

ADVENTURE CENTRAL

AT WESLEYAN METROPARK

TRAIL GUIDE

Jan/Feb 2005

NEWSFLASH! NEWSFLASH! NEWSFLASH!

Make sure kids dress for the weather! We still plan to be outside daily!

Nov. & Dec. After-school Activities...

Life Rocks!

Life Rocks is a curriculum which teaches children the importance of making wise decisions in determining their future. With an emphasis on tobacco, alcohol, and drug prevention, activities dealt with a wide variety of topics including goals, health and listening skills. The youth really enjoyed being part of the activities, especially since they were being led by teens in the program from the Turquoise Group. With the teens teaching activities, the kids were even more interested and excited about what they were learning.



Volunteer Spotlight

The Adventure Central team would like to recognize the contributions of **Marvalene Raglin and Sam's Club**. Ms. Raglin has been volunteering at Adventure for approximately four years and has logged over 200 hours of service. Marvalene has spent time working one-on-one with youth in the afterschool program and with teen leadership activities. This summer, she volunteered to attend our Wilderness Adventures Camp and provided leadership for a cabin full of girls.

The extra bonus for Adventure Central is that Marvalene works at the Sam's Club on Miller Lane. Through the generosity of Sam's Club, our youth board has received over \$1,200 in donations to help with their leadership and community service activities. **Thank you Marvalene and Sam's Club.** Volunteer time and funding help Adventure Central "Make the best better" in serving youth and families. We couldn't do it without you!

Fishy Science

During the month of November all youth were involved with the Fishy Science curriculum. We studied the unique features and intricate movements of fish. For example, Why do fish move the way they do when they swim? Why do fish have so many fins? How do fish manage to stay a float in the water? Each group was lead by a teen leader from the Turquoise group. They led activities about Fin Features, Fish Comparison, Fish Anatomy, and Do Fish Get Thirsty? The teens were then evaluated on their organization, clarity of directions,



educational content, experiential processing, loud and clear speaking. If you didn't get to hear about the fun time they had, please ask. It was an exciting curriculum.

JOURNAL NOTES

From the Directors

Dear Friends,

Holidays and snow days are hidden gems for family interaction. Reading a book, working on a puzzle or playing cards are all ways to turn days at home into family fun. Look at the "opportunity" in these potentially challenging days at home and make it a more pleasant experience for everyone. Enjoy some family time this winter. You and your children will benefit.

Best wishes for a healthy and happy 2006!

Graham Cochran (Mr. C) Nate Arnett (Mr. A)
Center Director Program Director
Extension Educators, 4-H Youth Development



THE OHIO STATE UNIVERSITY EXTENSION 4-H YOUTH DEVELOPMENT & FIVE RIVERS METROPARKS

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CALENDAR OF EVENTS

After-School Program

Monday-Thursday Night 2:00 p.m.-6:30 p.m.
Meal 4:30-5:00 Program 5:00-6:30
Pick up before 5:00 or 6:15-6:30
Ages 5-18
Program begins Jan. 3

No Program:

Jan. 16 (Martin Luther King Jr. Day)

Feb. 20 (President's Day)

If schools are in session so is Adventure Central. Check Channel 7 for cancellations.

AC Activity Nights

Activity Night : 6:30 p.m. — 8 p.m.
Every Tuesday and Thursday
Ages: 5-18

No Activity Night on Feb 16 — join us for the Family Movie night described below.

Family Events

Check out the new Family Resource Center in the lobby !

Ice Skating at RiverScape MetroPark
Thursday Jan. 19 6:00-8:00 p.m.
*Look for a flyer soon!

Family Movie Night — Madagascar
Thursday Feb 16 6:45-8:30 p.m.

Reminder

As the second half of the school year begins, please check your child's stock of school supplies. Refresh pencil and paper supplies so your child can have a fresh start in January!

Lost and Found

A number of hats, gloves, scarves, and even jackets have been found in the locker area. Please be sure your child takes these items home. If you are missing winter items, check the AC collection.

Spotlight on Youth

Reading is Fun at Adventure Central. This fall we started a 25 Book Reading Extravaganza. The first youth to read 25 books would receive \$25.00. The requirements were to give the title, author and illustrator, number of pages, and short summary. Third place went to Tyler Cavit-Benn with 13 books. Second place went to Darinda Hill with 18 books. First place winner was Brittany Davis-Rowe. She received a \$50.00 gift certificate to the Dayton Mall.

Hey Kids!! You better get on board for the next Reading Extravaganza!

On Saturday Dec. 10, LeSandra Crutcher competed in a Judo tournament. She placed first in two events and second in a third. Congratulations!

Parents: please inform us of any outside activities your child participates in. We would love to recognize them!

Winter Safety Tips

Frostbite results from exposure to low temperatures, wind and moisture over a period of time. It can occur anywhere outside during cold temperatures. SEEK MEDICAL ATTENTION IMMEDIATELY if you suspect frostbite. Superficial frostbite looks like grey or yellowish patches on the skin, especially fingers, toes, face, ears but can occur on any exposed skin. The first symptoms are usually numbness or itching and prickly pain. The skin remains soft but becomes red and flaky after it thaws. Deep or Severe Frostbite looks waxy and pale and feels cold, hard and solid to the touch. The areas turn blue or purple when thawing and large blisters may appear when the area warms up. As soon as you suspect frostbite, get out of the cold and to a warm place.

For more information on frostbite and other safety tips visit:
<http://www.hotelfun4kids.com/travelsafetytips/wintersafety.htm>



ATTENTION... DO YOU HAVE TIME TO HELP?

Volunteers make it possible to provide high quality programming for your kids. Do you have a few hours a week to work with youth in a fun learning environment? We are always looking for committed parents to help in a variety of roles. No experience required, just a willingness to try. If you are interested, stop by and talk to Mr. A.