



COOPERATIVE EXTENSION

Bringing the University to You

Community Based Education for Southern Nevadans

Youth get a jump-start at Cambridge Center

YOUTH & FAMILY PROGRAMS

"I learn right along with my child," says Araceli Favela, a student in the Learning Together program with her three-year-old daughter, Diana. "My daughter speaks more English now, and our whole family has learned how to communicate better."

The Favelas are among many Latino families who take advantage of "one-stop shopping" at the Cambridge Community Outreach Center, 3827 So. Maryland Parkway, on the Las Vegas east side. The neighborhood center has numerous resources and services, among them a wide array of Cooperative Extension educational programs.

"Parents are childrens first teachers in life," explains Zory Foskaris, Cooperative Extensions bilingual program coordinator. "Its important to have parents involved in preparing their children for school, reinforcing good behavior and communication skills."

Families have a variety of Cooperative Extension programs to choose from:

- ▶ Learning Together – Parents and preschool-aged children prepare together for school success.
- ▶ Fun to Play – Parents connect with their children and enhance nurturing skills.
- ▶ Babysitting Certification – Teens learn skills for babysitting and future parenting.
- ▶ Diabetes Prevention – Families at risk for the disease learn how to make positive lifestyle modifications.
- ▶ Expanded Food and Nutrition Education Program (EFNEP) – Targeted to low-income families, the program teaches healthy food choices.



Photo by Paul Palmer

Latino families take advantage of the many educational programs at the neighborhood Cambridge Center on the Las Vegas east side.

- ▶ Money on the Bookshelf – Families learn how to handle finances wisely.

"In response to a need identified by Clark County Commissioners, we brought our successful programs closer to the community to allow easier access," says Dixie Allsbrook, Cooperative Extensions southern area director.

Foskaris brings in various community members to augment her teaching programs, such as local dentists who teach good oral hygiene. Many of these programs give children essential life skills that will positively affect the rest of their lives.

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Junior Master Gardeners™ blossom in Las Vegas

HORTICULTURE
&
NATURAL
RESOURCES

In summer 2001, the popular Master Gardener program blossoms to include youth. Lessons on horticulture, soils, water, insects and ecology will be taught right along with language arts, math, science and social skills.

"The Junior Master Gardener™ (JMG) program is a first for southern Nevada," said Cooperative Extensions coordinator Margie Bemis Klein. "Geared for children grades third through eighth, JMG can be taught in school, after school, actually anywhere." In the future, JMG may expand to include toddlers and high school youth as well.

JMG is a great way to teach children a connection to the natural world. The community benefits with beautiful school gardens, and a younger generation grows up with a sense of value for the earth.

Klein is planning an informational meeting for the community. Please contact her at kleinm@unce.unr.edu or call (702) 257-5587, if you're interested in learning more about Junior Master Gardeners™.



Master Gardener Maryann Anderson responds to calls at the Las Vegas help desk.

Frustrated trying to garden in southern Nevada?

No need to throw in the "trowel"...

Call Cooperative Extensions Master Gardener Hotlines

Las Vegas: (702) 257-5555

Logandale: (702) 397-2604

Pahrump: (775) 727-5532

Lunar landscaping tackled by Master Gardeners

Some people say that landscaping at the new women's prison in Jean might be a bit like gardening on the moon. That's one reason the Master Gardener program was brought to the prison – these trained volunteers can garden anywhere.

"The other reason is to offer inmates the opportunity to start a new career once released," said Angela O'Callaghan, Cooperative Extension horticulturalist.

The prison program was first introduced at Southern Nevada Women's Correctional Facility in North Las Vegas. Thirty inmates completed the 20-week program, and some worked to build a desert tortoise habitat. One inmate wrote to her teacher, horticulturist M.L. Robinson, indicating the class had helped prepare her to live a "law-abiding lifestyle."

Master Gardeners, including the inmate trainees, complete 40 hours of classroom training and 40 hours of hands-on service projects. The certified Master Gardeners then contribute 50 hours of service a year. In 2000 in Las Vegas alone, these citizens volunteered nearly 13,000 hours, including fielding 12,000 phone calls.

"One way to complete volunteer hours is to donate time to the Master Gardener help desk," added O'Callaghan. Other ways are educating through the media, giving talks, planting for community beautification and developing community gardens.

Master Gardeners help southern Nevadans keep their lawns healthy with water-efficient irrigation, grow luscious garden vegetables, and choose trees and plants that flourish in our unique desert climate. Weekend gardeners will often come in with a pesky weed or bug in a jar for the Master Gardeners to identify. They cheerfully identify the problem and recommend an effective, safe treatment to eliminate it.

Master Gardener training is offered in Las Vegas, East Clark County, Pahrump and soon, Beatty.



Photo by K.M. Cannon, Las Vegas Review-Journal

Inmate Wanda Sergi, a Master Gardener graduate, waters plants inside the greenhouse at the Southern Nevada Women's Correctional Facility.

Center for Urban Water Conservation looks for “new” water sources

Using water efficiently in contemporary landscapes is the focus of the Center for Urban Water Conservation, a 10-acre project in North Las Vegas.

Cooperative Extension specialists provide research and education to serve the citizens of southern Nevada, and support the growing golf course and landscape industry. They investigate better methods to estimate landscape water use to improve irrigation efficiency, the use of recycled water to help extend the water supply, and recycling of biosolids for applications in urban landscapes.

Current projects include studies to determine:

- ▶ How much water turfgrass, trees and plants actually use in the desert, and the best methods of efficient irrigation.
- ▶ The best landscape plants to use when irrigating with saline recycled water.
- ▶ What changes occur on golf courses when they transition to recycled water, and how to minimize damage to plants, soils and equipment.

Master Gardeners maintain a fruit orchard to determine which varieties perform best under desert conditions. The public is invited to field days, seminars and plant sales at the center.

In 2001, studies will focus on the use of remote sensing of landscapes to determine water and fertilizer requirements. Specialists will also study the use of low-water native wildflowers to enhance the beautification of public highways.



Master Gardener Jean Hertsted inspects leaves in the fruit orchard during spring growth at the Center for Urban Water Conservation in North Las Vegas.

**HORTICULTURE
&
NATURAL
RESOURCES**

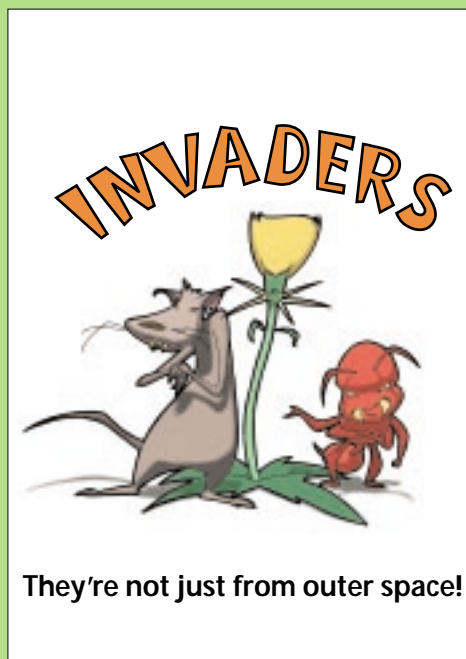
Many join effort

Partners at the center include University of Nevada Cooperative Extension and Agricultural Experiment Station, University of Nevada, Las Vegas and the City of North Las Vegas. Projects are supported primarily by funds from Cooperative Extension and grants from the Southern Nevada Water Authority, Las Vegas Valley Water District, Clark County Sanitation District and private industry.



Las Vegas residents inspect the vegetable harvest at the Las Vegas Community Garden on Blankenship Avenue where they work under the direction of a Master Gardener. Extra produce is donated to the Doolittle Community Center.

Watch for summer 2001 Invasive Species campaign



Watch for the summer 2001 kick-off of a public-education campaign urging people to “be on the lookout” and report sightings of invasive species. These non-native weeds, insects and plant diseases — the yellow starthistle and red imported fire ant, to name just a few — are raising havoc with the environment, economy and public health. The multi-agency effort, including Cooperative Extension, consists of TV public service announcements, stand-up posters and bookmarks, as well as a website:

www.invaders.nv.blm.gov

Coalition uses media to teach teens, “Calcium, it’s not JUST milk”

**NUTRITION
&
HEALTH**

When six teenage girls from Renos Fred Traner Middle School went to KWNZ radio, they had no idea they’d have so much fun or learn so much. These members of a middle school technology class taped



Teens at Renos Fred Traner Middle School sample calcium-rich foods, and find they actually like some of the nutritious items.

their own radio commercials, telling other youth about good sources of calcium and how it prevents osteoporosis in later years.

“It’s good to help people who don’t understand that it’s not just milk that has calcium,” said Jocelyn Seemann. Her classmate Tiarra Calkins remarked, “Now I watch what I eat.”

This hands-on approach was combined with five one-hour calcium lessons taught in science classes at Traner and J.D. Smith Middle School in North Las Vegas. The program – aimed at increasing consumption of low-fat calcium-rich food among youth, particularly adolescent females – is sponsored by Cooperative Extension, the College of

Human and Community Sciences and the Nevada Nutrition Network, a statewide group of public and private partners.

Has the program worked? Cooperative Extension Nutritionist Jamie Benedict reports that, among 543 middle school students who participated in 2000, the program resulted in positive changes in their knowledge, attitudes and behavior toward calcium-rich foods. Students who knew the most about calcium sources had a significantly higher intake of the target foods.

“Further,” adds Registered Dietitian Carolyn Leontos, “we believe the media campaign helped reinforce information shared with students in the classroom.” Forty-four percent of youth surveyed had heard the radio ads; 58 percent reported seeing the billboards (in the Truckee Meadows) and bus stop shelter posters (in the Las Vegas Valley).

Students also had opportunities to sample calcium-rich foods like string cheese and yogurt. “The tasting events were probably the most popular part of the program,” observed Benedict. “Some of the students were surprised to find they actually liked these nutritious foods.”

Seniors CAN!

Olivia is one of more than 2,000 seniors who move into southern Nevada each month. She didn’t grow up here, raise her children or work here, and so moving into this new community caused feelings of isolation and disconnection. Cooperative Extension’s Claudia Collins developed Seniors CAN to give Olivia and other senior residents the tools to maintain their independence and continue a free-living lifestyle.

“Seniors CAN encourages life-long education and replicates the proverb, ‘Teach a person to fish,’” said Collins. “We provide the navigational tools and resources so seniors can find information and share it with the rest of the group. We teach them to fish so they’ll never go hungry.”

The program helps give seniors a sense of control over their lives by knowing where and how to find information on nutrition, stress, safety and financial issues. “Studies show that as people master

their surroundings, they’re generally in better physical and mental health,” adds Collins.

Seniors CAN — which included 1,500 teaching hours during 2000 — enhances seniors’ mental acuity, self-esteem and wellness. As elders maintain their

independence, they become more productive citizens of the community, actively seeking out volunteer positions and sometimes even part-time jobs.

Seniors CAN is available in Las Vegas, Henderson, Mesquite and Overton, and is expected to expand statewide and nationally.



Program Assistant Pam Proctor (right) gives a nutrition lesson to a senior in Logandale. Seniors CAN is also taught in Mesquite and Overton.



Cooperative Extension’s Claudia Collins (far right) demonstrates healthy food choices to a group of Las Vegas Valley seniors during a shopping tour.

Federally funded nutrition program reaches limited-resource families

Cooperative Extension teaches the Expanded Food and Nutrition Education Program (EFNEP) to families in English and Spanish. In 2000, the program reached nearly 2,400 people in urban and rural Clark County, an increase of 36 percent from the previous year.

Educators helped families learn how to handle food safely, plan and prepare nutritious and economic meals and increase physical activity. Seventy-six percent of adult participants improved their skills in reading food labels. Young people who took the classes in recreation and community centers increased their knowledge of the food groups and healthy food choices from 59 percent to nearly 87 percent after the classes.

4-H'ers prove there's more to Las Vegas than casinos



Do you live in a casino? This question was posed to Alyssa and Carly at a National 4-H Congress in Atlanta. The question prompted some local 4-H members to document a day in their life to let others know Las Vegas is a community just like theirs.

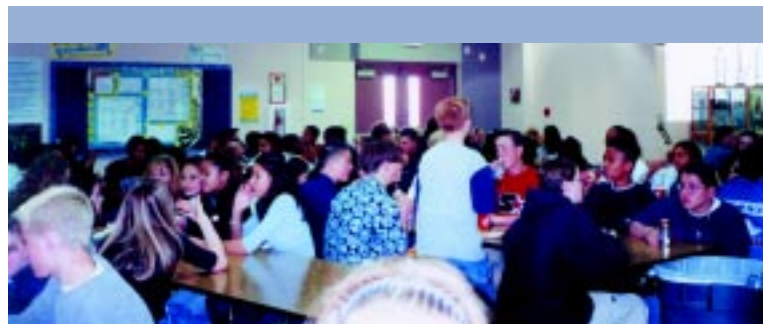
They decided to show their everyday life through pictures and words, thus creating a new 4-H photojournalism program.

"This program has now expanded to include critical community issues," said Molly Latham, Cooperative Extension youth specialist.

"Not only did the photojournalists find good things about their daily lives, they found not-so-good things, too."

The 4-H'ers identified community concerns and documented them with photographs. Eventually, the youth will take positive action to address the issues. The topics include secondhand smoke, gangs, overcrowding in schools, desert litter, and more.

"In an indirect way, the teens completed a community needs assessment," observed Latham. "These are topics our youth feel are important and need addressing."



Members of a 4-H journalism club highlight community needs in Las Vegas through photographs. Overcrowding in schools is just one of those issues.

4-H members are learning first-hand about career paths for photojournalists through Web sites and guest speakers. "There is more emphasis on the journalistic side than the photography side," adds Latham. "It's surprising to see what our teens reveal through the lens of their camera."

**YOUTH
& FAMILY
PROGRAMS**

Pahrump 4-H Activities



Photo by Dan Simmons

The showing of 4-H animals is a vehicle for youth to learn responsibility, leadership and positive behaviors. These activities are held in Pahrump's new 4-H Learning Center.

4-H members are citizens in action

4-H members between the ages of 14-18 created Citizens In Action (CIA), a group that identifies community issues relating to growth and public land use. CIA focuses on solving problems facing the community.

"One project the CIA group chose to work on addresses the issue of protocol on public land trails," said Cooperative Extension youth specialist Molly Latham.

CIA created a brochure outlining who has the right of way on trails — horses, bikers or hikers. The Bureau of Land Management will distribute the publication at trailheads.

"It'll be fun to go hiking at Red Rock and see our hard work put to use," said Aaron, a CIA member.

Partners in Parenting teaches teen moms parenting skills

Cooperative Extension-trained home visitors teach first-time teen mothers about child care and development, communication, home safety, nutrition and money management. Other aspects of the program include:

- ▶ Fun to Play – parents learn to interact positively with their children
- ▶ Family Storyteller – parents and preschoolers enhance literacy skills
- ▶ RETHINK – parents and childcare providers learn anger management in English and Spanish
- ▶ Children's Books for Healthy Families/Libros de Niños Para Familias Saludables – English- and Spanish-speaking parents receive free books and benefit as well from reading to their children. This program reached nearly 1,900 Latino parents in its first six months, and 93 percent of participants gave the classes a high rating in effectiveness.

"Partners in Parenting promotes positive parenting and child health and development, thereby preventing child abuse and other poor childhood outcomes," says Jo Anne Kock, youth specialist and program leader.



Photo by Paul Palmer

Home visitor Lisa Houser (right) gives childcare instruction to 15-year-old Brandie Blalock of Las Vegas.

Twin cities work together to improve tourism

COMMUNITY DEVELOPMENT

Laughlin, Nevada and Bullhead City, Arizona are separate communities divided by the Colorado River. But with the help of Cooperative Extension economists, they're thinking regionally to build a stronger tourism and economic base.

Cooperative Extension Economists Buddy Borden and Jim Lopez have worked with the towns for several years to build consensus and develop data and analyses on which to build new development programs. It's paying off big-time for the residents:

- ▶ Local spending leakage (residents buying outside the communities) is reduced.
- ▶ Two dozen new businesses have been created.
- ▶ A childcare facility has opened to serve both communities.
- ▶ Funds for road improvements between Needles, California and Laughlin have been approved by the Nevada Senate and Assembly, and by California, totaling a whopping \$18 million if the Nevada expenditure is finalized.

"The communities have been proactive and worked very hard on improving their economy," said Borden. "It has been a pleasure to see their economic strategies pay off."



Cooperative Extension helps Bullhead City and Laughlin – on opposite sides of the Colorado River – work together to develop their economy.

Biosolid composting could help desert soils

One of Cooperative Extension's services to communities is to help them determine needs and explore new and innovative ways to meet them.

The composting of biosolids is no exception.

Right now, biosolid (sewage) waste is treated, dried and sent to a landfill 25 miles from Las Vegas. This disposal method loses a valuable resource that could be recycled and used in Clark County, perhaps to enrich soils.

A Cooperative Extension team conducted a community mail survey with 16,000 questionnaires. The survey asked residents their opinions about disposal and recycling of sewage sludge. Eighty-one percent of respondents felt recycling the waste is important. Three-quarters of respondents were not aware of the current sewage disposal system, and were in favor of finding uses for a recycled product.

While this research and development program is relatively new, the 22 percent survey response rate indicates that biosolid recycling is important to county residents. Cooperative Extension will develop a program to educate people on the process and opportunities for recycling.

Pahrump fairground analyzed

Cooperative Extension Economist Buddy Borden and Southern Nye Extension Educator Dan Simmons assisted Pahrump's town board with research and information to help them decide if a fairground would be an economical and self-sustaining recreational project to enhance economic development.

They conducted focus groups, designed survey instruments, gathered data, developed and presented financial information, attendance and expenditure scenarios, and construction and operating costs. The full-blown analysis provided the community with a solid decision-making tool, saving Pahrump \$20,000 in analysis fees.

Economic forum focuses on tax issues

"How we address our fiscal issues today will play a major role in how and whether Nevada's economic prosperity continues," said one participant at the Tax Structure and Economic Development Conference in fall 2000, held at the new Cooperative Extension Learning Center.

Co-sponsored by Cooperative Extension and the Nevada Association of Counties, the workshop brought together a wide variety of individuals and groups to address the complex

issues of economic and fiscal trends in southern Nevada, changes in the tax structure and local economic growth.

Among those discussing these critical topics were government agencies, local and state officials, university faculty, fiscal consultants and private firms. Participants left with an awareness of the state's fiscal structure and are exploring modifications in response to changing economic conditions.

For more information on this and future conferences, contact Buddy Borden, (702) 257-5505, or email: bordenb@unce.unr.edu



Among panel members at the economic forum were (left) Bob Hadfield, Nevada Association of Counties executive director, and Guy Hobbs, president of Hobbs, Ong & Associates, Inc.



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What is Cooperative Extension?

Our Purpose

We're the outreach college that extends knowledge from the University of Nevada – and other land-grant universities – to local communities to address issues. We are a federal-state-county partnership with 17 offices throughout the state. Our more than 200 personnel – with the help of volunteers – deliver non-degree educational programs based on local needs. In 2000, Cooperative Extension made more than 400,000 face-to-face contacts with community citizens.

Our Program Areas

- ▶ Agriculture
- ▶ Community Development
- ▶ Health and Nutrition
- ▶ Horticulture and Natural Resources
- ▶ Human and Family Development

Our Mission

To discover, develop, disseminate, preserve and use knowledge to strengthen the social, economic and environmental well-being of people.

Cooperative Extension publications

To access our more than 300 on-line publications, log on: www.nce.unr.edu/pubs.html

Community Based Education for Southern Nevadans

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Help us make a difference!

If you would like to support Cooperative Extension programs, here's how you can help:

- ▶ Sponsor a project
- ▶ Offer a donation in memory of a loved one
- ▶ Introduce us to new funding sources

Contact **Bobbi Lazzarone**, development and public relations director, at (775) 784-4378, or lazzaroneb@unce.unr.edu. Your assistance can help us expand our programs to benefit more people.

Sarah's "MAGICal" story

**YOUTH
& FAMILY
PROGRAMS**

Sarah (not her real name) is one of more than 2,500 Clark County youth who face incarceration and probation for various offenses each month. Her offense was battery.

"When Sarah entered the court-mandated Project MAGIC, she was defiant and non-participative," observed Pat Day, Cooperative Extension youth specialist and program coordinator. "Her home life was unstable, and her mother didn't support the program. But her behavior and attitude changed dramatically after 15 weeks of class."

At the start of the course Sarah said, "I have all the answers and you are all a bunch of 'ole fools." At graduation she admitted, "I didn't know much at all. I'm so appreciative of the MAGIC staff and what they did for me."

Project MAGIC (Making a Group and Individual Commitment) provides life skills training for first-time juvenile offenders. Through intensive education, Sarah and her peers learn social and interpersonal skills to help them avoid further involvement with the juvenile justice system. The program works on the youths' communication skills,

goal-setting strategies and decision-making choices. Other topics deal with stress, anger and conflict resolution, drug and alcohol abuse and sexual responsibility.

"As the participants graduate," said Day, "I ask them, 'If you could run the program, what would you do differently?'" Sarah replied, "I would place more emphasis on self-responsibility and decision-making. That's why we're all here, isn't it? Because we made bad decisions and didn't take responsibility for our actions."

MAGIC is mandated for offenders' parents as well. The parent sessions include the same skills the youth are learning so parents understand the changes their children are going through. Parents are urged to practice these skills at home.

Seventy-one teens have graduated from Clark County Project MAGIC since the program began in 2000. Nearly 95 percent of the graduates have had no additional offenses, increased levels of probation supervision or incarceration.



Project MAGIC youth make positive behavior changes during the 15-week course.



Cooperative Extensions Pat Day (far right) leads first-time juvenile offenders to better communication and decision-making skills. Very few graduates reenter the juvenile justice system.

Thundering news from Nellis

Ask anyone at Nellis Air Force Base where and what The Dock is, and you'll be surprised at their answer. Its the teen hangout, complete with weight room, dance floor, stage, sound system, big screen TV, computers, and much more.

Its any teens dream house. The Dock came about through the vision of Project Thunder teens. The group of teens, ages 13-18, live

on the base or have parents who work there. A core group is involved in base activities and plans events and trips.

Eight to 10 teens take turns and attend base meetings of the Integrated Delivery System Committee. "The members didn't realize that teens are so sharp and committed," observed Carol Padilla, Nellis Youth Center director.

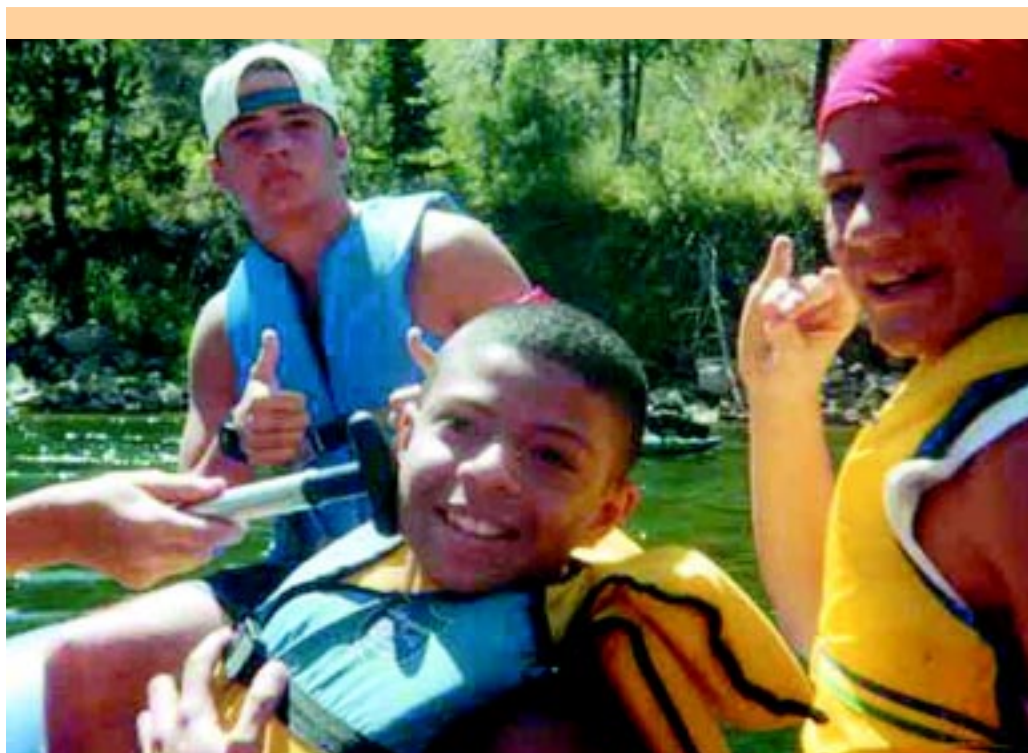
"That's the point we're trying to make," said Eric Killian, Cooperative Extension youth specialist and program coordinator. "Teens are often stereotyped with a bad reputation. One aspect of Project Thunder is to show the base that youth can be productive citizens of the community."

Killian found that teens enjoy making the program plans themselves. Among the activities they're organizing is a camping trip to Utah in summer 2001, with hiking, water sports and team-building challenges.

The teens also complete community projects. "We built houses for the owls on the golf course," boasts Alex, a team member. "They did it all," said teen coordinator Cindy Berg. "They measured, cut the wood and laid it out, everything."

After out-growing their space in the base youth center, the teens secured part of the old morgue and some of the community center and developed the concept for The Dock. The base purchased tools and equipment, and the youth did all the work. The teens now have a "home" from 1-5 p.m. every day.

After completing The Dock, team member Michael said, "I learned how to work as a group and trust everyone. This will help me succeed in life."



Teens in the Project Thunder group bond and learn how to work together as a team during a recreational outing.