

# Youth News

February - April 2009

## We need your help...

Help us make this newsletter possible. If you know of any special youth-related events being held throughout the area in upcoming months, or would like to submit your own items for publication in the next newsletter, please let us know.

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[www.ffao.org](http://www.ffao.org)

## When i was 15...

### Becoming judge

By MARK DANIELS

When he was 15-years-old, Hocking County Juvenile Probate Judge Richard Wallar remembers he was enjoying his life and the community in which he grew up. It was a time of "some good memories and some lessons learned," all of which helped form him and give him confidence for adult living.

Although no one in his family had ever gone to college and there were only hints that might be in his personal future, Wallar did well academically when he was 15, growing up in his native Zanesville. (Turn to page 3.)



Photo by Gretchen Gregory

In his free time, Judge Richard Wallar, an accomplished guitarist, teaches the instrument to interested young people.

## Name this newsletter contest

This is the first quarterly newsletter of Youth News, but it could be the last - at least under its current name.

We're seeking input from youth in the community who want to share their creativity at naming things. If you have a suggestion for a newsletter name, we want to hear from you!

Send your submission request to: [cmyers@co.hocking.oh.us](mailto:cmyers@co.hocking.oh.us)

## Join the community center

The Logan-Hocking Community Center on Front Street is sponsoring several weekly programs and events catered to the youth of Hocking County.

To receive weekly updates about these events, email:

[loganhockingcommunitycenter@ifaceohio.org](mailto:loganhockingcommunitycenter@ifaceohio.org)

For more information about the community center, visit:

<http://ifaceohio.org>



*"Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights."*

- Pauline R. Kezer

# Youth Voice

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...and facts

## Who we are

Reclaiming Futures Hocking County is taking a new approach to help teenagers stop the vicious cycle of drugs, alcohol and crime, and a \$1.3 million dollar grant from the Center for Substance Abuse Treatment, Office of Juvenile Justice and Delinquency Prevention, Reclaiming Futures, and the Robert Wood Johnson Foundation is helping them do just that.

The supplemental treatment grant, payable in increments each year for three years, will be used to design effective, community-wide solutions to substance abuse problems among adolescents.

According to Christa Myers, program coordinator for the Hocking County Juvenile Drug Court and Reclaiming Futures Hocking County, the local initiative will combine many community resources, including schools, churches, hospitals, and anyone interested in helping young people in the community.

The program, which originated at Portland State University in Portland, Ore., has seen positive results in 10 sites throughout the country. Other than Logan, the only other city in Ohio to receive help from Reclaiming Futures National Program Office is Dayton.

The Robert Wood Johnson Foundation has dedicated \$21 million to the national program.

## Youth voice

### Turning 18-years-old

#### Interview with Natasha Cook

Risky behaviors often accompany difficult situations, something which Natasha Cook knows a lot about.

At 18, Cook will soon be a young mother, and she was involved with the county juvenile court before becoming an adult.

Since she turned 18, Cook admits she doesn't like having extra responsibility associated with adulthood. It's difficult "getting an apartment and getting all the certification to move in, becoming a mother and trying to find a job," she explained.

Cook, who was helped by the county juvenile court system, says turning 18 isn't that different from being 17, except she doesn't need her mother's permission to do things now. Yet she's "always with her mom," she admitted.

According to Cook, she feels the juvenile court has helped her and feels she now has a good support system.

To other youth who think about engaging in risky behaviors, she says to them, "Stop and think about it because once you're on probation, it's hard to get off. Before you know it, you're on probation and it's not worth it."

*This article was written by Gretchen Gregory, with help from Yessika Barber, Juvenile Court Probation Officer.*

## Peanut butter & jelly fun facts

**Americans eat about three pounds of peanut butter per person each year, totaling about 700 million pounds — enough to cover the floor of the Grand Canyon.**

**Consumers prefer creamy peanut butter to crunchy by a 60% to 40% ratio. Children and women prefer creamy, while most men opt for crunchy.**

**The average American child will eat 1,500 peanut butter sandwiches by the time he or she graduates from high school.**

**Arachibutyrophobia (pronounced I-RA-KID-BU-TI-RO-PHO-BI-A) is the fear of peanut butter getting stuck to the roof of your mouth.**

*Courtesy of the Peanut Advisory Board*

# Entertainment

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(Becoming judge, from page 1)

At 15, the young Wallar was also involved in sports and enjoyed hanging out with his buddies, with whom he did everything from swimming to sledding, depending on the season. There were also dances at which he, like generations of fifteen-year-old boys, stood oblivious to which girls may have been attracted to him.

But as Wallar looks back on that time in his life to discern what was most formative or helpful in setting him on a positive course, he comes back to a cluster of relationships that included "family, community, and church." As he explains it, "behavior problems would have been handled by parents, working together with teachers." There was, he said, a certain social pressure, one he sees in positive terms, for positive behavior. To his family, church, community, and neighbors, Wallar says, "I felt accountable."

Engagement with that cluster of relationships, particularly with his extended family, caused the young Wallar to see significance to his life and decisions. Wallar says that his parents were intentional about maintaining ties with the bigger family. "We were in continual contact. We don't seem to be as good today at staying in touch with family."

As Wallar looks back on being fifteen, he says, "My parents and community taught me that if I made a mistake, I had to admit it, take responsibility, and suffer the consequences. But I also knew that I would be forgiven and that life

## The Bowen House events

*The following events are held at The Bowen House, 196 N. Market, Logan.*

### Feb. 7

- How to Feed a Family on \$75 per week, 10:30 a.m.
- Treasures from Trees, 6 to 9 p.m.; featuring wood carvings and live music.

### Feb. 19

- Literary Evening, live music at 6:30 p.m. and presentations from the finalists of Logan High School's Poetry Out Loud followed by audience members sharing a favorite poem at 7:30 p.m.; refreshments provided.

### March 7

- Seedling Art Show, 4 to 7 p.m.; featuring art from kindergarten through the sixth-grade.

### March 14

- Songwriters workshop, 1 to 3:30 p.m., featuring the Andy Shaw Band of Columbus.

### March 19

- Literary evening, 6:30 p.m. to 8:30 p.m.; contact 385-0344 or

moved on."

Those lessons have proven to be important in his work with young people, as the Hocking County Juvenile Court Judge.

*Rev. Mark Daniels is the pastor of Saint Matthew Lutheran Church in Logan.*



## The Bowen House Word

The Bowen House is open to hear ideas from youth in the community, says director Marcia Jeffrey.

"If someone would like to have a chat about an event, I'm open to ideas," she said.

Contact Marcia by calling 385-0344 or emailing [bowenhouse@hocking.net](mailto:bowenhouse@hocking.net).

visit [www.bowenhouse.org](http://www.bowenhouse.org) for details.

### April 4

- Logan High School art open house, 4 to 7 p.m.

### April 16

- Literary Evening, 6:30 to 8:30 p.m.; contact 385-0344 or visit [www.bowenhouse.org](http://www.bowenhouse.org) for details.

### April 21

- Literary Evening, 6:30 to 8:30 p.m.; contact 385-0344 or visit [www.bowenhouse.org](http://www.bowenhouse.org) for details.

### May 9

- Clay Feats open house, 6 to 9 p.m.; ceramic art exhibits.

## Teen Initiative

Did someone mentor you? If so, we want to hear from you. Who mentored you and why did they have such a big impact on your life? **Email Christa Myers at [cm Myers@co.hocking.oh.us](mailto:cm Myers@co.hocking.oh.us)**



# Get involved

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## Young women's summer institute scheduled

The Young Women's Summer Institute (YWSI), sponsored by the Ohio Supercomputer Center for sixth- and seventh-grade girls in Ohio is being held July 26 to Aug. 1. The program is designed to promote computer, math, and science skills as well as provide hands-on experiences.

YWSI helps girls develop an interest in these subjects by allowing them to work on a practical, interesting scientific problem using the latest computer technology.

Most of YWSI takes place at OSC, and the students live in dorms on the Ohio State University campus. During YWSI, students will learn about the scientific method using real science data, the fundamentals of



computer presentation, and social interaction both among themselves and female mentors, including naturalists and computer technologists. YWSI will also involve six teachers as project mentors, bringing them the professional expertise to undertake similar projects in their own classrooms.

There are no tuition fees or charges for materials. Students will be responsible for housing and meal costs which are approximately \$250.00 for the week. Scholarships are available.

Applications can be found at [www.osc.edu/ywsi](http://www.osc.edu/ywsi). The deadline to apply is April 15.

For more information please call 614-688-4101 or email [ywsicontact@osc.edu](mailto:ywsicontact@osc.edu)

## National Volunteer Week

National Volunteer Week offers opportunities to thank some of America's most valuable assets - our volunteers - and to recognize the myriad of ways they improve our communities.

National Volunteer Week reflects the power that volunteers have to "inspire by example." Volunteers both encourage those they help and motivate others to serve.

National Volunteer Week was created in 1974 when President

Richard Nixon signed an executive order to establish the week as an annual celebration of volunteering. And every year since that time, each U.S. President, along with many governors, mayors and other elected officials, has signed a proclamation promoting National Volunteer Week.

For more information about National Volunteer Week and how to get involved, contact Pat Chandler at 404-979-2920 or visit [www.pointsoflight.org](http://www.pointsoflight.org).

## Job events

*All the following events are at the Hocking County Job Services Center, 389 W. Front St., Logan; register by calling 380-1545.*

### Feb. 2 - Feb. 6

- Job Club, 9 a.m. to 2:30 p.m.; free five day workshop which discusses interviewing skills, employer expectations, resumes, etc.; 14 and up.

### Feb. 9

- Work keys/customer service, 9 a.m. to 4 p.m., 14 and up; free written assessment to determine work aptitudes and customer service skills.

### Feb. 10

- Introduction to computer class, 9 a.m. to noon, 14 and up; free class.

### Feb. 12

- Introduction to internet class, 9 a.m. to noon. 14 and up; free class.

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### March 10

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### March 12

- Introduction to internet class, 9 a.m. to noon, 14 and up; free class.

### March 16

- Work keys/customer service, 9 a.m. to 4 p.m., 14 and up; free written assessment to determine work aptitudes and customer service skills.

**"You Must Be the Change You Wish to See in the World" —Mahatma Gandhi**

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## Getting involved

By **CHRISTA MYERS**

Losing some weight. Reading more books. Watching less T.V. Be nicer to family and friends. Give back to the community. This is the time of year when we tend to think about those recently made New Year's resolutions.

Winter is upon us and usually the weather is cold and snowy, daylight fades before dinner reaches the table, and we are drawn to inside activities — sitting by the fire, watching movies, or talking with friends. It's usually a good time to think and reflect.

During the winter season, I like to think about what I want to accomplish in 2009. One of my favorite websites is one that shares the seasons of service and lists the different national service days:

**[www.pointsoflight.org/programs/seasons/](http://www.pointsoflight.org/programs/seasons/)**

This webpage is a product of the Points of Light Institute, created in 2007 from the merger of the Points of Light Foundation and the Hands On Network. This Institute promotes and supports volunteerism throughout the United States. The vision of the Points of Light Institute is: one day every person will discover their power to make a difference, creating healthy communities in vibrant democracies around the world.

So now the challenge is to take this from a global or national perspective and make it local in nature.

One of my favorite times to plan for a day(s) of service is for National

### Upcoming Days of Service

**April 19-25:** National Volunteer Week

**April 24-26:** National Youth Service Day

**May 2:** Join Hands Day

Youth Service Day, which is set for April 24-26, 2009. Youth Service America ([www.ysa.org](http://www.ysa.org)) is the sponsor of this special day.

A couple of benefits to planning a volunteer day at this time of year is that you have time to think of what you might be able to do in your community (what the community needs are and what your skills and talents may be), and YSA offers a detailed and free toolkit on their website to help you with your planning. Plus since this is a national event, sometimes there is grant money available for which you can apply.

The next step is to gather with a group of friends and/or family and plan what you will do to make a positive change in the world around you. You don't necessarily need to find a way to create world peace, but perhaps you can make someone a bit happier, an animal a bit more comfortable, or your neighborhood a bit more safe in the upcoming year.

*Myers is a Change Leader and Project Coordinator for Reclaiming Futures, Juvenile Drug Court.*

### 4-H Fun

While 4-H is over 100 years old, it is certainly not old-fashioned. Youth can take projects like computers, animals, fishing, lawn care, animals, woodworking, creative arts and more. 4-H is an exciting program through which youth "learn by doing" and develop themselves to their greatest potential.



More than likely you already know a youth who is or has been involved in 4-H. In Hocking County alone, there were over 700 active members in local 4-H clubs in 2008. Do you want to become part of the 4-H movement?

If interested in joining a local club, now is the time to act. Youth need to be enrolled in a club by the end of March.

Contact Sheila at OSU Extension, Hocking County, to find a club near you.

Contact Barbara Carder or Sheila Meyer at 385-3222 or [bcarder@cfaes.osu.edu](mailto:bcarder@cfaes.osu.edu) for more information on the Hocking County 4-H program.

*Information submitted by Barbara Carder, 4-H Educator.*

# Celebrate Ohio 4-H Week March 8-14

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4-H began in Clark County, Ohio, on Jan. 15, 1902, when Mr. Albert Belmont Graham, superintendent of the Springfield Township Schools, organized a meeting with some thirty boys and girls in the county courthouse basement. Given the success of Graham's "out-of-school education program," the Ohio State University created a plan to aid in the club's research through the use of the Agricultural Experiment Station and the College of Agriculture. In time, the Ohio State University's influence helped to establish additional youth agricultural clubs throughout Ohio. By 1905, there were over 2,000 youth within sixteen counties partaking in similar programs to that of the "original" Agricultural Club.

Nearly 300,000 Ohio youth are enrolled in 4-H youth development programs and activities. The 4-H program utilizes four primary delivery methods to educate youth. These methods include community clubs and school enrichment, special emphasis, and camping programs.

Three types of learning experiences are emphasized in 4-H youth development programs and activities: hands-on (making, producing, practicing, observing, etc.); organized activities (demonstrations, workshops, field trips, camps, etc.); and leadership/citizenship (con-

ducting, planning, assisting, informing, organizing, etc.)

4-H offers learning experiences in more than 200 subject matter areas. Some of these subject matter areas include: health, family life, photography, aerospace science, bicycles, natural resources, safety, livestock, horticulture and nutrition.

Volunteers are an essential part of the overall 4-H program. Approximately 30,000 youth and adult volunteers participate in the Ohio 4-H program this year. 4-H volunteers have the opportunity to contribute their time, energy, talent, and knowledge to help develop 4-H youth in a positive, educational way. In Hocking County, more than 2,000 youth participated in an OSU Extension-sponsored activity or program. We have more than 150 dedicated volunteers who serve as club advisors and committee members to provide leadership to the 4-H program.

One out of every six people in Ohio has been or is currently involved with 4-H youth development programs either as a member, parent, volunteer, or donor. There are currently 45 million 4-H alumni nationwide.

4-H is an educational youth development program offered to individuals age 5 to 19. Youth are involved in hands-on, experiential learning that allows learning by doing. All 4-H pro-



*Photo and article submitted by Barbara Carder*

**Hocking County 4-H Junior Leaders met at Pizza Crossing in January to discuss plans for 2009. Each member wrote a card to the platoon of soldiers stationed in Iraq. Pictured is Junior Leader member Allyssa Bailey working on her card to the soldiers 4-H has adopted. For more information about the Junior Leadership Program, call Barbara Carder at OSU Extension 385-3222.**

grams focus on active involvement and quality experiences which stimulate lifelong learning of values and skills.

The official 4-H motto is: "To Make the Best Better." The 4-H motto encourages members to stretch their abilities and capacities to reach greater achievement within their own potential.

The Ohio 4-H program is coordinated by county, district and state 4-H youth development professionals, who are staff members of Ohio State University Extension.

For information about 4-H programming, contact Barbara Carder or Sheila Meyer at 385-3222.





# HOCKING HILLS STATE PARK

## Naturalist Special Events & Nature Programs

February 2009

### Friday February 6

**6:00 PM \*ASH CAVE NIGHT HIKE** - Take a stroll under towering Hemlocks as the magic of twilight settles on the Hocking Forests. Meet at the parking area at Ash Cave. (Please, no pets at the night hike.)

### Saturday February 7

**10:00 AM \*THE WONDERS of OLD MAN'S CAVE** - Meet the naturalist at the Naturalist Cabin located behind the Old Man's Cave Visitor Center for a short hike and discover some facts about the history of the area and the rock formations that are found throughout the park.

**2:00 PM HOCKING'S WILDLIFE at the CABIN** - As you pass by on your hike today stop by the Naturalist Cabin located behind the Old Man's Cave Visitor Center to explore and for a closer look at some of our native residents. Naturalist will be available for discussion and to answer questions.

### Friday February 13

**10:00 AM \*"TAPPING OF THE MAPLES"** - It's that time of the year. Ever wondered where all that maple syrup comes from? Join the naturalist at the naturalist cabin located behind the Old Man's Cave Visitor Center and try your hand at tapping your own tree as we prepare for the annual "Maple Sugaring in the Hills" event here at Hocking Hills March 7&8, 2009.

## HOCKING HILLS STATE PARK PRESENTS:

### \*THE SWEETHEARTS HIKE

Saturday February 14, 2009 5 to 7 PM

Take your sweetheart on a romantic stroll to Ash Cave in the soft light of dusk.

Afterwards, enjoy a cozy fire and refreshments.

(Meet at the parking area at Ash Cave.)



### Friday February 20

**3:00 PM \*CEDAR FALLS STROLL** - Join the naturalist to explore Cedar Falls and discover the unique natural & cultural history of this area of the park.

### Saturday February 21

**2:00 PM \*HIDDEN HOCKING: BROKEN ROCK FALLS** - Come and see something off the beaten path. Join us for a hike through Old Man's Cave to the little visited Broken Rock Falls and see what makes this place so special. Meet the naturalist at the Naturalist Cabin located behind the Old Man's Cave Visitor Center.

**7:00 PM \*WINTER STAR PARTY WITH Columbus Astronomical Society**

Ever viewed Saturn through a telescope? How about the Andromeda galaxy? Join Members of the Columbus Astronomical Society (CAS) and the naturalist at the Hocking Hills seasonal dining lodge for a night of viewing under the stars. Come dressed for the weather. (Weather/cloud cover permitting)

### Saturday February 28

**9:00 AM \*TRAIL TROLLS PROJECT DAY** - We will meet at the naturalist cabin to work on the Old Man's Cave Trail. Bring a sack lunch and a drink and dress for the weather. For more information about the Trail Trolls contact the naturalist office at (740) 385-8003.

[www.ohistateparks.org](http://www.ohistateparks.org) & click on Hocking Hills

\*Scheduled hikes, which will go towards fulfilling requirements for the '5 STAR HIKING EMBLEM'...Details at gift shop, park office or at the hike. When you attend 5 hikes and receive 5 signatures you may then purchase a special hiking emblem at the gift shop.

Children 16 years of age and under must be accompanied by an adult at all programs unless otherwise stated.

An equal opportunity employer - M/F/H

**Ted Strickland, Governor - Sean Logan, Director**



Take this schedule with you on the next hike(\*) that you attend from the regular program schedule here at Hocking Hills State Park. When you join the naturalist for a hike and get this slip signed 5 times at different hikes you will then be eligible to purchase this emblem to show how avid a hiking fan you really are. Any hike that appears on the Hocking Hills State Park program and activity schedule is eligible. Have fun and we'll see you at the next hike!

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