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# youth matters

a newsletter of alternatives for youth

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## volume 2: issue 6

June 2009

### Dear Alexa,

For three weeks after the end of the school year, the Alternatives for Youth office building was strangely quiet. Clearview Educational Center students had graduated and were on summer break. Many of our staff were taking much deserved time off. But on June 15, our building came back to life when over 60 elementary school youth and over 20 middle and high school teen assistants started in the 2009 Summer Program. AFY is again alive with the sounds of laughter, talking, youth on the stairs and lots of youthful life!

We recently updated [Alternatives for Youth's Facebook](#) presence from a group to a full profile page. If you're on Facebook, become one of our fans! We post updates, new pictures and events weekly about all of our activities with youth.

We are enjoying these sure signs of summer at AFY and hope you are finding time to enjoy the warm weather and joys of the season.

## quick links

[Calendar of Events](#)

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## spotlight: deb roberts



**Who:** Deb Roberts

**Position:** Executive Director of Alternatives for Youth

**Years with AFY:** 3

**About AFY:** Over the last three years, AFY has continued its mission to help youth succeed in

## 80 Kids + 8 Weeks + 12 Field Trips = Lots of Fun!

### AFY's Summer Program

On June 18, AFY's Celebrando la Familia Program held the annual Summer Program Kick-Off BBQ at AFY's building. AFY staff and 23 teen assistant volunteers treated youth and their families to dinner and registered 63 elementary school kids for the Summer Program.



Over the next eight weeks, the younger youth will participate in reading and math tutoring on Mondays and Wednesdays and get to do a wide variety of activities on Tuesdays and Thursdays, including swimming, kick-ball, adopt-a-part, hiking, visiting the Denver Museum of Nature and Science, Boulder Reservoir, Denver Zoo, and Longmont Museum, and capping the summer off with a trip to Water World. A staff member from Longmont's Daily Times-Call newspaper will visit with the youth this summer, teaching everyone how to use the newspaper for math and English. Elementary and middle school students are provided with a safe, caring place to go for the summer as well as academic preparation for the coming school year and field trips that build their real world experiences and make the summer memorable.

While the elementary school children may seem the focus of the

school and life through innovative programs - tried and tested, new and expanded programs. "I am so thrilled that we added additional school sites for our Homework Clubs, continued NorthStar's conflict resolution and anger management classes, expanded Clearview to a full day program and partnered with the St. Vrain Valley School District to begin the exciting Community Advocate program," said Deb, thinking about the last three years.

Deb has worked with a variety of non-profits for over 30 years in Atlanta, Georgia and Colorado. Thinking about AFY, she continues to be excited and amazed about AFY's programs and staff. "I am thrilled that AFY continues its long time approach to finding out the community's needs around helping youth succeed in school and helping to fill the gaps through our own programs and collaborating with others. Each of our programs is lead and carried out by the most passionate staff who all excel in their areas of expertise, and overseen by a committed and passionate Board," said Deb.

#### **About the Community:**

As an organization, AFY is dedicated to collaborating with other organizations and public agencies. Deb has found that the "Longmont community is collaborative by nature. Our work is made so much better by the amount of collaboration between

program, behind the scenes are twenty-three high school students working as teen assistants with the children, acting as mentors, coaches, roll models, chaperones, teachers and friends. Teen assistants give up eight weeks of their summer to work with the program five days a week. In exchange, they gain an invaluable experience working with children four days a week and time on Fridays to work together on leadership training, a positive peer group to have fun with during the summer, college and career goal development, and pre-employment training, including applying for jobs and interviewing skills.

This summer, we are so excited to welcome back younger youth who attended last year, many teen assistants for their second, third and fourth year as teen assistants and children of parents who attended the Summer Program when they were school age! The Summer Program's cost is kept low at \$100 for the whole summer and discounts for multiple children so that it is accessible to all families.

#### **save the date!**

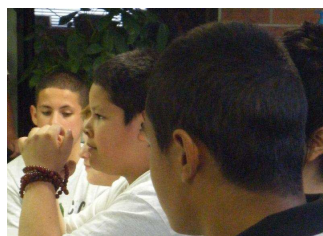
#### **Alternatives for Youth Events**

We have many opportunities this year to build on past events and present new ones. Please join us for the following events:

- AFY and [Jazzgoods](#) will be partnering to host a booth at two upcoming Longmont [ArtLink](#) events, free evenings of art exhibitions, music, live theatre, dance and children's activities on Longmont's historic Main Street. Stop by our booth on July 17 and September 18 to view samples of Jazzgoods' original art and to support AFY.
- AFY's 3rd Annual **Drop and Shop Rummage Sale**, Friday, July 24, 8:00-3:00. Clean out your garage, house, and closets and donate your items before and on the day of the sale. Then join us to shop all the goodies!
- **Summer Program Carnival**, Friday, July 24, 10:00-4:00. Bring your kids to play the fun carnival games dreamt up and run by our Summer Program teen leaders (this event is held in conjunction with the Rummage Sale).
- Dieciseis de Septiembre (September Sixteenth) Celebration, Saturday, September 12
- Our first **parent conference, "Parenting through Transitions,"** on Saturday, October 3 at the Longmont Radisson. Parents will learn about effective strategies for parenting through a variety of transitions that children experience through keynote speaker, Scoot Crandall, Executive Director of [Team Fort Collins](#), and through break out sessions. More details to follow.

More information will follow in our newsletter and will be posted on our website under [Calendar of Events](#).

#### **afy: fyj**



#### **Program Updates**

With a brief break at the end of the school year, our summer programs and summer work have begun in full force. We are excited about hosting over 80 kids in our Summer Program. Following are highlights from our four programs:

non-profits and public agencies." Deb is especially grateful for AFY's collaboration with St. Vrain Valley School District, which continues to be "passionate about serving every student through forward thinking and creative programs."

**More to Come:**

Beginning in July, *Youth Matters* will introduce the first in a monthly series of columns from Deb, AFY's Executive Director. Be sure to check it out!



**Celebrando la Familia's** Summer Program had a packed kick-off barbeque on Thursday, June 11, hosting parents and students and signing up over 60 elementary school students and 20 teen assistants. All

the youth arrived at the AFY building on Monday, June 15 to begin the eight-week program. Over the next two months, youth will have tutoring in English and math and take trips to a variety of activities. The teen assistants will chaperon, mentor and tutor and participate in leadership training, learning about options for college and career, and developing employment skills. See the Summer Program article above for more information.

This summer, we are so excited to welcome back many teen assistants for their second, third and fourth year as teen assistants and to welcome children of parents who attended the Summer Program when they were school age!

**NorthStar's** Boys Leadership Summer Boot Camp will hold a two-week session in July. Seventh to tenth grade boys will participate in physical training and [The Council for Boys and Men](#) classes. During the camp boys will develop discipline to be productive young men; enhance their desire to succeed in school and life; and increase their passions in the area of community service and devotion to family. For more information about the Boot Camp, including how to sign up, [click here](#). NorthStar's Program Director is spreading the word about NorthStar classes to local schools, principals and community leaders and will resume day and evening classes in August.

Our **Community Advocate** and **Clearview Educational Center** programs will resume in August. Program staff are taking the summer to rest, travel to Hawaii, Chicago, California, New York, Boston, and Australia, and gear up for the 2009-2010 school year.


**it's coming... the third annual**

**drop and shop rummage sale**

**Friday, June 24  
8:00 - 3:00  
at AFY  
24 Ninth Avenue in  
Longmont**

Clean out your garage, storage units and closets . . . find new goodies.

Everyone is invited to drop donated items on Thursday, June 23 or early morning Friday, June 24 and to shop on Friday!

Proceeds will benefit Alternatives for Youth programs. For more information or to arrange an earlier drop off of donations, contact Alexa at  303... . Donations are tax deductible.

**no "kid"ding...**

**Did You Know?**

*We recently added a new page to [Alternatives for Youth's website](#) that provides all of the past **No "Kid"ding** . . . **Did You Know?** articles in one place. The **No "Kid"ding** page provides readers with an easy way to look up past information.*



The joys of summer are upon us - cook outs, swimming, hiking, camping, rest from school schedules, vacations . . . and increased crime? Summer is no vacation for law enforcement and a prime time for teenagers to get in trouble. Following is information about how much crime increases and ways you can protect your family and children in your lives:

- In the months of June, July and August, crime rates increase between six and sixteen percent, depending on the crime. According to the FBI, all crimes rise about 10% during the summer months.
- Teenagers get into more trouble with drugs and alcohol, as well as

## **afy board of directors**

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### **Connie Syferd**

*Board Member*  
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Learning Services Center,  
St. Vrain Valley School  
District

become involved with theft and assault during the summer months.

- Longmont teens are more likely to be involved in crime in Boulder County during the summer. In 2003, Longmont accounted for 62% of Boulder County's youth incarcerations and 88.9% of the county's gang related incarcerations.

- With school out, kids are more likely to get in trouble because they have "nothing" to do. As with the after school hours, when 2:00 to 6:00 p.m. on school days are the "prime time for juvenile crime," summer offers weeks on end of time for kids to be roaming the streets and committing crimes.

- Heat is a contributing factor to crime, causing people to become more easily agitated, to over-react and to forget about common sense safety and precautions such as locking doors and windows of homes and cars.

- You can take steps to protect the children in your lives, yourself and your family. For young people:

- Have your children observe a curfew that you set for them to be home.
- Work with other parents to watch the children in your neighborhood.
- As with the after school hours, a quality, safe summer time program or camp can protect youth from themselves and have positive impact in many areas of a youth's life. Research shows that nature helps children develop powers of observation and creativity and instills a sense of peace and being at one with the world; economically disadvantaged children scored higher on self-esteem at the end of a camp experience; and children that attended camp increased their interpersonal skills (i.e., cooperation, trust, and communication) more than those who do not attend camp.
- Know where children are going and when they will be home.
- Teach your children basic personal safety and if they are driving or riding bikes this summer, ways to keep themselves and their valuables safe (see below for examples).
- If you are considering leaving a teenager at home alone or with younger siblings while the parents or guardians are away on vacation - an excellent scenario for a teen to get in trouble - consider if your teenager is really ready and mature enough and plan a safety net of friends who can help if needed.

To protect yourself and your family from crime when you're on vacation or biking around town:

- Join your neighborhood watch program and inform your neighbors when you are leaving town and when you are coming back.
- Ask a friend to collect your mail and newspapers or have the postal service hold your mail until you return. Old newspapers and piled up mail in the mailbox is the number one sign for burglars that no one is home.
- Make sure all of your house doors and windows are locked before leaving and double check them.
- When you're parked on vacation or just at the grocery store, roll your car windows all the way up and lock you doors.
- **DOUBLE CHECK!** Double check that doors and windows in your

home and car are locked. Install lights outside your home to light up home entry points. Motion detector lights are an inexpensive deterrent for areas where continuous lighting is unnecessary.

- Don't leave valuables visible in your car. Lock your cell phones, GPS systems, etc in your glove compartment or trunk. Hide purses or wallets in the trunk or by covering them up. One of our staff members was recently at the grocery store and noticed a car with several cash bills in plain site in a parked car - we can forget to hide our valuables!
- If you leave town, leave a lamp on a timer.
- When driving, always lock your doors.
- If you have small children, check to see if your rear vehicle doors have child safety locks and, if so, activate them. (Your owner's manual will give you the specifics.)
- Always let loved ones know where you're going and how to reach you. It could be as simple as a note on the refrigerator or a message on the answering machine.
- Most bikes are stolen while left unlocked in driveways, schools, outside stores, on parkways and from open garages. Some bike thieves enter closed garages with unlocked side service doors. If you're not riding it, LOCK IT UP!

We hope you have a wonderful summer break. You can find more information about crime, youth crime and ways to protect yourself and your family at the following websites:

[Camps as Out-of-School Time Learning Opportunities](#)

[Home Alone - Is Your Teen Ready?](#)

[Fight Crime: Invest in Kids](#)

[Police Offer Summer Crime Prevention Tips](#)

[Summer Crime Rates: Does Crime Take a Summer Vacation, Too?](#)

[Teens Home Alone](#)

*Note: The above is provided as information and does not indicate an endorsement by Alternatives for Youth of the listed websites.*

Alternatives for Youth, Inc.'s mission is to promote academic persistence and success of youth by instilling values that lead to positive choices and positive community impact and by encouraging social, cultural, and self development. Since 1978, Alternatives for Youth has been providing services to youth and their families in the Longmont community. Last year, over 800 youth and their families received services through Alternatives for Youth, including after-school homework clubs, parenting education, an alternative school for expelled youth, positive recreational activities, youth leadership opportunities, academic enrichment activities, and service learning activities.

**Thank you for your support!**

Alexa Van Dalsem

Resource Development Director

Alternatives for Youth

**get involved!**

**Yes! I/We want to help young people succeed! I/We wish to support Alternatives for Youth's work in helping youth succeed by:**

Volunteering

Making a gift donation of: \$

**Name:**  
**Address:**  
**Phone:**

**City, State, Zip:**  
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