Toe
- Kickball
- Wooden Yard Dice
- + More!

Registration Information: <http://vi.potsdam.ny.us>  
tsmutz@vi.potsdam.ny.us  
(315) 265-4030

Backyard Games Week will run from August 1st to August 5th and will feature small group and team activities that will utilize our lawn space and athletic fields behind the arena. Activities will include backyard bowling, capture the flag, cornhole, disc golf, giant connect four and tic tac toe games, kickball, wiffleball, wooden yard dice and much more! Like our Arts and Crafts Week, will be a morning program from 9:00 AM to Noon

As we get to the middle of August, our Safety Week will welcome some of our community heroes from August 15th to 19th, from 9:00 AM to Noon. Programming will be modified to incorporate some youth themed activities and training that would correlate to the department and emergency service providers that will be visiting on that specific day. Appearances from the Rescue Squad, the Fire Department, and Police Department, are expected individually, on three of the five allotted days during the week. The other two days of programming will feature water safety best practices, fun backyard water-related activities and races that exclude the beach, and an indoor movie and popcorn to celebrate our youth and community heroes on Friday, August 19th.

# SAFETY WEEK

\$25 Per Child  
<http://vi.potsdam.ny.us>  
mutz@vi.potsdam.ny.us  
(315) 265-4030  
with PosterMyWall.com

AUG 15	<b>MONDAY</b> <b>E.M.T. Day</b> visit from our medical professionals	
AUG 16	<b>TUESDAY</b> <b>FireFighter Day</b> Touch a Truck and team relay races	
AUG 17	<b>WEDNESDAY</b> <b>Police Officer Day</b> Meet a Policeman & Bike Safety	
AUG 18	<b>THURSDAY</b> <b>Water Safety Day</b> water activities not involving the beach	
AUG 19	<b>FRIDAY</b> <b>Movie Day</b> Big Screen Projector Movie & Popcorn celebrating the end of Safety Week	

Registration forms and flyers can be found on the Village of Potsdam website and on the Village of Potsdam Recreation page on Facebook. Physical forms can also be found at both Pine Street Arena and the Village of Potsdam main offices between the museum and public library. Weekly programming is \$25.00 per child, or \$5 per morning session if unable to make all five days of activities. Registration and Waiver and Release of Liability forms must be submitted before participation.

# St. Lawrence County Health Initiative

**CALLING ALL TEENS**

Looking for something fun to do this summer?  
CAPP has your back!

**HEY TEENS! JOIN US FOR:**

## BE PROUD! BE RESPONSIBLE!

*A Crash Course in STI  
and Pregnancy Prevention*

JOIN US AT THESE UPCOMING EVENTS:

**MADRID  
LIBRARY**  
August 15th  
9:00AM-4:00PM

**MASSENA  
LIBRARY**  
August 16th  
9:00AM-4:00PM

**CANTON  
LIBRARY**  
August 24th  
9:00AM-4:00PM

- ★ For Youth Ages 13-17
- ★ Lunch and Snacks Provided!

Participants receive a \$25 gift card!



## MOVIE NIGHT

AT IVES PARK IN POTSDAM

**AUGUST 26 | 8PM**

COME ON OUT TO THIS **FREE**  
VIEWING OF **ENCANTO** FOR  
AGES 13-17.

BRING SNACKS, DRINKS, AND A  
BLANKET TO SIT ON!

**\*RAIN DATE: AUGUST 27**

PRESENTED BY THE ST. LAWRENCE COUNTY HEALTH INITIATIVE



## Pirate Party

SATURDAY, AUGUST 6 AT 1 PM - 3 PM

Norwood Public Library

THE FRIENDS OF NORWOOD PUBLIC LIBRARY ARE HOSTING A PIRATE PARTY FOR KIDS!

THIS EVENT IS FREE AND OPEN TO THE PUBLIC.

• Free Book for Each Child



• Photo Ops



• Games



• Decorate Pirate Hats



• Snacks



• Storywalk

