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The Village at Ocotillo's next Lunch and Learn is Thursday, September 20th at 11:30am.
Please call 480.400.8440 to RSVP.

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'5 C's' of youth development help make well-rounded kids



Your Turn
Shelby Pedersen
Guest columnist

Over the summer at ICAN, we spent a lot of time analyzing the program curriculum we are offering our youth members.

We have to keep a careful balance in what we offer — having enticing activities that will attract youth to attend ICAN (and keep them coming once they do), and our evidence-based prevention programs that will teach youth life skills to break the culture of poverty that so many of them are living in.

It can be very challenging to address such a wide variety of needs without trying to be too many things to too many people. We must address their academic needs, we need to stay current with STEAM activities and we want to offer exciting recreational activities too.

Recently, we took the extra step to define our youth activities into five program categories, helping to provide further clarity around what we offer and how that fits into our mission to provide free, comprehensive programs that empower youth to be productive, self-confident and responsible members of the community.

Our five categories closely follow the "5 C's of Positive Youth Development Model," which is a nationally recognized youth-engagement model that focuses not on "fixing" behavior problems, but building and nurturing all a child's be-

liefs, behaviors, knowledge, attributes and skills.

The result should be a healthy and successful childhood, leading to a healthy and successful adulthood.

These categories are a benefit to all parents who are trying hard to raise emotionally balanced and well-rounded kids.

The 5 C's of Positive Youth Development (according to the NE Department of Health & Human Services) include:

Connection: A feeling of safety, structure and belonging; positive bonds with people and social institutions.

Confidence: A sense of self-worth and mastery; having a belief in one's capacity to succeed.

Character: Taking responsibility; a sense of independence and individuality; connection to principles and values.

Competence: The ability to act effectively at school, in social situations, and at work.

Contribution: Active participation and leadership in a variety of settings; making a difference.

Positive Youth Development (PYD) is the entire system of support (school, home, community) that builds upon the strengths of youth and recognizes the risky behavior they may exhibit.

PYD involves youth as active agents — adults and youth work in partnership.

Civic involvement is a big component of PYD and works best when every element of the community is involved (school, home, community).

See 5 C's, Page 20

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LETTERS TO THE EDITOR

First came MAGA. Now it's MABA

I used to be what people considered a hippie in the 1960s. I had long hair and wore funny clothes and drove a VW bus. For the most part, people of that era could cut their hair and change their clothes and fit into mainstream society.

Many of today's fads are irreversible. My niece recently asked me why I did not like tattoos and piercings. I thought about Hepatitis C and who knows what chemicals are in the inks.

I wondered why people would put graffiti on their bodies. I asked would you wear the same hairstyle for the rest of your life or the same clothing styles. A tattoo is forever.

They fade over time and your skin wrinkles with age, and eventually they will look like a faded blob of ink.

Imagine in the old folks home wrinkled bodies playing the new game of earlobe pong.

We were born with a beautiful canvas that was not intended to be defiled. *Make America Beautiful Again.*
Richard Hunt, Scottsdale

The hateful ruling party

"Poverty exists not because we cannot feed the poor, but because we cannot satisfy the rich."

-Anonymous
Our Republican Congress is quietly conspiring to rid the country of Social Security, Medicare and Medicaid because it exploded the debt by giving tax dollars to the wealthiest among us.

The new federal budget proposal includes trillions in cuts to these programs.

This will plunge millions of elderly Americans into poverty or debt and without any health care. Is this really what our country is all about?

It's a greedy and hateful agenda by the ruling party.

Beverly Farrer, Phoenix

Thank you, 'Arizona Republic'

I have been a subscriber for many years and want to express my appreciation for your fair coverage of the political scene. Many newspapers have had to close their doors, and I hope *The Republic* is healthy and will continue to put out a fine newspaper for years to come. And Benson is a bonus!

Ardith McKinlay, Phoenix

The good old boys are back

Jon Kyl? Same old, same old! Rule by male gerontocracy. We should rename the Senate with its proper name, "The American House of Lords."

Lord Kyl of Arizona sounds quite catchy. It's a pity the British emasculated the House's political powers so that it can only advise rather than make sensible, political decisions in favor of the rich and powerful.

Perhaps we need to look at reforming Congress. It's getting a bit swampy. The system is 18th-century and archaic and it only works slowly.

It's especially dangerous when an idiot king gets elected and has to decide on the fate of the world in two and a half

minutes. Look what happened with that other idiot, poor old King Charles I. He colluded with the Scots and the French. No Russians involved.

Women, too, take note in this present perilous time. Get oral contraceptives and morning-after pills stocked up for you and your daughters.

Chief Justice Kavanaugh is about to be elected to the Supreme Court by the House of Lords. Men know what's best for you. Back to the kitchen and the bed, where you belong. They may allow you to keep the vote if you vote Republican. Princess Ivanka of New Jersey sounds so cool.

Alan Austin, Phoenix

Thanks for Harvey Mackay

I have read Harvey Mackay's column in *The Republic* for as long as I can re-

member. When I worked in sales, his columns helped me keep on track by putting client's needs first.

Now that I am retired, I still get so much wisdom that I can use in daily life; for example, his recent column on "getting unstuck" when you are feeling down.

Everyone can relate to that and use his ideas to get back in the game, even if it's cards! Thank you, Harvey, for continuing to share your insights with us.

Suzie Kiddoo, Tempe
Join the conversation: E-mail your *My Turn* of no more than 650 words to suzanne.lambert@arizonarepublic.com. Send your *Letters to the Editor* to opinions@arizonarepublic.com. Include your address and phone number for verification.

5 C's

Continued from Page 10

ICAN has incorporated the 5 C's of Youth Development and PYD in a number of ways. We offer a structured play model that encourages youth to practice real life skills through play.

■ We offer hands-on learning that provides unique experiences and reinforces skill building.

■ We emphasize staff and volunteers being strong role models for youth.

■ Youth participate in community service projects — they not only participate in the activity, they help come up with what they are going to do and plan the components as well.

■ Finally, youth have an opportunity each Friday to choose a recreational activity they would like to participate in. These activities range from soccer to karate, to "Girls Circle" which fosters self-esteem and helps girls maintain authentic connections with their peers. If you are interested in learning more, visit engage.youth.gov.

Shelby Pedersen is CEO of ICAN: Positive Programs for Youth in Chandler.