

Community Comment on KINS, 9/23/15 (2/12 to 3 minutes)

This is Liz Smith, Executive Director of the Boys & Girls Club of the Redwoods and I am thrilled to be bringing you today's Community Comment.

It is hard to believe that the Autumn Equinox is already upon us. Autumn is my favorite season. I love watching the leaves turn, how the air shifts from the mugginess of summer to the crispness of fall and the excitement that comes when school goes back into session.

In 2012, the Boys & Girls Club of the Redwoods adopted the Formula for Impact. It is something seemingly simple in scope but significant in its application. The formula is to serve our members as many times per year as possible, knowing that the more they come, the greater the impact we can have. The second part of the formula is to provide high yield programs, ones that are empirically based and fun. When we say that we have programs that deter youth from premature drinking, sexual activity and abstinence from drug use, we want to have proven curricula created by experts in the field, the enthusiasm and training to deliver it and the evaluative data to prove it works. The last part of the formula are three outcomes that we want to achieve: academic success, healthy lifestyles and civic engagement. We have the lofty goal that every Boys & Girls Club member graduate from high school on time and have a plan for their future, whether it be college, vocational training, military service or even entrepreneurship. Our Power Hour Program brings in tutors from the community to help members with their homework and give them the encouragement and tools they need to believe that they can succeed. Access to a computer lab and a healthy snack are also available, knowing that we all function better when we are well fed. Adopting a healthy lifestyle is key to a happy, long and successful life. We aim to curb the juvenile obesity epidemic and do so with gardening and cooking programs and an hour of non-competitive play per day. Discussions about body image, hygiene and healthy relationships also take place. Civic engagement is imperative to our American fabric and something that is enthusiastically encouraged in Humboldt County. We believe that the more active one is in their community, the less likely they are to participate in illegal activities and the more pride one feels for oneself and their environment.

The Boys & Girls Club of the Redwoods is able to provide, safe, positive, relevant and fun enrichment programs to youth because of the incredible support of our community. If you would like more information about the Boys & Girls Club of the Redwoods, please visit us at www.bgcredwoods.org or call 707-441-1030 for a tour. Thank you!