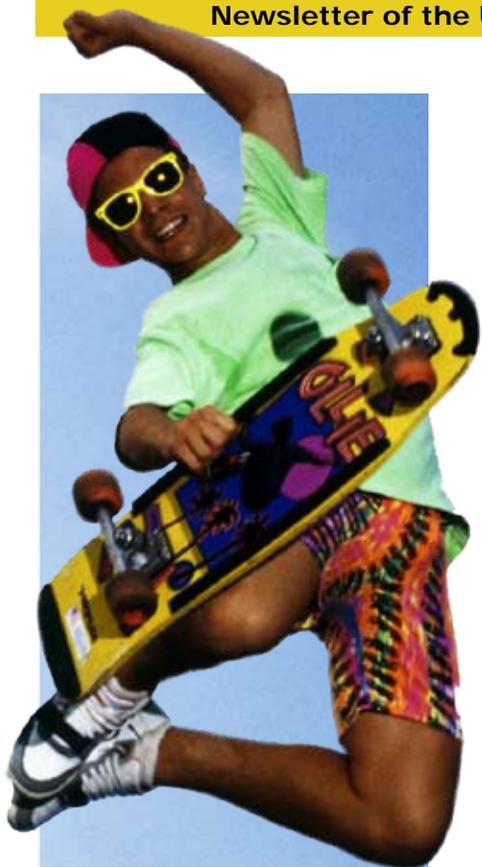


It's About YOUTH

Newsletter of the Utah State Youth Council on Workforce Services • July 2006



TEENS AND EXERCISE...

Top 10 Tips for a Safety Savvy Workout

1. Drink that H2O! You'll need lots of water to stay fresh. You should drink water before, during and after any physical activity — even if you don't feel thirsty.

2. Gear up! If the activity you're doing requires protective gear,

make sure you wear it at all times — and check it regularly to make sure it fits or works right. Protect your noggin by wearing a helmet for activities prone to head injuries. Just make sure it is the right size and is tightly buckled so it doesn't slip. Check out how to fit a helmet.

3. Start slow and learn the right techniques for the activity you're

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Chair's Message

Greetings! I mentioned in my message in April's newsletter that my goal is to attend each regional youth council at least once during this year. During this past quarter I was able to attend Central Region's meeting and was impressed with their organization on the various issues they are tackling, the leadership exhibited by chair Paul Jackson, and the knowledge and enthusiasm from the council members. Thank you Paul and Diane Lovell for allowing me to participate. At the recent State Youth Council, each region reported on their leadership development projects. The projects picked by the youth are inspirational and varied. From projects such as cleaning up and beautifying their surroundings to helping others less fortunate or unable, all projects seemed to be valuable and rewarding. Congratulations on a job well done.

Lastly, hopefully you caught Governor Huntsman's announcement challenging Utah businesses to hire and mentor 1,000 youth. It's also featured in the article that follows. How fitting to have United Parcel Service, an active supporter of recruiting and hiring youth, host the Governor for the announcement. You will find the details of the initiative in this quarter's newsletter. Until next time summer is here, enjoy the warm weather!

Marie Christman

Connecting Utah's Youth to Utah's Economy



Division of Child and Family Services added a mentoring interest form to the [justforyouth.utah.gov](http://www.justforyouth.utah.gov) website so interested employers could sign up. It is located at <http://www.justforyouth.utah.gov/mentor/>. Here are the key points to Governor Huntsman's speech.

The Importance of the First Job

- Everyone remembers their first job; even celebrities. Not because it was the worst time of their lives, but because it is often the most important job in a career.
- Your first job is where you get the taste of independence, a glimpse of your strengths, and a foundation for every other job that you will have.
- The job provides the value of self worth and a higher sense of self-esteem that being employed brings. It provides a purpose in life, it rewards monetarily, and it provides skills that can be built upon as one progresses through a career.

BY JANE BROADHEAD

Governor Huntsman held a press conference on June 7th to challenge Utah's business community to hire Utah's youth. He encouraged business people to make a positive impact on youth in their locales by volunteering as a mentor or by joining the Regional Youth Council. The

Why Now Considering The Booming Job Market?

- With Utah's employment growth rate of 4.2 percent and an unemployment rate of 3.5 percent, you may ask why are we rolling this initiative out in such a robust economy? The reason is simple, really. Filling jobs in high growth industries such as construction, health care, automotive repair and energy resources with employers statewide has the opportunity to prepare more youth and to mold their lives in a positive way. Early skills development enables our young workers to become better qualified for more challenging opportunities that lie ahead.
- **We're calling on Utah's employers to not just offer jobs to our youth around the state, but help them learn the skills that will in turn make them better employees in the future. These skills include the so-called "soft skills" of teamwork, timeliness, and dealing with criticism and deadlines.**
- Furthermore, many employers in industries that traditionally offer entry-level positions are losing employees who are moving to higher paying positions in other industries because they've learned those "soft-skills." Utah's youth can fill that void.

- Being the youngest state in the nation and with the Baby Boomers turning 60 and nearing retirement, we're going to need to be sure that the youth of today are able to step in to the labor market ready to work. Employers need to be able to fill those retirement positions. Let's get them ready now.

Call to Action

- Employers statewide can call **1-888-920-WORK**. You will be connected to business services professionals who will take your job order and work for a match in your area. Workforce Services has a network of 36 one-stop employment centers. Connect Utah's youth to Utah's economy!

***W**e're calling on Utah's employers to not just offer jobs to our youth around the state, but help them learn the skills that will in turn make them better employees in the future.*



SPOTLIGHT

EASTERN REGION

Eleven Moab youth celebrated Earth Day by collecting and disposing of trash and recyclables, painting recycling barrels, and learning about the benefits of recycling. Our WIA Youth partnered with the Grand County High School's mentors and mentees to clean the roadsides leading to Potato Salad Hill and the area in and surrounding the main Sand Flats Recreation area parking lot.

The youth began their day of service by gathering trash and recyclables that were littering the Potato Salad Hill area of the BLM land located just east of the city of Moab. Potato Salad Hill is heavily impacted during the annual Jeep Safari/Spring Break by visitors who use the area for off-road vehicle challenges. Volumes of trash are left after this event, which, if not removed, finds its way into the waters of Millcreek where many barefoot Moab children play during the hot summer days. After spending a couple of hours at Potato Salad Hill, the

youth went to the nearby Sand Flats Recreation Area and cleaned the entire main parking lot and adjacent land of trash and recyclables. All trash was collected and disposed of properly. Sixty-five gallons of recyclable items were sorted and boxed and later transported to the Canyonlands Community Recycling Center.

We concluded our day of service by painting 50-gallon drums that are used as recycling barrels. The youth used the bright colored paint to create designs and Earth Day slogans to spread our message to the Moab community: recycling demonstrates care for our community. These are now being used at the recycling center and other locations in Moab to hold glass and metal cans.

The goal of including the Grand County High Schools mentor/mentees in the WIA Youth project was to facilitate an experience of group cooperation between youth



Picking up trash at Potato Salad Hill and painting recycling barrels kept youth in Eastern Region busy.

in Moab who often don't socialize or work together. The hope was that the various youth would gain a respect for each other and would bridge a gap between the cliques that are present in Moab. If the interactions observed on Earth Day between WIA Youth, the high school mentors, and the mentees was any indication, this goal was achieved. Previous to Earth Day, committees composed of these 3 groups of youth worked together to plan the Earth Day events, to design the t-shirts worn at the events, and to create the recycling barrel slogans. Cooperation, collaboration, communication, and laughter characterized these meetings.

Our Earth Day service project was pronounced a success on several levels. Potato Salad Hill and the Sand Flats parking area were cleared of trash and recyclables. But the comments made by youth during our project reflect the deeper and more lasting success of this activity. "Our town is worth it. We need to recycle and keep Moab clean," asserted one youth.

Another participant asked, "Can we do another service project so I can work with the mentors again?" And Travis summed up the experience when he stated, "I guess I'll just think twice next time I want to throw trash out the car window. Someone has to pick it up."

Work-Based Learning Internship Program

In the Eastern Region, we have a unique situation. Two employment counselors spend the majority of their time at the local high schools. Jane Gurr and JoJo Gale are Work-Based Learning Coordinators and work with students in the Uintah Basin setting up Internships, Apprenticeships, Career Fairs, Job Shadows, Guest Speakers, etc.

The highlight of the Work-Based Learning is the Internship Program. Student internships are experiences where students work for an employer for a specified period of time to learn about a particular industry or occupation. Internships extend the formal classroom learning experience into the community. The Internship is connected to career goals and the SEOP (Student Education Occupation Plan). Internships in the Uintah Basin include some of the following industries: medical, teaching, law, welding, computer support, and public relations.

Jane works with kids from Duchesne School District. This past year, she had over 200 students participate in an Internship. Jane also assisted with 165 job shadows. Jane also provides a weekly seminar of workplace skills topics that include finding and keeping a job, resume writing, job safety, completing job applications, etc. JoJo works with Uintah School District

EASTERN REGION CONT.

and had over 180 students participate in an Internship this past year. JoJo puts on a Career Fair for the Vernal Middle School that involves almost 300 students. JoJo spends each Monday in the classroom teaching a curriculum of critical workplace skills. In addition, she has been assigned with a group of "advisory students" she meets with on a weekly basis as part of a mentorship program at Uintah High School.

In order to qualify for an Internship, the student must meet school guidelines. This usually requires them being at least 16 years old, a junior in high school, and have a certain minimum GPA. Many time students aren't sure what their career interests are, so they may participate in more than one internship to explore various career choices.

As one student stated, "I really like small children, but 25 of them in a classroom is just too much!" The Internship experience allowed this student to rethink her career choice in high school before spending thousands of dollars in college. The two school districts contract with DWS for around \$80,000 each year



The City of Roosevelt is prettier now thanks to WIA youth participants.

to provide these valuable work-based learning experiences.

Roosevelt Beautification

Roosevelt WIA youth participants and DWS staff worked together in conjunction with Roosevelt City and Roosevelt City Council to complete part of Roosevelt Cities Beautification Project. They started with team building activities and then planted over 1700 flowers in over 100 pots along Main Street and Highway 40 in Roosevelt. The 15 youth worked hard and were diligent in making sure that the flowers were planted as instructed. This project is something that they can take pride in all summer long. After the planting was completed, a barbeque was held at which DWS staff cooked for the hungry flower planters.

Outstanding Youth

Sarah, an unemployed, single mother came into the Vernal office needing intensive services which she received through the WIA Youth Program. She was placed at the local hospital to work with medical records as a file clerk. While at the hospital, she set some new occupational goals. With the experience she received during her internship, she felt qualified to apply for a medical receptionist position with an optical company and was hired. The hospital notified her when the opening became available.

Because of the training she received and the skills she obtained in her internship, she was hired in a permanent position. Sarah is currently working with medical records at the hospital as a medical records processor making over \$9.00 per hour. She is also attending college in the evening and pursuing a business degree.

Sarah soon married Tim, the father of her child. At the time of their marriage, Tim quit high school and started working full-time at his \$7.00 per hour job. They quickly realized this was not going to be enough income to support their needs. Sarah referred him to the WIA Youth Program.

With the support of the WIA program Tim attended classes in the evening and received his high school diploma. Tim received a full assessment at UBATC at the time he was enrolled in the WIA Program. He was not aware

of their many training programs and was encouraged by his employment counselor to consider some of their training programs. He chose the CDL training program and was sponsored by the WIA Program to attend this program.

After receiving his CDL license he was hired at Pepsi Cola as a truck driver. Tim is currently working for Oilwell Perperators and making over \$10.00 per hour with plenty of overtime. Without the financial assistance and direction he received through the WIA Youth program, he would not have these skills and this better job with benefits.

The WIA Youth Program enabled both of these youth to achieve goals and focus on their future. They are both working in skilled jobs as a direct result of the services they received through the WIA Youth Program.



Intern Marty Jean C. receives an award. She participated in an Internship at Uintah High School at Dr. Wright's Orthodontic Office and ended up with a part-time job. Her plans are to attend Colorado North-eastern Community College in the Dental Hygiene program.

EASTERN REGION CONT.

Travis J. – Travis' current WIA Youth paid internship is a testament to the benefits of the worksite learning experience to youth and to our employers. Travis is a 16-year-old foster youth who struggled in school and in previous worksite placements. He expressed boredom in school and at work and found nothing in either situation to motivate him beyond 'just showing up'.

But all that has changed with his placement as a 'grommet' at Rim Cyclery in Moab. Rim Cyclery is a busy bike shop in Moab where Travis was hired as a paid intern with the goal of building his employment skills while he washed bikes. His supervisor, Justin Vesp, quickly recognized Travis's interest in riding BMX bikes and told him he better learn more bike mechanic skills if he wanted to fix his own bike and progress beyond the grommet's role as bike washer.

Justin began giving Travis more responsibility in the shop. As Justin and other mechanics had the time to teach Travis to do repairs and to fit bikes to customer needs, Travis's interest and enthusiasm to work grew. In short, Travis isn't just 'showing up' anymore, he is fired up and excited to learn the skills required to succeed in this career. As Justin described, "Travis is on his way to becoming a fully employable bicycle mechanic. It'll just take time and experience. He has the attitude now—that's what counts."

When Travis's internship ends, Justin will seriously consider hiring Travis as a paid employee. Not only has this experience benefited Travis, Rim Cyclery found a possible solution to their difficulty in finding qualified employees. "Bike mechanics are hard to come by. Bike shops don't want to pay an experienced mechanic. We'll hire kids as grommets to wash bikes, but what we really need are experienced mechanics," explained Justin. And Travis may just be the shop's next new mechanic. This internship is so successful that Justin said he'd like to mentor another of DWS' WIA Youth with the hopes of continuing to equip Moab's youth with the skills to fill a needed niche. Moab has numerous bike shops and they all need trained mechanics.



Travis at work at Rim Cyclery in Moab, Utah.

The success of this internship demonstrates how worksite learning can be a win-win situation for everyone. Youth gain employability skills, valuable training, and the mentoring from a caring adult that research shows promotes success in all facets of their lives; employers have a larger skilled pool of workers; communities benefit from the work site learning partnership that enhances our youth's commitment to, and pride in being, productive members of their cities and towns.



Dustin F.

Dustin F. participated in an Internship at Union High School designing a web page for the Dino-

saurland Resource Conservation and Development. After graduating, he moved to St. George and got a job designing web pages.



Preston M.

Preston M. has become a bit of a hero to many of the staff at our school because of the great deal of progress he made this year. He entered the school year with a history

of school failure and lack of interest. He had failed several classes in high

school and was not on track to graduate. He was a talented basketball player who had not yet been eligible academically to play on the school team.

Preston was involved in several high-risk behaviors and already had a criminal record. Underneath all of that, many of the staff recognized that Preston was smart, talented and sensitive. When someone needed help he was the first to volunteer. When there was a new program, class or opportunity, Preston was the first to sign up. His curiosity was insatiable. And he was quite fun to be around always playing harmless jokes, teasing or laughing.

During the summer of 2005, Preston suffered some extreme emotional challenges due to circumstances totally beyond his control. Many of us were quite concerned about how he might deal with these new obstacles in his life. When he came to school, however, he had a determination that we had never seen. He made up his grades, worked persistently to pass all his classes, made up all the unmet graduation requirements, became eligible for basketball, and even participated in the state math contest. He has been positive and upbeat, and has set a good example for the other students. He graduated with his class on June 2. It was an emotional experience for many of us.

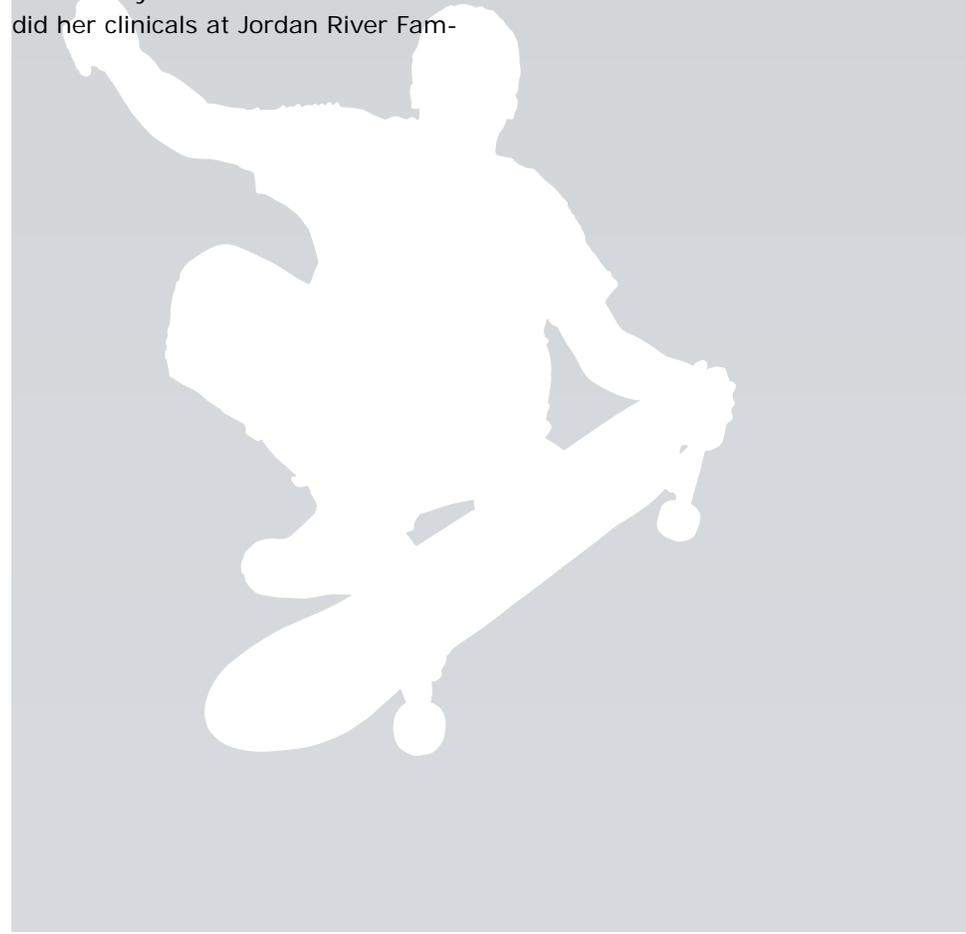
EASTERN REGION CONT.

Laici S. is 20 years old and from Blanding, located in beautiful San Juan County. She enrolled in the WIA Youth program last August. With the help of DWS paying for her tuition, she enrolled in the Radiological Technician and Medical Assistant program at Ameritech and graduated in April 2006. She passed her Radiology class with an A and was asked to be the speaker of her class for the Medical Assistant program.

She is still awaiting her final grade for the Medical Assistant program and to take her test for certification in both programs. We are confident that she will do very well in those also. She did her clinicals at Jordan River Fam-

ily Health and indicates that it was a very positive experience, along with the fact that they would like to hire her on in the very near future when there is an opening.

Another exciting point in Laici's life was that while completing her training she found time to have some stress relief through meeting other people, and met her future husband. They will be getting married in August. They plan on making their home in the Salt Lake area. Congratulations to Laici for having a positive outlook on life and making the most of her opportunities. We are proud of her.



*I*n her own words...

Ariana P.

"I started the WIA Youth Program a few years ago and with the help of counselors and workshops in conjunction with this program I have been able to accomplish a great deal. I was able to take college courses through the concurrent enrollment program at Utah State University and DWS helped me to purchase books that I needed for the classes I have taken. This allowed me to take on a bigger class load without having to worry as much about finances. I have now graduated from high school and was able to earn an Associates degree of science the same year with 70 credits. This year I will be able to attend the main campus of Utah State University up in Logan and start working directly on my Bachelors degree in history and anthropology.

DWS has not only helped me with my schooling but they were also able to help me find work opportunities that have influenced what I am choosing to study in college. During the summer of 2005 I was able to intern with an archeologist on the Ashley National Forest through the WIA Youth Program. From this experience I have gained a greater appreciation of nature and the people who have occupied these beautiful Uintah Mountains in the past. I was able to work with people who have had a lot of experience and knowledge about the Uintah Mountain's occupants and I want to learn more about ancient cultures. This internship sparked my desire to continue my education and seek for more opportunities to use the skills I have acquired through my experience. I am thankful to DWS for helping along my journey to be the best person I can be."





Region Updates

Mountainland Region Update



Betty D.

Betty D. has been enrolled in the WIA Youth Program since December 2005. Betty is a very determined young lady and has overcome such obstacles as learning to be a new mother and adapting to foster care. Betty was qualified to graduate from Granite Peaks High School in November 2005, and officially graduated on June 3, 2006. Beginning in January 2006, Betty enrolled at the Mountainland Applied Technology College in the Medical Assisting Program. She has been working extremely hard to accomplish her course work, testing, and other requirements by the end of June. She will begin an externship in Salt Lake in August for approximately two months to prepare her to go out into the workforce.

Michelle N. started working with the WIA Youth Program in September of 2004. She came to the WIA Youth Program seeking guidance and support. She was struggling with several barriers that made it difficult for her to reach her education and employment goals. She was interested in receiving her high school diploma and pursuing a career as a registered nurse.

In December 2004 Michelle successfully completed all the requirements necessary to graduate, two quarters earlier than the majority of her peers. In May 2005 she was awarded a high school diploma from Provo High School. Michelle enrolled in a Certified Nursing Assistant Course (CNA) offered

through the Mountainland Applied Technology College (MATC) in January 2005. She also enrolled in a phlebotomy course. Michelle successfully completed the training for both courses and attained her phlebotomy license in February 2005 and her CNA license in May 2005.

Michelle is well on her way to becoming successful and independent. She is currently pursuing her academic goals at Utah Valley State College. She is attending her second semester, working on her generals, and preparing to enter the nursing program. In addition to her educational goals, she is working part-time as a CNA at an assisted living center. Michelle has proven that she is motivated and that she will be successful in life.

Central Region Update

YES Program

How many teenagers does it take to make a quilt? No, this is not the beginning of a bad joke and it's not an alternate universe either. Thirty youth gathered together to complete an amazing six quilts and twelve fleece blankets in March.

The Youth EmployAbility Services Leadership Council wanted to improve their community through participation in service where it matters most. They decided to start by benefiting the YWCA Domestic Violence Shelter. But they didn't stop at just organizing the event and learning to sew — they inspired families and friends, communities, and local business to donate essential personal hygiene and care products for the women

Region Updates



Youth in Central Region enjoy making fleece quilts for the local YWCA.

and children living at the shelter. The response was tremendous. Council members assembled the donations and the blankets into laundry baskets, dressed them up like gifts, and presented them to the YWCA. Everyone had so much fun getting involved and making a difference that the momentum carried on to another service project.

The next step was to get dirty bright and early on a Saturday morning. Sound fun? It did to the 17 youth who came together to plant trees and restore essential wetland habitat along the Jordan River. It's no easy task

to plant and weed and water with the local nonprofit agency, Tree Utah. The council members did it together with sweat and smiles — and a big picture vision about what really matters.

The trees are small seedlings and some of the weeds were as tall as the volunteers, but youth understand the power of potential and enthusiasm, so being discouraged just wasn't an issue. YES youth combined with community volunteers that day to plant 250 trees. And next time they see a red-winged blackbird, not only will they know what it is, but they will know that they helped to save its habitat.



Restoring essential wetland habitat...



Region Updates

Central Region Cont.



Youth help beautify the Tooele Cemetery.

Looking to our future is as essential as being grateful for our past. The Tooele YES Leadership Council honored the lives of the men and women who created and protected their community by volunteering at the Tooele Cemetery. Thirty youth came, saw, and conquered flowerbeds overtaken by weeds. They were armed with 350 donated plants and flowers and turned those drear beds into bright gardens just in time for Memorial Day. These teenagers said "thank you" with more than just words.

Leadership council members develop the skills of decision making, project management, and excellent communication while planning and carrying out service events, workshops, and volunteer opportunities. It's not all hard work though; making new friends and getting involved in community events are always

on the agenda. These efforts provide critical life strategies and build self esteem while improving communities. Who says we can't change the world?

Contact Marianne Brough, YES Leadership Council Advisor, at (801) 468-0135 for information about how you, your company, agency, or group can get involved!

Outstanding Person



Melissa Anderson

Melissa Anderson came to the YES program as a foster care youth when she was a senior in high school. She completed her EMT training and graduated with honors from Taylorsville High School in June 2005 receiving straight

A's her senior year. Her three-year cumulative GPA was 3.989. She was involved in the National Honor Society and received several thousand dollars in scholarships including:

- Arizona State University
- University of Utah - Academic (Department of Sociology)
- University of Utah - Top 10% (Department of Language and Literature)
- Taylorsville City Youth Ambassador
- Utah State University - Presidential Scholarship
- Utah State University - Dean's Scholarship (Susan W. Coda)
- Scholarship Burger King Scholars

Region Updates



She is attending Arizona State University and received a 4.04 her first semester and a 3.7 her second semester. She is in her third semester and has already earned 39 credit hours. She declared her Bachelors of Arts degree in Spanish and it is her dream to work as a translator with the FBI.

Melissa has worked at the Murray Care Center, Wendys, and is currently a personal assistant to a disabled gentleman in Arizona.

Northern Region Update

Wasatch North

In April the WIA Youth Leadership Development Project was completed in Brigham City. The WIA youth group in addition to two Brigham City Youth committee members, and three additional youth



Brigham City youth beautify an elderly woman's home.

volunteers spent the day cleaning, mowing, raking and planting flowers for an elderly woman with eight youth and three adults working together. The elderly woman was selected from a list provided by the Brigham City Senior Center. In preparation for the project, the youth met and were given assignments.

Two of the youth were in charge of designing t-shirts, two youth were in charge of picking the elderly woman's home, one youth was in charge of contacting businesses for donations and one youth was in charge of picking all the plants, flowers and shrubs for the project. Work began early for the cleanup and beautification. Shortly after introductions were made, everyone grabbed a shovel or rake and started working hard. Beautiful flowers were planted in flower boxes, decorative rock was spread around to add color to the grounds and the weed eater never stopped! After several hours, everyone stood back to admire the beauty.

Certificates of appreciation and t-shirts were passed out to everyone. A group picture with the youth and the elderly woman was taken for the paper and newsletter. A pizza lunch to celebrate the hard work and success was held. This was a great experience for the youth groups to come together and help someone in need.

Bear River

Things have been busy in the Bear River Area. Four WIA youth participants who are currently in foster care graduated from high school and are all pursuing higher education.



Region Updates

Northern Region Cont.

Beth R. graduated from Box Elder High School and has been accepted to Wyoming University, where she will attend this fall. She plans to study Theatre Production. She is also participating in the Summer Youth Employment Opportunity.

Ryann F. graduated from Bear River High School. She also recently finished her paid internship as a C.N.A. and is planning to attend Weber State this fall to continue studies in a medical field.

Jon S. graduated from Box Elder High School and will attend Weber State University. He plans to study Communications/Art. He is also working at a graphic design shop this summer.

Emily H. graduated from Bear River High School and also recently completed a paid internship at a local care center. She plans to attend Bridgerland Applied Technology College to obtain her Medical Assistance certificate.

Bear River Area Leadership Project

Youth from the Bear River Area completed their leadership project in April. WIA Youth partnered with local city youth councils to provide spring clean-up and yard beautification for senior citizen residents. A group of youth participated in the Cache County area, as well as a group in Box Elder County. The names of those who could benefit from the service were obtained from the local senior citizen centers. Youth were involved in the project from start to finish and participated in contacting the residents, comparison shopping for plants and other materials, and contacting local businesses for donations. The day finally arrived and

the youth gathered in the morning as rakes, shovels and gloves were handed out. Lawns were mowed, weeds were pulled, flowers were planted, and the weed eater never stopped! Youth were rewarded with a t-shirt and lunch, as well as gratitude from the recipients. This project provided a great opportunity for youth to develop leadership and organizational skills, while also giving back to the community.



Youth in Bear River provide spring clean-up for senior citizens.

Western Region Update

Recruiting

Western Region is actively recruiting out of school youth. Youth workers and case managers are visiting with Local Interagency Councils, Juvenile Justice, Adult Education, schools and any other place where youth are present. A youth brochure is placed with

Region Updates



many agencies and youth groups to increase awareness of the program. Out-of-school youth enrollments have increased. Youth workers are teaching leadership classes to youth enrolled in the WIA program.

Summer Youth Employment Opportunity

The Summer Employment Opportunity Program is well underway. The region placed 57 kids on worksites to learn basic work ethics and job skills. Youth are working at a variety of places, both private and public, in a variety of jobs. As in the past, some of the youth will be hired full-time or part-time when the summer is over.

Resource Workshop

Cedar City case managers visited resource classes from all high schools in the area at a workshop held at SUU. Approximately 150 students attended. The purpose was to help the youth find resources to attend college. Vocational Rehabilitation, the Applied Technology College, the Army, and the SUU Financial Aid Office also made presentations. Students listened to Bob Cranford talk about motivation, decision-making, what employers want, and how school relates to the world of work. They discussed how to get a job and the importance of staying in school and doing their best in order to be competitive in the job market.

Success stories

When Matt learned about the WIA Youth program, he was very hesitant. He and his girlfriend were living with his mother, his girlfriend was expecting their first child and Matt was struggling in school. He worked



Matt attends machining classes at Snow College.

two part time jobs and had also been taking classes at Snow College hoping to find an occupational field he would enjoy while providing for his family. Life was overwhelming for Matt but he decided to take the first step and visit an employment counselor about the WIA youth program. Matt was surprised at the many resources available to assist him in meeting his goals. In 2005, Matt was placed in the summer employment opportunity program at South Sevier Middle School as a janitor/maintenance person. He was very successful at this work-site and began to be very motivated.

Matt spent the next year trying to complete his final credits at school so he could graduate in May of 2006. One month earlier, he was told he probably wouldn't be able to graduate with his class. Matt, now with a one-year old daughter and an apartment of his own turned to resources at the school and DWS. He made small goals for himself and negotiated monetary incentives to keep himself



Region Updates

Western Region Cont.

motivated. Matt worked hard and graduated with his class in May 2006. He feels relief and a sense of self-accomplishment for obtaining his goal.

Matt attends machining classes at Snow College South and plans to finish by May of 2007. This is a growing field and a career that will provide him satisfaction and the ability to provide for his family.

Grant just completed his junior year in high school and plans to return for his senior year in the fall. He is active in the drama program at school. Grant struggled in math so he set a goal to increase one grade level. He accomplished this and now excels in math, taking more difficult math classes. At the end of the school year, Grant was recognized as one of the top two students in trigonometry at the high school. He lettered in drama, received a 4.0 GPA, and was recognized with Excellence on the IOWA test given to juniors. He was also recognized as an outstanding student in English and college Algebra.



Grant

Grant lives with his mother and three siblings. His mother is working hard and attending school so she can support the family. Grant was in an accident a few years ago which affected the growth plate in his arm and resulted in one arm being shorter than the other. Grant states he has had to learn to compensate for this and it has made him aware that he needs to choose an appropriate

occupation. After high school he wants to attend college in criminology and become a detective.

Jacob worked on the Summer Youth Opportunity Program at Palisade State Park last summer. He learned a lot about the park and completed several projects to improve the grounds. Palisade Park hired Jacob as a permanent employee after the summer program was over. Jacob stretched outside his comfort zone by greeting visitors at the park.

Jacob now mentors younger youth and teaches them about how the park runs. The younger youth say he is a good friend and good role model. He is motivated and takes the initiative on projects. Jacob has a good attitude, good work ethics and is dependable. The park manager has high praise for Jacob and says that he is a hard worker and is willing to learn new things.

Jacob's long-term goal is to be an architect. While working at Palisade Park, his experience building, repairing and improving the park provided him with valuable practical skills.



Jacob at Palisade State Park.

TEENS AND EXERCISE CONT.

doing. It's a good idea to take a lesson or get some tips from an expert.

4. Warm it up, stretch it out, and cool it down — your muscles that is! It's important to warm up before and cool down after each workout. Check out this article about conditioning your body properly.

5. Stop the clock! Take a time out if you get injured — don't keep going through the pain. If it doesn't stop hurting after a little while, tell an adult and have your doctor check it out. Better to take it easy for a few

days than to miss several weeks of fun with an injury.

6. Be street smart. Keep your eyes and ears on what is going on around you, especially if you are outside near cars or other people — and don't wear headphones if they'll prevent you from hearing oncoming cars or people.

7. Give others the 411. Make sure your parents know where and when you are going out. Stay in the Safe-T-Zone that you and your parents have mapped out — stay in areas that are familiar to you, and avoid heavy traffic.

8. When playing team sports, remember the 3 R's: Respect the rules, Respect your opponents, and Respect the officials and their decisions.

9. If you're doing an activity with other kids, make sure they match up with your size and skill level, and never try anything that is more than you can handle.

10. Buddy up! Working out with a buddy is not only more fun, but it also keeps you both safe by having someone there to look out for you.

Source: United States Department of Health and Human Services, Centers for Disease Control and Prevention, www.bam.gov.

The State Youth Council meets as part of the State Council on a quarterly basis. The next meeting will be the Council of Councils held in October.



Contact Information

If you have suggestions or comments for the newsletter, please contact Julie Lay at jlay@utah.gov. If you have questions regarding the State Youth Council, please contact Jane Broadhead at jbroadh@utah.gov or go to our Web page at jobs.utah.gov and select State Council/State Youth Council.

If you have questions regarding youth services or youth programs, please contact the Youth Specialist in your area:

Northern: Julie Anderson, julieanderson@utah.gov
Mountainland: Wendy Hughes, whughes@utah.gov
Central: Rod Barlow, rbarlow@utah.gov

Western: Ann Barnson, abarso@utah.gov
Eastern: Tami Huntington, thunting@utah.gov

If you have questions regarding Regional Youth Councils in your area or your Regional Council, please contact the Regional Council Coordinator in your area:

Northern: Susan Wright, susanwright@utah.gov
Mountainland: Julie Lay, jlay@utah.gov
Central: Diane Lovell, dianelovell@utah.gov
Eastern: Bob Gilbert, bobgilbert@utah.gov
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