

# ADVENTURE CENTRAL

AT WESLEYAN METROPARK

## TRAIL GUIDE

March/April 2006

**NEWSFLASH! NEWSFLASH! NEWSFLASH!**

*Make sure kids dress for the weather! Please send clothes that can be worn outside!*

### ***Recent Happenings***

#### **AC Science Fair**

**Congratulations to the winners of the  
Adventure Central In-house Science Fair!**

1st Place Winners

**Blessing Johnson and De'Aaron Loxley *Shapely***

2nd Place Tie

**Dorinda Hill and Nigeria Talley *Bottle Rocket***

**Tiarra Comer and Nile Talley *Moving On***

3rd Place Tie

**Kyree Hawkins and Tavoria Jackson *Volcanic  
Eruption***

**Ronisha Allen and Shereese Branigan *Risers***

*Check out our Family Resource Center!*

Located in the front lobby near the Books of the Month display, this collection of brochures and articles features topics relevant to families, from parenting topics to youth health issues to adult educational opportunities. There will also be a guide sheet related to our monthly themes. Please look over the resources we have collected, and let us know if we can provide information on any other topics.



*Pictured: Science Fair Winners*

#### **Adventure Central Youth Board**

On Saturday Feb. 25, the Adventure Central Youth Board journeyed to Columbus to participate in the Ohio 4-H Teen Conference. Youth Board members attended sessions of various subjects, and with the aid of Mr. A and Ms. Candace, facilitated 3 workshops on programs here at AC. Afterwards, the group held an overnight retreat where they came up with projects and goals for the year. In addition, ACYB elected new officers and invited several youth to join the board.

Congratulations to Kiera Wheeler, President; Vanesha Keith, Vice President; Jamila Jones, Secretary; Erica Stone, Treasurer; Maya Jones, PR Officer.

Welcome to new members: Vanesha Keith, Brittany Davis-Rowe, Brandon Baker, Lynzee English, and Jasmine Williams.

#### **JOURNAL NOTES**

From the Directors

Partnerships are one of the reasons that Adventure Central has been so successful. Beyond the core partnership between Five Rivers MetroParks and Ohio State University Extension 4-H Youth Development, we have many organizations that provide resources that enhance the program. Some partners bring in curriculum and speakers while others provide staff and volunteers for our program. The names are too many to list, but each is appreciated for the unique contribution that their program brings to enhance the positive youth development efforts of Adventure Central.

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

"Partners in Positive Youth Development"

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# CALENDAR OF EVENTS

## After-School Program

Monday-Thursday 2:00 p.m.-6:30 p.m.

Pick up before 5:00 or 6:15-6:30

Ages 5-18

## Program Time

Monday — Thursday

4:30 — 6:30

(Participants can arrive any time after they get out of school)

## After-school Intersession Plan

Adventure Central will continue with our regular after-school program times and activities during the spring intersession April 3 — April 14. We will receive youth as early as 12:30 on program days. If your youth will need to be picked up at this time, please let us know before March 30. Regular programming will be provided during those two weeks. If you have any questions, please contact us at 278-2601

## AC Activity Nights

6:30 p.m. — 8 p.m.

Every Tuesday and Thursday

Ages: 5-18

## Day Camp

Registration for youth currently involved in our program is April 17-May 4. Enrollment to fill any openings will begin May 5. Please contact us if you have any questions.

## Family Events

April 11 6:30-8:00 pm

All parents are invited to attend an informative presentation by the Expanded Food and Nutrition Program (EFNEP). They will provide useful information to families on *basic nutrition, food preparation, resource management and other valuable household topics.* Door prizes will be awarded! Keep an eye out for more information.

## A Stitch in Time

Are you interested in sewing? If you have a few basic skills, or would like to learn, we want to know about it! Please contact Candace Parsons at 278-2601, or leave a message with Ms. Lois at the desk.

## Spotlight on Youth

On Thursday January 19 Brittany Davis-Rowe won her school spelling bee.

Marianna Bohannon won her school science fair with a project on fish and water purity.

Congratulations to you both!

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

## Adventure Central Library

We have a very extensive book collection here at AC, and all of these materials are available to be checked out. Just sign your book out with Ms. Lois!

Feeling Hungry? Check out this healthy alternative to chips!  
Crispy Potato Skins

### Ingredients

2 medium russet potatoes

Butter-flavored cooking spray

1 tablespoon minced fresh rosemary

1/8 teaspoon freshly ground black pepper

### Directions

Preheat the oven to 375 F.

Wash the potatoes and pierce with a fork. Place in the oven and bake until the skins are crisp, about 1 hour.

Carefully — potatoes will be very hot — cut the potatoes in half and scoop out the pulp, leaving about 1/8 inch of the potato flesh attached to the skin. Save the pulp for another use..

Spray the inside of each potato skin with butter-flavored cooking spray. Press in the rosemary and pepper. Return the skins to the oven for 5 to 10 minutes. Serve immediately

Source: <http://www.mayoclinic.com/health/healthy-recipes/NU00386>



## 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.