Happy New Year! As we begin 2013, I hope everyone feels refreshed and ready to work hard in the office or classroom. Many of us have made New Year’s resolutions and are ready to get off to a great start.

According to www.usa.gov, the top New Year’s resolutions are:

- Lose weight and eat healthier
- Manage stress
- Get a better education or job
- Get out of debt and save money
- Take a trip
- Quit smoking or drinking
- Volunteer to help others
- Reduce, reuse and recycle

The Healthy Lifestyle Choices curriculum can be used to provide youth with the knowledge and skills they need to decrease risk behaviors, such as substance abuse, poor nutrition, lack of physical activity and violence. Follow the link http://www.hlconline.org/_docs/HLC_Parenting_Guide.pdf for a parenting guide to help youth make positive, healthy choices. The Healthy Lifestyle Choices curriculum is also used in the Arkansas 4-H Afterschool Professional Development Training.

Interested in Your Child Becoming a 4-H’er? -

* 4-H is for young people who want to go places...do interesting things...learn new skills...make new friends...have fun.*

4-H is the youth development program conducted by the University of Arkansas Division of Agriculture, Cooperative Extension Service. 4-H members range from age 5 to 19 years and can select from 82 project areas ranging from photography to nutrition.

Adult leaders, trained by county Cooperative Extension Service faculty, teach projects to youth using the “learn-by-doing” method. 4-H teaches leadership, citizenship and valuable skills that youth will use throughout their lives. Each year Arkansas 4-H youth receive more than $80,000 in college scholarships at the state level for their 4-H work. Some scholarships are also available at the county level.

The mission of 4-H is to provide opportunities for youth to acquire knowledge, develop life skills, form attitudes and practice behavior that will enable them to become self-motivated, productive and contributing members of society.
Grants Money and Resources Available to Feeding Arkansas Kids

More than 200,000 Arkansas children (or 1 in 4) are at risk of not getting the food they need to lead healthy, active lives. For many, school lunch is the only regular meal they can depend on getting each day. The Arkansas Hunger Relief Alliance and the No Kid Hungry Campaign, working in conjunction with Arkansas Department of Human Services and other agencies, is working to end child­hood hunger in Arkansas. To help ensure that children have the nutrition they need when school is not in session, the Arkansas Hunger Relief Alliance staff assists organizations in navigating the application process for the USDA’s At-Risk Afterschool Meals Program and Summer Food Service Program, administered through the Arkansas Department of Human Services. These programs help ensure children get healthy, nutritious meals year round. By taking part in these USDA programs, organizations are reimbursed at a designated rate to help provide meals for children. The Arkansas Hunger Relief Alliance looks to work with all groups interested in adding meal service for kids, but the campaign is targeting areas where 50 percent or more of school students qualify for free or reduced-price school meals.

In addition to reimbursement for meals, grant resources for capacity building to become an authorized Afterschool Meals or Summer Food Service Program sponsor are also available through the No Kid Hungry Arkansas Campaign. Capacity building grants are meant to assist sponsors overcome barriers, such as transportation or equipment issues, and range up to $3,000 per site for summer programs and $1,500 per site for afterschool programs. The No Kid Hungry Arkansas Campaign also offers assistance on budgeting, outreach and volunteer recruiting. If you would like more information about how to start or expand your organization’s food service program, contact Justin Keller at jkeller@arhungeralliance.org or (501) 399-9999.

About The Alliance
Arkansas Hunger Relief Alliance, lead partner for the No Kid Hungry Arkansas Campaign, is a nonprofit collaborative network of more than 250 hunger relief organizations across Arkansas, including the Arkansas Foodbank in Little Rock, the Food Bank of Northeast Arkansas in Jonesboro, Harvest Texarkana Regional Food Bank in Texarkana, Food Bank of North Central Arkansas in Norfork, Northwest Arkansas Food Bank in Bethel Heights and River Valley Regional Food Bank in Fort Smith, who are dedicated to reducing hunger through direct relief, education and advocacy. We invite you to visit www.ARhungeralliance.org for details on hunger relief programs and volunteer opportunities.

Let’s Talk: Mike
AmeriCorps* VISTA partner with the American Indian Center of Arkansas

Mike Killingsworth
American Indian Center of Arkansas AmeriCorps* VISTA

What influenced your decision to become an AmeriCorps* VISTA member with AICA?

I have always been interested in the rich and diverse cultures of all American Indian tribes and groups. I thought serving as a VISTA at AICA would give me a chance to learn more about Arkansas’ American Indian population while helping a great cause.

If you were not an AmeriCorps* VISTA member, what would you be doing instead or what would your life look like?

That’s a really good question.

What three adjectives would you use to describe yourself?

Laid back, adventurous, positive.

Who do you admire, or who has made the biggest impact in your life?

I would say my dad has made the biggest impact in my life. He taught me the importance of being a well-rounded individual.

What is your favorite quote or the best advice that you were given?

“Do or do not, there is no try.” – Yoda

If you could have dinner with any celebrity [dead or alive], who would it be? Why?

Richard Feynman because he seems like such an interesting person; also, because I know almost nothing about theoretical physics.

What do you like to do in your spare time?

I enjoy hiking, camping, video games, reading, canoeing, biking, disc golf, and pretty much anything outdoors.

Tamara Walkingstick, Ph.D., associate professor - forestry Extension and associate director - Arkansas Forest Resources Center, is currently chair of the American Indian Center of Arkansas (AICA) board. She has served on the board since 1999. She is also a member of the Cherokee Nation in Oklahoma.
The Arkansas Martin Luther King, Jr. Commission is guided by Dr. King’s teachings and philosophy of love, tolerance, and nonviolence. The Commission strives for social improvement in Arkansas by helping communities and organizations achieve new levels of leadership and public service. The Commission works directly with youth and adults, encouraging them to embrace alternatives to violence and discover their common humanity. Through activities that stress racial and cultural diversity, the Commission offers Arkansas youth a new understanding of the important roles they play in their communities, now and in the future. The Commission advocates creating social change through changing public policy by providing training and technical assistance to developing and established organizations with similar goals. Whether working at the Arkansas State Capitol or at small community centers across the state, the Commission strives to build alliances. The Commission brings people together to better focus on common goals and increase their collective strength. For more information about the Arkansas Martin Luther King, Jr. Commission, please contact Executive Director DuShun Scarbrough at DuShun.Scarbrough@Arkansas.Gov or (501) 683-1300.

Events Honoring Dr. Martin Luther King, Jr.

“Day of Service Celebration of Worship”
Sunday, January 13, 2013
6:00 PM to 7:00 PM
Bethel AME Church, 600 North Cedar Street
North Little Rock, AR 72114-4850

“Day of Service Celebratory and Service Component”
Tuesday, January 15, 2013 (Dr. King’s Birthday)
Noon to 2:00 PM
Philander Smith College (PSC)
900 W. Daisy L. Gatson Bates Drive
Little Rock, AR 72202
This event is free and open to all who wish to attend, but RSVP is kindly suggested and requested.

“Martin Luther King Birthday Bash”
Friday, January 18, 2013
Noon to 1:00 PM
King Intersdistrict Magnet Elementary
905 Martin Luther King, Jr. Drive
Little Rock AR 72202
This event is free and open to the school student body, staff, faculty, teachers, parents and guests.

“King Holiday Get Away II: Four More Years Tour”
Saturday, January 19, through
Tuesday, January 22, 2013
Washington, D.C.
Please visit www.ARKingDream.Org or www.facebook.com/ARKingDream.org for more information.

“Nonviolence Youth Summit VIII”
Friday, February 22, 2013
7:30 AM to 3:00 PM
El Dorado, AR
This event is free and open to those who RSVP. Lunch will be provided at no cost to all those who RSVP.

“Commemorative Vigil and Arkansas Youth Community Service Day”
Thursday, April 4, 2013
10:00 AM
Arkansas State Capitol Steps, 500 Woodlane Drive
Little Rock, AR 72201
This event is free and open to all who wish to attend, but RSVP is kindly suggested and requested.

“Arkansas Martin Luther King, Jr. Commission 20th Year Anniversary Celebration”
Tuesday, April 23, 2013
6:00 PM to 8:00 PM
Arkansas Governor’s Mansion, 1800 Center Street
Little Rock, AR 72206
Cost: TBD

“Everybody can be great...because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”

– Dr. Martin Luther King, Jr.
Experiential Learning in Out of School Programs

Experiential learning offers an opportunity for youth to participate in hands-on educational activities and includes discussion and reflection at the conclusion of the activity. Research shows that youth learn more when they are actively engaged in learning experiences. Experiential learning allows youth to learn by being active participants in their own learning. Youth who are involved in the learning process and given opportunities to successfully meet challenges and solve problems are more likely to develop self-confidence and feel they are capable of succeeding.

Incorporating the steps of the Experiential Learning Model will help enhance all learning opportunities offered to youth. The Experiential Learning Model illustrates how youth experience an activity, share the results, process what happened and then generalize and apply what they learned. These five simple steps can take learning to new heights in your program!

Here are a few tips to help you include the Experiential Learning Model in all of your educational endeavors.

- After youth have experienced an activity, allow enough time to complete the other four steps of the Experiential Learning Model - that include discussion and reflection.
- Take the time to prepare a few standard discussion and reflection questions that can be applicable to any educational lesson conducted.
- Consider organizing a 4-H Club at your site. 4-H’s educational philosophy is learn by doing. Membership in 4-H is absolutely free.
- Remember to have fun! You have a great opportunity to introduce youth to a variety of educational topics and ideas that may not be experienced during school hours. Do not be so rigid that youth (or you) do not enjoy the experience.

To learn more about experiential learning and positive youth development, contact Erica Harris with the University of Arkansas Division of Agriculture, Cooperative Extension Service, at 501-340-6650 or eharris@uaex.edu.

“Inspire, Connect, Learn”

The 21st Century Community Learning Centers (CCLC) Annual Statewide Out of School Time Conference, sponsored by the Arkansas Department of Education, the Arkansas Out of School Network and ASU Childhood Services, was held in Hot Springs, Ark. The mission of the 21st CCLC program is to provide support for organizations that offer youth academic enrichment opportunities during non-school hours. Over 300 leaders from community learning centers across the state of Arkansas attended the conference. Interactive breakout session topics included bullying, resolving conflicts and entrepreneurship. Attendees were also entertained by the Mabelvale Elementary School Cold Drum Line & Dancing Dolls. To find a list of the 21st century programs offered in your county, please visit http://www.arkansased.org/divisions/learning-services/federal-programs/21st-century-community-learning-centers.

Pictured (left to right): Pulaski CEA-4-H Erica Harris, 4-H Afterschool AmeriCorps* VISTA member FeDerica Gill and 4-H Youth Development Associate - Afterschool Ida Collier.

AmeriCorps – A Wonderful Opportunity for Change

My name is Brandon Stegall. I am a Hendrix College alumnus and a George Washington University master’s degree candidate in global communication. I recently served as an AmeriCorps* VISTA with the University of Arkansas 4-H Afterschool Program. This past year my service team and I promoted youth development with the Arkansas 4-H program. We researched Arkansas’ statistics to determine the best forms of communication for each district, provided social media trainings across the state and researched grants for county agents.

The three major forms of AmeriCorps are AmeriCorps* VISTA, AmeriCorps* State and National and AmeriCorps* NCCC. Each of these branches recruits people from across the nation and may provide relocation expenses. VISTAs are capacity builders who write grants, recruit volunteers and develop resources. AmeriCorps* State and National members work directly in their organizations. They serve as tutors, event planners and direct labor staff who help maintain an organization. NCCC members provide assistance to heavily impacted areas (e.g., places affected by natural disasters).

AmeriCorps members serve for one year. If you are interested in serving as an AmeriCorps member, you can search for programs across the nation at www.americorps.gov to find a program that is a perfect fit for you.
City Youth Ministries, located in Jonesboro, Arkansas, provides a positive atmosphere for inner city youth by offering reading lessons, leadership opportunities, recreational activities and a feeding program. Brittany Carwell, Craighead County Extension agent - 4-H, teamed up with City Youth Ministries for a 10-week summer program. She coordinated and conducted field trips and activities for youth ages 6 to 19.

How did you find out about City Youth Ministries and what attracted you to the program?
City Youth Ministries is a well-known youth development facility for inner-city youth in Jonesboro. I was introduced to the director (Rennell Woods) and his staff at a Chamber of Commerce event, and we began discussing programming opportunities.

What activities did you perform with the children from City Youth Ministries?
Last summer we conducted a 10-week program for youth ages 6 to 13 and a 4-session Leadership Series for youth ages 14 to 19. Both programs were developed from material given to me by Leigh Helms, Faulkner County 4-H agent.

Have you heard any success stories from any of the youth at City Youth Ministries? If so, tell me about them.
During the Teen Leadership Series last summer, it was awesome to get to know the youth. My favorite lesson was career exploration. During this lesson, the teens used the web site http://careerexplorer.unl.edu/ (there is also an iPad app for this). It allows youth to make educational choices (whether to go to college and at what level) along with a career choice and see what the end salary result will be. It was awesome to see the lightbulb click on in their heads when they realized the importance of completing high school and going to college. Before we started the lesson, many of the youth had no plans to attend college; but by the end of the lesson, they were asking me where I attended college and what schools were good for the professions they were interested in. I recommend the web site and app to all 4-H agents.

How can people who would like to become involved in afterschool or summer programs become involved?
People can contact their local county Extension office. I am always looking for opportunities to train and assist adult volunteers in using the 4-H curriculums and with establishing new 4-H clubs. We also have a Facebook group page and an E-newsletter to which families can subscribe to receive current events.
The 4-H program has adopted a list of eight essential elements that are necessary attributes of youth programs that strive to create environments conducive to optimizing youth development. R. Lerner et al. (2005), as cited in the Essential Elements of 4-H Youth Development Programs, Key Ingredients for Program Success, indicates that participation in quality youth programs such as 4-H leads to the following positive outcomes for youth: competence, confidence, connection, character, and caring. The eight essential elements of positive youth development can be categorized into four key concepts.

Arkansas 4-H Afterschool Provider Training

Afterschool Professional Development Training offers school-age professionals an opportunity to become familiar with 4-H resources. The 4-H curriculum is tailored to keep youth engaged in out of school time settings. These lessons and activities include citizenship, positive youth development, healthy lifestyle choices and STEM-related activities with a special focus on robotics.

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<th>Time</th>
<th>Location</th>
<th>Agent/Staff</th>
<th>Phone</th>
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<tr>
<td>26</td>
<td>12:00-5:00 pm</td>
<td>Mississippi County Library</td>
<td>Torya Fields</td>
<td>(870) 762-2075</td>
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<td>(Blytheville, Ark.)</td>
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<td>February</td>
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<tr>
<td>16</td>
<td>8:30 am-2:00 pm</td>
<td>Lon Mann Cotton Research Station</td>
<td>Jackie King</td>
<td>(870) 747-3397</td>
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<td>Dallas County Extension Office</td>
<td>Roderick Rodgers</td>
<td>(870) 352-3505</td>
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<td>Chicot County Extension Office</td>
<td>Hazelene McCray</td>
<td>(870) 460-6272</td>
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<td>Lonoke County Extension Office</td>
<td>Shea Wilson</td>
<td>(870) 998-2614</td>
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<td>TBA</td>
<td>9:00 am-3:00 pm</td>
<td>White County Extension Office</td>
<td>Amy Heck</td>
<td>(501) 268-5394</td>
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<tr>
<td>12</td>
<td>9:00 am-3:00 pm</td>
<td>LRSO (Classrooms 1 and 2)</td>
<td>Angie Freel</td>
<td>(501) 303-5672</td>
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National Days of Service

- January 21, 2013: Martin Luther King Jr. Day (http://mlkday.gov/)
- March 9-17, 2013: AmeriCorps Week 2013
- April 21-27, 2013: National Volunteer Week
- April 26-28, 2013: Global Youth Service Day(s)
- June 19-21, 2013: National Conference on Volunteering and Service (Walter E. Washington Convention Center in Washington, D.C.)

Arkansas 4-H On-Site Programs

- 4-H Arkansas Outdoor School (AOS)
- ExCeL: Experience the Challenge, Experience the Leadership
- Arkansas 4-H State Camps
- SEEK: Science for Home-schooling Students
- AOS Summer Day Camp

Please visit http://arkansas4hcenter.org/ for more information on these programs.
2013 Arkansas 4-H Camps

- **Camp Leadership Workshop (Basic)** – January 18-19, 2013
  + Camp provides training for teens ages 14 and up who are seeking to be camp counselors or leaders.

- **Entrepreneur Camp** – February 22-24, 2013
  + Youth between the ages of 9 and 13 learn how to build their own businesses and distribute their products.

- **Advanced Entrepreneur Camp** – February 22-24, 2013
  + Youth between the ages of 14 and 19 learn how to market and expand businesses through the use of technology and advice from experts.

- **Kansas City Global Summit** – March 14-17, 2013
  + Teens ages 15 and up take tours of companies and experience different cultures from around the world.

- **Equine Camp** – March 18-21, 2013
  + Youth ages 12 to 18 years old have the opportunity to bring their own horses to this camp and learn more about horsemanship.

- **Camp Leadership Workshop (Advanced)** – April 19-20, 2013
  + Teens ages 14 and up learn how to build their camp leadership skills.

"Like" and "follow" Arkansas 4-H Afterschool on:

- [https://www.facebook.com/ar4hafterschool](https://www.facebook.com/ar4hafterschool)
- [http://twitter.com/AR4HAfterschool](http://twitter.com/AR4HAfterschool)

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www.kidsarus.org

**4-H Motto**
“Making the Best Better”

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.