

LAKE PLACID/WILMINGTON



CONNECTING YOUTH AND COMMUNITIES

CYC MAGAZINE

June 2014 Connectingyouth.com

INSIDE:

**Students Rally for Safety
E-Cigarettes and Hookahs
7 Ideas for Summer Fun
Road Trip Reading**



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Notes from Tina: We got our first issue out and need to take a moment to thank John and Bonnie at Compass Printing. Without their assistance this magazine would not be happening. When I brought them the March issue, I literally showed up on the doorstep with my computer and spent hours there trying to figure out why my machine wasn't talking with their machine. With patience and research we got through it and it should all be easy now. They certainly make our publication look great. We are very grateful for their support and partnership.

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

In my article for the last edition of our magazine I talked about how the CYC was organized. In that article I identified that the CYC consisted of two groups—the members of the Board and the partners. That article focused on the makeup and role of the Board of Directors. For this edition I would like to focus on the partners.

Partners are the individuals/ organizations that agree to work with the coalition on specific issues or projects of common interest and they are the key to creating a positive, safe environment where our youth can grow and thrive. Some of the organizations that have joined with the CYC include the Lake Placid Central Schools, the Thomas Shipman Youth Center, the Wilmington Youth Center, Lake Placid Kiwanis, Lake Placid Half Marathon organizers, the Lake Placid Village government, the Towns of North Elba and Wilmington, and the National Guard. Many individuals also partner with the CYC including Naj Wikoff, Doug Haney, and Clay Reaser. All are willing to share their skills, knowledge, and resources so that the coalition can work effectively to accomplish its mission.

Many studies have shown that community coalitions are a very effective tool in the efforts to create a healthy environment for youth. For middle school youth living in DFC-funded communities, data from the DFC National Evaluation indicate a 16% reduction in alcohol use, 27% reduction in tobacco use, and 23% reduction in marijuana use. High school-aged youth have reduced their use of alcohol by 9%, tobacco by 16%, and marijuana by 7% in DFC-funded communities.

I am reminded that it does “take a village to raise a child” and that our successes are dependent on so many groups and individuals. I would like to take this opportunity to say a genuine thank you.

If you have suggestions of topics that you think would be helpful for our magazine or if you can support us in our mission, please don't hesitate to let us know.

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

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LAKE PLACID/WILMINGTON



CONNECTING YOUTH AND COMMUNITIES

E-Cigarettes and Hookah Pens Harming our Children and Teens

E-Cigarettes and Hookah Pens are a great marketing tool for big tobacco companies. They are successfully getting young adults who would never smoke cigarettes addicted to nicotine. What the manufacturer does not tell you about is the harmful chemicals which produce the vapor effect. People believe these pretend cigarettes or Hookah Pens pose no threat since they have no nicotine and are only fruit or bubble gum flavors.

People are unaware of the harmful habits which they develop which has increased the useage of E-Cigarettes. According to the CDC, smoking and smokeless tobacco use are initiated and established primarily during adolescence. Nearly 9 out of 10 smokers started smoking by age 18, and 99% started by age 26. Each day in the United States, more than 3,200 people younger than 18 years of age smoke their first cigarette, and an estimated 2,100 youth and young adults who have been occasional smokers become daily cigarette smokers. If smoking persists at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 years of age are projected to die prematurely from a smoking-related illness. This represents about one in every 13 Americans aged 17 years or younger alive today.

Tina recently watched a webinar entitled "Ask the Experts" sponsored by CADCA (Communtiy Anti-Drug Coalitions of America) and here are some of the more important questions and answers:

What are the effects of e-cigarettes on the body? What are the chemicals found in e-cigarettes? The effects on the body are still under research. The CDC has identified a new health problem related to electronic cigarettes: the risk of the device themselves or the liquid nicotine that goes into them will cause injury to the eyes, skin or body parts. The most common side effects reported to the Poison Control Center were nausea, vomiting and eye irritation. One person has committed suicide by injecting liquid nicotine into his/her veins.

How much nicotine is in an e-cigarette? Nicotine in electronic cigarettes varies, but can range from 0mg/mL to 48mg/mL concentrations. The common advertised concentrations are 5mg, 10mg, and 20mg/mL in each cartridge. Depending on brand, each cartridge is designed to produce about 250-400 puffs, equivalent to the number obtainable from 1-2 packs of tobacco cigarettes.

Aside from nicotine addiction, what other hazards do e-cigarettes pose? More research is needed. In a study on pulmonary effects (Vardavas et al.) 5 minutes of e-cigarettes use led to an increase of impedance, peripheral airway flow resistance, and oxidative stress among healthy smokers. There are metals and silicate particles found in the atomizer and ambiguous amounts of nicotine per cartridge and glycerin based oils in e-cigarettes vapor (lipoid pneumonia). They have also been known to explode.

What are the dangers of E Cigs to people who are not using them, but are in the area of a user? The body produces toxicants in exhalation. Some of these are acetylcholine, nitrosamines, nicotine, glycerin based oils, propylene glycol, FPE & VOC.

Are vapor pipes (e-cigarettes) without nicotine harmful? It is debatable how harmful the e-cigarette vapor is upon inhalation, but it is unlikely that e-cigs that do not contain nicotine are harmless. E-cigarette aerosol is made up of a high concentration of ultrafine particles, and the particle concentration is higher than in conventional cigarette smoke.

Exposure to these ultrafine particles may exacerbate respiratory conditions like asthma and could constrict arteries, possibly triggering a heart attack. E-cigarettes also contain and release propylene glycol, a chemical that can cause irritation in the eyes, throat, and airway as well as increase the chance of asthma among children. Finally, FDA scientists have found tobacco-specific nitrosamines and metals like chromium, nickel, and tin nanoparticles in the e-cigarette aerosol. Sound harmless?



 A photograph of a man and a woman looking at a pill bottle together. The man is on the left, wearing glasses and a light-colored shirt. The woman is on the right, wearing a grey top. They are both looking at a small yellow pill bottle. The background is a simple room with wood paneling.

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FACES IN THE CROWD



Yosef Spear, St. Agnes School

This is Yosef Spear. He is a kindergartner at St. Agnes school. Yosef loves to learn how to read. His favorite book is Mud Muss. Yosef especially loves to play bay blades with his friends at school

Milly Pellyman, Lake Placid Elementary School

Hi I'm Milly Pellyman. I am a 5th grade student and I love to draw. I helped write the grant to build the buddy bench. The buddy bench will help people be friends with new people by having a conversation on this bench. I will use the buddy bench sometimes, and I hope others will too.



AJ Lawrence, Lake Placid Middle/High School, 6th Grade

When AJ is not in school he likes to ride his bike. It has been a long winter waiting to get back on his bike but thankfully he has some fond memories of snowball fights and playing with animals. AJ likes to talk about how much his family means to him. AJ likes to read and so far Erin Hunter is his favorite author. He has big dreams for the future and has been exploring what it takes to be a LP Policeman.

Erin Skufca, Lake Placid Middle/High School, 11th Grade

Erin has recently joined the Board of the CYC. She thought it was a cool opportunity to see what we do in the community. She is a ski racer with NYSEF and a member of the LP High School Cross Country Ski Team and Track. She also is a member of the Key Club and National Honor Society. She enjoys reading and mountain biking and skiing. She wants to become a physical therapist and dreams of having a rehabilitation ranch for disabled children.



Sarah Adams, Lake Placid Middle/High

Sarah first came to work for the school district when she trained as a Librarian Assistant in 1976. In 1988 she accepted her present position (now Main Office Secretary) as Principal's Secretary when the school hired their first principal. She enjoys making connections and moving information in different ways. She is a curious person and finds that her position satisfies her curiosity. She loves that people bring information and topics that she would never have known about if she was not here.

The Write Stuff



Are you an aspiring writer and a local middle or high school student?

Do you want to contribute to a local magazine that wants to hear your voice?

Check this out:

FREE, drop-in writing workshops for students to create articles for the local CYC (Connecting Youth & Communities) Coalition magazine.

Separate sessions for students entering grades 6-8 and 9-12.

Locations: E.M. Cooper Library, Wilmington &
Lake Placid Public Library

When: July & August 2014

In Lake Placid: Tuesdays July 15, 22, 29 & August 12

In Wilmington: Wednesdays July 16, 23, 30 & August 13

1pm to 3pm for grades 6-8

3pm to 5pm for grades 9-12

**Contact Lauren McGovern to register
or for more information**

laurenmcgovern@frontiernet.net or call 518-837-7152

snacks and crafts with Kate Sears!

Chocolate Chip Cookies 2.0!

I have two current Obsessions! Coconut oil and my food processor! You may have read recently about the benefits of coconut oil. It is a wonderful high temp cooking oil that can be used in baking as well. I try to sneak a little bit into most meals, I even put a little in my coffee every morning, Yum!! For my latest baking experiment I replaced a 1/4 of a cup of butter with coconut oil in my chocolate chip cookie recipe and boy oh boy did it turn out good! Also my food processor, it can be used for so much more then just chopping food. I use it for mixing as well! I have discovered that for my baking projects if I put all the ingredients, dry and wet, right in the food processor, the mixing goes fast and gives me a very consistent mix.

Now for this recipe, I put all of the ingredients, except the chocolate chips into the food processor with the chopping blades in place. After you mix, dump into a bowl and then add the chips, scoop and place on your cookies sheets!

Chocolate Chip Cookies 2.0

2-1/4 c. flour
1 tsp. baking soda
1/2 tsp. salt
3/4 c butter
1/4 c coconut oil
1/2 c. granulated sugar
3/4 c. brown sugar
2 tsp. vanilla
2 eggs
1 pkg. (12 oz.) chocolate chips

Place all ingredients except the chocolate chips (you don't want to chop them) into the food processor, if you don't have one feel free to mix

by hand or with a traditional mixer. Stir in chocolate chips. Place cookie dough by teaspoonfuls on greased baking sheet 2 inches apart. Bake at 375° for 10 to 12 minutes until browned. Remove cookies to a wire rack to cool completely. Makes approximately 3-1/2 dozen cookies.



A Taste of Giving!



So what is “Why Not Wednesday”? It is an event that Chair 6 hosts most Wednesdays which gives diners a choice of selections for a three course meal at an unbelievable price. On a number of “Why Not Wednesday” nights, Charlie donates 20% of the proceeds to local charities throughout the community. In March the CYC was chosen by Charlie for this honor.

Chair 6 is a small-quiet restaurant tucked in between residences on Sentinel Road in Lake Placid. Charlie has over 30 years in the business and his dedication shows through. From the warm greeting upon entering, the impeccable service, delicious food, along with Charlie personally checking in with all diners in the restaurant, you are sure to have a special dining experience.

The question is sometimes asked, “How does the CYC fund all of the activities and services that it provides and sponsors? Well, in answer to that question, the CYC operates through grant funding, in-kind services, VOLUNTEERS and donations of both funds and services. All of which are a necessity to our existence and our programs.

Recently, Charlie Levitz, owner and chef of Chair 6, reached out to the CYC wanting to host a “Why Not Wednesday” dinner to benefit the CYC. By doing this, Charlie not only donated 20% of the proceeds of a dinner service but also provided a dining experience not to be forgotten.



Working alongside Charlie is Andrea Degain, Executive Chef, both of whom provided an exceptional dining experience to all who attended the “Why Not Wednesday” to benefit the Lake Placid/Wilmington CYC – and of course at all other dinner services as well. We encourage all to stop in and taste the delights that Charlie and Andrea create. It is an experience that you will want to experience again and again.



So, thank you Charlie and Chair 6 for your support of the Lake Placid/Wilmington CYC, the youth of the area, the community and our continuing programs.

Act Out Loud!

May 5th finally arrived after planning for months. The rain stopped but left us cold and everything wet. Despite the weather our youth's spirits were not dampened! Our Olympic Oval was center stage for a big Youth Rally.

During the day, students from the Lake Placid Middle/High School responded to 4 questions by taping duck tape on banners. The questions were:

1. I have been in a car crash.
2. I know someone who was hurt in an accident due to alcohol or marijuana.
3. I know someone who was hurt in an accident due to distracted driving.
4. I acknowledge that it is a bad idea to be in a car with an impaired driver and have signed the pledge.

At 1:50 pm students came running out of the building to join together to chant "Stay Alert -- Accidents Hurt" supporting Global Youth Traffic Safety Month. On the Oval to show their support were members of the New York State Police with their vehicles, the Lake Placid Fire Department and a Fire Truck, the Lake Placid Police Department and their vehicle, members of ORDA and their vehicles and Mayor Randall and Trustee Devlin. Paul Varga, Morning Host at WSLP provided music and led the chant.



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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



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.

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.



If you or your child would like to submit a picture that represents one of the 40 Developmental Assets, please email tinatteam@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

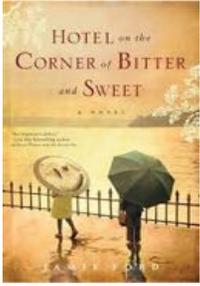
- 37. Personal power: Young person feels he or she has control over "things that happen to me".
- 38. Self-esteem: Young person reports having a high self-esteem.
- 39. Sense of purpose: Young person reports that "my life has a purpose".
- 40. Positive view of personal future: Young person is optimistic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



Road Trip “Reading” by Lauren McGovern

Summer and family road trips seem to go together. Although there are so many electronic options to keep the non-drivers occupied, the good old audiobook is still going strong. If you are looking for a book to satisfy all your listeners, including yourself and a teen or two, these three books are recommended and road-tested as family-friendly fare. *Hotel* is considered a novel for adults, while *The Cardturner* is a Young Adult book, and *Wonder* is geared for middle-grade readers.

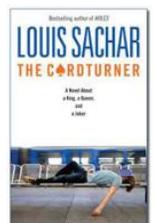
Hotel on the Corner of Bitter and Sweet by Jamie Ford



This novel, read by the versatile Feodor Chin, is an exceptional window into the Pacific Northwest’s roundup of Japanese-Americans during World War II through the eyes of Henry Lee, a sixth-grade Chinese-American who befriends fellow classmate Keiko Okabe. Henry’s story begins in Seattle in 1986, when he is middle-aged and metaphorically transported back to the 1940s. The new owner of the Panama Hotel, in the heart of what was once Nihonmachi, Japan-town has discovered personal items from Japanese-American families interned during WWII in the dusty basement. Henry, now a widow, recalls his deep friendship with Keiko and her family from 1942 through 1945. Henry and Keiko, a Japanese-American girl, meet while assigned to kitchen duty as students on scholarships at Rainer Elementary School. The novel toggles back and forth between 1986 and the war years, including plenty of jazz references, father-son conflicts, bullies, and hope. This is a novel that can spark conversation and reflection about First World problems and putting today’s challenges in perspective --- the process of rounding up Japanese-Americans, detailed descriptions of internment camps, and well-meaning, but misguided parenting are on full display. This unique coming-of-age story will appeal to those family members interested in this historical period (and those who know little about it) while also attending to the universal themes of loyalty, friendship, and a budding adolescent romance. There is a fair amount of melodrama and a formulaic plot; however, the book moves along and keeps you guessing until loose ends are tied up in the finale.

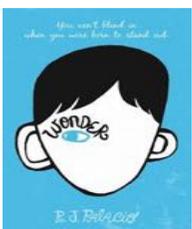
The Cardturner by Louis Sachar

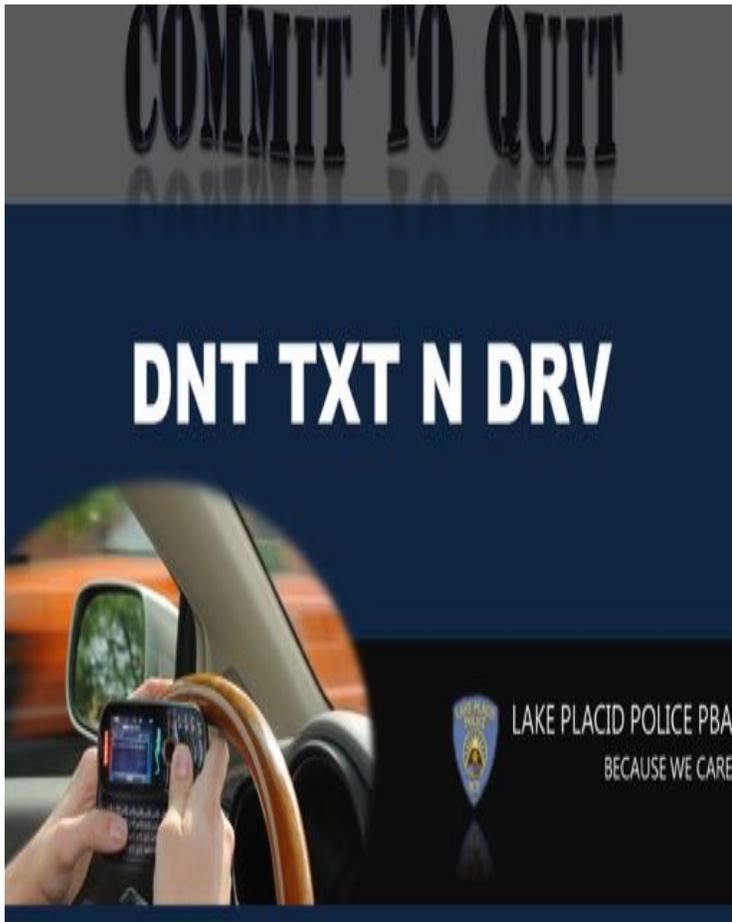
Louis Sachar, well-known author of the YA book *Holes*, reads this work aloud. Sachar captures the awkwardness of adolescence as he takes on the voice of 17-year-old Alton Richards. The story unfolds during the summer when Alton is forced to work as a cardturner for his great uncle Lester, someone he’s rarely seen while growing up. The elusive and wealthy bachelor uncle is blind from diabetes, yet a capable bridge player. He just needs Alton to help him navigate the game. Of course, the book’s use of the card game bridge is just a backdrop for a layered story that features quirky characters, teen romance and break-ups, and buried family history that needs a good airing. Alton’s positive relationship with his younger sister, growing affection for Toni (Lester’s first cardturner), middle class financial struggles, and increased awareness and understanding of mental illness make this book full, but not bulky.



Wonder by R.J. Palacio

This audio production of *Wonder* features performances by three different actors to bring the story of August Pullman, a fifth grader struggling with a facial deformity, to life. Although much of the focus is on August (Auggie) and his first foray into school, there’s a fair amount of the book devoted to his older sister, Via (Olivia), too. We learn about Via’s struggles as the “normal” one in the family who’s considered strong and reluctant to share her concerns about romance, navigating the bumps in the relationship road with girlfriends, and managing high school – so tame, she believes, compared with Auggie’s personal challenges. Kids are realistically portrayed as cruel and complicated, conflicted parents negotiate emotional roadblocks with care and respect, and the overall message that one’s identity is complex and under revision as necessary is a message that resonates soundly.





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BY THE NUMBERS

Scientists have counted over **500** different liver functions. You may not think much about your liver except after a long night of drinking, but the liver is one of the body's hardest working, largest and busiest organs. Some of the functions your liver performs are: production of bile, decomposition of red blood cells, plasma protein synthesis, and detoxification.

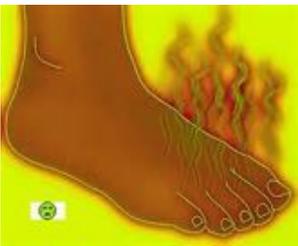
The human body is estimated to have **60,000 miles** of blood vessels. To put that in perspective, the distance around the earth is about 25,000 miles, making the distance your blood vessels could travel if laid out end to end more than two times around the earth.



Every day the average person loses **60-100** strands of hair. Unless you're already bald, chances are good that you're shedding pretty heavily on a daily basis. Your hair loss will vary in accordance with the season, pregnancy, illness, diet and age.

80% of the brain is water. Your brain isn't the firm, gray mass you've seen on TV. Living brain tissue is a squishy, pink and jelly-like organ thanks to the loads of blood and high water content of the tissue. So the next time you're feeling dehydrated get a drink to keep your brain hydrated

Nerve impulses to and from the brain travel as fast as **170 miles per hour**. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.



Feet have **500,000** sweat glands and can produce more than a pint of sweat a day. With that kind of sweat-producing power it's no wonder that your gym shoes have a stench that can peel paint. Additionally, men usually have much more active sweat glands than women.

Your nose can remember **50,000** different scents. While a bloodhound's nose may be a million times more sensitive than a human's, that doesn't mean that the human sense of smell is useless. Humans can identify a wide variety of scents and many are strongly tied to memories.

Every day an adult body produces **300 billion** new cells. Your body not only needs energy to keep your organs up and running but also to constantly repair and build new cells to form the building blocks of your body itself.

Source: http://icantseeyou.typepad.com/my_weblog/2008/02/100-very-cool-f.html

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7 Summer Couch

Abandoning Ideas by Paul Varga

7. Go back in time to Fort Ticonderoga:

It might seem like a high school field trip but Fort Ticonderoga has plenty to offer families for a day getaway... From the hiking to the hidden treasures in and around the property. You can find yourself immersed in a present day gem that still protects your wallet and the imagination of the entire family. Walk through the gardens and around outside the Fort's walls. Be on the lookout for some of the original walls and markings left there by it's crafters...But the markings on the walls aren't the only thing left behind...Fort Ticonderoga is also said to be one of the most haunted places in America and offers flashlight tours on certain nights...For a less spooky adventure walk the grounds and bring a picnic lunch and enjoy the view. Check out FortTiconderoga.org for hours, prices and a full schedule of summer events that include reenactments, special tours and more information...



Freebie Fact: For a different view, take a hike up Mount Defiance...

6. Hang loose at Adirondack Extreme Adventure



Feel like life is tying you down...Let yourself get tangled in the perfect summer daycation to Adirondack Extreme Adventure in Bolton landing... Get up in the tree-tops no matter your body style or activity level or age. You'll find yourself zipping through the Adirondacks like the birds in your backyard. This is also a great way to challenge yourself and push yourself through your fears. More information can be found at [Adirondack Extreme.com](http://AdirondackExtreme.com)...

Picnic Pairing: For this adventure try something a little spicy, Buffalo Chicken Salad...Season 2 large chicken breasts with red chilli flakes, Sirachi, a tablespoon of lime juice and garlic, Sautee or Grill...Shred or dice chicken into a baby spinach green mixture with chopped carrots, celery and corn... Top with Ranch or Bleu Cheese Dressing and Tortilla.

5. Become A Super Sixer...

You may not have a ton of time to hike all 46 peaks but if you have a day and a ton of perseverance you can become a super sixer...What does it take? In one day you must climb Baker, St. Regis, Haystack, Scarface, Ampersand and McKenzie. If you start at sunrise the task is less daunting and 100% Achievable...For your Feat.. You get a patch and the ability to ring the bell at the Berkley Green...You could even take some time and grab a nice bite to eat as you traverse the Saranac Lake Area.. If you don't want to do it all in one day, that's ok too, just keep track of it.

the date and time you summited each mountain as you'll need to send that along with your mailing address and 10 dollars to the following address so you can be named an official 6er! dollars to the following address so you can be named an official 6er!

Village of Saranac Lake, Saranac Lake 6ers, 39 Main Street,
Saranac Lake, NY 12983

Once completed you'll get a patch and sticker. For more information and directions visit: SaranacLake6er.com

4. Get back to your roots at the Adirondack Museum, in Blue Mountain Lake:

So you think you're a true Dacker? If you haven't visited the Adirondack Museum you're missing out on a wonderful resource. Jump from exhibit to exhibit to be transported to special moments that define the Adirondacks. You can time travel from the receding glaciers to the present day people who help the Adirondacks thrive. You can even become the engineer of an antique engine, part of the complex railroad network which allowed many communities to thrive. This is a hands on experience so even the more fidgety people in your group will enjoy the exhibits. Don't miss the fire tower tucked away which will give you a bird eye view of the grounds and the beautiful surroundings...



Visit: ADKMuseum.org for more information including hours and special programs like Mountain Man Days and other events that might just change the way you look at the Adirondacks.

Cool Off: Visit downtown Blue Mountain Lake and experience some great shopping and enjoy the public beach.



3. Be a stunt man/woman at Whiteface Mountain.

You now can tell people you perform your own stunts....That's the good news...The other good news is that you can tell the lift operator how far you want to go up. The bad news...Your ego might take a hit when a girl younger than you, takes the lift higher and jumps off with less hesitation than yourself...There is a cost per jump and a waiver to sign. It's an exhilarating experience that will leave you feeling like an action hero...

Practice your form because the more you land in a sitting position the more fun you're going to have.

If you're not the jump from high places type, Whiteface has been upgrading their disc golf course which is a fun way to get some exercise.

Make it An Afternoon: Be a Kid Again and Visit Santa's workshop...You know you want to.

2. SUP?

SUP or Stand Up Paddle Boarding is one of the newest crazes to hit the Adirondacks. So much so that there's even a festival in Saranac Lake June 20th-22nd that features races, demo's and even a pet themed paddle... The beauty of the SUP is that it will allow you to travel to get to certain places that are a tough with kayak or Canoe...If there's a lot of carry over's in your path the SUP may be the way to go because of the lighter weight... Many area stores will allow you to rent SUP's...Fun for an afternoon or for a life style change.



Find out more about the Saranac Lake SUP Festival at AdirondackSUPFestival.com

1. Train for The Lake Placid/North Elba Half Marathon...

What are you running from people ask...Better question. What are you running towards? Make your goal 13.1 Miles or take advantage of the 6.2 10K Option. Yes it's in September but training is a wonderful way to get rid of the stress that may build over the summer..But make sure you see a doctor and you find out how to properly train... Fallen Arch in Lake Placid also offers a gait analysis and can provide some great advice on a training plan. You've got some time so the excuses end now...Proceeds of the Lake Placid / North Elba Half Marathon go towards the CYC!

Find out more information at Facebook.com/LakePlacidNorthElbaHalfMarathon

Our 44th Year!

September 6th, 2014

Lake Placid Classic
The Original Lake Placid/North Elba Half Marathon & 10K

www.LakePlacidClassic.com

The graphic features a black silhouette of a runner in mid-stride, positioned in front of a stylized orange mountain range. The text 'Our 44th Year!' is written in a blue, hand-drawn font on the left side. The date 'September 6th, 2014' is centered at the top. Below the runner and mountains, the words 'Lake Placid Classic' are written in a large, bold, black font. Underneath that, in a smaller black font, is 'The Original Lake Placid/North Elba Half Marathon & 10K'. At the bottom, the website address 'www.LakePlacidClassic.com' is displayed in a grey font.

Creating a World Without Suicide

By Laura Marx, Area Director, Capital Region NY Chapter of the American Foundation for Suicide Prevention

Did you know that over 38,000 people each year in the United States die by suicide? Suicide is the 3rd leading cause of death among our youth, ages 15-24. Even with these startling statistics, by knowing the warning of signs of suicide and resources within our own communities, we can often save lives.

While it would be nice if everyone who was thinking about suicide right came out and told us, we know that is often not the case. Signs that someone is thinking about suicide can often be subtle but if we know what to look for and are open to the idea that suicide could be a possibility then we may be more likely to recognize when someone is struggling. First, and most important, take all thoughts and talk of suicide seriously. If you are worried about someone, connect them with someone who can help. When we are looking for signs of suicide it is often evident in changes in behavior. We often think about negative changes; drop in grades, loss of interest in activities, increase in alcohol or substance abuse, suddenly becoming angry, or excessive sadness. Sometimes there can be positive changes in behavior; like dressing nicer, caring about their appearance or having positive interactions with people. While these all sound good, the person with thoughts of suicide may be displaying these behaviors because that is how they want to be remembered.

If you are worried about yourself or a friend, it is important to remember that there are people who care and there are people who can help. In a crisis, anyone can call the Suicide Prevention Lifeline, 800-273-TALK (8255). This is a 24/7 number you can call for yourself or for someone you are worried about where trained professionals can help you through a crisis. The American Foundation for Suicide Prevention also has resources available by county. For additional information, please call 518-791-1544 or send an email to capitalregionny@afsp.org.

Slowly we can begin to reduce the stigma of mental illness and suicide by continuing to bring awareness to this important topic. Please consider joining us on Sunday, October 5 in Lake Placid for the North Country Out of the Darkness Walk. Together we can bring suicide out of the darkness and walk together to show our support for people who are struggling and for those that have lost a loved one to suicide.

Community Education Night

Essex & Franklin County Suicide Prevention Coalitions and Lake Placid Center for the Arts
invite you to attend a screening of

“HERE ONE DAY”

Followed by a discussion with Producer and Director, Kathy Leichter.

Monday, July 14, 2014

When filmmaker Kathy Leichter moved back into the apartment she grew up in after her mother completed suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life from the challenges of her marriage to a State Senator, to her son's estrangement, to her struggles with bipolar disorder. Playing like a Greek tragedy, *HERE ONE DAY* is a bracing, visually arresting, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved.

Check in - 6:30 p.m., Film - 7 p.m.

Followed by Q & A session with Kathy Leichter

Lake Placid Center for the Arts

donations accepted

Connecting Youth and Communities Online

TOOLS FOR PARENTS HERE'S WHAT YOU'LL FIND::



CYC'S SOCIAL NETWORKING SITES

Share Your experiences Online!



Social media offers great opportunities to share the stories of special events. We invite you to let others and your communities know what's happening by sharing information through our social media sites. Post photos, videos, blogs or quick updates and follow what others are uploading. Remember to use the hashtag when tweeting about CYC:

LPWCYC @ConnectingYouth

The Lake Placid/Wilmington Connecting Youth and Communities Coalition

Like us on Facebook:

Lake Placid/Wilmington Connecting Youth and Communities Coalition (CYC)

Lake Placid/Wilmington CYC
PO Box 494
Lake Placid, NY 12946

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