

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

September 2022

Vol 2 Issue 9



Inside the Issue

Back to School

Back to school time can be stressful for some students. This issue provides tips and advice for students going into middle and high school.

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!

Ways to change your style

Are you looking to change your clothing style? In this issue you can find out how and where to find clothes that are fashionable but still make you feel confident!

BACK TO SCHOOL

Remember to wash your hands regularly and avoid getting too close to sick classmates

Take notes! They'll be your best resource when you want to study later

Know your teachers. They will help you in almost any situation

Keep yourself organized and tidy. It will be easier and quicker to get what you need

Back to School

A GUIDE FOR EVERY GRADE FOR RETURNING TO SCHOOL

Seniors

Senior year is one of the most important years of high school. It is also probably one of the most stressful years ever. With college in mind, many students experience higher amounts of stress and pressure to maintain a dependable GPA to graduate on time, get into a college or university, or get scholarships. Outside of school it can be difficult to find time to hang out with friends because of heavy workloads or overdue work. Many high schoolers aside from seniors also struggle with stress from completing their work on time and worrying about when they can hang out with friends or if their friends still want to hang out. However, this is the year that you will most likely remember for the rest of your life and the memories and friends you make will be ones that you keep and cherish forever.

Juniors

During Junior year, many students begin thinking about college and life after high school. As a teen going into Junior year this upcoming school year, I am excited to see my friends, go to school dances, and get back into the everyday routine. Junior year is also the year where many students go to BOCES to pursue a program that interests them and is beneficial for their career outside of school. As a Junior, you are given more opportunities, freedoms, and privileges like college fests and job fests. However, students will most likely still feel pressure and stress when completing homework and coursework on time, as well as balancing their social life.

Sophomores

HIGHSCHOOL

As a teen who just finished 10th grade, I can say that it was really stressful getting back into the daily school routine, especially after two years of school being cut short due to the Covid-19 pandemic. The hardest part for me was preparing for Regents exams because unlike Freshman year, Regents exams weren't optional this year. We spent 2 months reviewing for the exams and it was mentally draining. I felt like I was constantly underprepared even though I had spent months preparing. However, the year wasn't completely stressful. There were some school dances and fun events, music concerts, sporting events, spirit weeks, and extracurriculars that many students participated in. I also grew my friendships with some incredible people and made so many fun memories through people on my sports teams, in band, and even through the St. Lawrence County Annual Trash Dash. This past year definitely had some challenging times, but the memories, laughs, and friends I made, formed one of the best school years of my life. I will never forget my sophomore year, and I encourage all incoming Sophomores to step out of your comfort zone, make new friends, and have the most fun you can!



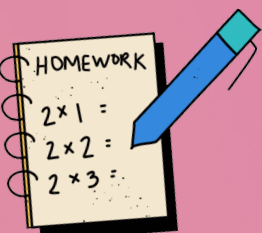
Freshman

Freshman year is another one of the most important years of high school. It was a big change coming back from a shortened 8th grade year to the big high school where there are all new teachers and rules that you have to listen to. However, it is important to know that each one of your classmates are also new to high school, so you aren't going through new and scary experiences alone. Plus, most of the upperclassmen have had the same classes you have, so they are always great people to ask questions to. The hardest part of Freshman year is adjusting to high school level classes and grades. One of my favorite memories of Freshman year was meeting new upperclassmen and some new students from my class as well. I also enjoyed my first year in high school band with so many incredibly talented players.

8th Grade



Eighth grade year is always exciting! It's the last year of middle school, and you're the kings and queens of the metaphorical mountain. Everybody is looking up to you, and it's easy to see why. The younger grades expect you to be somebody they can easily talk to, your teachers expect you to keep your grades up, and your parents expect you to be more responsible than you ever have before. Some days, you might feel like a superhero; trying to do your best to keep everyone in your life happy. However, with so many people depending on you, it can be hard to focus on yourself sometimes. Make sure to take time for yourself and the things you like to do. Focus on self care whenever you can, take a breath once in a while, and try not to get overwhelmed.



7th Grade

Learning how to study before you hit high school is crucial. In seventh grade, tests and homework start to pile up and get a lot harder than before, making it important to know how to handle big assignments and remember information. Studying can be difficult when you don't like a subject, but it doesn't have to be boring. While studying, try listening to some of your favorite calming music, chewing some gum, and repeating the information in your head a few times. If you're having trouble remembering the information, try reading it out loud once or twice. Quiz yourself often on the information you're trying to learn because -after all- practice makes perfect. Keep in mind that, although these are all great methods to help you study, everyone has a different method to help themselves remember things. Try to find the one that works best for you and try not to get discouraged if you're having a hard time studying. You can always take a step back and try again later!



6th Grade



Working with lockers is a wonderful skill to learn early because it takes a lot of practice and muscle memory. One tactic to help you learn how to use a locker is to write numerical codes and memorize them. This will help you work on your internal memorization, so when it comes time to learn an actual locker code, it will be a lot easier. Another thing you could do is get a physical lock. Working on memorizing that lock's code and unlocking it multiple times will help you learn muscle memory. Repetition is key when trying to learn anything, and it's important to not get discouraged. No one gets it perfectly on their first try, and it takes a lot of practice to get good at unlocking a locker.

5th Grade



In fifth grade, it's important to start thinking about things like hygiene and learning how to take care of your body. When learning about personal hygiene, you'll also learn that there are few important things to keep up on, such as brushing your teeth, wearing deodorant, and washing yourself regularly. You may start to experience physical changes in yourself, and one key thing to remember is that everyone else your age or around your age also may be going through changes. It's important to take care of yourself and develop good habits at a young age so that it's easier to keep up with routinely when you're older. Keep in mind that everybody is different and they may be experiencing different things than you are, and that even though everybody is different, nobody is wrong for being different.

Elementary



The first day of elementary school can be fun and exciting, but also nerve racking for children; being in a classroom full of all new faces, new curriculum, and a new teacher. One way parents can help for a smooth transition into each new year is to make sure to frequently check in with their child. Open communication between parent and child can help identify any problems with the adjustment period for the child. Being able to resolve issues before they intensify will help the child make the most of their year.



Fall Equinox

An Article By Kaelee Shrewsberry

The fall equinox is a semi-annual event that occurs in late September and March. Each equinox recognizes the time of year where day and night are equal in length due to the shift of the sun's rays from South to North. The fall equinox does not fall on the same day each year and has been celebrated for centuries. Occurring on September 22nd this year, the fall equinox is a time for gathering, rejoicing, and spiritual prosperity. The days slowly become shorter, nights become longer, subsequent to the fall equinox. For many people, this conversion of weather and time can represent a time of balance after the long, hot summer.

For farmers, the equinox symbolizes a time of harvest for their long growing crops. In preparation for winter, farmers store their crops as warm weather animals begin to hibernate. However, one can celebrate the harvest by enjoying the change in scenery, visiting apple orchards, or coming together with family for a feast to acknowledge the harvest season. Taking advantage of the picturesque Adirondacks and various apple orchards throughout the county can be a great way to gather and rejoice with loved ones.



Chilled Cantaloupe Soup

Prep time: 10 minutes + 1 hour chill

Ingredients:

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)



Steps:

- Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
- Cover with lid and blend until smooth. Transfer to a large bowl.
- Stir in lime juice, cinnamon, and remaining orange juice.
- Cover, and refrigerate for at least one hour.

Serve chilled

FACT OF THE MONTH

Moonquakes happen



Sometimes, plates on the Earth collide, making the ground under us shake and causing what is known as an earthquake. However, did you know that the moon also has quakes? These interesting feats are called moonquakes and are normally caused by collapses of faults under the moon's surface. There are four kinds of moonquakes: deep moonquakes caused by tides, vibrations caused by impacts of meteorites, thermal quakes caused by warming of the moon's surface by the sun, and shallow moonquakes. Moonquakes often last longer than earthquakes and are generally of smaller magnitude than the ones on Earth. The longest one continued for more than 10 minutes and registered at more than 5.5 on the Richter scale, proving that even though data shows moonquakes to be generally harmless, there can always be an outlier.



Labor Day

An article by: Mattie Lomoglio



Labor Day, on September 5th, is a nationally celebrated day to honor the men and women who worked hard to create the country we live in today. The United States relies heavily on labor for its infrastructure. Labor Day also marks the last day of summer. With a new school year coming up and jobs experiencing more business, Labor Day is a day of relaxation for everyone. It is a day to spend with friends and family. Some people have different traditions that they have when celebrating Labor Day, whether it's watching a parade, lighting fireworks, or camping.

The history of Labor Day:

On September 5, 1882, Labor Day first honored workers in New York City. The observance later moved to the first Monday in September in 1884. However, the observance wasn't officially recognized by any government entity until 1885 when a municipal ordinance was passed. Interestingly, Oregon recognized the day in 1887 before New York state's bill passed. As more states recognized the observance, its popularity grew. Then, in 1894, Congress declared the day to be a national observance.

All in all, Labor Day is a day to reward yourself for all of your hard work that has added to the prosperity of the country, but also to honor those who worked long, tiring hours to make our country one of the most prosperous places on the planet.

WAYS TO CELEBRATE

- ★ Host a labor day party or attend a friends party
- ★ Shop local labor day sales
- ★ Visit a history museum
- ★ Write a thank you letter to your favorite restaurant or business
- ★ Make a craft for your teacher or other school staff
- ★ Volunteer at a local organization
- ★ Go for a walk or a bike ride
- ★ Attend a Labor Day Parade or Festival
- ★ Take a day trip to a new place
- ★ Bake festive snacks for your family or neighbor

Kid Friendly

Crafts & Activities

Labor Day

Word Scramble



TEST OPTIONAL:

SHOULD STUDENTS STILL TAKE THE SAT AND ACT IN PREPARATION FOR COLLEGE?

AN ARTICLE BY KAELEE SHREWSBERRY

WHAT IS THE DIFFERENCE BETWEEN THE SAT AND ACT?

The Standardized Aptitude Test (SAT) is an exam that contains evidence-based reading, writing, math, and an optional essay. This exam lasts 3 hours or 3 hours and 50 minutes when writing the essay.

The American College Test (ACT) is similar to the SAT and also includes a science section. Colleges generally have no preference on which test is submitted. Although, more STEM minded students might choose to take advantage of the science section not provided on the SAT.

DIFFERENT TYPES OF COLLEGE ADMISSION POLICIES:

Test Optional - you do not need a test score attached to your application for your application to be considered complete and reviewed for admission.

Test Flexible - colleges will accept scores outside of SAT/ACT such as AP or IB exam scores.

Test Blind - even if you submit a test score to a college, the admission board will not include the score in your file.

IN A WORLD OF UNCERTAINTIES, THE NEW USE OF TEST OPTIONAL ADMISSIONS BY A BROAD RANGE OF PUBLIC AND PRIVATE UNIVERSITIES GIVES STUDENTS THE CHANCE TO FOCUS ON OTHER ASPECTS OF THEIR ACADEMIC CAREER OVER THE SCORE OF A STANDARDIZED TEST. SOME EXPERTS WILL TELL YOU STANDARDIZED TESTING IS AN OUTDATED TOOL FOR MEASURING ACADEMIC SUCCESS. ALBEIT, STANDARDIZED TESTING IS IMPORTANT FOR MORE THAN JUST THE APPLICATION PROCESS.

MOST SCHOLARSHIPS ARE DEPENDENT ON YOUR SAT OR ACT SCORES. MERIT BASED SCHOLARSHIPS PROVIDED BY COLLEGE, SCHOLARSHIPS PROVIDED BY YOUR HIGHSCHOOL, SCHOLARSHIPS APPLIED FOR INDEPENDENTLY, AND SCHOLARSHIPS OFFERED BY COLLEGE BOARD. TEST OPTIONAL ADMISSIONS HAVE OPENED A GATEWAY OF OPPORTUNITIES FOR STANDARDIZED TESTS TO ONLY BENEFIT YOU RATHER THAN MAKE OR BREAK YOUR COLLEGE APPLICATION PROCESS.

TAKING THE SAT AND ACT MORE THAN ONCE CAN ALSO INCREASE YOUR CHANCES OF RECEIVING MORE GRANTS AND SCHOLARSHIPS. YOU CAN DO WHAT IS CALLED 'SUPERSCORING', WHICH ALLOWS YOU TO COMBINE SCORES FROM DIFFERENT SAT OR ACT TESTS FOR A HIGHER OVERALL SCORE. ALL-IN-ALL, TAKING AND SUBMITTING YOUR STANDARDIZED TEST SCORES IS OPTIONAL, HOWEVER, IT'S AN OPTION THAT CAN ONLY BENEFIT YOUR HIGH EDUCATION EXPERIENCE.



EXPRESSING BODY POSITIVITY THROUGH STYLE

An Article By Kaelee Shrewsberry

With back-to-school season right around the corner many students are preparing by adding new clothes to their wardrobe. Style is one of the first things people will notice when they initially meet you. With that being said it is important to take advantage of the versatility of clothing and accessories in order to

express your own uniqueness and diversity. Social media leads people to believe they need to constantly change their wardrobe to conform and fit in with the new fashion trends each season. More often than not people fall for this consumerism scam, choosing clothes that other people like rather

than what they personally enjoy. By choosing clothes outside of popularized and ever-changing fashion you can find styles that flatter your personality and body.

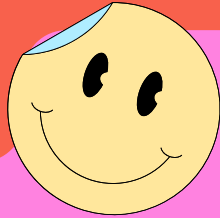
WHERE TO SHOP

Instead of shopping at big name stores like Hollister, Forever 21, or American Eagle for all of your clothes, a more cost friendly and unique option would be to shop at local shops, thrift stores, or consignment stores. St. Lawrence county has a menagerie of small shops such as Luna, Isle of You, and Thriftique. In these shops you

can find one-of-a-kind clothing for a fraction of the price; clothing that will express your individuality rather than the static clothing of bigger corporations. In the same token, supporting local businesses is a positive way to give back to your community.



WHICH STYLE SHOULD YOU TRY?



1 Which is your favorite season?

- A. Fall
- B. Spring
- C. Summer
- D. Winter

2 What is your ideal way to spend your free time?

- A. Reading a Book
- B. Shopping
- C. Watching an old Movie
- D. listening to music

3 What is your dream vacation?

- A. Rome
- B. Hawaii
- C. London
- D. Tokyo

4 If you won the lottery, what be the first thing you did with the money?

- A. Share the Money
- B. Buy Your Dream Car
- C. Invest the Money
- D. Move to a foreign country

5 Which is your dream pet?

- A. Cat
- B. Dog
- C. Bird
- D. Reptile

6 What style of shoe do you wear most often?

- A. Sneakers
- B. Dress Shoe
- C. Crocs
- D. Platforms

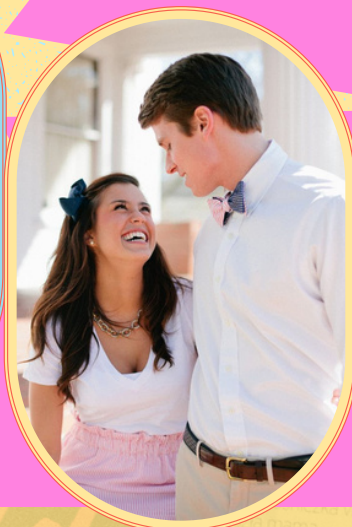
7 At the carnival, what is your go to treat?

- A. Lemonade
- B. Giant Pretzel
- C. Cotton Candy
- D. Funnel Cake

Mainly A's
Minimalist



Mainly B's
Preppy



Mainly C's
Vintage



Mainly D's
Grunge



SUICIDE PREVENTION AWARENESS MONTH

By: Mattie Lomoglio

Suicide is one of the most common causes of death in the United States. Individuals of all ages can be affected by suicidal thoughts or attempts. September is Suicide Prevention Awareness Month. Since the beginning of the Covid-19 pandemic, suicide rates have gone up due to isolation/quarantine, inability to see family members, and feelings of loneliness. If you or someone you know struggles with mental health issues or suicidal thoughts, please know that there are resources available and people to help you through it. **YOU ARE NOT ALONE!** There are people who value and care about you. You can get through anything! Have hope, it **WILL** get better. If you or someone you know is in crisis, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911.

Below are some statistics on how poor mental health, and other factors, have impacted people who have died by suicide in the U.S.

Individual Impact:

- 78% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10-34 and the 10th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.
- While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% experienced symptoms.

Community Impact:

- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.8% of all adults
 - 11.8% of young adults aged 18-25
 - 18.8% of high school students
 - 46.8% of lesbian, gay and bisexual high school students
- Some of the highest rates of suicide in the U.S. are among American Indian/Alaska Native and non-Hispanic white communities.
- Lesbian, gay and bisexual youth are 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 12x more likely to attempt suicide than the general population.
- Suicide is the leading cause of death for people held in local jails.



988's network of local crisis centers offers 24/7 access to trained counselors

Source: Suicide Prevention Awareness Month | [NAMI: National Alliance on Mental Illness](#)

Click or Scan to learn more about 988

If you feel like you or someone you love may be in a mental crisis, get help now. You are not alone.



988 was formerly known as the National Suicide Prevention Lifeline.

Banned Books Week

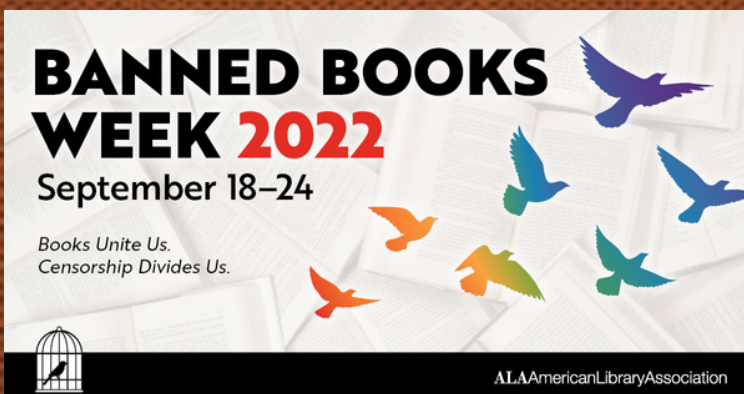
An article by Amanda Woods



Book banning occurs when organizations remove books from stores, libraries, or reading lists due to the ideas, content, or themes within a novel and is done as a way to censor a work of literature. The process occurs with a challenge made by a group or organization to remove a work from circulation in a specific area, thus restricting access to the material. Although books are challenged with the best intentions, censorship of these novels can be harmful because it dictates what works of literature youth are influenced by and have access to. Due to the attempt to challenge and ban some novels, organizations like the American Library Association (ALA), have begun to educate the public about the risks of book banning within libraries and schools within the US through keeping thorough records of which novels have been challenged and even banned in certain parts of the US.

Top 10 most challenged books of 2021

- 1 *Gender Queer* by Maia Kobabe
- 2 *Lawn Boy* by Jonathan Evison
- 3 *All Boys Aren't Blue* by George M. Johnson
- 4 *Out of Darkness* by Ashley Hope Perez
- 5 *The Hate U Give* by Angie Thomas
- 6 *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie
- 7 *Me and Earl and the Dying Girl* by Jesse Andrews
- 8 *The Bluest Eye* by Toni Morrison
- 9 *This Book is Gay* by Juno Dawson
- 10 *Beyond Magenta* by Susan Kuklin



To learn more click the logo or scan the QR Code

September -2022-

A few National Month observances:

- Suicide Prevention Month
- Baby Safety Month
- National Self Care Awareness Month
- Sept 1-4, National Childhood Injury Prevention

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Walk with a Doc  Art Market
4 National Wildlife Day 	5 Labor Day Gouverneur Fireworks 	6	7	8	9 Teddy Bear Day 	10 Old River Fest S.T.E.A.M Open House 
11 Patriot Day 	12	13 International Chocolate Day 	14	15	16 Step Family Day National Guacamole Day 	17 Bluegrass Concert 
18 Fight Hunger Fair & 5K 	19	20	21	22	23	24 Open Air Market Recovery River Fest
25 Color Fun 5k Walk/Run 	26 National Pancake Day 	27	28	29	30	

Family & Youth Calendar of Events

9/3

- Walk with a Doc
- Art Market
 - Potsdam Farmer's Market
 - 10am-5pm, More info [HERE](#)

9/3 & 9/4

- Old Fashioned Harvest Exhibition
 - St. Lawrence Power & Equipment Museum
 - 9am-4p, More info [HERE](#)

9/5

- Gouverneur Fireworks

9/10

- Old River Fest
- Higley Hundred Century Bicycle .Ride, More info [HERE](#)
- S.T.E.A.M Open House
- Horse Show for Youth
 - More info [HERE](#)

9/10

- Vendor & Family Fun-Fall Fair
 - St. Lawrence Center Mall
 - 11am-4pm, More info [HERE](#)

9/17

- Atkinson Family Band

9/18

- Gardenshare's Fight Hunger Fair

9/24

- Open Air Market
- Recovery River Fest

9/25

- Color Fun 5K Walk/Run

Special Interest/Fun Dates

9/4

- National Wildlife Day

9/5

- Labor Day

9/9

- Teddy Bear Day

9/11

- Patriot Day

9/13

- International Chocolate Day

9/16

- National Guacamole Day
- Step Family Day

9/17

- National Gymnastics Day
- National Dance Day

9/26

- National Family Day
- National Pancake Day

S.T.E.A.M Open House

See what our 'MakerSpace' has to offer and take a grab-and-go STEAM kit!

SEPT. 10 FROM 10AM- 12PM
WADDINGTON HEPBURN LIBRARY



REMINGTON RECREATIONAL TRAIL
1 SULLIVAN DRIVE
CANTON, NY

SAVE THE DATE

REGISTRATION BEGINS AT 8AM
RACE BEGINS AT 9AM

KINSHIP AWARENESS COLOR FUN 5K WALK/RUN SEPTEMBER 25, 2022

\$25 PER PERSON
12 AND UNDER ARE FREE

FREE T-SHIRT FOR FIRST 100 PEOPLE THAT
REGISTER PRIOR TO AUGUST 31, 2022

FOR MORE INFORMATION PLEASE

CALL 315-229-3453 [To Register](#) [CLICK HERE](#)



GARDENSHARE'S FIGHT HUNGER FAIR & 5K

SUNDAY, SEPTEMBER 18TH, 2022
AT THE CANTON VILLAGE PARK

12:30pm: 5K Check-In / Register
(Pre-register online today for \$25)

Awards will be given to the top fundraisers.
Donations can be made to an individual or team through RunSignUp.com



SCAN ME

12:30pm-3:30pm: Live music, educational games, story walk, tabling, 50/50 raffle (bring cash!)

1:00pm: Presentation of Growing Communities Award; Race begins shortly afterwards



GardenShare
HEALTHY FOOD. HEALTHY FARMING. EVERYBODY EATS.
info@GardenShare.org | (315) 261-8054

Farm to Community Workshops

Come learn the art of affordable cooking with fresh fruits and vegetables! Leave with fresh produce and a tasty recipe!

Join us August 4, 2022 at the

Parkstead Gouverneur Community Room from 3pm-4pm. Workshops and produce box orders will be every Thursday through September 29, 2022.

****Registration required.****



To register please contact Wanda @ 315-379-9192 ext. 221 or email wlc24@cornell.edu
Bring \$12 on your EBT to purchase a produce box worth \$24!

Cornell Cooperative Extension | **SNAP-Ed New York**
MAKING THE MOST OF YOUR SNAP BENEFITS



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

walk WITH a DOC Gouverneur

Saturday, September 3rd, 2022
10:00 - 11:00 AM

Gouverneur Fairgrounds Track

**Accessible for all walkers, strollers and wheelchairs*

Join a variety of St. Lawrence County healthcare providers for a **FREE**, fun walk! Discover a new, safe place to walk, learn about health, and meet new friends! **The event is open to all and is for people of all abilities!**



Questions?
rbabowicz@chcnorthcountry.org | (315) 713-9369

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org.

Atkinson Family Band in Concert

Saturday, September 17 at 7 pm
\$10/Person, 12 and under Free

The Iva Smith Gallery of Fine Art
627 State Highway 37, Hammond,
NY 13646

For More Information

[CLICK HERE](#)



The Gouverneur Fire Company will host the largest display of fireworks in the north country on Monday September 5th at Dusk. The event will be held at the Gouverneur Fair Grounds on East Barney Street in the Village of Gouverneur. You will not want to miss this show as we will be making up for the last two years. There is a donation charge at the gate for entry.

2022 Craft, Food & Wine Open Air Market

St. Lawrence Power & Equipment Museum
1755 State Highway 345, Madrid NY

September 24 10am-5pm

\$10.00 per car

MORE INFO



The 2022 Craft, Food & Wine Open Air Market is a unique event featuring handmade and value added products from the North Country and beyond. Vendors will be set up throughout the St. Lawrence Power & Equipment Museum exhibits and buildings, like a Market set along the 'streets' of this living history museum. This event is modeled after the St. Lawrence County Chamber's Craft, Food & Wine show usually held at Clarkson's Cheel Arena or at SUNY Potsdam's Maxcy Hall, with an outdoor, open air model.



September 10th
10:00 AM - 6:30 PM

Morrisette Park, Ogdensburg, NY
2 Caroline St Ogdensburg NY 13669

Old River Fest is a NEW event designed to celebrate the maritime heritage of the St. Lawrence River and Ogdensburg as a Port City, past and present.

[List of Events](#)

The festival will include food trucks, vendors, youth activities and music along with tours of Tall Ship Nao Trinidad.



Coordinated by the St. Lawrence County Chamber and Greater Ogdensburg Chamber of Commerce in partnership with the City of Ogdensburg

2022 The Valley Recovery Center RECOVERY RIVER FEST

SATURDAY, SEPTEMBER 24TH
LOCKWOOD ARENA
OGDENSBURG, NY

2ND ANNUAL RECOVERY RIVER RUN 5K

Registration @ 9:00 AM, Run @ 10:00 AM
Pre-Register Online
First 250 participants registered receive a free event shirt & gift bag

REGISTER NOW

9 AM

9 AM

FAMILY FUN FEST

9:00 AM - 1:00 PM
Vendors, Crafts, & Games For The Whole Family
FREE Concessions

FAMILY MOVIE

Indoor Showing of a family-friendly movie
Bring A Chair or Blanket
FREE Concessions

1 PM

For more information visit us on Facebook @ [SeawayValleyPrevention](#)

Rediscover the thrills-and chills-of a good old-fashioned
HALLOWEEN HAYRIDE!



TRI-TOWN CHAMBER OF COMMERCE ANNUAL HAUNTED HAYRIDE !!!!

For 4 Weekends
September 16 & 17
September 23 & 24
September 30 &
October 1
October 7 & 8

5:30PM UNTIL DUSK (NON-SCARY) BRING THE LITTLES!!
DUSK UNTIL???? BE PREPARED TO BE SCARED!!

\$5.00 PER PERSON
RAIN OR SHINE

94 Leary Flint Road,
Brasher Falls

For More Information Call or Text
315-705-8913 or 315-705-8965

2022 Fall Classes

September 28 - December 9

Details & Registration

● Toddler Yoga

● Toddler Music

● Tinker Tots Engineering

● Sewing: Make-A-Bear

● The Art of Optical Illusions

● Music Ancient Instruments

● Kitchen Chemistry

● Science Zoology

● Puppet Theater



**NORTH COUNTRY
CHILDREN'S MUSEUM**

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

Wednesday - Sunday | 10am - 5pm

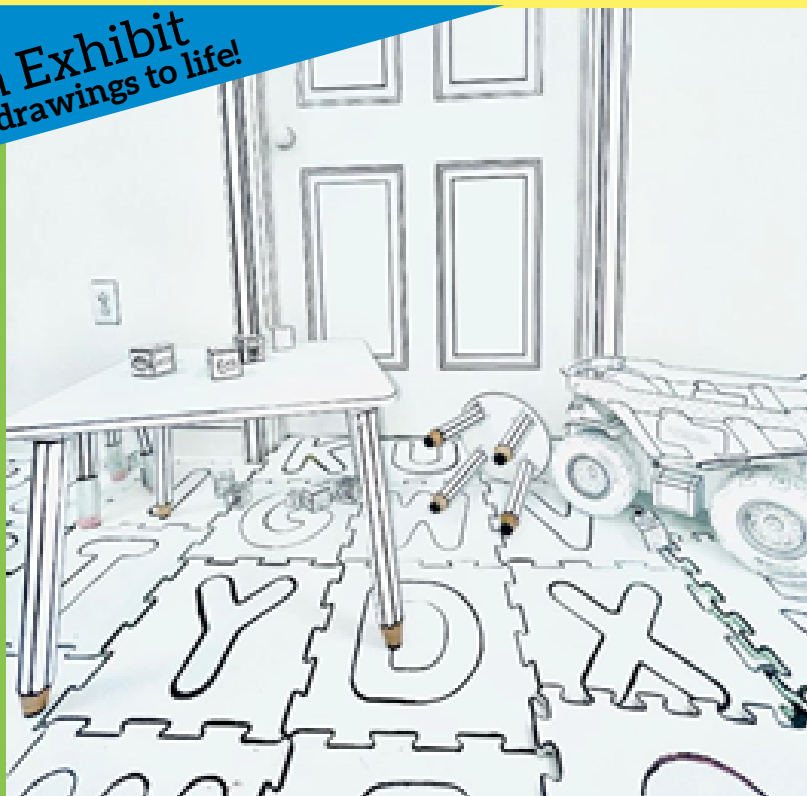
10 Raymond Street Potsdam

315-274-9380

2D Playroom Exhibit
Step inside and bring drawings to life!

This temporary, interactive exhibit opens September 8th and runs through the end of the month.

Artist Liza Labarge Paige created this innovative optical illusion with hands-on fun inside!



Family STEAM Programs

Saturdays and Sundays at 11am & 2pm

For kids 12 and under

Included with membership and admission.

Full Events Calendar [HERE](#)

Did you know
NCCM host birthday parties
and group field trips?



Email programs@northcountrychildrensmuseum.org
for details