

MENTORING NEWSLETTER

Life Strategies for Teens

As adapted from *Life Strategies for Teens* by Jay McGraw

Part II
Wisened up!
10 life Laws

Here are the Ten Life Laws for Teenagers...The next few newsletters will go over them in more detail. **I hope you teenagers out there find this useful and are able to apply some of these. YOU ALL DESERVE THE LEVEL OF SUCCESS, REWARDS AND INDEPENDENCE YOU HOPE TO HAVE FOR YOURSELF.**

Ten Life Laws

1. You either get it or you don't
2. You create your own experiences
3. People do what works.
4. You cannot change what you do not

- acknowledge or ignore.*
5. *Life rewards ACTION.*
 6. *There is no reality, ONLY perception.*
 7. *Life is managed: it is not cured or based solely on luck of the draw.*
 8. *We teach people how to treat us.*
 9. *There is power in forgiveness*
 10. *You have to name/acknowledge what you want be for you can claim and earn it.*

Ten Loser Laws

1. You just make it up as you go along.
2. It's written in the stars.
3. The devil made you do it.

4. Denial really is a river in Egypt.
5. Be patient: life will eventually deliver.
6. Life is what it is.
7. Get it right once and your home free.
8. People are what they are.
9. Get even through grudges.
10. Live lucky.



2010 Coolest, BEEFY, Muscle Cars...based on U.S. News & World Report

#1 Chevrolet Camaro: The long awaited 2010 Chevy Camaro is a homerun, according to our analysis. Auto critics find that it not only looks the part of an old school muscle car, but also has the performance chops to match its bad-boy image. Not surprisingly, the Camaro was a finalist for Motor Trend's "Car of the Year."



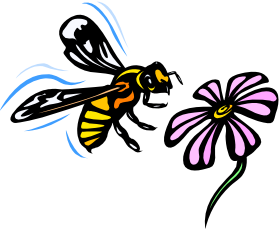
#2 Ford Mustang: Though its platform hasn't changed, the 2010 Mustang features newly sculpted sheet metal, enhanced aerodynamics, and a more refined interior cabin. The Detroit News reports: "Ford took the best of the previous generation and crafted an even finer machine."



#3 Dodge Challenger: The 2010 Dodge Challenger is an aggressive retro-styled street machine that, in its R/T trim, lives up to its muscle-car heritage. In fact, Road and Track says it's "[a]rguably the most well-executed retro-style



↑
This is my favorite!!!



Citizen Science Activities for the summer...

1. **Bee Hunt:** There has been a decline in the honey bee population. Bees are needed for producing honey and for pollinating plants that grow in our area. You and your mentee can participate in scientific data collection in order

to help researchers learn more. For more information on what is involved visit <http://www.discoverlife.org/bee/>

2. **Firefly Watch:** I believe most of us spent some parts of our sum-

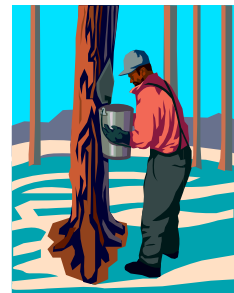
mers (at some time or another) catching fireflies. BUT this interesting insects may be in trouble. Have you noticed there seem to be less of them around. If you like them and want to participate in a scientific endeavor visit <https://www.mos.org/>

Did You KNOW...The Sugar Maple

The sugar maple was named our state tree in 1956. They are found almost everywhere in New York State. They grow 60 to 80 feet tall, with a trunk more than two feet in diameter. They are easily recognized by their leaves,



“helicopter” seeds, and bright fall color. Maple sap tastes sweet because it contains a lot of sugar. Maple syrup is made by boiling sap collected in the spring. In the fall, it’s fun to rake up a pile of leaves and jump into them. Or hide in them and scare an unsuspecting passerby.



It takes about 40 gallons of sap to make 1 gallon of syrup.

Teens: Does Writing Interest YOU?

If the idea of writing interests you then check out this website:

<http://www.teenink.com/>

***Don't be afraid to submit anything to this newsletter!!**

- **Hey Mentees and Mentors!!!** June 21st was the official calendar day for the first day of summer. By the time you all get this newsletter school will be out and summer vacation will be beginning. So.....

What are you doing for the summer?

Why don't you set some goals and plans for your self to **do something different** that you have not done this summer.

Do a science experiment

Go to a museum

Learn to dive or water ski

Build or Grow something

Meet a new friends

Learn Skateboarding or Karate

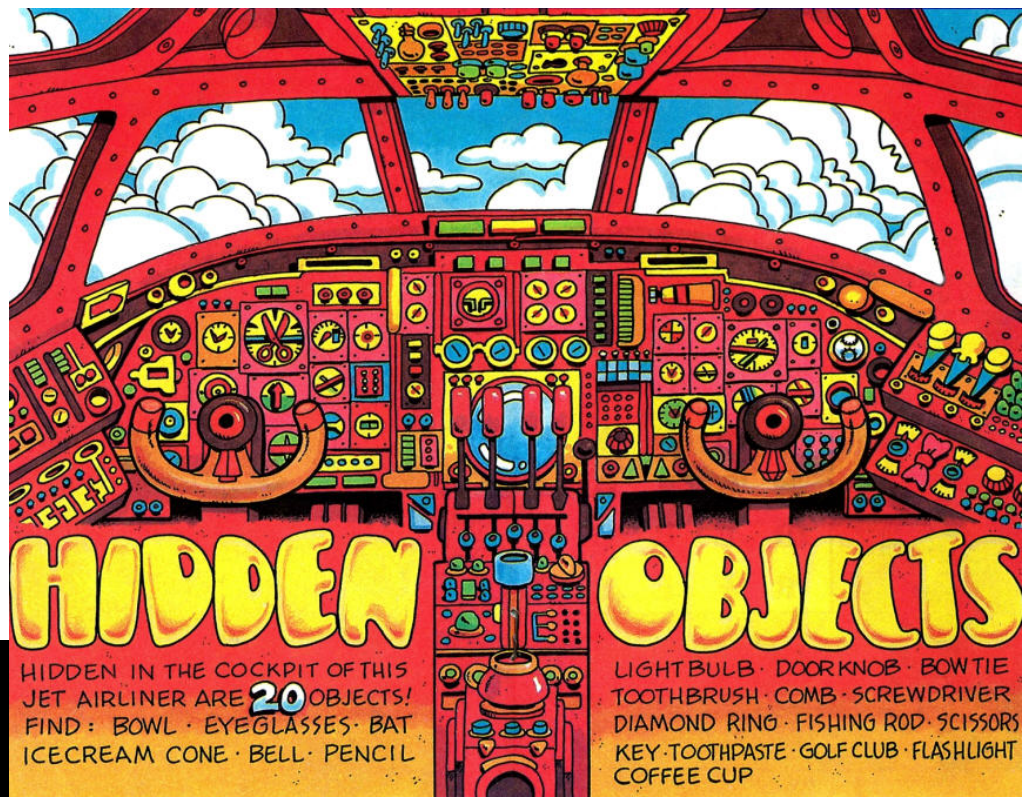


**BUILDING BRIDGES
MENTORING PROGRAM-
WASHINGTON COUNTY
YOUTH BUREAU**

Washington County
Youth Bureau

383 Broadway
Fort Edward, NY 12828
518-746-2317
Fax: 518-746-2331
TJursa@co.washington.ny.us

[http://www.co.washington.ny.us/
Departments/Youth/
yth_mentor.htm](http://www.co.washington.ny.us/Departments/Youth/yth_mentor.htm)



HIDDEN IN THE COCKPIT OF THIS
JET AIRLINER ARE **20** OBJECTS!
FIND: BOWL · EYEGLASSES · BAT
ICECREAM CONE · BELL · PENCIL

LIGHT BULB · DOOR KNOB · BOW TIE
TOOTHBRUSH · COMB · SCREWDRIVER
DIAMOND RING · FISHING ROD · SCISSORS
KEY · TOOTH PASTE · GOLF CLUB · FLASHLIGHT
COFFEE CUP

Ideas for things to do

- **July 2nd-4th: Salem Fireman's Ca**

nival. Archibald St. Carnival grounds. 6pm. Parade on 4th at 5pm, starting on N. Main St. (line-up at 4pm); 4th of July Fireworks follow carnival at 9:30pm. Info at 518-854-7516

- **7th, 14th, 21st, 28th Greenwich. Wednesday**

Evening Concert Series in July. Mowry Park Gazebo. 7 pm. Greenwich Lions Sponsored, performers TBA. Info at 518-692-7528

- **July 24th Greenwich. "Convoy for Kids" Truck**

Pull. Wash. Co. Fairgrounds. Prospect Child & Family Center. 1pm (2pm pull). Free Park; Adults \$5; Under 14 Free. Info 518-692-2464 or markwashfair@aol.com

- **July 9-10: Whitehall Canal Festival Skenesbor-**

ough Museum & Canal Park. Friday 5-10pm, Saturday noon-10pm. Rides, games, food & music.

- **Granville Veteran's Memorial Park Thursday Evenings from 7-9 PM**

- **July 3rd, 2010, Summer Jam~Music &**

Fireworks East Field, 175 Dix Ave, Glens Falls, NY 12801 <http://www.radiowins.com> Family concert, national & local bands. Under 12 MUST be accompanied by parent or guardian 7pm, gates open 4:30pm, \$

- **July 4th Fireworks:** Shepard Park, Canada St.,

Lake George 518-668-5711 9:30pm, free <http://www.lakegeorgevillage.com>

- **July 11th, 2010 Wakeboard Tournament**

Beach Rd., Lake George, 518-743-8433 <http://www.castawaymarina.com> Participate or watch jumps, spins & flips!

- **July 12th, 2010 Film Festival**

Crandall Public Library, 251 Glen St., Glens Falls, 518-792-6508 x3, 6:30pm, free <http://www.crandalllibrary.org>

- **July 21: Make Ice Cream from Scratch.** Hudson Falls Free Library. For all ages. Free. 2pm. 747-6406

- **July 23: Can you juggle?** Fort Ann Rescue Quad Building, Fort Ann. Learn to juggle. Free. 9:30am 639-4207

- **July 28: Dazzle Dogs:** Hudson Falls Free Library. Trained dogs perform. For all ages. Free 2pm. 747-6406

- **July 30: Summer Olympics.** Old Stone House Library. Fort Ann. Games for kids and make your own sundaes. Free 9:30am. 639-4207

Group Activity— Cruise on the Minne-Ha-Ha

We will be taking a 7:30pm Minne-Ha-Ha cruise on Lake George on one of the following dates:
Monday, August 2nd
Thursday, August 5th
Friday, August 6th
Monday, August 9th
Thursday, August 12th Or
Friday, August 13th.

Which date will depend on availability of people interested in attending. Please call to RSVP and choose 2 or 3 possible days you could go on the cruise.

Call 746-2317 and leave a message. **FINAL RSVPS BY JULY 6TH**

