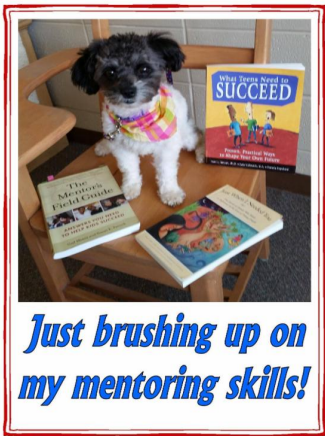


# NEWS & NOTES

A monthly newsletter to keep you informed.

## Meet Faith



We have faith you will fall in love with this ball of joy like we have. We introduce you to Faith.

Less than 3 months ago we were joined by this incredible, lovable furbaby. Faith was donated to our programming and resides with our Founder's family. She is 'on-duty' sunup to sundown, traveling with Char as she works out in the community raising awareness, training volunteers and working with students helping them better understand this crazy world and how they fit into it all.

Faith comes to us from an awesome donor, 'D'. Her breed is called a Teddy Bear and is 50/50 Shiatsu and Bic-hon. She is 18 months old and is practicing her social skills as she teaches the students her perspective on issues like anger management and handling drama and stress.

And a thank you to her groomer, Traci who always makes sure Faith is looking her best.



Looking for a few dedicated volunteers to be a part of.....



If you have some time August 10-16th, we are looking for volunteers to help us earn some funding while helping serve as parking lot attendants. The commitment is three 6 hour shifts over that time frame. What a GREAT way to be close to the action AND help out our program! Shirt and training will be provided.

**Just email us by this Wednesday, July 22nd your availability.  
Info@horizons4girls.com**

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## Working in Our Garden

Lettuce, radishes, tomatoes, peas, beans and a whole lot more. No green thumb required. This is the second year of our garden. Which is a part of our "Cooking Matters" program. Students learn from seed to plants, to product, to cooking, to enjoying the fruits of their labor.

During the summer we are tending the garden, we will harvest our vegetables and once the school year starts we will be back in the kitchen cooking healthy meals. Trying new recipes and learning from chefs the techniques used to make some GREAT tasting food that is healthy for us.

Visit our web site and view photos of us cooking AND



Watering our garden

see some of the recipes we use.



## To Mentor or Not to Mentor

.....is that the question?

I think not! Mentoring is something almost everyone of us has experienced in some way..... a coach that gave you encouragement or a teacher that helped you understand the research project. But the research is out there....access to formal mentoring is not available to all. The playing field is not level or even open to everyone!

Research recently released by Mentoring.org stated: This is the real mentoring gap-our nation's most vulnerable youth have less access to caring adults outside their families, and fewer opportunities to engage with such adults through academic, community, and extracurricular activities.

This past weekend Horizons4Girls took the time to make sure to make that mentoring available to all. Our high school students had a very engaging weekend that was 2 nights and 3 days and I will share more about that in another entry.

Here I want to tell you about my time with our middle school students. I took some of our middle school students to a free community breakfast called Ceil's Meal hosted at First Congregational Church. The mission of this event held on the 5th Saturday of the month is to bring a very diverse group together to enjoy a meal. Ethnicity, economic background, age, religion ~ NONE of that matters as we sit down together at tables of 10 and enjoy some wonderful food. My students enjoyed the food AND the engaging conversation at our table.

Again, the power of this supportive multi-generational interaction is important. Going back to research from Mentoring.org and author Putnam: Putnam showed that, by an uncomfortable margin, affluent youth were far more likely to have informal mentors.

Indeed, with the exception of extended family members (which Putnam characterizes as typically strong but not as helpful in supporting new pathways), youth in the top socioeconomic status (SES) quartile report dramatically more informal mentoring across every category of adult.

From there we went to SpacePort and of course started at Cosmic Bounce and then toured the exhibits at SpacePort and were engaged in conversation with a gentleman that is a glass blower. We were able to watch him making things including glass barometers that the sailors used to forecast the seriousness of upcoming storms on the Great Lakes. We finished our day together at South Pier Ice Cream Shoppe enjoying our ice cream as the cold rainy spring weather blew across South Pier.



Even I learned facts I didn't know. BUT the most powerful moment for me was as I took my students home, one of them commented: "When I get done with all my schooling, I want to be a mentor so I can help other students as part of Horizons4Girls." Horizons4Girls, a mentoring program meeting criteria of Mentor.org works with students throughout Sheboygan County, middle and high school. We mentor, lighting an internal spark that will help our students as they fulfill personal and academic goals. Our students become engaged in planning their future. For more information to make a referral or volunteer, visit [www.horizons4girls.com](http://www.horizons4girls.com) or call 920-254-1584.



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## A Note of Thanks to Some of Our Sponsors

We sometimes forget to take a moment and thank those donors that make possible what we do. Here we just want to say THANK YOU to First Congregational Church for the classroom, closet space and kitchen access for our programming. AND, a BIG thank you to Sheboygan Chrysler, Dodge for the van we use to safely transport our students to and from programming.



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### Stay Connected



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