

Changemaker Kid



A RESOURCE FOR YOUNG VOLUNTEERS IN PIMA COUNTY

PUBLISHED BY STUDENTS AT KHALSA MONTESSORI SCHOOL

WINTER 2018

Handi-dogs, Inc. helps improve lives, foster independence

Kid volunteers can make snuffle mats to aid in training man's best friend

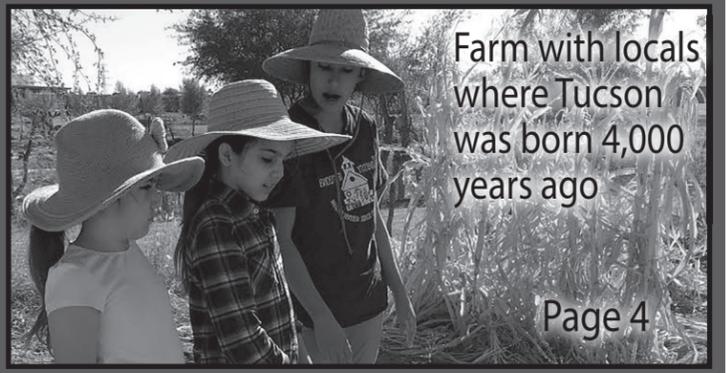
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Be a citizen scientist, contribute to real experiments

Our list will get you started

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Farm with locals where Tucson was born 4,000 years ago

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HELP FEED MOUTHS IN NEED

The Primavera Foundation loves when young volunteers chip in to aid homeless

Prepare lunches, meet new faces

By MIA HUDSON
CHANGEMAKER KID

The Primavera Foundation helps people in Tucson find their way out of poverty through safe housing, jobs and neighborhood improvements, according to Tyler Le Peau, former volunteer coordinator.

People of all ages are welcome to volunteer. People can volunteer by becoming part of a meal team that serves meals at the men's shelter, where 100 men stay every night.

Kids and families can also have fun and help by making sack lunches for the workers at Primavera Works. This is the day-labor program for homeless people.

Before Le Peau worked at Primavera, she volunteered with her kids every month. She said it was enjoyable eating with the men and getting to know their stories.



Kendall and Amalia Matchett, from left, make rootbeer floats for lunch at The Primavera Foundation men's shelter.

Photo by Laura Marble

How to Volunteer

Where: The Primavera Foundation

Requirements: All ages welcome with parent or guardian
More info: e-mail volunteers@primavera.org

Needy Hearts helps patients be kids again

By PRE SIMONSON
CHANGEMAKER KID

A kid rides a drip tricycle down a hospital hallway.

Those special tricycles are provided by Needy Hearts, a nonprofit organization that provides drip tricycles and toys for kids who are fighting cancer.

The drip tricycles are trikes with room for an IV pole and an IV brain (the computer that controls the IV).

"The drip tricycle is a tricycle to get sick children out of bed and let them be kids," said Needy Hearts founder Conda Hatcher.

Hatcher began the nonprofit in September 2016. She is the lone worker, but she said she will likely hire someone part-time in 2018. She is also looking for volunteers of all ages.

She said she started Needy Hearts because her husband, Chris Hatcher, had mouth cancer. Conda, 55, also brings books and gifts, such as teddy bears, for kids who need them, especially close to the holidays.

She also sometimes organizes events to make the kids happy. For example, she recruited motorcycles to drive to Diamond Children's Hospital, and the kids looked out the windows of their rooms, and one even got a ride on the back of a motorcycle.

The drip tricycles are located at Diamond Children's Hospital here as well as in Nogales and in El Paso. Conda's goal is to make Needy Hearts nationwide. Needy Hearts sometimes works with and gets donations from St. Baldrick's



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Gifted musician gives to LGBT youth

By SAM AVERILL
CHANGEMAKER KID

Stefan Vikingur, 14, is fascinated with music and has wanted to make music all his life.

When he was about 12 years old, he wrote a song he was very happy with, he said. That's when he decided to make his own music.

The Tucson High School student put out his first album with a friend. "Beyond the Ocean" is the name of the album.

Stefan loves a lot of different kinds of music, but he really enjoys older music and music that can inspire the people he performs for.

Stefan plays six instruments! And he sings! He plays

piano, guitar, ukulele, drums, bass and violin. He wants to learn how to play cello.

When Stefan is writing music, he wants his songs to be an inspiration to help others get through hard times. He has always hoped that one day his music will bring a smile to someone's face or a tear to someone's eye. He believes in giving back.

Fifty percent of the proceeds from the sales of "Beyond the Ocean" will be donated to the Thornhill Lopez Center on Fourth Avenue. The Center offers resources to young people who identify as lesbian, gay bisexual, transgender or queer.

There are a lot of opportunities to learn music at Tucson High School. Stefan is taking advanced vocal ensemble (or choir) this school year, and next year he hopes to take piano, because that is the instrument he wants to mainly focus on.



Stefan Vikingur Photo by Laura Marble

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Citizens make endangered animals safer

By KIANA TOBIAS
CHANGEMAKER KID

Twenty-three kinds of animals and plants in Pima County are endangered or threatened. Endangered means not many are left and they are about to be extinct. Threatened means they are likely to become endangered.

You can learn about the animals and plants where we live so you know what they need and how to protect them. One way to learn about them is to go to a wildlife area such as the Arizona Sonora Desert Museum and ask questions of the people there. When you visit a place like this and pay to get in, your money helps wildlife.

At home, you can secure your trash can so animals can't get into your garbage. Wild animals are not safe in places where people don't want them. Also, you can put plants in your yard that are native to Pima County, which means they belong here. Then native insects will live there and pollinate the plants.

You can also write to the people who make laws and ask them to take care of the wildlife. You can say we need to protect the places where the animals live and stop polluting the land, air and water. You can ask them to make laws that protect endangered plants and animals.

Lawmakers
Rep. Martha McSally
4400 E. Broadway Blvd.,
Ste. 510
Tucson, AZ 85711
Rep. Raul Grijalva
101 W. Irvington Road, #4
Tucson, AZ 85714
Senator John McCain
407 W. Congress St. #103
Tucson, AZ 85701
Senator Jeff Flake
6840 N. Oracle Road #150
Tucson, AZ 85704

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Declan McGoldrick-Doty and Ricky Yellott harvest calamondins at the Mercado for Iskashitaa. The organization helps refugees while also preventing food waste. Photo by Laura Marble

HARVESTING FEEDS REFUGEES

Iskashitaa workers salvage good fruit, provide yardwork

By DECLAN MCGOLDRICK-DOTY
CHANGEMAKER KID

Iskashitaa saves fruit from being wasted, and it helps refugees. I volunteered at Iskashitaa and harvested calamondins at the Mercado San Agustín.

When we got there, Iskashitaa gave us tools to pick the fruit. My friend Ricky and I took turns climbing ladders, putting the fruit in our hats and putting fruit in the bags provided by Iskashitaa.

After we were finished harvesting, we ate lunch (which was pro-

vided by the Mercado). Ricky and I weighed the fruit, which totaled 53.6 pounds! We then carried the fruit to the van. We then went back to Iskashitaa and saw its compost pile, and we were given free pumpkins.

I also interviewed an Iraqi refugee named Senno. She told me she came from Iraq because there was a war going on. She has been here since 2010.

I also interviewed the program and development manager, Michael J. Rosekrantz. Here is my interview with Michael:

Q: What does your group do to

help the world?

A: Think globally, act locally. In the U.S., there is a lot of food that is wasted. We rescue the food, and we give it to people who need it, like refugees or homeless people.

Q: How can young volunteers like me help out with your work?

A: Younger people can help harvest. We depend a lot on volunteers.

Q: How old do you have to be to volunteer?

A: Any age.

Q: If I volunteer for you, what exactly will I do?

A: You will harvest, like you are

going to do today.

Q: How long have you been doing this job?

A: Since February of this year.

Q: What do you like and dislike about your job?

A: I like that we don't let food go to waste and we help refugees. And I dislike that we don't have enough money.

Q: Where are some places that you harvest?

A: We go to a lot of people's backyards.

How to Volunteer
Where: Iskashitaa Refugee Network
Requirements: All ages welcome
More info: iskashitaa.org

Organization shares your old books with new readers



Mia and Brissa Ruiz, from left, enjoy a story read by Thania Mayorga at a Friday storytime at Make Way for Books. Photo submitted by Make Way for Books

By TAMAL HOLZMAN BARRIER
CHANGEMAKER KID

Some kids don't get books, and that's where Make Way for Books comes in!

Make Way for Books gives books to kids birth to age 5 (and their parents) who otherwise might be unable to get sufficient books. By getting donations of books and money, Make Way for Books helps this important cause. Because everyone should read.

By starting early, children are more likely to learn to read and write when they need to, and they

are better prepared when they enter kindergarten, said Ally Baehr, director of community engagement for Make Way for Books.

Make Way for Books goes to preschools and childcare centers to give away books they've gotten through donations.

"We take new books and gently used books. So even if you have had the book for a long time but it's still in good shape, we can still use it," Baehr said. "What we believe is that if a child doesn't have any books at home, it would be great for them to have any book, right?"

Children can volunteer. If you want to volunteer, then do! When kids volunteer, they might help sort the books at the Make Way for Books offices, or they might donate books that are in good shape. They might start book drives at their schools, churches, or other organizations. A book drive is where you encourage people in your school or organization to give books. You collect new and gently used children's books and then give them to Make Way for Books.

How to Volunteer
Where: Make Way for Books
Requirements: All ages can volunteer
More info: makewayforbooks.org

Tucson nonprofit sends help around world

Group provides relief in disasters, tools for schools

By RICKY YELLOTT
CHANGEMAKER KID

World Care helps people all around the world. World Care is a nonprofit organization based in Tucson. A few months

ago, when there was an earthquake in Mexico, World Care gathered donations from, among others, Khalsa Montessori School, said Office Manager Sam Matz. Donations of cat and dog food and other items given by people at the school were transported to Mexico by World Care, Matz said.

World Care does disaster relief when needed, but it also has other programs. For example, the "tools for schools" program provides low- or no-cost computers to students and job-seeking adults.

World Care started here, helping local families. Now it helps people in lots of places and mostly uses volunteers to do its work. Kids can work in the warehouse if their parents are there.

How to Volunteer
Where: World Care
Requirements: Youth opportunities when you fill out the application form
More info: www.worldcare.org



World Care provided aid in Mexico's September earthquake that caused devastation.

Photo contributed by Anto Fran at Wikimedia Commons

LITTLE ANGELS HEAL CRITTERS

Young people can collect tissue boxes and toilet paper rolls to help animals

By MAIZIE HENDRYCH
CHANGEMAKER KID

The coolest animal that Sarah Baillie has helped in her volunteer work was a bunny who was born blind.

Baillie, 28, is a volunteer who helps animals at Wildlife's Little Angels. She has been a volunteer for the organization for two years.

Wildlife's Little Angels helps injured, sick and abandoned small mammals and birds. It helps the animals by giving them checkups, feeding them and setting them free when they are better.

Kids can help by collecting tubes,

How to Volunteer
Where: Wildlife's Little Angels
Requirements: Can be any age to collect and donate items.
More info: visit wildlifelittleangels.org

newspapers and yogurt containers, as these items are used as shelter for the animals. Contact Wildlife's Little Angels when you are ready to donate the recyclable items.

Kids can also help by reading about animals that live in their neighborhoods so they can identify the species of injured animals they might find.



Photo contributed by Wildlife's Little Angels

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Animal groups welcome help from children

CHANGEMAKER KID

If you love working with animals, you may not need to wait until you are older to start making a difference in the community. Several organizations in Tucson welcome the help of young volunteers.

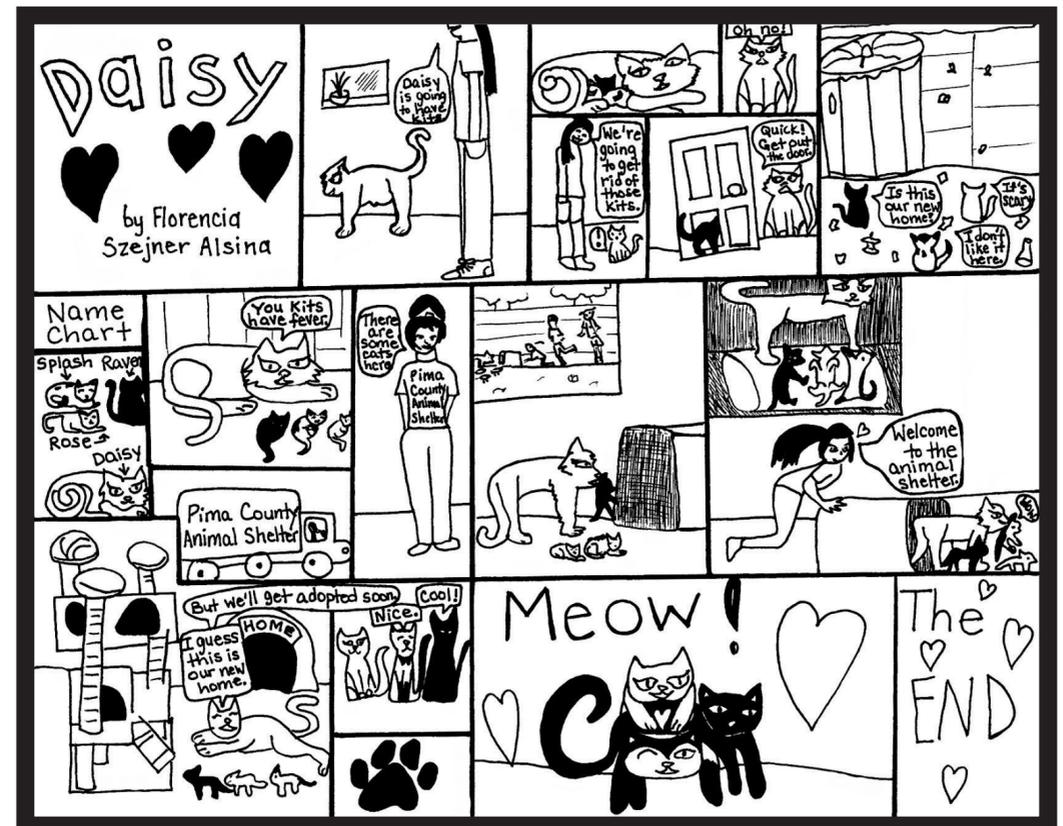
Pima Animal Care Center uses volunteers to walk dogs. The dogs need exercise, and they also need to know how to act in public. Many shelter dogs are nice dogs, but they haven't been trained to be in public. If you are between 11 and 15, you can walk a shelter dog if your parent or guardian is with you. For more information, call (520) 724-5900.

The Humane Society of Southern Arizona also invites kids to be dog walkers. You just need to have an adult with you if you are between 10 and 15 years old. Call (520) 321-3704 or visit www.hssaz.org.

The Hermitage No Kill Cat Shelter uses volunteers as kitty cuddlers. When volunteers give love to the cats, they help to socialize them so they will be happy with humans in their new homes. Kids who are younger than 16 need a parent or guardian with them each time they volunteer. For more information, call (520) 571-7839 or visit www.hermitagecatsshelter.org.

Handi-Dog welcomes donations of homemade snuffle mats, which are rugs that contain treats to help train dogs. The organization also accepts donations of dog bowls and other supplies for its dogs in training. Check out a snuffle mat do-it-yourself video on YouTube.com. For more information, visit handi-dogs.org.

Wildlife's Little Angels welcomes help in collecting cardboard tissue boxes and toilet paper tubes for its cages. The animals use these items for shelter. Call first to see if the organization already has enough. Kids can also help by learning about animals in Pima County. That way, if you see an injured animal and call Wildlife's Little Angels to let them know, you will be able to identify the species of the animal. For more information about donating paper items, visit wildlifelittleangels.org.





Lila and Ellen Schladweiler Photo by Maxwell Gardner

Young duo serves meals, more to homeless men at Primavera

By MAXWELL GARDNER
CHANGEMAKER KID

Lila and Ellen are two young girls who help our community by buying nutritious meals for men at Primavera, a homeless shelter in Tucson.

These two girls help the community in big ways. They volunteer at the Community Food Bank, Primavera and the Humane Society, and they collect donations for Treasures 4 Teachers, the Angel Tree and other charities.

Lila is 9, and her sister Ellen is 12. They started volunteering when Ellen was only 6. They volunteer about 50 to 100 hours a year. That's about an hour a week! They go in the newspaper and cut out coupons and buy food for the homeless.

At Primavera, they make meals from the food they bought and serve it to the homeless men. One time they found a sale and bought 100 new towels for the homeless. Lila and Ellen are learning to shop on a budget and spend the money wisely. By working at Primavera, they are both learning new skills.

When asked what they like best about their work, Lila said she likes that they are helping the community.

Cat, the girls' mom, said Ellen was shy when she first started volunteering. But as she worked there, she got less and less nervous. Now Ellen's favorite part of volunteering is "talking to the other people there."

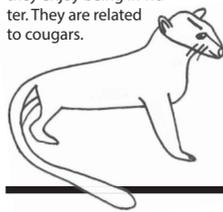
The girls say if you want to volunteer just get started! Find something you like. Maybe you can help in the community too!

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JAGUARUNDI

By JOHNATHAN CADENHEAD
CHANGEMAKER KID

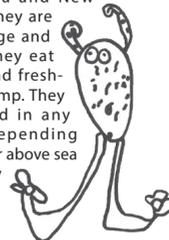
Jaguarundi have a second name. It is "otter cat." They live between Arizona and South America. They are about one foot tall. Like otters, they enjoy being in water. They are related to cougars.



LEOPARD FROG

By JOSEPH VALENCIA
CHANGEMAKER KID

Chiricahua leopard frogs are found in Arizona and New Mexico. They are pretty large and stocky. They eat insects and freshwater shrimp. They can breed in any month depending on how far above sea level they make their homes.



CELOT

By LINDSEY HERNANDEZ
CHANGEMAKER KID

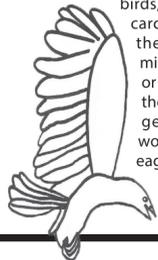
Ocelots are wild cats. They are known for their great beauty. Also, they are known for how well they climb trees. They are rare, but they can be found in the southwestern part of the United States. The small and dark marks on their bodies kind of resemble eyes.



BALD EAGLE

By KIANA TOBIAS
CHANGEMAKER KID

Adult female bald eagles are larger than the males. They eat other birds, fish, reptiles and carcasses. They place their nests within a mile of a creek, a lake or a river, and mostly they nest on cliff edges and in cottonwood trees. The bald eagle population has grown in recent years.



SPOTTED OWL

By ISABELA HERNANDEZ
CHANGEMAKER KID

Mexican spotted owls eat rodents, birds and bats and have night vision. They live in Arizona. Their wings can be up to three feet long.



LONG-NOSED BAT

By ANTONIO VALENCIA
CHANGEMAKER KID

Lesser long-nosed bats are small bats. They like to eat fruit and drink nectar. They have no visible tails, but they do have vertebrae. They are smaller than greater long-nosed bats. However, they have larger wings. They can live up to eight years in the wild. They are found in Pima County. They feed on cactus flowers at night.



GRAY WOLF

By MCKENZIE KNIGHT
CHANGEMAKER KID

Mexican gray wolves are gray with some black and brown fur. People call them "el lobo." They like to eat mammals, such as javalina.



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Mimi and Djace Lizalde study a cotton plant during a day of volunteering at Mission Garden, which is sometimes referred to as the birthplace of Tucson.

Photo contributed by Carolyn Lizalde

BIG HISTORY LESSON SPROUTS AT GARDEN

Volunteer experiences irrigation canal building, cotton harvest

By DJACE LIZALDE
CHANGEMAKER KID

Mission Garden is the birthplace of Tucson. It was founded at least 4,000 years ago as a small farming settlement. The land the garden is built on was once a fertile flood plain.

"The whole area was once swampland but dried up due to over-drafting (using too much water)," said Dena Cowan, who runs

educational outreach activities for the organization.

Cowan met me and my family at Mission Garden in November. In less than one day, I learned how to make irrigation canals out of reclaimed water, how to harvest cotton (which was going to be spun by a local weaver) and how to gather grass seeds. The garden also

had several white chickens.

I enjoyed my morning at Mission Garden. My favorite activity at the garden was watching how to make an irrigation system. My least favorite activity was harvesting grass seeds.

If you enjoy gardening and learning about Tucson's history, then Mission Garden is a great place to volunteer.

Help farm a 4,000-year-old garden

By MIMI LIZALDE
CHANGEMAKER KID

Mission Garden was established over 4,000 years ago.

It is known as Tucson's birthplace and is just west of downtown, near the base of A Mountain. It contains orchards and vegetable gardens.

The goal of Mission Garden is to preserve the cultural and agricul-

The goal of Mission Garden is to preserve the cultural and agricultural history of the land.

tural history of the land and also to enhance the environment and preserve seeds, stories and traditions so people in the future can draw on that knowledge.

Mission Garden needs volunteers

of any age to help harvest cotton, make irrigation ditches, pull weeds, plant native species and prune existing plants. For example, depending on the season, volunteers may be asked to collect wild grass seed or harvest cotton.

How to Volunteer
Where: Mission Garden
Requirements: Any age
More info: tucsonbirthplace.org



Darcey picks up some reading glasses to bring them to her owner. The dog has been trained by Handi-Dogs to perform simple, useful tasks.

Photo by Laura Marble

HANDI-DOGS HELP OUT WITH CHORES

CHANGEMAKER KID

Nash and Susan Lopez went to "look" at a litter of puppies in 2010. But their future service dog, Darcey, found them. The fluffy pup would not let them depart.

"As I was closing the gate behind me, Darcey was right there, as if to say, 'You're not going without me,'" Nash told "The Tucson Dog" magazine. So the Lopezes adopted Darcey and her brother, Dexter.

Nash and Susan discovered the siblings had different personalities. It was clear from the beginning that Darcey loved to work and to learn, according to "The Tucson Dog."

Darcey amazed them with her empathy and intelligence, the magazine wrote.

Nash, a Vietnam War veteran with PTSD, experienced frequent nightmares. Darcey instinctively knew what to do.

"One day, I was feeling a lot of anxiety. I decided to take a nap, so I crawled into bed," Nash told the magazine. "The next thing I know, Darcey was lying across my chest. She knew something was wrong."

The couple decided to train Darcey as Nash's service dog. They worked with Handi-Dogs Inc., a nonprofit that helps seniors and people with disabilities train their own dogs to be their service, therapy or well-mannered companions. It usually takes a year to 18 months to become certified. But since Darcey already had strong obedience skills, she finished in six months, "The Tucson Dog" wrote.

How to Help
Where: Handi-Dogs, Inc.
To volunteer: Kid volunteers can make and donate snuffle mats to the organization. Snuffle mats are rugs that contain treats to help train dogs. Check out a snuffle mat do-it-yourself video on youtube.com. More info: handi-dogs.org

Handi-Dogs is one of the country's first assistance dog training programs and can be found on Tucson's east side. It helps people with disabilities to train dogs to provide specialized assistance for their needs. They learn how to do simple tasks such as picking up glasses and television remotes.

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Margaux Kenney Photo by Laura Marble

'Teen protects pets using technology

By ROEY EFRAT
CHANGEMAKER KID

Margaux Kenney is a student at Khalsa Montessori School.

Margaux, 13, has almost finished setting up a database to track animal abusers. She volunteered the first time at age 11, when she helped at the Hermitage Cat Shelter.

The past two years, she has helped animals so they live better lives in Arizona.

Margaux has advice for any kid who wants to bring change.

"Don't let anyone tell you different ... if you want to do something badly," she said. "But you gotta give it your best. I know it's going to be hard and you're going to get out of your comfort zone, but when you know that you're helping, it's the greatest feeling in the world."

Margaux has rescued two stray cats and saved two dogs' lives. She has also given money to the cat shelter. Now she is working on her animal abusers tracking website to help reduce the amount of animal abuse and neglect.



Benjamin Steller Photo by Laura Marble

At age 14, a practiced volunteer

By HUDSON GORDON
CHANGEMAKER KID

Benjamin Steller is a 14-year-old at University High School. He volunteers mostly at the Primavera Foundation men's shelter.

Benjamin has also volunteered at Tucson Village Farm and Youth on their Own.

When he was 9, his parents made him volunteer at the Primavera homeless shelter. He really liked the looks on the faces of the people he worked with and how it made him feel good. He has continued to help in other ways, whether it's helping with trash pickup at school or helping kids have a voice in local politics.

Benjamin says he volunteers because he feels helping creates a feeling of mutual happiness. His advice for young kids who want to help the world is to "be yourself, put yourself out there and start talking to people, because you never know what kinds of connections you will make."

Little angels

Continued from Page 3

Baillie says it's important that wildlife is kept safe from what humans cause. Baillie coordinates volunteer schedules at Wildlife's Little Angels. The volunteers work in shifts of two hours. Baillie says the most fun thing about volunteering is that she gets to help wildlife.

Needy hearts

Continued from Page 1

Foundation. But you can donate, too. Only new toys are needed.

The heart is Needy Hearts' symbol because the children are needy hearts, Conda said.

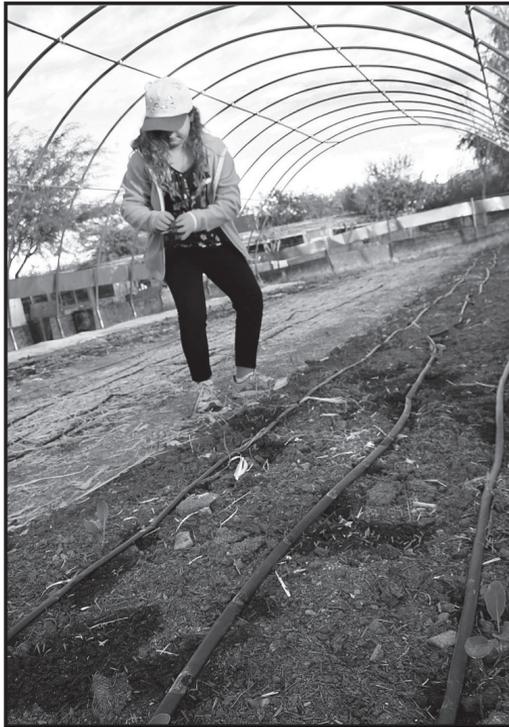
Making children happy may be her favorite part of her job, she said. And maybe as a young volunteer, you can help her too.

How to Volunteer
Where: Needy Hearts
Requirements: Under age 18, must have a parent or guardian present
More info: info@needy-hearts.org, or visit needy-hearts.org



Darcey pulls clean clothes out of the washing machine for her owner, who has a hard time bending down.

Photo by Laura Marble



Mireya Hernandez examines a weed at Felicia's Farm. Photo by Laura Marble

FELICIA'S FARM FEEDS THE POOR

By MIREYA HERNANDEZ
CHANGEMAKER KID

How to Volunteer
Where: Felicia's Farm
Requirements: Any age
More info: feliciasfarm.org

Felicia's Farm is a farm in Tucson that helps to feed those in need. I volunteered at Felicia's Farm, and I liked how they help people in need. I also volunteered there because I like to garden.

Mostly supported by volunteers, the farm donates to a soup kitchen. It helps homeless people who are hungry. A lot of homeless people come to the soup kitchen who do not have access to good, fresh food.

The farm is behind a house where someone lives. Try not to disturb them when you go to volunteer. Just sign in at the back of the house in the shed. When you walk to the back of the farm, you see a big splash of colorful and vibrant flowers, two horses, goats and some dogs.

You might think the volunteers help the world just by growing

the food, but the volunteers help by doing lots of other things. For example, they help keep the farm in good condition. They pull the weeds, and this is one of the most important things you can do at the farm because everyone wants to go straight to gardening, but they forget that pulling weeds keeps the farm in good shape.

The farm changes every day. There is composting, planting, cleaning up chicken poop and cleaning the goat pen.

People can volunteer for a few hours. Many Boy Scouts and Girls Scouts do projects there. They have bake sales and accept sawdust donations.

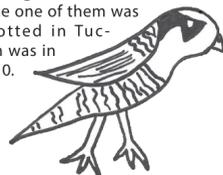
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FALCON

By STERLING SMITH
CHANGEMAKER KID

Aplomado falcons are rapid flyers. They live in desert grasslands. They eat bugs and small birds. The last time one of them was spotted in Tucson was in 1910.



CUCKOO

By CRISTIAN HAINES
CHANGEMAKER KID

Yellow-billed cuckoos live in Southern Arizona and in Northern Mexico. They eat large insects. They stay quiet in the winter when it is cold. They can be eaten by snakes and chipmunks. A way they protect their nests from predators is by chasing them away.



Project weeds out fire hazard

By KALID VERA
CHANGEMAKER KID

Buffelgrass is a type of grass that was brought to America from Africa in the 1930s. This grass is very thick and clumpy. Because it is thick and clumpy, it overpowers our native plants, using more water, nutrients and sunlight.

Buffelgrass is bad for our environment because it causes great danger in our desert due to high fire threat.

"Buffelgrass is a wildfire waiting to happen," is a popular saying here in Southern Arizona.

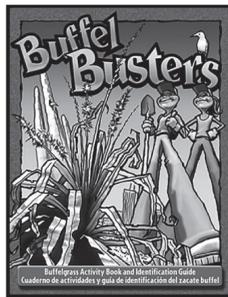
We can help our Sonoran Desert by removing it. We can do this

How to Volunteer
What: Buffelgrass removal
More info: tucsoncleanandbeautiful.org, desertmuseum.org

with our hands or an herbicide. Tucson Clean and Beautiful and the Arizona-Sonoran Desert Museum websites are two places where you can learn more about buffelgrass and how to deal with it. They also have volunteer opportunities for doing something about removing it.

Since pulling buffelgrass requires lots of strength, usually teenagers and adults are the ones pulling it out. Kids can learn about buffelgrass so they can teach

others about its dangers. Tucsoncleanandbeautiful.org has an activity book for kids. Download one to learn more while having fun with the games.



Sky group protects starry nights

By AMAR VERA
CHANGEMAKER KID

The International Dark Sky Association combats light pollution. The association protects the night sky for future generations and promotes responsible outdoor lighting that does not affect our environment in a bad way.

Kids of all ages can help the night sky by volunteering. With your parents' permission, you can participate in a monthly chat session and learn what challenges the night sky faces. Then, you can do citizen science. Using a cell phone, you can record night sky brightness and share your data.

When there is too much artificial light on Earth, it does not allow us to see the stars. If we don't take care of this now, future generations may never know what a starry night looks like. The night sky has inspired science, art, religions and many other important aspects of human history.

We talked with Audrey Fischer, an astronomy activist who helped pass a resolution endorsing the reduction of light pollution.

"A starry night gives people a reason to look up and to realize that others from around the globe share the same sky and have the same smiles, worries and dreams," she said.

This made a lot of sense to me because my mom moved from New York City to Arizona, in part because she had never seen a shooting star. I can see how important it is for people to be able to look up and see stars.

We all can do something to help the night sky so everyone (including my mom) can always look up and witness its beauty.

Kids of all ages are welcome to help the night sky by volunteering. With your parents' permission, you can volunteer in a monthly chat session online beginning in January. You can learn what challenges the night sky faces and be inspired to help ensure that starlight is accessible to all.

Be a Citizen Scientist, Protect Starry Nights in our Desertland

How to Volunteer
Where: International Dark Sky Association
Requirements: Kids of all ages are welcome to volunteer with permission from their parents.
More info: www.darksky.org and myskyatnight.com



Citizen science betters the world

CHANGEMAKER KID

If you want to be a scientist, you don't need to wait until you have gone to college. Researchers need your help to collect data for scientific work they are doing right now in Pima County. Many projects need help, so you may find one that interests you.

The Arizona-Sonora Desert Museum wants to know the spots in our area where the most pollinators hang out. Chances are good that it will be places that get lots of water. Citizen scientists count cactus seeds in certain places to see if plants are getting heavy pollination. If you would like to find out how to help, visit desertmuseum.org/center/hotspots.

The Tucson Audubon Society keeps track of Tucson's bird species. You can help the organization by learning how to identify the birds in Tucson and then counting them along a certain route. For more information about that project, visit tucsonbirds.org.

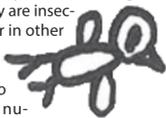
The Sky Alliance also has projects that need the help of citizen scientists of any age. For a listing of those projects, visit skyslandalliance.org and check out the volunteer page.

Also, you can measure light pollution at night for the International Dark Sky Association. That way, the association knows how dark it is around the globe. For more information, see the sky group story on this page and visit www.darksky.org.

FLYCATCHER

By JOANNA MARTIN
CHANGEMAKER KID

Southwestern willow flycatchers are best known for their voice, which is between a song and a sneeze. They hatch knowing their song. They are insectivores; or in other words, they eat insects to get their nutrients.



PYGMY OWL

By MAKAILA LABISTRE
CHANGEMAKER KID

Cactus ferrugineous pygmy owls eat rodents, scorpions, small birds and caterpillars. The females lay eggs in a cavity of a tree or a giant cactus high above the ground.



JAGUAR

By ILA MORINO
CHANGEMAKER KID

Jaguars live for 12 to 15 years in forests, deserts and mountains. They are being killed for their fur. They are also losing their habitats quickly.



Florencia Szejner Alsina paints kindness coins at the Ben's Bells office on University Boulevard. The coins will be given to people who demonstrate kindness. Photo by Laura Marble

Ben's Bells teach kindness, service

YOUTHFUL ARTISTS DECORATE COINS, SPREAD GOOD WILL THROUGH TUCSON

By FLORENCIA SZEJNER ALSINA
CHANGEMAKER KID

When I went to Ben's Bells, I painted kindness coins. Kindness coins are little clay flowers. After you paint them, Ben's Bells glazes them.

You give a kindness coin to anyone you witness being kind. You make them in studios. There are two studios in Tucson. After you have painted lots of kindness coins, you get to graduate up to making

a Ben's Bell. These bells are not for sale. They are placed throughout the city — maybe in a park or in front of a fire station — for people to find and take home.

Bells come with a special tag that talks about kindness.

Ben was a boy who died when he was almost 3. His family was really sad. The community pitched in and helped them feel better. So Ben's mother, Jeannette Mare, and the community started Ben's Bells to honor Ben's life.

Ben's Bells has expanded to four sites, including Tucson, Phoenix and Connecticut. The studio collaborates with hundreds of local organizations and recruits more than

25,000 volunteers annually. Amy Collinsworth is the marketing and communications manager at Ben's Bells. She makes flyers and logos. She has two dogs, a Chihuahua named Miss Jane Marple and a terrier named Ned Nickerson. She also has three cats: Spurlock, Frida and Bernice. Her chickens are Wava, Rowena and Gertrude. They live in her backyard.

The mission of Ben's Bells is to inspire, educate and motivate people to realize the impact of intentional kindness and to empower individuals to act according to that awareness, thereby strengthening

people, their relationships and their communities, according to information at bensbells.org. That means that Ben's Bells works hard to help people in their communities work to build a culture of kindness. They do this in many ways, mostly through educating people. Through their "kind campus" curriculum that schools use, and through their art studio spaces, they teach people about kindness as a skill. They also teach students ways to inspire more kindness in their lives.

How to Volunteer
Where: Ben's Bells
Requirements: All ages can volunteer
More info: bensbells.org



The Ben's Bells gift shop on University Boulevard sells mugs and other items intended to promote caring in the Tucson community. Photo by Laura Marble

Small beads bring hope, courage

By KEITA CHANA
CHANGEMAKER KID

Beads of Courage is a program that helps sick children. If something is wrong with your heart, or if you have cancer or a really bad burn, you will have to go to the hospital lots of times. When you go, you get a bead. The beads are different colors, and each color means something, like red for a blood transfusion. The beads help you tell your story.

"Every bead tells a story of courage, honor and hope," said Community Outreach Director Deb Gaustad.

Beads of Courage started when a nurse saw some sick children. They had to go to the hospital a bunch of times, and they were scared when they went. The beads made them less scared.

You can volunteer at Beads of Courage. One way is through the Carry a Bead program.

You can buy two beads, and you and your parents can go on an adventure.

You carry the beads around with you when you go on your trip. When you come back, you tell a sick child about your adventure. You give one bead to the sick child and keep one for yourself so you can remember that child.

If you are 12 or older, you can go to the Beads of Courage office and put little cards and beads in bags people sewed with love for sick children.

How to Volunteer
Where: Beads of Courage
Requirements: Age 12 or older
More info: 520-344-7668 or deb@beadsofcourage.org

Handi-dogs

Continued from Page 5

These dogs have public access rights, says the Handi-dogs website.

Therapy dogs love to interact with people and visit those in hospitals, schools and nursing homes.

Handi-dogs also helps older adults and people with disabilities train their pets.

Darcey's skills aid the Lopez family every day.

Here's what she can do, according to the magazine: Diabetic alert (she "muzzle bumps" Nash to alert him to low blood sugar), depression for anxiety, bring small items, pick up Nash's cane and bring it to him, press Nash's Life Alert button when needed, open handicapped entrances to public buildings by pressing the button and get clothes out of the dryer.

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Photo by Ginger Doran

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Stefan

Continued from Page 1

Stefan likes to perform anywhere. Sometimes in public, or sometimes in a private space.

He said the feeling to him of helping others or doing volunteer work is such a great feeling! When he knows people are benefiting from his work, he feels really accomplished!

Stefan has some advice for any young person who would like to be a changemaker and make the world a better place. If you ever had any doubt about wanting to help people, he said, you should do it anyway.

"Go for it," he said. "It is so worth it, even if it's not that much or very often. It will make you feel SO good about yourself!"

Felicia's Farm

Continued from Page 6

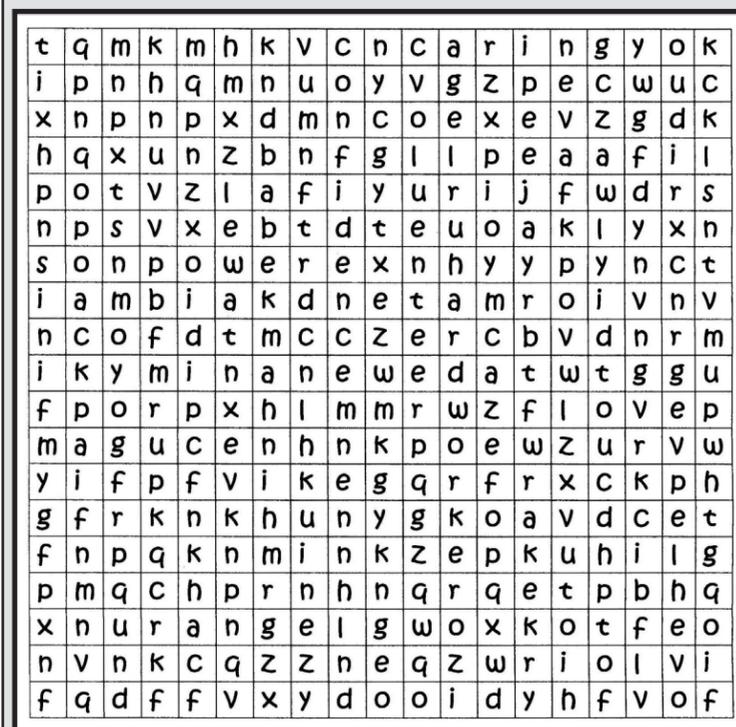
There's no age limit to volunteering. Younger children must come with a parent the first time. More independent children can come on their own the second time.

Sofia Forier-Montes, the manager I interviewed, said she loves work.

"I love it," she said. "It's a lot of fun. I love farming. Helping people eat good food helps my soul feel good. It's such a good cause that it's nice to be a part of it."

Sofia went to school to be a farmer. She doesn't like that it gets so hot in the summer. The farm grows various kinds of vegetables that can survive in the heat.

When I left, I felt excitement knowing that I helped someone who needed food.



Word Find

caring
 volunteer
 power
 angel
 confidence
 hard worker
 love

BY MAIZIE HENDRYCH
 AND MIREYA HERNANDEZ
 CHANGEMAKER KID