

# MENTORING NEWSLETTER

## Life Strategies for Teens

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

**Part I**  
**Wake up!**  
**Get Real with Yourself**



As a teen your in a transition still a child but learning to be an adult.

You cannot just jump from one to the other, you must earn it and learn it.

An age does not mean you're an adult, you must show it and prove it through responsibility and positive choices.

Everything you will ever be, you are now becoming. **It's okay to live in the moment, but the choices you make now will impact your life later.**

Think about some recent behaviors or events, positive and negative ones. With that event or behavior what choices did you make and what were the positive or negative consequences? Are those choices and behaviors helping you get what and where you want in a positive way?

### Some ways to keep a positive outlook:

- Enjoy even the small things in life, such as how wonderfully comfortable being in bed can be on the days you sleep in.
- Cheer up! Everyone at some point or another is an outcast
- Learn from other's mistakes because life is too short to waste on mistakes you could have avoided.
- Remember the good things in life...and think will the current bad thing really matter in a month or two?
- Challenge your self and learn something new as often as you can

List what you don't like about your life right now. Did you make any choices that influenced those negative things? Think about how you react to those negative things...if you reacted differently would you have more control or feel less burdened?

Now list the good things in your life; did your choices contribute to those good things?

Your life sucks and it seems everyone has it better.

Rather than complain...ask your self

WHY. What do they do compared to what you do? Mostly successful kids know it is not luck and work to avoid behaviors that they know will put them at a disadvantage with the rules of the world...they work the system to get what they want out of their life.

But first what do you want out of your life?



What is important to you? What do you want your future life to be like?

Once you have an idea think about what choices, rules and behaviors will be necessary for you to work the system and succeed.

You have more control than you think.

I dare you to take action...

## Is it a Sneeze or a Fastball?

You may have never heard the medical term for sneezing: sternutation. A sneeze may start in your nose, but it requires a lot of cooperation from other parts of your body. Your nose sends a message to

a special part of your brain to trigger the sneeze (your body's way of getting rid of an irritant in the nose), which requires a quick response from muscles in your chest, belly, throat, and even your

eyes. Yes, it's true you always close your eyes when you sneeze. A sneeze is so effective that it can send irritating particles out of your nose at a speed of about 100 miles per hour.

# MATCH-UP

Can you find the two pictures that are identical?



**MATCH-UP SOLVERS!** Get a whole book of Match-Up puzzles in our special collections of Selected Match-Up.



## The Nine-Spotted Ladybird Beetle....

In 1989, the nine-spotted Ladybird Beetle (or ladybug) was named New York's state insect. People like ladybugs because the larvae and adults eat aphids, which are garden pests.



Because they are so helpful, several different species of ladybugs have been brought into New York to control aphids. Un-



One ladybug can eat 100 aphids a day!

fortunately, many native ladybugs (such as the nine-spotted) are now rare because these "introduced" species have taken over.

The last time a nine-spotted was seen in NY was 1970!

Excerpt from the *New York State Conserva-*

*tionist* newsletter, Fall 2008

### Great mentoring activity to do!!!

Why don't you help the National Science Foundation to find one! [www.lostladybug.org](http://www.lostladybug.org)

Search for ladybugs, esp. the 9 spotted, photograph it, note the time, date and where, then send the information in to the website noted above.

## Did You KNOW....

### 5 rainiest U.S. Cities:

- Quillayute, Washington = 105.18 inches
- Astoria, Oregon = 66.40 inches
- Tallahassee, Florida = 63.96 inches
- Pensacola,



Florida = 62.25 inches

### Bees...

2 million is the number of flowers a bee has to tap to make one pound of honey.



### 1981:

Is the year "the wave" was first preformed at a baseball game, between the Oakland A's and the New York Yankees.

## Where to go Swimming in Washington/Warren County

~**Haviland's Cove Beach** on the Hudson River in Glens Falls (follow South St. to Knight St. to Haviland Ave.)

~**Fort Edward Town Pool** Opens end of June. Noon-6pm. On Rogers Island

~**Lake George Shepard's Park** on Canada Street; open daily from June 28th, 9am-7pm

**Moreau Sandbar** in South Glens Falls (route 9 to Beach road). Open mid June from 11am-7pm.

**Queensbury's Gurney Lane** Opens end of June. Weekdays 2-8pm, weekends 10am-8pm, about \$3



You know of any other places to swim for little or no cost, call me

~**Lake Lauderdale** in Jackson/Cambridge, open now on weekends. Open everyday beginning June 26, 11ma-7pm

~**Greenwich Town Beach** on Rte 29/Salem rd. Times?

# Ideas for things to do together...



## **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  
TJursza@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)

**June 4th & 5th:** 10th Annual Cambridge Valley Balloon Festival, in Cambridge, NY. FREE

**Every Friday!:** Henderson's Pizza Fridays, 5-8pm at the Greenwich Elks Lodge, Rte. 40S Greenwich. \$10-\$15.

**June 5th:** Glens Falls Soap Box Derby Race. 9am-Noon on Murray St. Hill in Glens Falls. FREE

**June 10-13th:** 4th Annual Saratoga ArtsFest. 9am-11pm, throughout Saratoga. \$5-\$35 <http://www.saratoga.com/news/artsfest.cfm>

**June 12th:** 9am-2pm Fort Hudson Health's annual lawn sale. at 319 Broadway in Fort Edward. AND Glens Falls Senior Center ALL American Lawn sale at 380 Glen Street

**Granville Concert Series...Every Thursday from 7-9pm**

**June 10th** T.S. Ensemble

**June 17th** Blue & Gold Night

**June 22nd** Prydien

**July 1st** Bobby Dick & the Sundowners

**June 4th-6th:** ESTRA Tow Truck Convention. 48 Canada Street, Lake George.

**June 12th & 13th:** LARAC Arts Festival in Downtown Glens Falls OR the Northeast Fly-in at Floyd Bennett Memorial Airport, 443 Queensbury Ave. Queensbury.

**June 18th:** Hudson Valley Volunteer Fireman's Association Mardi Gras Parade. Canada St. Lake George 7-9pm

**June 18th-20th:** Whipple City Days! In the village and parks of Greenwich.

## Mentors...

*Opportunities* are the vehicles that offer youth meaningful and real ways to influence the world around them, nurture their interests and talents, practice and enhance their skills and competencies, and increase their connectedness to community. These may stem naturally from the young person's family

or community environment, or may be formalized as part of a program or service. These opportunities are at the heart of youth development—they provide the room for the young person to grow in.

*Opportunities that would (1) Develop leadership skills, (2) community contributions (3) Develop practical skills (4) Experience success.*

***What are some ways you as a Mentor can provide these opportunities?***

## Parents...

As any parent with a clingy toddler or challenging teen knows, **what kids want most is to feel safe & wanted.** For a child who has lost a parent or is old enough to realize that one is less of a shield than two, that need may be stronger.

"**The first thing a child needs is stability,**" says Richard Bromfield, Ph.D., the Boston-based co-author of *How to Turn Boys Into Men Without a Man Around the House*. "The key ingredient is dependability, through your presence and love."

That's what Andy Trump, a businessman in northern California, discovered when he took sole custody of his daughter Diana, then 8. After years of turmoil from her parents' fail-

ing marriage, Diana was angry and Trump looked for ways to reassure her. In the end, **what helped most was simply his steady presence.**



Read together

**basis through rituals like sitting down to dinner together. These days, it's hard for all families to make the time. But rituals don't have to come straight out of *Leave It to Beaver*, says Dr. Drexler.**

**For example: prepare dinner together, game night, taking 15 minutes to each share details about your days, read together, share chores together to get them done faster or have a pancake breakfast together every Sunday...after you have slept in!**

*Downloaded from Parenting.com website (with adaptations)*

**A sense of security is also something you create on a day-to-day**

Match-up answer: 4 & 9