



# YOUTH BUREAU NEWS

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



## Inside the Issue



Domestic Violence Awareness Month

- 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

## Ingredients :

- 5-6 Granny Smith Apples, peeled and thinly sliced
- 2-3 Fuji Apples, peeled and thinly sliced
- 1 tablespoon ground cinnamon
- 1 ¼ cups unsalted butter
- 1 cup dark brown sugar
- ¾ cup old fashioned oats
- 1 cup all purpose flour
- Vanilla ice cream to serve

## Directions :

- Preheat oven to 350 degrees F.
- Peel, core, quarter and slice the apples into ⅓ 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 promote 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 early detection and treatment 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.



**Together**

*we're stronger*





OCTOBER is  
**Domestic Violence**  
AWARENESS  
MONTH

**SPEAK OUT.  
FIGHT DOMESTIC VIOLENCE.**

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## 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 intimate 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 help.
- 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 

For parents



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.

#3

## 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.

#4

## 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.

#5

## 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.

#6

## 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.

#7

## 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.

#8

## 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.



# Happy Halloween

## October 31st

BOO!

Why do we Celebrate Halloween?



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

celebrated in the 1900s but really took off in the 1990s.



celebrated since the 1800s but really took off in the 1900s when mass production of candy and costumes took place.

### **How did Halloween get 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 Pumpkins?**

Going back to the Scottish tale of "stingy Jack" who used a jack-o-lantern to light his path.

### **Why do Black and Orange Represent Halloween?**

Orange represents pumpkins and black represents black cats and bats.

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# DIY 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 TREATS



**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

# TIPS AND TRICKS HALLOWEEN

## SUPERVISION



- BRING A TRUSTED ADULT
- PLAN A ROUTE FOR OLDER CHILDREN
- BRING A CELL PHONE FOR EMERGENICES
- LOOK BOTH WAYS BEFORE CROSSING THE STREET



## CHECK CANDY

- LAY ALL CANDY OUT
- MAKE SURE ALL WRAPPERS ARE PROPERLY SEALED
- DON'T EAT ANY CANDY UNTIL IT HAS BEEN CHECKED BY A TRUSTED ADULT

## COSTUMES



- CHOOSE A COSTUME THAT FITS WELL AND ISN'T A TRIPPING HAZARD
- STAY VISIBLE, BRIGHT COLORS OR REFLECTIVE TAPE ARE BEST TO BE SEEN IN THE DARK, ADD A GLOW STICK
- IF YOU ARE WEARING A MASK, MAKE SURE IT IS NOT RESTRICTING YOUR BREATHING AND/OR VISION

# 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*

CLICK HERE 

*SUNY APPLICATION*

CLICK HERE 



## *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!

# SEXUAL HEALTH EDUCATOR NEEDED!

The Health Initiative's Comprehensive Adolescent Pregnancy Prevention (CAPP) Program offers comprehensive, age-appropriate, 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.getthehealthyslc.org  
/work-with-us/](http://www.getthehealthyslc.org/work-with-us/)





**Join our  
team!**

## 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](http://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.



**Join our team!**

## 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 pre-approved 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](http://stlawrence.cce.cornell.edu)*

*Application deadline: September 19, 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.

# 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
-  Pumpkin Pottery Painting at Creative Spirit Community Arts Center
-  Remington's Roundup at the Frederic Remington Art Museum
-  Crafts & Cider Pressing with SLCCHC at the Canton Farmers Market

# PHANTOMS

IN THE

# PARK

OCT. 26, 2024

CANTON VILLAGE PARK

NOON: COSTUME CONTEST & ACTIVITIES IN THE PARK

1:00PM: TRICK-OR-TREAT PARADE



EMAIL [KATIE@SLCCHAMBER.ORG](mailto:katie@slcchamber.org) TO SIGN UP TO VOLUNTEER OR HOST AN ACTIVITY

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 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 activity, sign up here <https://bit.ly/Canton-Phantoms> or contact Katie at [katie@slcchamber.org](mailto:katie@slcchamber.org), 315-386-4000 ext 6

## 2ND ANNUAL

Free Admission

# FALL Fest PUMPKIN PALOOZA

Downtown Massena  
10:00 AM - 6:00 PM

Live Music

Saturday,  
October 12th

Food Trucks

Costume Contest

Face Painting

Over 50 Vendors

Bounce House

# PUMPKIN PATCH PARTY

October 5, 2024

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



Bring the children to the St. Lawrence Power & Equipment Museum on Saturday, October 5th from 12pm to 3pm, to paint a pumpkin, enjoy a wagon ride, play some games, venture through the kiddy corn maze and more!

**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!



## OCTOBER

**PHYSICAL**  
**Trick-Or-Trail:** Take time this month to hike a local trail or even climb a mountain. Share a photo when you reach the end of the trail to complete this challenge.

**NUTRITIONAL**  
**Ghoulish Greens:** 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**  
**Boo-tiful Books:** 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**  
**Smile Mile:** 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**  
**Clutter Cleanse:** Pick one space (car, room, drawer) and completely declutter it. Share before and after photos or video of the process to complete this challenge.

## DECEMBER

**PHYSICAL**  
**Defrost December:** 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.



## DID YOU COMPLETE A CHALLENGE?

Scan the QR code or go to [bit.ly/HDHsubmission](https://bit.ly/HDHsubmission) to submit your photo!

SCAN ME! >>>



## OCTOBER HUMANS DON'T HIBERNATE CHALLENGES



### PHYSICAL HEALTH CHALLENGE

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



### NUTRITIONAL CHALLENGE

**Ghoulish Greens:** 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

**Boo-tiful Books:** 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.





# TRUNK OR TREAT

84 NIGHTENGALE  
AVE.  
MASSENA



Register Your Trunk Here:

SATURDAY  
OCTOBER 26 TH  
6-8 PM



QUESTIONS OR TO REGISTER A TRUNK  
EMAIL [HORIZONS@SVPC.NET](mailto:HORIZONS@SVPC.NET)



# COMMUNITY MEAL AND CONVERSATION

**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 Poor People's Campaign, Labor-Religion Coalition of NYS, Schuyler Center for Analysis and Advocacy.



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

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