



YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

August 2024

Vol 4 Issue 8



Inside the Issue



- Easy Air Fryer Chicken Shake and Bake Recipe
- August National Days

SAT vs. ACT. Know the differences between common college standardized testing

College prep and how to stay on the right path in college

2024 Interns Introduction Video





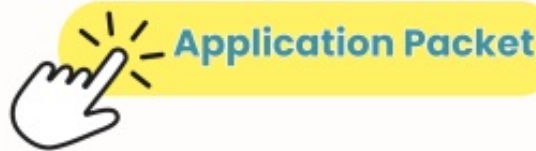
St. Lawrence County Youth Bureau

Youth Funding

Applications Available:

- Youth Development Programs (YDP)
- Youth Sports & Education (YSEF)
- Youth Team Sports (YTS)

Application Deadline: Friday, August 30th 2024



(315) 379-9464



slcyouthbureau@gmail.com



80 SH 310 Suite 4 Canton, NY 13617



2024 St. Lawrence County

Chalk the Walk and

Have the Talk

September 14th-21st

#stlcyouarenotalone



St. Lawrence County Suicide Awareness Coalition

ST. LAWRENCE COUNTY SUICIDE AWARENESS COALITION

WHO?

The St. Lawrence County Suicide Awareness Coalition (SAC) works to cultivate a resilient community by providing education, training, services and support in order to reduce the deaths by suicide in St. Lawrence County.

If you are interested in joining the St. Lawrence County Suicide Awareness Coalition please email STLCSAC@stlawco.gov

The Coalition offers *free* QPR classes! Email STLCSAC@stlawco.gov to inquire about scheduling a class for your work, organization, or classroom.



Ask a Question,
Save a Life

Why Teal and Purple?

Purple and teal colors are used to symbolize suicide awareness and prevention, and to remind people that suicide is a public health issue that needs to be discussed. Suicide awareness ribbons are often half purple and half teal, and can be worn as pins to show support and advocate for the cause.

However, other variations have been created with colors ranging from purple to teal. The two-toned ribbon used for this campaign is meant to represent the light of a candle flame.



Resource:
The Joshua York Legacy Foundation



CLICK HERE



IMPORTANT ANNOUNCEMENT from St. Lawrence County



Sign up for St. Lawrence County's new
Emergency Alert System to receive
free notifications such as:

- ✓ Severe weather
- ✓ Sheriff activity
- ✓ Evacuation notices
- ✓ Flooding
- ✓ And other notifications regarding the safety of our community



CLICK HERE



SCAN ME

GOUVERNEUR & ST. LAWRENCE COUNTY FAIR



FOOD

The Gouverneur & St. Lawrence County Fair offers a multitude of fun rides and games, but the real highlight is the food options. All around the fair they have all different types of food and drink stands. There is something for everyone, from tacos and quesadillas to fried foods, candy apples, lemonade, DIY slushies and way more! If you don't want to visit the fair for the rides, stop by to give the food try!



4H



At the Gouverneur and St. Lawrence County Fair, there is a building designated for 4H booths and tables created by local youth. 4-H is a youth development program run by the U.S. Department of Agriculture (USDA) that's available in all states and over 80 countries.

One booth represented what the children aspire to do in the future with pictures they drew. Another booth titled "Fur & Feathers" had pictures of bunnies and chickens that highlighted the different breeds. Lastly, a booth called "stepping into success" showed decorated stepping stones created by the youth.



MARKETING BOOTHS

At the St. Lawrence County Fair, you can find many marketing booths. Local organizations use the fair as an opportunity to promote their available services offered to county residents. You can often find tables set up with an interactive game or organization give aways to engage passerbys. For instance, the New York Life booth was promoting insurance services by having visitors play a spinner game to receive a candy or small prize. Other booths at the fair included the Republican Party, Office for People With Developmental Disabilities, and the St. Lawrence County Youth Bureau.

Dinner

AIR FRYER SHAKE N BAKE CHICKEN



Original recipe: <https://airfryingfoodie.com/air-fryer-shake-and-bake-chicken/>



COOK TIME

10 Minutes



SERVES

any amount

Cook time will vary depending on the type of air fryer, and size of chicken breasts.

INGREDIENTS:

- boneless skinless chicken breasts, about 6-8 ounces each
- mayonnaise- or olive oil, milk, or water
- shake and bake packet- or use homemade seasonings

HOMEMADE SEASONING:

- Italian seasoned breadcrumbs
- salt
- paprika
- Garlic Powder
- Ground Black Pepper

DIRECTIONS:

1. Place chicken on cutting board or baking tray and pat dry with paper towels. Set aside. Pour shake and bake packet or homemade coating into a large Ziploc storage bag.
2. Next lightly coat both sides of boneless chicken breasts with mayonnaise, so the coating will adhere to the chicken.
3. Place chicken into a bag with seasonings. Seal or fold over the top of the bag and shake the chicken until completely coated.
4. Prepare the air fryer basket by lightly spraying it with a nonstick cooking spray, line with air fryer parchment paper or use a perforated silicone mat.
5. Place each piece of chicken into the basket in a single layer and air fryer at 380 degrees F for 15-18 minutes, depending on the thickness.
6. Use a meat thermometer to make sure the Internal temperature of the chicken breast is 165 degrees F. Thicker chicken breasts will require additional cooking time.
7. Let chicken rest for a few minutes prior to serving.

AUGUST 6 - NATIONAL ROOT BEER FLOAT DAY



Make yourself a sweet treat to cool off by pouring good ol root beer over vanilla ice cream!



AUGUST 8 - INTERNATIONAL CAT DAY

Show your kitty some appreciation by giving them extra pets and a few cat treats. I'm purr-ty sure they will love you!

SPECIAL DAYS IN AUGUST

AUGUST 16 - NATIONAL ROLLER COASTER DAY

If you have a need for speed this one's for you! Head to your amusement park because they might have some deals!



AUGUST 20- WORLD HONEY BEE DAY

Enjoy nature's gift of honey, or plant extra flowers to help us all save the bees!



SAT vs. ACT

ACT WEBSITE:

SAT WEBSITE:

DIFFERENCES BETWEEN POPULAR PRE-COLLEGE STANDARDIZED TESTS



VS

PLATFORM

The SAT is now fully digital and can be completed on your personal portable computer!

PLATFORM

The ACT is on paper, so come prepared with a No. 2 pencil!

TIME

The SAT is slightly shorter at 2 hours and 14 minutes long. It is broken into 64 minutes for the reading section and 70 minutes for math.



TIME

The ACT is 2 hours and 55 minutes. It's broken into 35 minutes of reading, 45 minutes of English, 60 minutes of math, 35 minutes of science, and 40 minutes for an optional essay.

TEST TAKERS

You have more time for each question but in general the questions are harder. Split between math and reading.

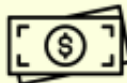


TEST TAKERS

There is less time for each question but in general the questions are easier. Gives an opportunity to use science or writing skills.

COST

The SAT is cheaper at \$60, If needed fee waivers are available.



COST

The ACT is a bit more expensive at \$68, The optional essay is an additional \$25.

TEST FOCUS

Math is worth 50% of the total score. Four questions per answer with some student produced responses. Standalone English questions with emphasis on evidence support.



TEST FOCUS

Math is worth 25% of your final score. It is only multiple choice with five answers each besides the essay. Heavy focus (30-40%) on geometry. Reading passages have 4-5 questions.

DATES

SAT:

AUG 24, OCT 5, NOV 2

ACT:

SEPT 14, OCT 26, DEC 14

COLLEGE PREP



Take college credit courses in high school. This allows you to save money and time.

Apply for scholarships! Ask your school guidance counselors for assistance.

Start touring colleges early to get a good idea of the differences and what is best for you.

Job shadowing is a great way to find a career you are interested in and start getting experience early.

Save money! Get a part time job to earn money and save it in a safe place such as a savings account.

Plan what you will need to get for college early and buy items before they sell out.



Tips for Staying on the Right Path in College



- **Go to all orientations!**
This allows you to become familiar with campus, and find faster routes to specific destinations.

- **Get and stay organized!**

Keep track of due dates and try not to be late.



- **Get to know your roommate and RA!**

This is a quick way to make a new friend, as you're going through the same experience.

- **Strive for good grades!**

Good grades may come easy in high school but it may be more of a challenge for you in college.



- **Get involved on campus!**

This is a great way to get out of your dorm room, make new friends and gain more skills!



- **Take advantage of study resources!**

Get help from tutors, labs or create a study group with friends.

- **Seek balance of school and play!**

"Work hard, play hard" but stay focused and prioritized.

- **Create a budget!**



Earn money and create a balance between your saving and spending!



- **Stay healthy and eat right!**

No one likes being sick, make sure to get enough sleep, take your vitamins and eat right.



- **Connect with other students in your classes!**

Make new friends and connections, find available resources if you ever need help.

- **Don't feel pressured to make career decisions!**

College is the time to find out who you are, what you like, and what your good at. Meet with the career services office to get started on planning and preparing for your future.



- **Seek professional help when needed!**

Seek professional help when needed.
Most colleges have health and counseling services. If you are feeling sick, isolated, or depressed reach out for help.



- **Learn to cope with homesickness!**

This is natural and everyone feels it at some point. Bring things from home, call family and friends often, and visit when you can.

COMBAT YOUR ANXIETY

In and out of school

DEFINITION

What is Anxiety?

As an umbrella term, anxiety is a feeling of dread, fear, and uneasiness. Anxiety can range from being mild to severe, it's something that everyone experiences in their lifetime, whether they realize it or not.

TYPES

There are several different types of anxiety disorders, and they all affect people differently, there's generalized anxiety, panic, social anxiety, and various other phobia related disorders.

CAUSES

- Fear of how one is perceived by others around them
- Fear of being bullied and/or teased
- Fear of failing/not performing as well as they thought they could in a class
- Past and/or ongoing trauma outside of school issues
- Fear of separation from friends, guardians, siblings, etc.
- Fear of being deemed as the "outcast"
- Fear of change/new information

SYMPTOMS

Physical:

- Increased heart rate
- Sweating
- Trembling/ shaking
- Nausea
- Rapid breath
- Feeling weak/tired

Mental:

- Feeling tense and/or restless
- Random sense of impending danger
- Trouble focusing
- Obsessive thoughts/ feelings
- Needing more reassurance than normal

RECOGNIZE

Physical:

- Sweating/clammy (can appear anywhere, but mainly hands/feet)
- Shortness/ quickness of breath
- Seem weak/sick

Emotional:

- Over worrying about events that are likely to never happen
- Seem irritable/restless

Behavioral:

- Extremely avoidant
- Rigid/uncomfortable body language
- Soft spoken, more than usual

HOW TO HELP

- Provide validation for whatever it is they may be feeling, no matter how big or small. Ask them what you can do to help them through what they are feeling.
- Express concern, if you notice a friend/loved one behaving differently, try and talk to them about their behaviors.
- Know when to seek outside help, if your friend/loved one's anxiety seems to be affecting their everyday life in negative ways, talk to a trusted peer.

SELF SOOTH

- Learn yourself, and your tells
- Take a time-out (if able)
- Look at the issue from a different angle
- Stay well rested
- Take deep breaths before doing a stressful task
- Just do the best that you can, don't try and aim for constant perfection, that can tire you out physically and mentally
- Learn to accept that you cannot control everything in life
- Talk to someone and get help when you need it, it's okay to ask for help

Favorite SUMMER ACTIVITY?



CAST YOUR VOTE
BELOW AND
CHECK OUR
SEPTEMBER
NEWSLETTER FOR
THE RESULTS!

SLC offers many outdoor adventures, often times right in our backyard! What's your favorite?

Beach Day

Bike Ride

Camping

Pool Day

River Float

Getting Ice Cream

Hiking

Outdoor Fire

Hummingbird Bassmaster Elite at St. Lawrence River



The Bassmaster Elite Series will be returning to Whitaker Park in Waddington, NY on August 15-18, 2024. Bassmaster Elite Series is the highest level of professional bass fishing tournaments.

Competitors must qualify for the series through the Bass Pro Shops Bassmaster Opens or the B.A.S.S. Nation. Anglers who are already on the Elite Series must re-qualify each year by maintaining enough points throughout the season.

Daily Takeoff & Competition

- Takeoffs: 7:00 AM
- Weigh-ins: 3:00PM
- Thursday & Friday-Full field of 103 Anglers
- Saturday- Top 50 Anglers
- Sunday- Top 10 Anglers



Saturday is Military and First Responder Appreciation Day! Show your military ID to the Bassmaster DJ and get a free Bassmaster hat! Limited to the first 100 people.

Sunday is B.A.S.S. Member Appreciation Day! Show your B.A.S.S. member card to the Bassmaster DJ and get a free Bassmaster hat! Limited to the first 100 people.

Some Sites open in August

CHECK IT OUT



Summer Food Service Program Open Sites



Available to all children 18 years of age and younger at any location regardless of home address.

Morristown

Monday-Thursday | 7/10-8/4
BREAKFAST: 8-9 a.m.
LUNCH: 11:30 a.m.-12:30 p.m.

Hermon-DeKalb

Monday-Friday | 7/8-8/2
BREAKFAST: 8:30-9 a.m.
LUNCH: 11:30 a.m.-12 p.m.

Gouverneur

Elementary & Middle School
Tuesday-Thursday | 7/9-8/15
BREAKFAST: 9:15-9:45 a.m.
LUNCH: 11:15-11:45 a.m.

High School

Tuesday-Thursday | 7/5-8/17
BREAKFAST: 7:45-8:15 a.m.
LUNCH: 11:15-11:45 a.m.

Edwards-Knox

Monday-Friday | 7/8-8/2
BREAKFAST: 8-8:30 a.m.
LUNCH: 11:30 a.m.-12 p.m.

Clifton-Fine

Monday-Thursday | 7/8-8/15
BREAKFAST: 7:45-8:15 a.m.
LUNCH: 11:30 a.m.-12 p.m.

Brasher Falls

Elementary School
Monday-Friday | 7/8-7/26
BREAKFAST: 8-9 a.m.
LUNCH: 11 a.m.-12:30 p.m.

Norwood-Norfolk

Monday-Thursday | 7/8-8/15
BREAKFAST: 7:45-8:15 a.m.
LUNCH: 11:15-11:45 a.m.

Potsdam

High School
Monday-Friday | 7/8-8/15
BREAKFAST: 7:45-8:45 a.m.
LUNCH: 10-11 a.m.

Colton-Pierrepont

Monday-Thursday | 7/1-8/21
BREAKFAST: 8-9 a.m.
LUNCH: 11-11:30 p.m.

ST. LAWRENCE-LEWIS
BOCES

In partnership with CSFM

For additional sites, please visit:
www.fns.usda.gov/summer/sitefinder

Visit www.fns.usda.gov
to find local sites



15th Annual Brasher Falls

Cruise-In & Car Show



Wednesday August 21st, 2024
(Rain Date Thursday August 22nd)

4:00pm - 8:00pm

Featuring
Music, Food and Fun

Come join us In beautiful downtown
Brasher Falls at the Municipal Building

Free admission and no charge
to show cars or motorcycles

Sponsored by
LaVigne Bros. IGA, W.B. Goodnow Insurance,
and the Town of Brasher



It's Time to Renew Your Health Insurance.
Call Fidelis Care Today!



Join Fidelis Care at our
Stay Connected, Stay Covered Event
Citizens Advocate and Fidelis Care Recertification Picnic
1003 Park Street, Ogdensburg, NY
Saturday, August 3, 2024 • 10 AM - 2 PM
A Retention Representative will be on site to answer your questions.

It's easy to renew your health insurance:

Call Fidelis Care at 1-866-435-9521; TTY: 711, Monday-Friday from 8:30 AM-6 PM.

Fill out our contact form at [fideliscare.org/renew-help](https://www.fideliscare.org/renew-help).
A Fidelis Care Representative will call you to help with
renewing your coverage.



Visit a Fidelis Care Community Office or StreetSide RV for in-person help. View
locations at [fideliscare.org/offices](https://www.fideliscare.org/offices).

If you enrolled in your health insurance through NY State of Health, you also
can renew directly with them. Call NY State of Health at 1-855-355-5777, TTY:
1-800-662-1220, Monday-Friday from 8 AM-8 PM or Saturday from 9 AM-1 PM.
Or, you can visit www.nystateofhealth.ny.gov 24 hours a day, 7 days a week.



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discapacidad o sexo. Fidelis Care 遵守美国的联邦民权法律规范，不因种族、肤色、民族血统、年龄、残疾或性别歧视任何人。
ATTENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-435-9521 (TTY: 711). 注意：如果您
使用繁体中文，您可以免費獲得語言輔助服務。請致電1-866-435-9521 (TTY: 711)。

1-866-435-9521 • TTY: 711



[fideliscare.org/renew](https://www.fideliscare.org/renew)

@fideliscare



FREE FAMILY WELLNESS DAY!

Friday | August 9 | CHMC Hess Auditorium | Ages 5-12
3:00 - 6:00 PM | (Mansion Ave Entrance) | Parent or Guardian REQUIRED

Prepare for a day of sharing, creating memories, and participating in various fun-
filled, educational, and interactive activities. Here's what to anticipate:

- ✓ Free Bike Helmets & Fitting (100 available)
- ✓ Fun-Filled Educational Interactive Activities
- ✓ Child ID | St. Lawrence County Sheriff's Office
- ✓ Healthy Snack Table
- ✓ Bike Raffle (6) | 2 per Age Group



NORTH STAR
Health Alliance

REGISTRATION REQUIRED | 315.713.5251

Chronic Disease Self-Management Program

Join our Chronic Disease Self-Management Program! Designed for adults dealing with cancer, heart disease, stroke, diabetes, arthritis, or any chronic condition. This program welcomes individuals and their caregivers, offering support, empowerment, and practical strategies for improved quality of life. Attend our upcoming in-person session and connect with others facing similar challenges.

SIX-WEEK WORKSHOP

August 31 – October 5, 2024

Meets every Saturday
Classes occur on 8/31, 9/7, 9/14, 9/21, 9/28, and 10/5

9 – 11:30 am

EJ Noble Professional Building
80 East Main Street
Canton, NY 13617

Cost: **FREE**

SCAN THE CODE TO:



Register NOW

or contact **Rachel LaPoint** (315) 261-5041
rachel.lapoint@rochesterregional.org

FREE & in-person

What you will learn:

- Engage in breathing and distraction techniques
- Improve communication with healthcare teams
- Set goals through actionable plans
- Understand the nutritional value of food
- Establish connections with your peers
- Increase physical activity
- Recognize warning signs and symptoms
- Choose healthier food alternatives

ST LAWRENCE HEALTH
An Affiliate of Rochester Regional Health

Get Healthy North Country
A Partnership of Health Systems | Community

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$7.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

6/16/24 4:17

EMPOWERING CHANGE:

Best Practices for Jail Reentry Programs for Community Reintegration



This comprehensive training session is designed to equip professionals with the knowledge and tools necessary to support individuals transitioning from incarceration back into society. As reintegration challenges are multifaceted, this training aims to provide a holistic understanding of the best practices to facilitate successful reentry and reduce recidivism rates. This training is ideal for correctional officers, social workers, program administrators, policymakers, and community advocates committed to empowering individuals and fostering safer, more resilient communities.

Wednesday, August 7th at 10AM

REGISTER HERE!

Mallory Buckley
CASAC – T, Substance Abuse Counselor
Franklin County Jail

Dennis Furushima, B.A.
CASAC Advanced Substance Abuse Counselor
Essex County Jail

Questions:
sherlick@ahihealth.org



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number G41R442671 and AHI for \$1,000,000 with 0 percentage financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government. Please visit HRSA.gov for more information.



TO BE YOUR BEST SELF! THRIVE LIFE! IN-PERSON & VIRTUAL FORMATS

Choose the time & format that works best for you!

- Learn how simple behaviors create life-changing results!
- Learn how simple behaviors can help you THRIVE!
- Change small behaviors; CHANGE YOUR LIFE!
- Live to THRIVE!
- Learn to eat to THRIVE!

EVERY TUESDAY
10.01.2024 – 01.14.2025
11:30 AM OR 4:00 PM

IN PERSON LOCATION:
CHMC LIONS CLUB DIABETES EDUCATION SUITE

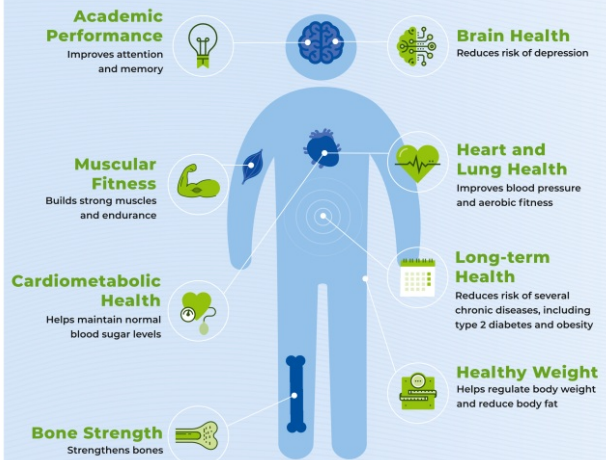


To register, call
315.713.5251

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214 King Street | Ogdensburg, NY | claxtonhepburn.org

Health Benefits of Physical Activity FOR CHILDREN



Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

October 2021

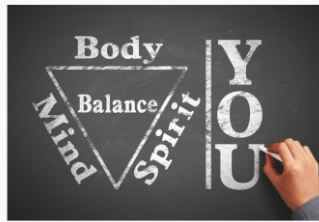
TRANSFORM YOUR LIFE!

Free Wellness Coaching for a More Fulfilling Life While Living with Chronic Pain!

If you or someone you love is living with chronic pain, this class can help!



Our dedicated team of certified wellness coaches will guide you every step of the way to learn about the causes and effects of pain, and strategies to achieve balance in your mind, body, and spirit. This program will help you manage pain, stress, embrace positivity, and enjoy life more.



COACHING HIGHLIGHTS

- Personalized Guidance
- Ongoing Support
- Sustainable Habits
- Positive Mindset
- Goal Setting

In-Person or Virtual Options
Every Wednesday, 10.02.2024 - 11.06.2024
10:00 AM - 12:30 PM
CHMC Lions Club International Conference Suite

With the help of our committed coaching program, transform your life and embrace well-being. Start moving in the direction of managing pain for a happier YOU!

Free \$10 Gift Card for Attending First Session!

Registration required by calling:
315.713.5251



claxtonhepburn.org

EMPOWER YOURSELF WITH TRANSFORMATIVE WELLNESS COACHING

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Join our upcoming virtual Thriving! workshop:
a Cancer Self-Management Program

Get Healthy North Country
Community Improvement Network | gethealthy.org

This evidence-based workshop complements existing programs and medical treatments without any conflicts. The self-management tools you will acquire are commonly utilized to alleviate treatment side effects.



You will learn strategies to deal with symptoms of cancer and its treatment, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration. at **no cost to you!**

Topics include:

- Fear of recurrence
- Body image alterations
- Choosing suitable exercises for strength and endurance enhancement
- Adopting a healthy eating regimen
- Deciding on treatments and complementary therapies
- Enhancing communication with healthcare providers
- Interacting with friends and family
- Navigating the healthcare system
- Managing negative emotions
- Developing action plans, solving problems, and making decisions

Sessions will be held virtually online by ZOOM and runs for **six weeks** on Wednesday's, starting: **August 7, 2024** through **September 11, 2024** from **1:00pm - 3:30pm**

To register call the Lifestyle Program at **(315) 261-4760, x-239**, visit us at <https://gethealthyncco.org> or scan the QR code below.



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Ogdensburg Public Library						
August 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Story Time 11:00am	2	3
4 Closed	5 Book Walk All Week	6 M & M 11:00am Adirondack Rapport 2:30 pm	7 Summer Crafts Bird House 1:00 pm	8 Story Time 11:00am	9	10
11 Closed	12	13 Music and Movement 11:00am	14 Summer Crafts 1:00 pm Fishing Adventures Learn to Cast! 3:00 pm	15 Story Time 11:00am	16	17
18 Closed	19 Book Walk All Week	20 Music and Movement 11:00am	21 Lego Play 1:00 pm	22 Story Time 11:00am	23	24
25 Closed	26 Book Walk All Week	27 Music and Movement 11:00am	28 Summer Crafts Pinwheel 1:00 pm	29 Story Time 11:00am	30	31 Reading Logs Due

Music and Movement

A preschool movement class for socialization and learning!
Ages 18m-5

Story Time

Stories, songs, crafts and activities.
Ages 2-5

Thursdays @ 11:00 am

Take Home Crafts

Adventure themed crafts available for pickup at the front desk.

Special Guests

Ages 6 and up
Adirondack Raptors
August 6 @ 2:30 pm

Monday—Saturday All Month

Book Walks

Bird House by Blanca Gomez
Aug 5—Aug 10
Mr. Tiger Goes Wild by Peter Brown
Aug 19—Aug 24
Zap! Clap! Boom! By Laura Purdie Salas
Aug 26—Aug 31

Weekly Craft Time

The library is a science lab! We will have self-guided experiments set up around the library all day long!

Every Wednesday at 1pm

315-393-4325

August Take Home Crafts!



Pick up your crafts at the circulation desk every week while supplies last!

Ogdensburg Public Library
315 393 4325

ADK RAPTORS



Ogdensburg Public Library

Aug 6 @ 2:30 pm
315 393 4325

Ogdensburg Public Library

Fishing Adventures

August 14 at 3:00 pm
Children and adults welcome



- Fishing Tales
- All Ages Casting Workshop
- Fishing Games
- Fishy Crafts

Learn More @ www.ogdlib.org





Try email marketing for free today!