Note From the Editor

Greetings! My name is FeDerica, and I am one of the new AmeriCorps* VISTAS with Arkansas 4-H Afterschool for the 2012-2013 year. I graduated from Hendrix College in 2011 with a B.A. in psychology and a minor in Spanish. Throughout college, I stayed active in my community by choreographing and teaching liturgical dance routines to adolescent girls at a local church and tutoring a second grade student at an elementary school in Conway. During my senior year, I studied Spanish in Costa Rica for five weeks and went on a mission trip to Birmingham, Alabama. I tutored elementary school students at an afterschool program, served breakfast to homeless community members and painted houses. Post-graduation, I worked part-time at UAMS as a research assistant in a substance abuse clinic and part-time at Youth Home as a residential treatment counselor. All of these experiences have given me a better understanding of the needs of the community and allowed me to find creative ways to address these needs. During my term as an AmeriCorps* VISTA, I plan to acquire professional development skills that will assist me in reaching my educational and career goals. I am looking forward to a productive year with the Arkansas 4-H Afterschool program.

FeDerica Gill

ThAnK yOu!

Arkansas 4-H Afterschool would like to thank Debra Johnson for her hard work, dedication and time. Debra served with the first AmeriCorps*VISTA team working with the 4-H this past year. We wish her the best and success in her future endeavors. Thanks for “Making the Best Better!”

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong.” – George Washington Carver

Let’s Make a Difference!

Arkansas’s One Day of Service is scheduled for Saturday, October 6, 2012. This is your opportunity to make a difference in your local community. Service projects can range from mowing the lawn for a homebound person to organizing a canned food drive at a local food bank. Young people ages 5-19 are encouraged to register by mid-September through 4-H online. Youth who are interested but need a place to volunteer can contact their 4-H county agent by following this link: http://www.uaex.edu/findus/county_offices.htm. Scroll down to the staff directory and click on the red link. A limited number of free T-shirts have been ordered for the youth who sign up through 4-H online before Thursday, September 13. Youth must wear their 4-H T-shirt on October 6 and send pictures of their group participating in a service project. Currently, no more free shirts are available. Registration continues until Friday, September 28. If you have questions or concerns or need more more information, contact Project Coordinator Jack Boles at jboles@uaex.edu. Help spread the word!
The Eco-Bot Challenge

4-H National Youth Science Day is Wednesday, October 10. Youth, volunteers and educators from all over the nation will complete the National Science Experiment. This year’s experiment is the 4-H Eco-Bot Challenge. Youth will build robots, also known as Eco-Bots, and test how their Eco-Bots adapt to controlled environments.

The challenge involves a three-step process. Youth will (1) build their own Eco-Bots and explore how their robots function, (2) develop controlled surfaces, where the Eco-Bots have to be programmed to find a solution to a toxic spill in their environment and (3) measure the effectiveness of their robots in cleaning up the toxic spills.

Please visit [http://www.4-h.org/4-h-national-youth-science-day/](http://www.4-h.org/4-h-national-youth-science-day/) to register for the event, order experimental kits, watch an Eco-Bot how-to video and find out more information.

Let’s Talk: Sarah
AmeriCorps* VISTA Partner With Our House Shelter

Sarah Gibson

What influenced your decision to become an AmeriCorps* VISTA with Our House?

I have always loved doing service in my community, and I was drawn to the way that Our House seeks to provide stability within their own programs, while also reaching out to the homeless community in the city of Little Rock.

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

If I were not an AmeriCorps* VISTA, I would be working at a public relations firm. AmeriCorps is providing me with work experience and knowledge that will further my career goals.

What three words would your best friend use to describe you?

Ambitious, loving and optimistic

What do you believe is the greatest need in your community?

Economic opportunity is the greatest need in my community, as well as the nation as a whole.

What is the last book that you read (or recommended)?

*The Prophet* by Kahlil Gibran

Who or what inspires you?

My friends and family inspire me to give love and positivity back into the world, and to follow my dreams.

What was the best advice that you were ever given?

My parents have always taught me perseverance. They would tell me, “Never give up.”

“The Arkansas State Fair” is less than a month away! The dates for the event are October 12-21, 2012. Please join us for 4-H Day on Saturday, October 13. 4-H’ers will have the opportunity to view exhibits and participate in 4-H activities. Everyone who visits the 4-H exhibits will be entered in a drawing for PRIZES!!! The following activities will be offered:

- Giant Pumpkin and Watermelon Contest
- Poultry BBQ Contest
- Entomology Exhibits
- 4-H Science and Robotics Activities at the Hall of Industry

Volunteers are needed. For more information, concerns and questions, please contact Priscella Thomas-Scott at pthomas-scott@uaex.edu or 501-671-2271.

State Fair General Information

<table>
<thead>
<tr>
<th>Gate Admission</th>
<th>$8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td>Children</td>
<td></td>
</tr>
<tr>
<td>6 to 12 years</td>
<td>$4</td>
</tr>
<tr>
<td>6 years and younger</td>
<td>FREE</td>
</tr>
<tr>
<td>Seniors (60+)</td>
<td>$4</td>
</tr>
<tr>
<td>Parking</td>
<td>$5</td>
</tr>
<tr>
<td>per vehicle</td>
<td></td>
</tr>
</tbody>
</table>
Remembering September 11

In observance of September 11 as a National Day of Service and Remembrance, Americans from all over the country united to pay tribute to the victims, survivors and others who were affected by the events on September 11, 2001. AmeriCorps* VISTA members from Our House Shelter and Arkansas 4-H Afterschool read A Day In the Life of a Firefighter, a book by Heather Adamson, to pre-k through third grade students at Booker Arts Magnet Elementary, Williams Magnet Elementary, Terry Elementary and The Woodruff Early Childhood Center. VISTA members donated the book (A Day in the Life of a Firefighter) to the classroom at the end of their reading and instructed the students to draw pictures of their personal heroes. The students’ heroes ranged from their parents to SpongeBob SquarePants. The students were actively engaged in both activities.

This book was donated by:

- The Corporation for National and Community Service
- DHS-DCSNS-Arkansas Service Commission and its AmeriCorps* Programs
- Arkansas State Office of the Corporation for National and Community Service
- Senior Corps, including Foster Grandparents and Retired and Senior Volunteer Program
- VISTA (Volunteers in Service to America)
- And other national service partners

In honor of those individuals who risked their lives on September 11, 2001, and your hometown heroes.

For more information about National Service opportunities, visit www.americorps.gov.

“No act of kindness, no matter how small, is ever wasted.”

– Aesop
Have you ever thought about the difference between service-learning and community service? We oftentimes use these two terms interchangeably, but one has a deeper meaning. Let’s begin with the definition of each term.

According to the National 4-H Cooperative Curriculum System, community service is a one-time or a regular commitment to service when there is a need in the community. This is oftentimes mandated by an authority as a requirement for graduation or completion of a program. Service-learning takes volunteer projects to the next step. The National Service-Learning Clearinghouse defines service-learning as a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility and strengthen communities.

Service-learning involves a four-step process:

1. **Preparation** – assessing the needs in your community and developing plans to meet these needs
2. **Action** – putting your plans into action
3. **Reflection** – processing during and after the service project
4. **Celebration** – showing appreciation to the people who made the project a success

“What’s My Service?” is a 4-H curriculum activity that afterschool providers can implement to middle school and high school students. This activity gives students practice in planning their own service-learning projects. Afterschool program coordinators should begin the activity by discussing with the students the meaning of service-learning and the four steps that are involved in the process. After the discussion on service-learning, youth should divide into groups. Each group must select one scenario. An example of a scenario could be:

“John and Alicia collect canned food and drop it off at the food bank. The facility helps needy working families ‘make it’ to the end of the month, but would like to do more.”

Each group must then create a skit in which they incorporate all of the service-learning steps into their scenario. The students should be encouraged to elaborate on the scenario by showing how partnerships were made, resources were gathered, etc. After each group has “acted out” their skit, students should discuss how service-learning was demonstrated in each scenario. Some examples of questions that the facilitator can ask are:

1. **What** made this activity a challenge?
2. **Why** are all of the steps in the service-learning cycle important?
3. **How** can you design a service project that is really service-learning?

For more information, see:

- [http://new.4-hcurriculum.org/projects/servicelearning/overview/](http://new.4-hcurriculum.org/projects/servicelearning/overview/)
- [http://www.servicelearning.org/what-is-service-learning](http://www.servicelearning.org/what-is-service-learning)

Did you know that 1 in 4 youth in America are “latchkey kids”?

The Afterschool Alliance indicates that 15.1 million children in the United States return to an unsupervised home after school every day. Afterschool programs provide children with a safe, enriching environment where they can develop life skills to become competent members of society. **Lights on Afterschool**, which will be held on Thursday, October 18, 2012, highlights the importance of afterschool programs in the United States for children, families and the overall community. Help us celebrate by ensuring that children from different populations have access to quality, affordable afterschool programs.

For more information, see [http://www.afterschoolalliance.org/loa.cfm](http://www.afterschoolalliance.org/loa.cfm).
Komen Race for the Cure

It’s that time again! The 19th Annual Komen Race for the Cure will be held on Saturday, October 20, 2012, in areas of downtown Little Rock and North Little Rock.

If you are interested in participating in the event or making a donation, please visit http://www.komenarkansas.org/komen-race-for-the-cure/. Registration is $26 online and includes a shirt. All proceeds benefit cancer research, treatment, health services and education for uninsured or underinsured women.

Erica Harris, county Extension agent for 4-H youth development, is a two-year breast cancer survivor and welcomes all to join her Arkansas Susan G. Komen Race for the Cure team, 20somethingsurvivor. Arkansas Susan G. Komen is in need of volunteers to fold race T-shirts and create race packets at their West Little Rock warehouse for the months of September and early October.

To volunteer at the warehouse or join team 20somethingsurvivor, please contact Erica Harris at eharris@uaex.edu or 501-340-6650.

Are you interested in becoming an AmeriCorps* VISTA?

Arkansas 4-H Afterschool will recruit three new AmeriCorps* VISTAS in November 2012. Existing positions include Resource Development VISTA, Communications VISTA and Program Evaluation VISTA.

4-H Afterschool VISTAS will be required to serve full-time for one year in Little Rock, Ark. They will develop networks and create local partnerships with county Extension offices and youth-serving organizations to increase the quality of afterschool programs accessible to youth. All VISTAS will be provided with a monthly living allowance, health insurance and the choice of a stipend or educational award at the end of their service term. VISTAS will also qualify for noncompetitive eligibility for federal jobs. Child care assistance is provided if eligible.

If you are interested or know someone who is at least 18 years old with a college degree or at least three years of work or volunteer experience, please contact Ida Collier for additional information at: 4Hafterschoolvista@uaex.edu or 501-671-2270.

Upcoming Events and Conferences

- 14th Annual Arkansas Parenting Education Network (APEN) Conference
  September 24-26, 2012
  + Hot Springs Convention Center

- Kids Count Policy Café
  October 2, 2012
  + Hendrix College in Conway, Ark.

- Southern Region Volunteer Forum
  October 4-7, 2012
  + 4-H Center in Little Rock, Ark.

- One Day of Service (One day 4-H)
  October 6, 2012

- National Youth Science Day
  October 10, 2012

- 21st Century Community Learning Center (CCLC)
  October 10-12, 2012
  + Hot Springs Convention Center

- Arkansas State Fair
  October 12-21, 2012
  + Little Rock, Ark.

- 13th Annual Lights on Afterschool
  October 18, 2012

- Opening Ceremony
  October 19, 2012
  + St. James United Methodist Church in Little Rock, Ark.

- NAE 4-H Conference
  October 19-26, 2012
  + Hilton in Walt Disney World in Orlando, Fla.

- 19th Annual Komen Race for the Cure
  October 20, 2012
  + Downtown Little Rock, Ark.

- Advocacy Academy
  October 25, 2012
  + Little Rock, Ark. (exact location TBA)
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
- ACS Summer Day Camp

Please visit [http://arkansas4hcenter.org/](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.

Contact Information

Ida Collier  
Program Associate - 4-H Afterschool  
University of Arkansas Division of Agriculture  
2301 South University Avenue  
Little Rock, AR 72204  
Phone: 501-671-2270  
Fax: 501-671-2028  
E-mail: icollier@uaex.edu  
www.kidsar.us.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.