

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter
October 2024 Vol 4 Issue 10





Inside the Issue



- Recognizing The Signs
- Local Services & Hotlines

HALLOWEEN

- Tips and Tricks
- Local Events
- October Fun Facts

SUNY Free Application Week October 16-29 Submit up to five applications for **FREE**





Apple crisp

Ingridients:

- 5-6 Granny Smith Apples, peeled and thinly sliced
- 2-3 Fuji Apples, peeled and thinly
 1 cup all purpose flour sliced
- 1 tablespoon ground cinnamon
- 1 ¼ cups unsalted butter

- 1 cup dark brown sugar
- 3/4 cup old fashioned oats
- Vanilla ice cream to serve

Directions:

- Preheat oven to 350 degrees F.
- Peel, core, quarter and slice the apples into ½ inch pieces. Pile the apple slices into decorative baking dish (about 10 inches in diameter) and sprinkle with the cinnamon, making sure to evenly layer the top of the apples.
- In a medium bowl, add the flour, oats, brown sugar, and diced butter.
- Use a pastry cutter or fork to combine the butter, brown sugar, oats and flour until it's crumbly. Evenly pile the topping over the apples.
 - Bake for 55-60 minutes until the top is golden brown and the apples are soft.
 - · Remove from the oven and let sit for 10 minutes. Serve with ice cream

Click here for original recipe - (CLICK HERE)



Wear Pink to promate Breast Cancer Awareness!

#YouAreNotAlone



1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.



But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in <u>early detection</u> and <u>treatment</u> methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.





SPEAK OUT.
FIGHT DOMESTIC VIOLENCE.

RECOGNIZE THE SIGNS FOR TEENS + ADULTS

WHAT IS IT?

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an ntimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person.

WARNING SIGNS

- · Violent acts like hitting, kicking, or pushing
- Threatening
- Verbal insults
- · Humiliating a person in front of others
- Stalking
- Controlling who a person sees or talks to
- · Isolation from other people
- Monitoring a person's electronic devices
- Destroying property
- · Controlling a person's spending
- · Forbidding a person to hold a job
- Forcing sexual activity
- · "Love bombing," where an abuser showers a partner with gifts and affection usually early in the relationship
- Broken bones, injuries, wounds, and other indications of physical violence
- · Changes in a person's mood and demeanor
- Low self-esteem
- Anxiety and fear, especially while in the presence of the perpetrator
- Substance use

THINGS THAT MAY NOT SEEM ABUSIVE, BUT CAN BE

- · They demand immediate responses from you, and may get upset if you do not respond right away
- Keeping constant tabs on your friends, family, and social media (may make you get rid of anything/anyone they do not like)
- · Constantly nitpicking at how you look, act, your abilities, and physical features
- · Send you mixed messages, and use backhanded compliments
- They try to isolate/control you by limiting your time with friends and family
- · Punishing you for no reason, and/or blaming you for their own behavior
- · Deliberately push your buttons, then turn it on you when you get upset at them
- · Withholding affection as a way to punish you
- Constant belittling
- · Don't respect any of your boundaries
- Use private information against you
- · Use ultimatums to get what they want

WAYS TO HELP

Do:

- · Listen to their concerns and provide emotional support.
- · Let them know that the abuse is not their fault.
- · Offer to help in any way you can, such as childcare or transportation.
- · Maintain contact with them.
- · Provide a list of domestic violence resources.
- · Offer to help them connect with resources and create a safety plan.

Don't:

- · Ignore the abuse.
- · Judge or blame the person.
- · Give them an ultimatum.
- · Convince them to leave before seeking professional
- · Give up on your loved one.

NATIONAL DOMESTIC VIOLENCE HOTLINE:



1-800-799-SAFE (7233)



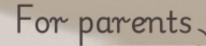
Text BEGIN to 88788



https://www.thehotline.org/

For more info:

CLICK HERE



Q 8 WAYS TO CONNECT WITH TEENS



#1

Listen

Listen and pay attention to what your teen is trying to say to you, more often than not teens communicate how they are feeling non-verbally instead of verbally.

#2

Memories

Try and create small traditions with them, like having dinner with them every other week, or learning something new together.



Trust

If your teen is comfortable enough to talk to you about problems that they are facing, take pride in that. Try to stray away from stepping in to help, or solve their problems for them. Most teens just want to know that they are being heard.



Understand

Understand that the world teens live in now is completely different to the world you once lived in. Even though it may not seem like it, teens deal with a lot more than they want to let on.



Respect

Respect their boundaries. Most of the time, what you may view as disrespectful, is just a teen trying to communicate their boundaries to you. Respect them and their boundaries, and in turn they will respect yours.



Learn

Learn about the things that are important to your child, no matter how silly or small you think it may be. Take time to ask them questions about it, or do your own research. It will mean a lot.



Comparison

Try to keep from comparing them to family/friends, even if you are doing it in a joking manner, this can be more harmful to your child then you realize.



Love

Find ways to let them know that you love them unconditionally, and always will. There are more ways to show your love then just physically.





October 31st is the eve of All Saints Day. Halloween has been

when mass production of candy and constumes took place.

How did Halloween gets its name?

The name comes from a combination of the Scottish words "hallow," which loosely translates into "saint" or "holy person," and "een," which means "evening."

Why do we Give out Candy on Halloween?

Halloween started as a game of playing pranks and tricks on people. When the tricks resulted in severe damage, adults turned to candy as a distraction.

Why do we Dress up on Halloween?

Open invitation to use your creativity and imagination.

Why do we Carve Pumkins?

Going back to the Sottish tale of "stingy Jack" who used a jacko-lantern to light his path.

Why do Black and Orange Represent Halloween?

Orange represents pumpkins and black represents black cats and bats.

XDIY COSTUMES



GRAB A SHEET FROM HOME AND CUT OUT SOME EYE HOLES



RECYCLE YOUR OLD POOL NOODLES



GRAB A FLANNEL, JEANS, AND A HAT FROM YOUR CLOSET

Hand made



RICE CRISPY TREAT
MONSTERS- MAKE NORMAL
RICE CRISPY TREATS AND CUT
THEM INTO SQAURES. MELT
WHITE CHOCLOATE AND ADD
FOOD COLORING OF YOUR
CHOISE, DIP HALF THE RICE
CRIPY TREATS INTO THE
CHOCOLATE AND ADD
SPRINKLES TO THE TOP AND
CANDY EYES.



APPLE MOUTH SLICES- SLICE ANY KIND OF APPLE INTO THIN SLICES, ADD PEANUT BUTTER, NUTELLA, OR ANY SPREAD AND ADD IN MARSHMELLOWS AS TEETH



October Fun Facts

The birthstones for October are Tourmaline and Opal. In Greek, October is named "Tetren" and it means "the turn of the seasons".

Every year, October ends on the same day as February.

October 27th is National Black Cat Day.

The traditional flower of October is the Calendula — it symbolizes comfort, healing, protection, and grace.

Over 50% of the US population buys a pumpkin in October.





OCTOBER 2024

SUNY FREE APPLICATION WEEK

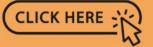
OCTOBER 16-29 2024



COMMON APP



SUNY APPLICATION



WHAT IS SUNY WEEK?

Free Application Weeks for the 2024 academic year are October 16–29. This SUNY-wide initiative allows prospective students to apply to up to five campuses for free, saving up to \$250 per applicant. Applications can be submitted through the Apply SUNY application or the Common App, and no special code is required.

WHY IS IT IMPORTANT?

College is already expensive as it is and applying to college can be difficult at first. SUNY application and the Common App, allows for five free SUNY applications with an easy application process. Save money and time! Allowing yourself to stick to this deadline can make for a smooth process and hearing back from schools even earlier!



The Health Initiative's Comprehensive
Adolescent Pregnancy Prevention (CAPP)
Program offers comprehensive, ageappropriate, evidence-based sexual health
education and positive youth development
programming for tweens and teens in St.
Lawrence and Jefferson counties. 40
hours/week at \$19.40/hour. Flexible hours
and work environment.

LEARN MORE AND APPLY AT

www.gethealthyslc.org/ /work-with-us/





SNAP-ED PSE SPECIALIST

This position will serve as the SNAP-Ed Policy, Systems, and Environmental (PSE) Specialist for Cornell Cooperative Extension Association of St. Lawrence County covering projects across the North Country region. Master's Degree or Equivalent Education (Bachelor's Degree and four (4) years transferable relevant experience) is required.

This position is full-time, with an hourly rate of \$24.00 to \$27.64.

Key Responsibilities of this position:

- · Function as part of the North Country Regional SNAP-Ed Team
- Management of the SNAP-Ed program's PSE initiatives and providing coordination, implementation, evaluation, and guidance of those initiatives
- Develop and maintain positive communications and networks with community partners Assigned aspects of the SNAP-ED PSE Program:
- · Professional development opportunities for staff
- · Evaluation and program quality assurance
- · Communications with key community partners, stakeholders and policy makers

For complete job description, required qualifications or to apply: stlawrence.cce.cornell.edu

Application deadline: October 3, 2024

Cornell Cooperative Extension St. Lawrence County

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities.



SNAP-ED NUTRITION EDUCATOR

This position will serve as one of the SNAP-Ed Nutrition Educators for Cornell Cooperative Extension Association of St. Lawrence County and will implement nutrition, food demonstration, and cooking programming using preapproved lesson plans and curricula aimed at improving healthy food and lifestyle choices among low-income families, individual, and youth groups throughout St. Lawrence County. The hourly rate for this position is \$21.50.

REQUIRED QUALIFICATIONS:

- Bachelor's Degree or equivalent education (Associate's Degree and 2 years of transferrable program/functional experience) or above, preferably in nutrition, dietetics, community and behavioral health, health education, public health, or nursing.
- Strong understanding of community nutrition education topics and obesity prevention delivery methods.
- Experience with and understanding of rural, low-income populations.

For complete job description and to apply visit: stlawrence.cce.cornell.edu

Application deadline: September 19, 2024

Cornell Cooperative Extension St. Lawrence County

program and employment opportunities.

Upcoming Events

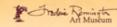
Click on image for more information or to enlarge

Fall Family Weekend

OCTOBER 4TH - 6TH, 2024

Thank You Participating Partners!













Events Include:

Harvest Moon Cowboy Ball at the Frederic Remington Art Museum



Flannel Fest in Downtown Canton



Woodworking Wall Art - Youth Workshop at the TAUNY Center



Bear Storytime at the Canton Free Library





Remington's Roundup at the Frederic Remington Art Museum





Join Us for a Spooktacular Event on October 26th, 12PM - 2PM in the Canton Village Park!

We are currently seeking enthusiastic volunteers and community organizations to participate in this beloved annual event by hosting tables, providing activities, and helping to create a festive event. STLC member businesses are also welcome to set up in the park.

Businesses on Main Street are encouraged to stay open and hand Pumpkin Pottery Painting at Creative Spirit Community Arts Center out candy as the trick-or-treat parade walks by. To be added to the list of parade stops, please email Katie.

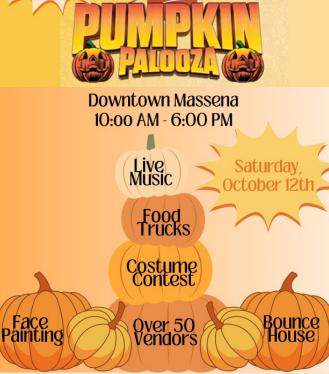
If you are interested in volunteering or hosting a table with a kid's Crafts & Cider Pressing with SLCCHC at the Canton Farmers Market activity, sign up here https://bit.ly/Canton-Phantoms or contact Katie at Katie@SLCchamber.org, 315-386-4000 ext 6



October 5, 2024

St. Lawrence Power & Equipment Museum 1755 NY-345 Madrid, NY 13660







CLARKSON AMERICAN CANCER SOCIETY ON CAMPUS



CU FAMILY WEEKEND BREAST CANCER AWARENESS

5K RUN & WALK



OCTOBER 6TH, 2024



CHECK IN 9:00 AM \$5 RACE FEE KIDS 12 & UNDER FREE



RACE STARTS BEHIND STUDENT CENTER AT 10:00 AM



BRING YOUR
FAMILIES! SIGN
UP HERE OR
COME DAY OF!



BUY YOUR T-SHIRT HERE! \$15

Music, Tattoos, Face Paint, Henna, Zumba, Reusable Bag Making, Raffle Baskets, & 50/50 Raffle!



QUESTIONS?
CONTACT CUCAC@CLARKSON.EDU



HUMANS DON'T HIBERNATE 2024 CALENDAR OF CHALLENGES

Scan to submit your challenge completion photos!



*OCI*OBER

PHYSICAL

<u>Trick-Or-Trail</u>: Take time this month to hike a local trail or even climb a mounting. Share a photo when you reach the end of the trail to complete this challenge.

NUTRITIONAL

<u>Ghoulish Greens</u>: Incorporate green foods into your diet at least 4 times this month. Share a photo of your favorite green-food forward recipe to complete this challenge.

MENTAL

<u>Boo-tiful Books</u>: Take time out of your day to read a new book. Finish the book and then share a photo of the cover and what you liked about it to complete this challenge.

NOVEMBER

PHYSICAL

<u>Smile Mile</u>: Walk a mile someplace that brings you joy and/or with someone who makes you smile. Share a photo of your best smile after to complete this challenge.

NUTRITIONAL

Meatless Monday: Pick a Monday this month to have a meatless meal full of plant-based proteins like tofu or black beans. Share photo of your meal to complete this challenge.

MENTAL

<u>Clutter Cleanse</u>: Pick one space (car, room, drawer) and completely declutter it. Share before and after photos or video of the process to complete this challenge.

0

DECEMBER

PHYSICAL

<u>Defrost December</u>: Warm up by completing 30 minutes of movement for 5 days in a row. Take a photo of you enjoying moving your body more to complete this challenge.

NUTRITIONAL

Hydrate & Feel Great: Increase water consumption. The goal is 64 ounces or 8 cups of water/day. Reach this goal for 5 days in a row and take a photo with your favorite water bottle to complete this challenge.

MENTAL

Reindeer Games: Host a family/friends game night to relax and enjoy your time together. Share a photo of the winner to complete this challenge.





OCTOBER HUMANS DON'T HIBERNATE CHALLENGES



PHYSICAL HEALTH CHALLENGE

<u>Trick-Or-Trail</u>: Take time this month to hike a local trail or even climb a mounting. Share a photo when you reach the end of the trail to complete this challenge.



Scan the QR code or go to bit.ly/HDHsubmission to submit your photo!

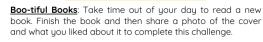




<u>Ghoulish Greens</u>: Incorporate green foods into your diet at least 4 times this month. Share a photo of your favorite green-food forward recipe to complete this challenge.



MENTAL HEALTH CHALLENGE









YOUR VOICE MATTERS!

THURSDAY OCTOBER 10TH 5 PM - 7:30 PM

MASSENA HOUSING AUTHORITY **20 ROBINSON RD MASSENA, NY 13662**

Join us for a free community meal and conversation about the challenges faced by our families today and possible solutions.

All ages welcome, childcare available.

REGISTRATION & MORE INFORMATION



Sponsored by: St. Lawrence County People Project, North Country I ampaign, Labor-Religion Coalition of NYS, Schuyler Center for Analysis and Adv











SLC Youth Bureau | 80 State Highway 310 | Canton, NY 13617 US

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