

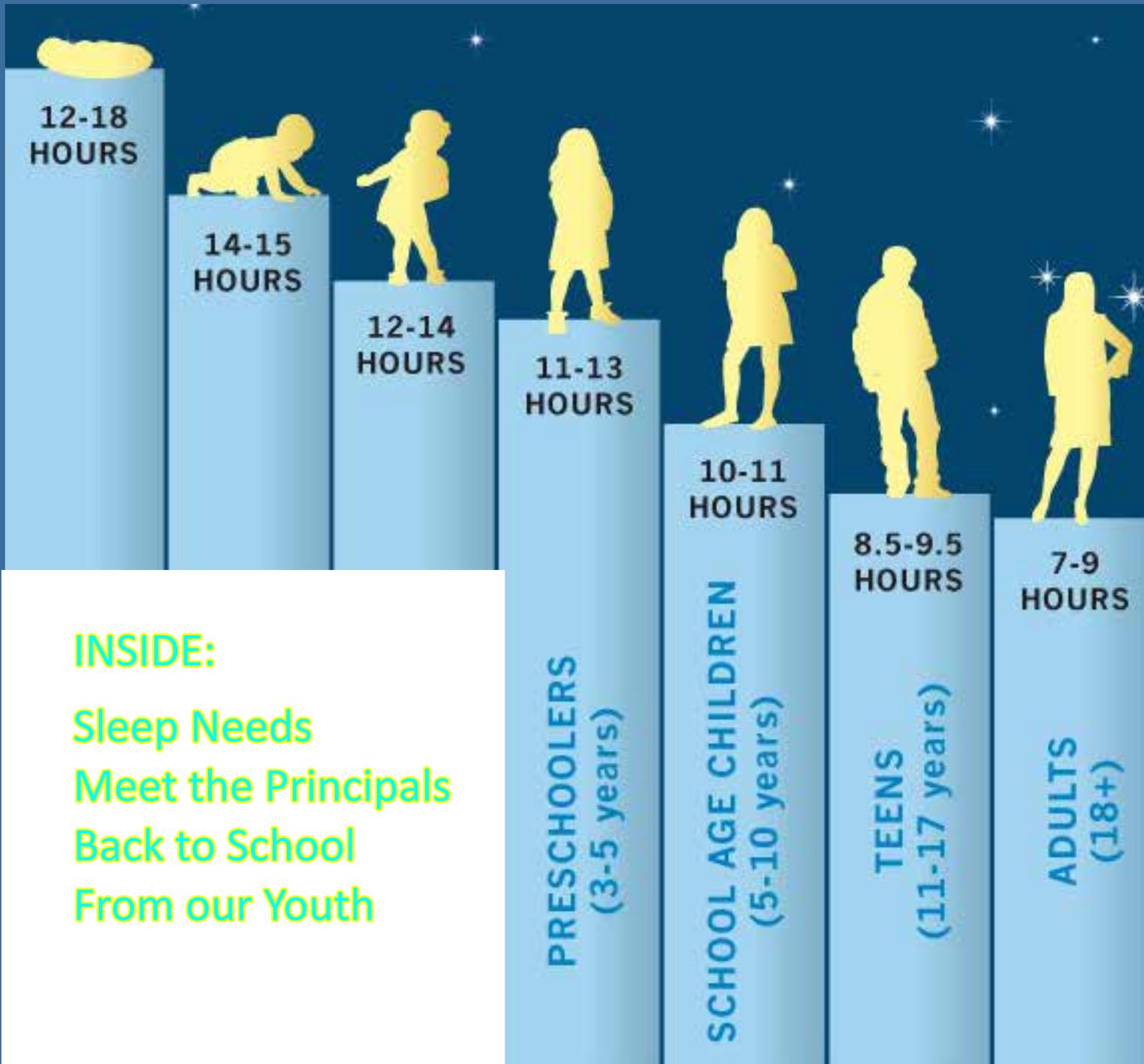
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CONNECTING YOUTH AND COMMUNITIES

CYC MAGAZINE

September 2014 Connectingyouth.com



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Meet the Principals
Back to School
From our Youth



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CONNECTING YOUTH AND COMMUNITIES

Notes from Tina:

Again, we are challenging ourselves to learn and bring the best to you, our readers. This month we launch two editions. This on line edition you are viewing and a printed version.

We would love to hear from you about this magazine. What works for you and what suggestions you have for us. As you can see we are evolving and your input would be so very appreciated.

The CYC Magazine is a free quarterly publication and is mailed to families of the Lake Placid Central School District and provided free of charge to other schools, offices, libraries, coffee shops, etc. around Lake Placid and Wilmington. Just let us know if you would like to be included on our distribution list, or would like to place an ad with us.

We are always looking for freelance articles, or topics you would like to see. Let us hear from you.

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From the **President**



Mary Dietrich

As the summer winds down and we begin to see evidence of the onset of fall our thoughts begin to turn to the beginning of school. In our house that time was always met with mixed reactions. On the one hand there was great excitement—new clothes, new crayons, new pens and pencils, and reconnecting with classmates—it was a new beginning. On the other hand there was also a feeling of anxiety

will my teachers like me, will I like my new teachers, will I be able to do the work? In talking with other parents they all agreed that the beginning of the school year did bring about this mixed bag of feelings.

This “Back to School” edition of our magazine consists of a wide range of articles focusing on the transition from summer to school. From the principals outlining their positive directions for the upcoming year to a listing of the school administrative phone numbers for your reference to an article by the National Sleep Foundation on the importance of a good night’s sleep, we hope you find much useful information that helps in this transition.

As the new school year begins, we all want to help our children be successful. The CYC is committed to aiding in this process and welcomes your help and/or suggestions. Please do not hesitate to get in touch with us either directly by email or phone or through our website or Facebook.

Mary Dietrich, Coalition President
email: marydietrich@verizon.net



We want to be involved...



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Our “I Matter Campaign” has launched in downtown Lake Placid and Wilmington.

How many self portraits by students do you recognize? Let them know you see them.



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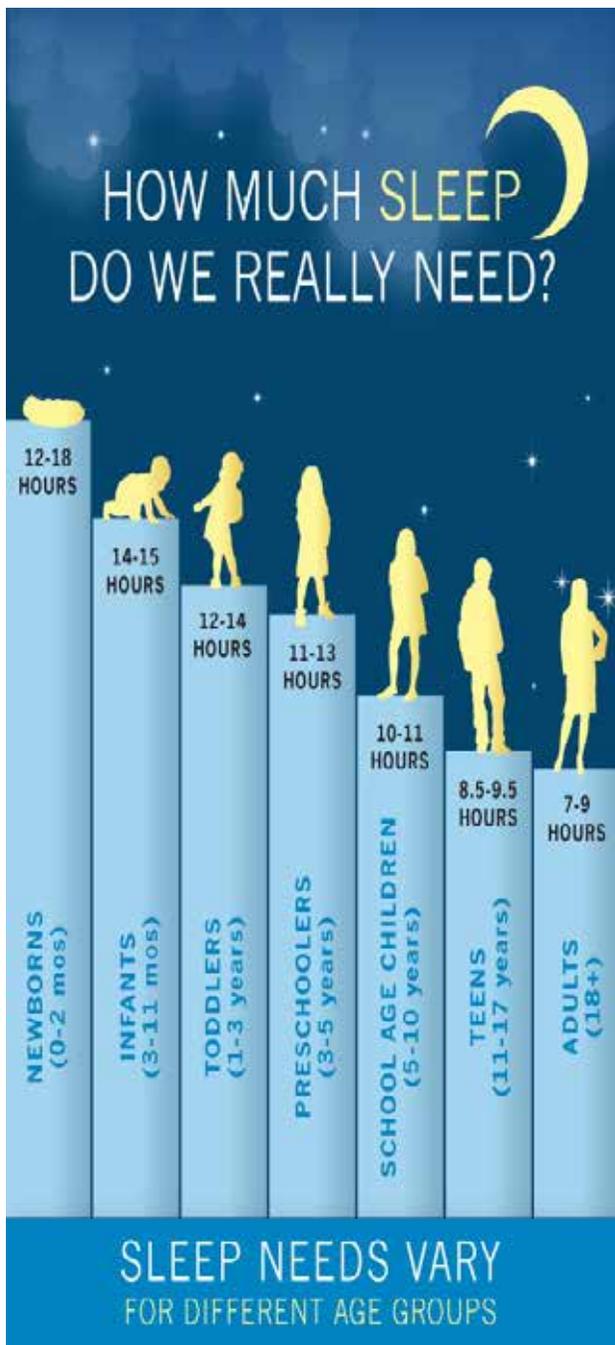
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Sleep needs vary across ages and are especially impacted by lifestyle and health. Thus, to determine how much sleep you need, it's important to assess not only where you fall on the "sleep needs spectrum," but also to examine what lifestyle factors are affecting the quality and quantity of your sleep such as work schedules and stress. To get the sleep you need, you must look at the big picture.

Though research cannot pinpoint an exact amount of sleep need by people at different ages, the preceding table identifies the "rule-of-thumb" amounts most experts have agreed upon. Nevertheless, it's important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep. Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality ZZZs to get you into high gear? Do you have health issues such as being overweight? Are you at risk for any disease? Are you experiencing sleep problems? Do you depend on caffeine to get you through the day? Do you feel sleepy when driving? These are questions that must be asked before you can find the number that works for you.

What the Research Says About Sleep Duration: There Is No "Magic Number" Not only do different age groups need different amounts of sleep, but sleep needs are also individual. Just like any other characteristics you are born with, the amount of sleep you need to function best may be different for you than for someone who is of the same age and gender. While you may be at your absolute best sleeping seven hours a night, someone else may clearly need nine hours to have a happy, productive life. In fact, a 2005 study confirmed the fact that sleep needs vary across populations, and the study calls for further research to identify traits within genes that may provide a "map" to explain how sleep needs differ among individuals.

Another reason there is "no magic number" for your sleep results from two different factors that researchers are learning about: a person's basal sleep need – the amount of sleep our bodies need on a regular basis for optimal performance – and sleep debt, the accumulated sleep that is lost to poor sleep habits, sickness, awakenings due to environmental factors or other causes. Two studies suggest that healthy adults have a basal sleep need of seven to eight hours every night, but where things get complicated is the interaction between the basal need and sleep debt. For instance, you might meet your basal sleep need on any single night or a few nights in a row, but still have an unresolved sleep debt that may make you feel more sleepy and less alert at times, particularly in conjunction with circadian dips, those times in the 24-hour



BUT SLEEP NEEDS ARE ALSO INDIVIDUAL



THESE FACTORS AFFECT YOUR SLEEP NEEDS



BASAL SLEEP NEED:

Amount of sleep your body needs on a regular basis for optimal performance



SLEEP DEBT:

Accumulated sleep that's lost from poor sleep habits, sickness, awakenings from environmental factors, other causes

You may meet your basal sleep need one night or a few nights in a row, but still have unresolved sleep debt.

THIS MAY MAKE YOU FEEL MORE
SLEEPY AND LESS ALERT, ESPECIALLY
WITH CIRCADIAN DIPS.

cycle when we are biologically programmed to be more sleepy and less alert, such as overnight hours and mid-afternoon. You may feel overwhelmingly sleepy quite suddenly at these times, shortly before bedtime or feel sleepy upon awakening. The good news is that some research suggests that the accumulated sleep debt can be worked down or “paid off.”

Though scientists are still learning about the concept of basal sleep need, one thing sleep research certainly has shown is that sleeping too little can not only inhibit your productivity and ability to remember and consolidate information, but lack of sleep can also lead to serious health consequences and jeopardize your safety and the safety of individuals around you.

For example, short sleep duration is linked with:

- Increased risk of drowsy driving
- Increase in body mass index – a greater likelihood of obesity due to an increased appetite caused by sleep deprivation
- Increased risk of diabetes and heart problems
- Increased risk for psychiatric conditions including depression and substance abuse
- Decreased ability to pay attention, react to signals or remember new information

According to researchers Michael H. Bonnet and Donna L. Arand, “There is strong evidence that sufficient shortening or disturbance of the sleep process compromises mood, performance and alertness and can result in injury or death. In this light, the most common-sense ‘do no injury’ medical advice would be to avoid sleep deprivation.”

On the other hand, some research has found that long sleep durations (nine hours or more) are also associated with increased morbidity (illness, accidents) and mortality (death). Researchers describe this relationship as a “U-shaped” curve (see illustration) where both sleeping too little and sleeping too much may put you at risk. This research found that variables such as low socioeconomic status and depression were significantly associated with long sleep. Some researchers argue that these other variables might be the cause of the longer sleep: the fact that individuals with low socioeconomic status are more likely to have undiagnosed illnesses because of poor medical care explains the



relationship between low socioeconomic status, long sleep and morbidity/mortality. Researchers caution that there is not a definitive conclusion that getting more than nine hours of sleep per night is consistently linked with health problems and/or mortality in adults, while short sleep has been linked to both these consequences in numerous studies.

“Currently, there is no strong evidence that sleeping too much has detrimental health consequences, or even evidence that our bodies will allow us to sleep much beyond what is required,” says Kristen L. Knutson, PhD, Department of Health Studies, University of Chicago. “There is laboratory evidence that short sleep durations of 4-5 hours have negative physiological and neurobehavioral consequences. We need similar laboratory and intervention studies to determine whether long sleep durations (if they can be obtained) result in physiological changes that could lead to disease before we make any recommendations against sleep extension.”



But a key question is how much is too much or too little. Researchers Shawn Youngstedt and Daniel Kripke reviewed two surveys of more than 1 million adults conducted by the American Cancer Society and found that the group of people who slept seven hours had less mortality after six years than those sleeping both more and less. The group of people who slept shorter amounts and those who slept longer than eight hours had an average mortality risk that was greater, but the risk was higher for longer sleepers. Youngstedt and Kripke argue that for those who would normally sleep longer than eight hours, restricting their sleep may actually be healthier for them, just as eating less than one's appetite may be healthier in a more sedentary society.

What You Can Do To Improve Your Sleep
To begin a new path towards healthier sleep and a healthier lifestyle, begin by assessing your own individual needs and habits. See how you respond to different amounts of sleep. Pay careful attention to your mood, energy and health after a poor night's sleep versus a good one. Ask yourself, "How often do I get a good night's sleep?" If the answer is "not often", then you may need to consider changing your sleep habits or consulting a physician or sleep specialist.

To pave the way for better sleep, experts recommend that you and your family members follow these sleep tips:

- Establish consistent sleep and wake schedules, even on weekends
- Create a regular, relaxing bedtime

routine such as soaking in a hot bath or listening to soothing music – begin an hour or more before the time you expect to fall asleep

- Create a sleep-conducive environment that is dark, quiet, comfortable and cool
- Sleep on a comfortable mattress and pillows
- Use your bedroom only for sleep and sex (keep “sleep stealers” out of the bedroom – avoid watching TV, using a computer or reading in bed)
- Finish eating at least 2-3 hours before your regular bedtime
- Exercise regularly.
- Avoid caffeine and alcohol products close to bed time and give up smoking.

If you or a family member are experiencing symptoms such as sleepiness during the day or when you expect to be awake and alert, snoring, leg cramps or tingling, gasping or difficulty breathing during sleep, prolonged insomnia or another symptom that is preventing you from sleeping well, you should consult your primary care physician or find a sleep professional to determine the underlying cause. You may also try keeping a sleep diary to track your sleep habits over a one- or two-week period and bring the results to your physician.

Most importantly, make sleep a priority . You must schedule sleep like any other daily activity, so put it on your “to-do list” and cross it off every night. But don’t make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

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www.nationalsleepfoundation.org



FOR BETTER SLEEP FOLLOW THESE TIPS



ESTABLISH

consistent sleep and wake schedules, even on weekends



CREATE

a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music



CREATE

a sleep-conducive bedroom that is dark, quiet, comfortable and cool



EXERCISE

regularly



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FOUNDATION

MAKE YOUR SLEEP
A PRIORITY

LEARN MORE TIPS NOW »

Sleepfoundation.org

snacks and crafts with Kate Sears!

Anyone Can Be Crafty!

You have all come to know that I love to cook, it is high time I share my other passion in life, CRAFTING!! Now I know what you're thinking, "I'm not artistic! I can't draw a straight line!" But you are wrong! With this months craft project we are going to make one of a kind earrings that you can customize to your style or make something special for that hard to shop for friend.

Shrinky Dinks!!! That's right, if the name congers memories of melting plastic in the oven that you colored with your mom we are on the right track. If the name means nothing to you, you're in for a treat. The Shrinky Dink has come a long way from it's humble beginnings. The original material, sheets that can be colored with sharp markers or colored pencils, are still sold in craft stores like Michaels, but now the company has stepped up their game by adding ink jet printable sheet for a slightly higher price and they are totally worth it! Whatever is printed or drawn on the Shrinky Dink sheets are cut out, placed in the oven at a low temp and shrink to 1/3 their original size and becomes 9 times thicker. The inks become a part of the plastic, images become scratch proof and water proof.

So not to get fancy or anything but if you have access to Photo Shop or Adobe Illustrator your design possibilities are endless. But if you only have Word on your computer you will be fine, you will just have to keep in mind when choosing images that they do not have a lot of DARK colors.

Supplies:

Shrinky Dink Ink Jet sheets
computer with printer
earring hooks, pliers
single hole punch
brown paper bag
Toaster or conventional oven
your imagination!

Step 1: Use your own photos or (I like this) go online and pick out an image you like, clip art works great and is free. Colored or black and white, Right click and copy, paste as many images that will fit an 8 1/2 x 11 sized sheet, keep in mind you want



them to be bigger than what you want them to end up cuz well... they shrink!

Step 2: Check your printer settings, the instructions that come with the Shrinky Dinks will tell you all you need to know.

Step 3: Adjust ink and color levels, in any graphic software program or in Photo Shop (my best friend) Adjust/Hues/Saturation lighten to 50%, do what ever you can to lighten your image till it has a "washed out" look, when your plastic goes in the oven it shrinks and this makes whatever colors are there to become more vibrant, added bonus it takes less ink than printing full colored pages!

Step 4: Cut out your printed images and PUNCH OUT HOLES!!! You want to be able to put your new charms on your earring hooks, for this you need the hole punched BEFORE you shrink, there is no hope after, I've been there, trust me....

Step 5: Now for the magic! A Toaster oven is ideal for baking your masterpieces but a conventional oven will do just as good. 275 F to 300 F is all you need, place your cut outs on pieces of rectangle of brown grocery bag, printed side up, and pop them in the oven. I like to turn the light on and watch!! With-in minutes your Shrinky Dinks SHRINK! Now don't freak out they are going to curl up but they will lay flat, just give it time. When you take them out have a book handy and press the charms when they are still hot (dictionary's and phone books still have some uses!) they cool down fast. (Tip: if your charm is still wibbly and warped pop it back in the oven for 3 to 5 minutes, it will become pliable and you can try flattening it once more).

Step 6: Hang your new charm on the earring hooks!

So just like that in 6 steps you can make any outfit one of a kind or just have some fun! You can make so much more than just earrings. The charms can be used on bracelets, key chains or pins. You can always check out www.shrinkydinks.com for ideas and check out some of the cool projects that other people have shared on the web. I have lost many hours looking at Pinterest for just this type of item!

MEET THE PRINCIPALS!



Dana Wood, High School Principal

He is a parent of two children (a boy and a girl) in the 10th and 5th grades. He feels he has the perspective of parenting which gives him a nice sense as to expectations as to what we should be providing our students. He is able to view issues from the parental perspective and also with professional understanding. He is able to change hats as the situation warrants. With his kids currently going through schooling he is kept fresh on the issues. He has been coaching youth soccer and lacrosse at all levels. Currently he is teaching 4th and 5th grades soccer.

His wife, Shelly, has been teaching at the high school level for the past eleven years. It did provide a sense of familiarity with the faculty prior to coming to the district for him. He knew most of the high school staff on a personal level which helped with his transition. Last year went quick and smooth. He felt welcomed by teachers and students. Parents were encouraging and receptive. He felt that parents were able to open the lines of communication.

For the coming year he hopes to continue the positive direction. He would love to open more opportunities for all students. He would love to see students becoming more involved in their learning. Perhaps, student centered environments/classrooms where students are active participants in their learning. He describes the current model as factory model where they are taught one thing at a time. He would love to see more of a lab environment where students are moving from discipline to discipline. He believes this is how the real world functions in a rich, multi-tasking environment and it would be helpful to prepare our students for it.

To transition to this he must relay the message to faculty, staff, parents and students. He must give them the tools and encouragement to try new and different things in the classroom. He would also let them know that it is ok if you stumble along the way because that is how you learn.



Theresa Lindsay, Middle School Principal

She is a parent of three children. Her children all attended LPCS through Middle School. She now has the perspective of having children get successfully through college and established in their careers. She says this is kind of cool. She is an avid downhill skier and also cross country skier. She loves everything that this area has to offer as far as outdoors is concerned. In the summer, she runs, waterskies and has been stand up paddle boarding for 7 years. She was one of the first ones on Mirror Lake.

Last year was a great year. She says she is blessed that her job was made so much easier by the amazing and talented staff that is here as well as the kids and supportive parents. Parents are their children's first teachers. They know their kids best. She truly values the job that they do and the support that they give us here.

Looking forward she hopes to continuing the strength of the programs that are here. She is looking forward to the incoming 6th grade students. She says it is always exciting when we get new students. September is

so unique, we have such mixed emotions. We say goodbye to old friends and hello to new faces. It is also an opportunity for a fresh start. She is also excited about watching our Middle School Parents Organization grow. They have some ideas to add some after school activities for middle school students like photography, art classes and a chess club. She says it is hard for the 6th graders because they have nothing after school and she is looking forward to getting programs for them so that they can feel more a part of the school.



Brian Latella, Elementary School Principal

He is the parent of two children, an 8 year old entering the 3rd grade and a 5 year old entering Kindergarten. This fall, he will have both sons in the building with him. Having elementary age children, keeps him current on student interests and motivators. When he is not in school he is generally playing with his kids. They really like to be outside and are very active. They love all kinds of ball, soccer, football, golf, baseball and are beginning lacrosse. The boys have always been around sports as prior to arriving in Lake Placid, Brian coached many sports, including varsity boys' soccer where he lead his teams to 2 NY State Championships.

This past year brought a level of excitement. He found the staff and parents very welcoming. Parents provided lots of positive comments. He said they didn't hesitate to share their thoughts and ideas. He held Family Fridays on Friday mornings and had a consistent showing of parents. He also appreciated the new administrative team, having Theresa, a former elementary principal, Dana, a former Dean of students, and the solid support and direction of Roger. He says he could not have asked for a better team to start his administrative career.

This coming school year, he says there is a whole new level of possibilities. There will be 10 new staff members in the building, that's close to one third of our staff. It creates a whole new perspective. He is feeling really positive about this.

For himself, he tries to remind himself that he is primarily an elementary teacher. He has transitioned into his administrative role after a combination of teaching and coaching. He tries to utilize the 12 years he spent in a classroom as guidance to his administrative responsibilities. He wants to remain as visible as possible, continuing to start the day at the bus circle and also including the loop this year.

Some of our new faces:



Ms. Emery
Elementary
Phys Ed



Ms. Kulina
Elementary
Secretary



Ms. Latella
Second
Grade



Ms. Moruzzi
Sixth Grade



Ms. Rissberger
Spedical Ed
Secretary



Ms. Weinbrecht
Second
Grade

The CYC is excited to have these new school employees (as well as others to be announced) in place for the start of the 2014-2015 school year. Make the time to visit the adults in your childrens' lives. See how you can partner with them to make your child's school year enriched and enjoyable. We have learned that partnership is the way to grow forward together!

Students Writing Workshop with Lauren McGovern at Lake Placid

Seventh graders **Olivia Paul** and **Bea Hollander** participated in the CYC workshop “The Write Stuff” at the Lake Placid Public Library this summer. They interviewed each other about their respective moves to Lake Placid. They hope their insights help other students and parents who need to relocate have a more successful experience.

Olivia moved to Lake Placid in January during her 4th grade year. Bea relocated to Lake Placid in November of her 3rd grade year.

Here, Olivia is interviewing Bea about her experience:

Q: Where did you move from?

A: Charlotte, Vermont

Q: How did the move affect your life?

A: It didn't really impact my life a whole lot because I

traveled to Lake Placid for figure skating for many years. Before that, I moved from California to Vermont.

Q: What did you think on your first day of school?

A: I thought that everybody was very welcoming and very nice. Everyone showed me around.

Q: What did you worry about?

A: I worried about people not being my friend because I thought that nobody would want to, but everybody was very nice.

Q: What advice do you have for people who have to move?

A: Don't keep it a secret! If you think you are going to move, tell one or two people so they are aware that you might move.

Q: What do you think would have been different if you started the school year at the beginning?

A: I think that everybody would have been a little more welcoming.

Q: What advice do you have for parents to help their kids adjust to moving?

A: Tell your kids that you have a job interview or that you're looking for a new job, so that they are prepared.

Bea is a figure skater, plays violin and enjoys reading poetry. She also likes gymnastics and soccer.

Here, Bea interviews Olivia:

Q: Where did you move from & why?

A: Saratoga Springs, NY because my mom got a new job at Northwood School.

Q: How did the move affect your life?

A: I never moved before so I was excited. At the same time, I was worried about missing my friends and going to a new school. We moved to campus at Northwood and it was cool to live in an apartment as part of dorm. We lived in the boys' dorm first and then the girls' dorm. It's sort of like having an instant neighborhood, but with our own private space.

Q: What did you think on the first day of school?

A: I thought everyone was nice and they showed me around. They helped me get used to the new school.

Q: What did you worry about?

A: I was afraid that I wouldn't fit in and that everyone already had friends. I was worried nobody would talk to me. I was worried about missing my dad because he still lived in Saratoga.

Bea & Olivia offered these pieces of advice for other kids and their parents who may also have to move:

- Don't be worried because teachers do help you and make you feel welcome.
- It would be different if you joined your class at the beginning of the school year because everyone is starting again. It's easier since everyone's just coming back from summer break and making new friends. Joining in the middle of the year does make it hard to adjust since you've already been in school for half a year somewhere else and then you need to get to know new stuff in the new school. You can do it either way!
- Parents: don't keep the move a secret! My mom told me when she had an interview in Lake Placid and that we might move (Olivia). Tell as soon as you know, so kids can adjust to it.
- On my first day of school, my teacher introduced me to the class, told me about what we were learning in 4th grade, and paired me up with a classmate who showed me around the building. That was really helpful and made me feel welcome (Olivia).

Olivia plays the guitar and trumpet. Volleyball and Lacrosse are her main sports and she's been in a few stage productions over the years. She likes reading books, too.



Skiing or Snowboarding?

(This article is intended for those debating the merits of either sport)

by **Ben Caito**



A lot of you probably have your own opinions on this issue and I realize that my opinions may conflict with your own. All I can do is present my humble opinion.

SKIING IS BETTER. MUCH better.

Now all you snowboarding fanatics are probably rolling your eyes at this article by now and turning to another page. Please don't. I will attempt to logically justify my strong position. I hope you enjoy lists.

1. Crashes on skis: If it was a bad crash than maybe a broken bone. Most likely just a bruise is the result. Crashes on snowboards: Both your legs are attached to the board. If you crash you can't use them to break your tumble like you would be able to with skis. Don't delude yourself. If you fall you'll fall on your face. A broken face is most likely your result.

2. Snowboarding is harder to learn by far. Learning to ski is very simple if you are at all coordinated. If you're not, well, you're definitely not better off learning to snowboard.

3. Skiers are also generally more affable and easier to get along with than snowboarders. Just throwing that out there.

Now that I have covered the skiing side of the argument and my own preferences, I'll move on to the snowboarding side. (Spoiler alert: more lists)

1. If you are a teenager, snowboarding, at least more so than skiing, allows you to hang with more of your buddies. (Probably)

2. Snowboarding is more challenging and is good for anyone who enjoys being constantly tested to the limit.

3. There is nothing quite like spending a few hours spectacularly falling over on even the easiest hill.

Alright! Now I have covered the good and bad points of both snowboarding and skiing. Whether you enjoy skiing or snowboarding more, each sport provides a good way to get exercise in the winter. Whichever sport you prefer is ultimately up to you. During this summer heat, try to decide on either one or both to pursue in the coming winter.

Saturday, September 6th, 2014



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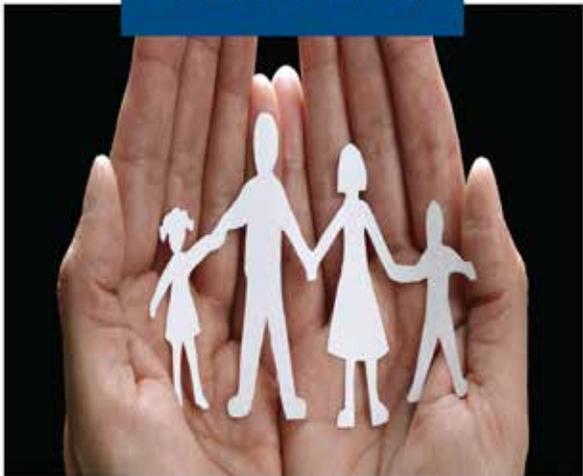
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40 DEVELOPMENTAL ASSETS

40 Developmental Assets are essential qualities of life that help young people thrive, do well in school, and avoid risky behavior.

CYC Magazine utilizes the 40 Developmental Assets Framework to guide the work we do in promoting positive youth development. The 40 Assets model was developed by the Minneapolis-based Search Institute based on extensive research. Just as we are coached to diversify our financial assets so that all our eggs are not in one basket, the strength that the 40 Assets model can build in our youth comes through diversity. In a nutshell, the more of the 40 Assets youth possess, the more likely they are to exhibit positive behaviors and attitudes (such as good health and school success) and the less likely they are to exhibit risky behaviors (such as drug use and promiscuity). It's that simple: if we want to empower and protect our children, building the 40 Assets in our youth is a great way to start.

Look over the list of Assets on the following page and think about what Assets may be lacking in our community and what Assets you can help build in our young people. Do what you can do with the knowledge that even through helping build one asset in one child, you are increasing the chances that child will grow up safe and successful.

assets in action



6

EXTERNAL ASSETS

SUPPORT

1. Family Support: Family life provides high levels of love and support.
2. Positive family communication: Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).
3. Other adult relationships: Young person receives support from three or more nonparent adults.
4. Caring neighborhood: Young person experiences caring neighbors.
5. Caring school climate: School provides a caring, encouraging environment.
6. Parent involvement in school: Parent(s) are actively involved in helping young person succeed in school.

EMPOWERMENT

7. Community values youth: Young person perceives that adults in the community value youth.
8. Youth as resources: Young people are given useful roles in the community.
9. Service to others: Young person serves in the community one hour or more per week.
10. Safety: Youth feels safe at home, at school, and in the neighborhood.

BOUNDARIES & EXPECTATIONS

11. Family boundaries: Family has clear rules and consequences and monitors the young person's whereabouts.
12. School boundaries: School provides clear rules and consequences.
13. Neighborhood boundaries: Neighbors take responsibility for monitoring young people's behavior.
14. Adult role models: Parent(s) and other adults model positive, responsible behavior.
15. Positive peer influence: Young person's best friends model responsible behavior.
16. High expectations: Both parent(s) and teachers encourage the young person to do well.



17



26

CONSTRUCTIVE USE OF TIME

17. Creative activities: Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. Youth programs: Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. Religious community: Young person spends one or more hours per week in activities in a religious institution.
20. Time at home: Young person is out with friends "with nothing special to do" two or fewer nights per week.



5

If you or your child would like to submit a picture that represents one of the 40 Developmental Assets, please email tinateam@roadrunner.com with a picture and the number of the asset the picture represents.

INTERNAL ASSETS

COMMITMENT TO LEARNING

- 21. Achievement motivation: Young person is motivated to do well in school.
- 22. School engagement: Young person is actively engaged in learning.
- 23. Homework: Young person reports doing at least one hour of homework every school day.
- 24. Bonding to school: Young person cares about her or his school.
- 25. Reading for pleasure: Young person reads for pleasure three or more hours per week.

POSITIVE VALUES

- 26. Caring: Young person places high value on helping other people.
- 27. Equality and social justice: Young person places high value on promoting equality and reducing hunger and poverty.
- 28. Integrity: Young person acts on convictions and stands up for her or his beliefs.
- 29. Honesty: Young person "tells the truth even when it is not easy".
- 30. Responsibility: Young person accepts and takes personal responsibility.
- 31. Restraint: Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

- 32. Planning and decision making: Young person knows how to plan ahead and make choices.
- 33. Interpersonal competence: Young person has empathy, sensitivity, and friendship skills.
- 34. Cultural competence: Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
- 35. Resistance skills: Young person can resist negative peer pressure and dangerous situations.
- 36. Peaceful conflict resolution: Young person seeks to resolve conflict nonviolently.

POSITIVE IDENTITY

- 37. Personal power: Young person feels he or she has control over "things that happen to me".
- 38. Self-esteem: Young person reports having a high self-esteem.
- 39. Sense of purpose: Young person reports that "my life has a purpose".
- 40. Positive view of personal future: Young person is optimistic about her or his personal future.



Check out who's standing out in our community.



Conor Ryan, Lake Placid Elementary School

Conor is in the First grade. He loves to play Hide and Seek and tells me that when somebody finds you you're out! He got a special bike from the Build A Bike this year and it has a key and a lock. It is red with stars and he is really excited about it.

Max Gole, Lake Placid Middle School

Max is a Luger! He is a Second Place Medalist, twice. He spends his Summers with the Youth Commission and is comfortable coming to the Middle School as he starts 6th grade because they have been in the school for the past two years. He knows where everything is. He likes to hang out with his friends and ride his bike. He is also a downhill skier, soccer player and Summer Luger.



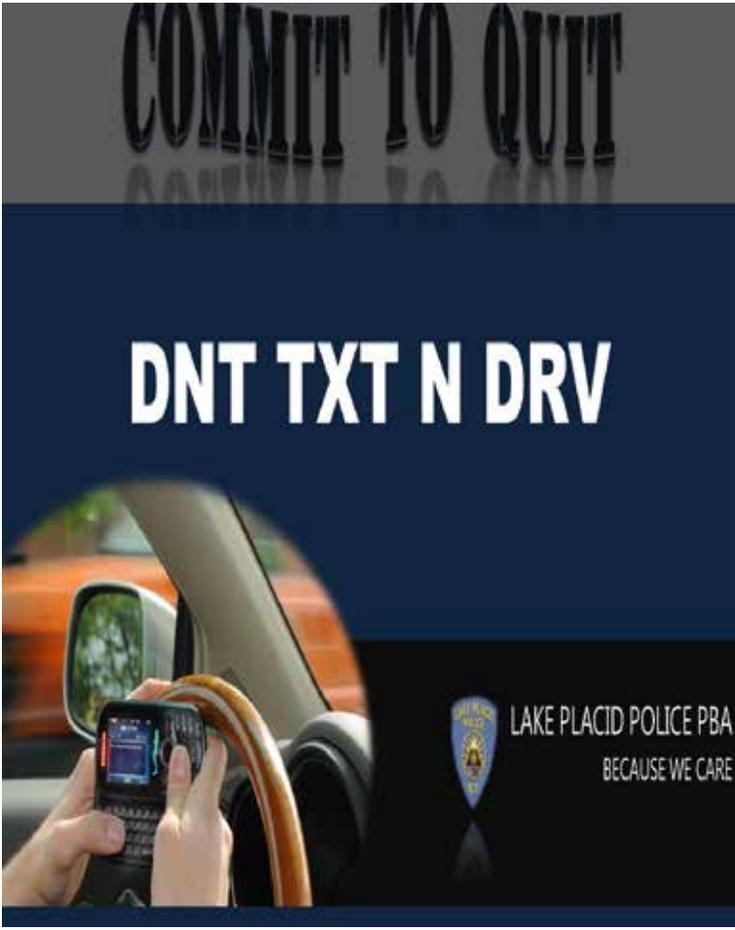
Ryan Damp, Lake Placid High School

Ryan is a Senior this year and enjoys History. He recently spent a week in Orlando, Florida at a CADCA conference in which hundreds of teens from across the country learned how to foster positive decision making in the youth of our community. He hopes to use what he learned to organize some activities at school to promote CYC and healthy life choices. Ryan is a member of the varsity hockey, baseball and soccer teams. He is a member of the National Honor Society, Varsity Club, Environmental club, and has mentored for students at the elementary school.

Connie Hammaker, Lake Placid High School Counselor

Connie began at Lake Placid in the Fall of 2012. I graduated from SUNY Plattsburgh with an M.S. Ed and CAS in School Counseling in May of 2010. I love everything about this position, from the personal counseling to the future plans post-graduation counseling. I really enjoy beginning to work with students in ninth grade and getting to see the way they grow and develop into what it is they want for their futures. The college process, although sometimes very stressful for students and families, is one of my favorite parts. I love helping students through this and seeing them get excited and plan for their future. Getting to work with the students is what excites me to get up every morning at 5 am and commute in. I am truly lucky to love my job. Florida was fantastic. It was so neat to see so many youth from all over the world come together to make plans for their schools and communities. It was fun to be there to interact with other adults and brainstorm together. It is amazing to learn that all communities, no matter how big or small, suffer from the same issues in their youth population. I felt as though we were all able to bring a lot of knowledge home with us and weave it into our school environment now. It was very beneficial and a lot of fun.





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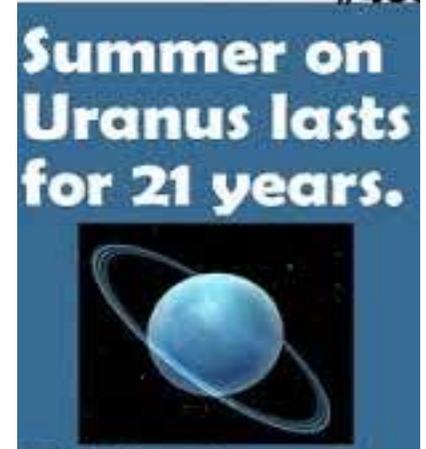
BY THE NUMBERS

More than **10** people a year are killed by a vending machine.

Summer on Uranus lasts **21** years.

Thomas Alva Edison patented almost **1,300** inventions in his lifetime.

The IRS processes more than **2 billion** pieces of paper each year.



Jumbo jets use **4,000** gallons of fuel to take off.

The oil jewelers use to lubricate clocks and watches costs about **\$3,000** a gallon.

It takes **6** months to build a Rolls Royce.. & **13** hours for a Toyota.

Car airbags kill **1** person for every **22** lives that they save.



About **39,000** gallons of water are used to produce the average car.



When glass breaks, the cracks move at speeds of up to **3,000** miles per hour.

A new baby usually deprives each of it's parents around **350-400** hours of sleep in the first year.

The average person eats almost **1,500** pounds of food a year.

The human eye blinks an average of **4,200,000** times a year.

On average, **100** people choke to death on ballpoint pens every year.



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Back to School

It is that time of year. A time when many of us get a chance to start over fresh. If you did not get to locker day at the Middle/High School on August 27th, log into PowerSchool to get your student's schedule and stop by the Main Office for their locker assignment and combination. The offices will be open on September 2nd and 3rd while teachers are having Superintendent Conference Days. First day of school is September 4th for all LPCSD students!

Here is some advice from a wide variety of members of our community. A special thanks to these people for taking the time to comment!:

Elisa Begor, Lake Placid Middle/High School:

My best advice would be to make sure that parents phone #'s and address information is correct in PowerSchool. So often they remember to change it with Dr.'s or who they pay bills with, but forget us. And the best way to update info is to contact me (the registrar).

Lauren McGovern, North County School:

Stay active! Although summer is over, the autumn weather is often ideal for biking and hiking. Try to fit in some family outings in the fall, even if they're only for a couple of hours.

With your tweens and older teens - check in and reflect about the summer: What went well? What fell short of their expectations? What's on their wish list for summer jobs or summer activities in the future? How can you support those goals

Brian Latella, Lake Placid Elementary School:

Advice for students: Your teachers are there to help you, ask them questions.

Advice for parents: See if there are ways to volunteer in your child's classroom or school.

Cora Clark, Lake Placid Middle/High School:

My advice to parents is to always communicate with your child's teacher. Go to your child's

classroom(s), introduce yourself and be an active participant in your child's education from the very beginning of the year. Participate in activities as appropriate for the child's age and grade level. Be interested and involved.

Carrie Conrad, Lake Placid Middle/High School:

Less is more. By this, I mean supplies and back to school wardrobes. Once the year begins, you and your child will know what supplies are necessary or not. We don't really need the latest and greatest, just what gets the job done.

Naj Wikoff, Artist:

Not sure what advice I'd give to parents other than get your flu shots, plenty of sleep, and stock up on your sense of humor and patience

Gabby Armstrong, Lake Placid High School:

If you are not looking forward to going back to school, join the cross country team. It is a small, fun and supportive team where you can meet new people in a non-stressful yet still challenging environment.

Lisa Rissberger, Lake Placid Elementary:

As for advice for parents: Every day is another opportunity to learn, create, connect, achieve, and have fun. Every night is a chance to reflect on another day gone!

Fr. John Yonkovig, St. Agnes Church:

School is like everything else in life, you get out of it what you put in, so I would encourage students to join everything that interests you and parents may want to find a way to get involved at school in order to support your children in what they are doing.

Laura Coffin, Lake Placid Elementary:

My advice for parents is to have conversations with your children about the books they are reading. Not just tell me what's happening in the story, but what's your favorite part and why? What did the character do that surprised you? What's something new that you learned in the book? How has that changed your thinking? Having these types of conversations with your children will help them engage in stories.



Ready for the trip, leaving Lake Placid. A big thank you to Jerry Strack from Central Garage for donating the van to get us off on our first leg and to Paul Varga and Brady Hayes for driving us safely!



Connie Hammaker, Mary Dietrich, Nzoni Thompson, Gabby Armstrong, Glenice Gallagher, Laine Ridenour, Ryan Damp, Erin Skufca, Chris Williams, Carol Hayes, Stuart Baird and Jason Leon at the CADCA Conference.

Read more about this conference, what the plan is and how these young people engaged their peers in our next issue which will be in the mail and on the web in December 2014.

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Lake Placid Central School

Superintendent, Dr. Catania	523-2475	x 3002
District Clerk, Karen Angelopoulos		x 3001
High School Principal, Mr. Wood	523-2474	x 4005
Middle School Principal, Ms. Lindsay		x 4017
Office Secretary, Sarah Adams		x 4003
Attendance Officer, Patty Mayberry		x 4001
School Nurse, Cora Clark, RN		x 4007
School Psychologist, Dr. Dave Miller		x 4010
Guidance Secretary, Elisa Begor		x 4022
High School Counselor, Connie Hammaker		x 4018
Middle School Counselor, Lynn Gosling		x 4020
Student Support Counselor, Tina Clark		x 4008
Elementary Principal, Mr. Latella	523-3640	x 4502
Office Secretary, Michele Kulina		x 4501
School Psychologist, Melinda Frazer		x 4504
Elementary Counselor, DeAnna Brown		x 4533
CSE Chair, Sarah Allen		x 4011
CSE Secretary, Lisa Rissberger		x 4011

Community Agencies

Lake Placid/Wilmington Connecting Youth and Communities Coalition

Tina Clark, Coordinator 523-2474 x 4008 or cell 524-5739

Carol Hayes, Development Director, 523-2474 x 4021

Adirondack Health Center

Saranac Lake Main Number 891-4141

Lake Placid Main Number 523-3311

Uhlien Center 523-5612

Lake Placid Health Center 523-1717

Mountain Medical Services 523-7575

Wilmington Health Center 946-7080

St. Josephs Inpatient Saranac Lake 891-2529

Outpatient Saranac Lake 891-5353

County Agencies

Mental Health Clinic 873-3670

Social Services 873-3240

Medicaid 873-3441

Probation Dept 873-3650

Community Resource 873-3630

The Prevention Team 585-7424

Public Health Service 873-3500

Families First 873-9544

ACAP 873-3207

OPWD/DDSO 561-8190

SPECIAL SUPPORTS

NY State Police 897-2000

Suicide Hotline 1-800-273-TALK

800-999-9999

Domestic Violence 1-888-563-6904

Missing Children 800- FIND KID

Poison Control 1-800-222-1222

Alcoholism, Drug 877-8-HOPENY

LAKE PLACID/WILMINGTON



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American Foundation for Suicide Prevention



Photo by: Michele Egan



Photo by: Carrie Sharp



Photo by: Justin Durner

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Presented by: Capital Region, NY Chapter

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Olympic Speed Skating Oval
Lake Placid, NY
Contact: Linda at northcountrywalk@gmail.com
Registration Time: 11:30 am
Walk Time: 1:00 pm
Rain or Shine!

Local News that Concerns Us:

Police seize 500 bags of heroin in Ray Brook

August 6, 2014

By CHRIS KNIGHT (cknight@adirondackdailyenterprise.com) , Lake Placid News

RAY BROOK - Three St. Lawrence County residents were arrested Tuesday (8/5/14) after police found 500 bags of heroin and other drugs in their car following a traffic stop here.

State police said they pulled over a blue 2011 Hyundai Sante Fe, traveling west on state Route 86 in Ray Brook, at 5:49 p.m. for moving from a lane unsafely and for having an obstructed license plate. The driver was Jordan G. Thomas, 24, of Potsdam, and two other people were in the car: 23-year-old Gerald L. Dissottle Jr. of Norwood and 31-year-old Allen J. Oshier of Canton.

Police found 500 bags of heroin in Dissottle's pants, according to Jennifer Fleishman, public information officer for state police Troop B.

A search of the vehicle also turned up 0.6 grams of crack cocaine and 7.1 grams of marijuana a digital scale in the center console of the vehicle. Fleishman said police attributed the additional and drugs and the scale to all three suspects because they were "easily accessible by all the occupants."

Dissottle was charged with third-degree criminal possession of a controlled substance, a class B felony, and three misdemeanor counts: seventh-degree criminal possession of a controlled substance, false personation and second-degree criminal use of drug paraphernalia. He was also charged with unlawful possession of marijuana, a violation. He was arraigned in town of North Elba court and remanded to the Essex County Jail in Lewis in lieu of \$30,000 cash bail or \$60,000 bond.

Oshier and Thomas were each charged with seventh-degree criminal possession of a controlled substance, second-degree criminal use of drug paraphernalia and unlawful possession of marijuana. Thomas was also given vehicle and traffic tickets. Oshier and Thomas were also arraigned in town court and remanded to the county jail, each in lieu of \$5,000 cash bail or \$10,000 bond.

Police said all three are scheduled to reappear in town court at 4 p.m. Monday.

Fleishman said heroin is typically packaged in bags containing a tenth of a gram of the drug. Given what she said is the going rate in this area, \$25 per bag, Fleishman said the 500 bags of heroin would have a street value of roughly \$12,500.

She said police know where the trio was headed, but she declined to release that information because she said it could jeopardize future drug investigations.

- See more at: <http://www.lakeplacidnews.com/page/content.detail/id/521994/Police-seize-500-bags-of-heroin-in-Ray-Brook.html#sthash.QluLqNkD.dpuf>

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