Inside the Issue

What's Inside
- Check out tips on reducing stress in recognition of National Stress Awareness Day on November 3rd.
- November 13th is World Kindness Day. What can you do to spread some kindness in St. Lawrence County?
- November 15th is National Recycling Day. Look for our recycling guidelines.

Now Recruiting Teens for Our Youth Committee
Are you a teen, living in St. Lawrence County, who wants to be involved in teen-led programs and initiatives? We are inviting teen leaders who are interested in community service activities and social-issue awareness to apply! Let's see every high school represented this year! Email ABackus@stlawco.org for information.

November Featured Event
Teens in St. Lawrence County are invited to attend a FREE virtual Teen Leadership Summit on Tuesday, November 30th at 7 pm. JC Pohl, a producer and speaker, will be presenting this summit. Check out page 9 for more information.

Bravo
1.2 Million Steps
500 Miles

A big SHOUT-OUT to everyone who participated in our Youth Bureau Suicide Awareness Virtual 5K! Together we increased awareness and walked over 500 miles! We've featured beautiful and heartfelt pictures submitted by our walkers. We appreciated all the messages, emails, and photos. Many stories were shared. This walk proved that we truly are a county who is caring and committed! There is great power in numbers! Thank you!
SLC YOUTH BUREAU SUICIDE AWARENESS VIRTUAL WALK

110 Participants
1.2 Million Steps
500 Miles
1 Mission
Stress and anxiety are common experiences for most people. In fact, 70% of adults in the United States say they feel stress or anxiety daily. Here are simple ways to relieve stress and anxiety.

**Exercise**
Activities that involve repetitive movements of large muscle groups can be particularly stress relieving. Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep and self-image.

**Aromatherapy**
Using scents to treat your mood is called aromatherapy. Using essential oils or burning a scented candle may help reduce your feelings of stress and anxiety.

**Consider Supplements**
Certain supplements can reduce stress and anxiety, including ashwagandha, omega-3 fatty acids, green tea, and lemon balm. Some supplements can interact with medications or have side effects, so you may want to consult with your doctor if you have a medical condition.

**Less Caffeine**
High quantities of caffeine can increase stress and anxiety.

**Keep a Journal**
Write down what you are grateful for. Gratitude may help relieve stress and anxiety by focusing your thoughts on what’s positive in your life.

**Chew Gum**
According to several studies, chewing gum may help you relax. It may also promote wellbeing and reduce stress.

**Spend Time With Family And Friends**
Social support from friends and family can help you get through stressful times. Having strong social ties may help you get through stressful times and lower risk of anxiety.

**Laugh**
Find the humor in everyday life, spend time with funny friends or watch a comedy show, laughter can also help improve your immune system and mood.

**Learn To Say No**
Try not to take on more than you can handle. Saying no is one way to control your stressors. Take control over the parts of your life that you can change and be selective about what you take on.

**Avoid Procrastination**
Prioritize what needs to get done and make time for it. Procrastination can lead you to act reactively, leaving you scrambling to catch up.

**Listen To Soothing Music**
Listening to music you like can be a good way to relieve stress and have a relaxing effect on the body.

**Deep Breathing**
Deep breathing activates the relaxation response. Multiple methods can help you learn how to breathe deeply.

Read the full article at [Healthline.com](http://Healthline.com)
Ogdensburg Whiz Quiz team competes

The Ogdensburg Free Academy Whiz Quiz team recently participated in a match against Lyme Central. The team represented OFA well but ultimately lost the match. Whiz Quiz advisors Lonnie Shippee and Bridgette Havens said they are proud of the team effort. The match will air on November 1 at 7:30 p.m. on WPBS. Above are students Katelyn Reed, Dylan Sovie, Sam Price, and Gannon Kelly. Emma Murray who also attended as a team alternate is not pictured.

Potsdam Central School
Positivity Club to be a Model for Schools Nationwide

Students worked Sunday afternoon on Positivity Club packet orders that will be distributed to senior citizens at Mayfield Apartments and others in the community. Above from left are Desmond Baxter, Halle Varney, Juliana Batich, Johannes Richter and Kaylee Green.
Recycling Guidelines

**YES!**

- Clean and Empty Containers
- Replace lids and caps

**Metal**
- Steel and aluminum containers and foil

**Paper**
- Cardboard (flattened), Office Paper, Newspaper, and Magazines

**Glass**
- Bottles and Jar Containers

**Plastic**
- Bottles, tubs, jugs, and jars

**Plastic Bags or Product Wrap**
- Tanglers: Hangers, Hoses, Wires, Cords, Ropes or Chains

**Clothing**
- Textiles or Shoes

**Big Items**
- Electronics, wood, propane tanks, scrap metal or Styrofoam.

**Textured Paper**
- Check with local transfer stations for other recycling options

**Batteries, Needles, Food, Liquid, or Diapers**

**Bottles and Jar Containers**
- Bottles and Jar Containers

**AMERICA RECYCLES DAY - NOVEMBER 15TH**

These guidelines represent the common items accepted in most recycling programs. For more details in your local area contact your transfer station.
Losing a Family Pet

by Alexa Backus
Youth Bureau Director

This month, we pay tribute to two family pets who we recently lost within our Youth Bureau family. We sadly said "Good-bye" to my 16 year old Pug, Louie, and Mattie Lomoglio, a Youth Committee member and Sophomore at Potsdam High school, experienced an untimely death of her Golden Doodle, Maggie. It's been a tough few weeks which prompted us to write about this topic. Losing a family pet rocks everyone's worlds. How do we grieve and move forward after such loss? Here are a few suggestions:

Be patient with emotions

Often we feel a flurry of emotions with any loss. It's okay to grieve, cry, and feel unbearably sad. Allow family members, friends, and those close to you support you and listen to your thoughts. They want to hear it all.

Give yourself time

There is not a set timeline on the grieving process. Give yourself time and do what brings you comfort and peace. It's also okay to cancel plans with friends to stay home and binge watch a new Netflix series and eat your favorite snacks.

Remember your pet

Sharing memories and paying tribute to your pet helps guide us through our loss. Share stories with those close to you and consider journaling your stories and feelings. Some people plant a tree or make memorial stones. Do what feels right for you and what provides the most comfort. For me, I buried Louie under a beautiful, big rock on my property. That way, I can visit his burial and share some quiet time with him.

A Teen’s Perspective on Losing a Furry Family Member

by Mattie Lomoglio
Youth Committee member
and Sophomore at Potsdam High School

Dealing with the loss of a family member, or a pet, is an unfortunate part of life. It is hard, confusing, and heartbreaking. At the beginning of October, we lost our 2-year-old Golden Doodle, Maggie. She was loving, wild, and loved eating our Amazon packages. It has been extremely hard on my family and me for the past few weeks. It feels like there is a big hole in our home, and hearts, and it is too quiet without her here. The hardest part, for me, is not seeing her run up to me when I get home after school. I will also miss her trying to freak my mom out every time she saw her in the backup camera of her car. We all miss her very much and will never forget her and how much joy she brought to our home.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>National Stress Awareness Day</td>
<td>4</td>
<td>National Donut Day</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>Daylight Saving Time</td>
<td>9</td>
<td>Veterans Day</td>
<td>11</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>Richville Library Event</td>
<td>12</td>
<td>World Kindness Day</td>
<td>13</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>American Recycles Day</td>
<td>16</td>
<td>Mickey Mouse Birthday</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>Mohawk Cultural Presentation</td>
<td>21</td>
<td>Harvest Bash Food Drive</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>Virtual Teen Leadership Summit</td>
<td>25</td>
<td>Thanksgiving</td>
<td>26</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>Cyber Monday</td>
<td>30</td>
<td>Black Friday</td>
<td></td>
</tr>
</tbody>
</table>

**Give Thanks**

**Family & Youth Calendar of Events**
- 11/4 Trinity Turkey Contest
- 11/7 Daylight Saving Time
- Turn Clocks Back
- 11/13 Mohawk Cultural Presentation
- 11/17 Richville Library Event
- 11/22-11/23 Harvest Bash Food Drive
- 11/30 Virtual Teen Leadership Summit

**Special Interest/Fun Dates**
- 11/3 National Stress Awareness Day
- 11/5 National Donut Day
- 11/7 Daylight Saving Time
- 11/8 National STEM/STEAM Day
- 11/11 Veterans Day
- 11/13 World Kindness Day
- 11/15 America Recycles Day
- 11/18 Mickey Mouse Birthday
- 11/20 National Child's Day
- 11/25 Thanksgiving
- 11/26 Black Friday
- 11/29 Cyber Monday
Ideal for middle school and high school aged audiences. Help student leaders understand their role in the COVID era and the importance of thinking outside the box when it comes to building community and connections. During this 90-minute Zoom Summit, attendees will learn the value of:

- Brainstorming critical social-emotional issues that are negatively affecting student life
- Understanding how student leaders can better influence the world around them
- Developing tangible solutions that can be implemented during the COVID era

Presenter JC Pohl is a producer and speaker who has impacted over 10 million people in 7,000+ schools. He has produced ground breaking programs such as TEEN TRUTH and RISING UP, and award-winning content for companies such as Warner Brothers, ESPN, and Disney. He has also provided innovative educational content for The American Film Institute and Human Relations Media.

VIRTUAL TEEN LEADERSHIP SUMMIT
TUESDAY, NOVEMBER 30TH
7:00-8:30 PM

All teens in St. Lawrence County are invited to attend

Questions? Email ABackus@stlawco.org or call 315.379.9464
NOW RECRUITING
St. Lawrence County Teens in Grades 9-12
To Join our St. Lawrence County Youth Committee

Discuss Contemporary Issues Facing Youth in a Safe Space
Make a Positive Impact in Your School & Community
Join a Network of Motivated Student and Adult Activists

Get Involved! Reach out to Alexa Backus, Director, at
ABackus@stlawco.org
Check us out on Social Media!

INTERACTIVE MOHAWK CULTURAL PRESENTATION
SATURDAY, NOVEMBER 13TH
11:00 AM TO 12:00 PM

A troupe from the Native North American Traveling College in Cornwall Island will visit NCCM and teach children and families about the traditions of the Mohawk Nation in Akwesasne. Cultural educators Lorna Thomas and Karonhianonha Francis will share stories and the significance of cultural objects that visitors can engage with. Kids will listen and ask questions as they learn about our neighboring Native community in Akwesasne.

No need to preregister. The program is included with membership and admission.
November

Gouverneur Recreation Department
315.287.0524
Recreation Center STEAM Studio

Harvest Bash

After School Program November 22nd & November 23rd
Helping Hands with Helping Neighbors
November Canned Food Drive

Festive Door Prizes
Each canned food item donated is eligible for tickets to win prizes
Turkey Lurky Fun
Exciting & Creative Activities
Happy Harvest Hoopla

November

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Gouverneur Recreation Department
Corner of Clinton Street & Trinity Avenue
(315.287.0524)

After-School Recreation Enrichment Program

Recreation Center Studio
(Bus transportation from school to Rec. Center)
Monday & Wednesday: Grades 2-4
Tuesday & Thursday: Grades UPK-1
After School: until 6:00pm

History

Participant Information Required
Only $2.00 per session
Payments accepted weekly or monthly at Rec. Center,
Cash or Checks Payable:
Gouverneur Recreation Department
33 Clinton Street - Gouverneur, New York 13642
Attention: Mr. Casey Connell, Recreation Director
(Parent pick-up at Recreation Center)
American Kang Duk Won Karate
For further information, attend a class or contact Instructor Palumbo at 315-854-6880

Canton Pavilion
Upper Riley Room
Thursday's 6 to 7 pm
For school-age youth, college students, and adults. Interested individuals are invited to attend a free introductory class at any time.
For further information, attend a class or contact Instructor Palumbo at 315-854-6880

Take Time Thursday
Time to Talk Turkey
We have enjoyed all the creativity our families have shown in the past. Here is another opportunity to get your creative juices flowing!

Enter Trinity's Most Creative Turkey Contest.
Your task is to create a Turkey decoration. It could be a lawn ornament, a free-standing decoration for your Thanksgiving table, or a welcome mat. The possibilities are endless! Be as creative as you would like, and bring your turkey to Trinity's dining hall on November 4, 2021, from 6-8 pm. During that time the Turkey's will be judged for bragging rights and we will enjoy family games, that will be COVID friendly. (Mrs. Behrens will provide everything for the games.) Families need to RSVP by November 2, 2021. RSVP is important, it helps the school staff arrange the dining hall appropriately.

Dolly Parton Imagination Library
at the Richville Free Library
Michelle Lallier will be at the Richville Free Library on Wednesday, November 17th, to host an informational session, storytime, and a snack. All are welcome to attend.
Sign your child up for the program for FREE!
Newborn to 5-year-old children will receive a FREE age-appropriate book each month, delivered to their home from the time they are signed up until they are 5 years old.
If you have any questions, call 315-287-1481.
# November Public Skating
- Pine Street Arena -

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>4:00-5:00 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td>4:00-5:00 PM</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>3:30-4:30 PM</td>
<td>4:00-5:00 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>1:30-2:30 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>1:30-2:30 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>1:30-2:30 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td>3:45-4:45 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td>1:45-2:45 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td>3:30-4:30 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FREE ADMISSION**  **SKATE RENTALS $3.00**  **315-265-4030**  **tsmutz@vi.potsdam.ny.us**

---

**Pine St. Arena November Events**

**Senior Shinny**

**$3.00**

8:30 AM - 9:45 AM


**9:00 AM - 10:00 AM**


**Parent-Tot**

**FREE**

10:00 AM - 11:00 AM


**11:00 AM - 12:00 PM**

  - Dates 11/11, 11/12, 11/24, 11/26 (No School)
  - Youth (Age-12) 11:00 - 12:00, Adult (13+) 12:15 - 1:15

**Open Hockey**

**$5.00**

**Masks Required for Entry**

---

**Masks Must Be Worn At All Times**
Holiday Gift Drive for Older Adults

THE OFFICE FOR THE AGING IS SPONSORING
THE 8TH ANNUAL HOLIDAY GIFT DRIVE
FOR OLDER ADULTS IN SLC!

WE ARE COLLECTING FINANCIAL CONTRIBUTIONS TO
PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER
ADULTS IN OUR HOME DELIVERED MEAL PROGRAM.
PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS
BRIGHTER FOR SENIORS IN OUR COMMUNITY!

PLEASE MAIL YOUR CONTRIBUTION TO: THE OFFICE FOR
THE AGING, 80 STATE HIGHWAY 310, SUITE 7,
CANTON, NY 13617.
CALL (315) 386-4730 FOR MORE INFORMATION!
THANKS FOR YOUR SUPPORT!

---

JW LEARY JUNIOR HIGH SCHOOL

MCS FREE MARKET

MONDAY - FRIDAY 9AM-2PM

Do you know of families with children at Massena Central that need an emergency food bag?

Soap, Shampoo, or Deodorant?

Warm Clothes?

School Supplies?

Call the Junior High at (315) 764-3720 and ask for
Megan LaPrade (ext. 3270) or Van Alexander (ext. 3206)
for more information.
WE NEED YOUR HOMEMADE HOLIDAY CARDS

SLC YOUTH BUREAU
IN PARTNERSHIP WITH
OFFICE FOR THE AGING

Students of all ages are invited to make holiday cards, notes, or pictures for older adults this holiday season. Let's spread some cheer!

Please mail your cards by Friday, December 10th to SLC Youth Bureau 80 SH 310 Canton, NY 13617

For more information, email ABackus@stlawco.org or call 315.379.9464