

MAY 2023

goodyearaz.gov/InFocus

InFocus



Students Take Over InFocus

Youth Commission
Edition



WE ARE GOODYEAR!

by Natalia Piatek

St. John Paul II Catholic High School, 10th grade

The Goodyear Youth Commission has taken over this month's edition of *InFocus*! We heard of a youth commission outside of Arizona who did something similar. They wrote a couple of articles for their city's community newsletter, and we thought that was a fun idea. When we proposed the idea to do this with *InFocus*, the Digital Communications Department said yes!

Over the past few months, we've been working on articles related to topics that are of interest to us. We did the research, conducted the interviews and took the photos. It's been a great experience, and we're excited to share this extra special edition of the magazine with you.

You might be wondering, what is the Goodyear Youth Commission? It's a wonderful leadership program offered by the city of Goodyear that gives high school students in Goodyear, like me, the opportunity to learn more about local government, serve other people through volunteering and become more involved in the community as a team.

We meet once a month, and city staff shares information about different things happening in the city, like updating the General Plan, which I learned will guide future development in the city. We do a lot outside of the meetings, too.

Commissioners have represented Goodyear at the League of Arizona Cities & Towns parade, volunteered at Make a Difference Day and dressed up to hand out candy during the Fall Festival.

All of us commissioners are eager to build our leadership skills by learning from role models. We're motivated to become good citizens that others will want to follow. It is such a special thing to be part of. I believe it is important for youth to help their community and be involved in it, and the commission gives so many high school students that opportunity. You'll learn more about the youth commission in this issue of *InFocus*, including how you can join us!



NATALIA PIATEK



2022-23 Youth Commission Members: (from left) Christian Garcia, Lucy Castro, Amaani Singh, Alan Torres Arroyo, Lucas Hamblin, Lex Landefeld, Emily Shanafelt, Paloma Sanchez, Michaela Grumbling, Alanah Doyle, Mia Doyle, Robert Garcia, Mackenzie McEldowney, Kaleigh Guajardo, Krislyn Lyons, Azyus Byrd

CITY OF GOODYEAR
YOUTH
COMMISSION

Serving Our Community
 Through Civic Engagement and
 Volunteerism



Visiting Washington, D.C. for the National League of Cities Congressional Cities Conference.



Handing out candy and scaring a few kids at the Goodyear Fall Festival.



Representing Goodyear at the League of Arizona Cities and Towns Annual Conference Parade of Flags with Councilmember Sheri Lauritano.

Follow the Goodyear Youth Commission on Instagram!



Learning about the Goodyear General Plan update and providing input.



End of a great night volunteering at Hop & Hops.

What We L♥VE About Being on the Youth Commission



I love the Goodyear Youth Commission because it gives teenagers a unique opportunity to learn and help the community. It has helped me become a better leader, and it has taught me the importance of knowing the environment you are in.

—Alan Torres Arroyo, Trivium Preparatory Academy, 11th grade



The best thing about the youth commission is all of the volunteer work we do.

—Emily McGee, Odyssey Institute, 10th grade



The Goodyear Youth Commission is an amazing opportunity for youth to get involved in their community. I have been on the commission for three years now and have learned so much about my city that I would not have known before.

—Paloma Sanchez, Canyon View High School, 11th grade

YOUTH COMMISSION APPLICATIONS OPEN!

by Robert Garcia

Millennium High School & West-MEC, 12th grade

**READY TO JOIN US
ON THE YOUTH COMMISSION?
IT'S ONE OF THE BEST WAYS
TO GET INVOLVED AND
MAKE A DIFFERENCE!**

Who should apply?

High school students who live in Goodyear and want to provide input and learn about our city and create/develop skills to help them in their future careers.

Why should you apply?

Being a Goodyear commissioner is awesome! You meet other students who have a similar mindset, and most of the time you will be discussing projects around the city of Goodyear. One of the best projects that we did this year was for the election. We created voting posters that we put up around the city and on social media to remind people to vote. We also go to council events and ceremonies to watch and understand how the government system works.



ROBERT GARCIA



The best part about being on the Goodyear Youth Commission is learning about our incredible community and what it is to be a leader for others.

—Natalie Piatek, St. John Paul II Catholic High School, 10th grade



My favorite part of the commission is the people. Whether it's learning from speakers across the community or meeting new peers, the time spent on the commission is nothing but enjoyable and a worthwhile experience.

—Marissa Kutt, Millennium High School, 11th grade



The best part about being on the youth commission are the many experiences I have collaborating with fellow commissioners and aiding in city events. A prime example was my participation in the 2022 Fall Festival. We dressed up, created a Halloween-themed booth and passed out candy.

—Azyus Byrd, Millennium High School, 11th grade

HOW DO YOU APPLY?

Apply on the city of Goodyear website at goodyearaz.gov/boardsrecruit.
Deadline to apply is Wednesday, May 31.

What happens after you apply?

After you apply, you'll receive a notification to schedule an interview. You'll meet with members of the city council to talk about your interest in being on the youth commission and what you hope to learn. It sounds scary, but they are very nice and it's a casual conversation. Soon after the interview, you'll get an email to let you know whether you've been selected to be on the commission. When I found out I was going to be on the commission, I was so excited. Every year, you have to reapply. Give it a shot!



Commissioners gathered for a quick photo while volunteering at the Goodyear City Council Induction Ceremony earlier this year.

MENTAL HE

BREAKING THE STIGMA

by Amaani Singh

Trivium Preparatory Academy, 12th grade

May is Mental Health Awareness month; therefore, the Goodyear Youth Commission deemed it fitting to write about mental health in this month's InFocus.

According to the Centers for Disease Control (CDC), more than 50% of Americans will be diagnosed with a mental health illness or disorder at some point in their lifetime. Additionally, mental health is the one of the leading causes of death amongst young adults. Mental health entails our emotional, psychological and social well-being, and it is indicative of how we feel and act. Yet, many lack the resources they need, due to the societal stigma that has been placed upon it. Many are told to mask their sentiments and to adopt a brave face, while inner turmoil ensues. This does not need to be the reality today. If so many experience this insidious disease, then why have we not put the stigma surrounding it to rest?

Fortunately, in the city of Goodyear, residents have access to an abundance of resources to combat mental health illness. For example, the city of Goodyear launched a program in 2022 designed specifically to help those in the wake of a crisis: The Community Response Team. Additionally, the Goodyear Fire and Police Departments provide mental health support to residents by directing them to the appropriate care in times of need.

Even the city's toughest need help in order to take care of their mental well-being. The Goodyear Fire Department uses "resilience training," led by Dr. Tania Glenn. Dr. Glenn specializes in a therapy technique called eye movement desensitization and reprocessing (EMDR) – an effective way for the brain to process trauma and mental health illness.

Not all cases of mental health illness require treatment like EMDR; many first responders attend peer counseling, too.



AMAANI SINGH

DR. TANIA GLENN

Me with Dr. Tania Glenn after my interview with her. She works with our first responders to help them confront and work through mental health concerns.

Dr. Glenn says in the event that you are shouldering more than you can bear alone, you should talk to a trusted individual. For teenagers, that might be a parent, a teacher or a guidance counselor. "Don't be afraid to seek help; we all need it from time to time," said Dr. Glenn.

When someone has a broken bone, they see an orthopedic doctor. When an individual has respiratory issues, they consult a pulmonologist. And so, if an individual needs mental health support, they should see a psychiatrist or mental health provider. Asking for help does not make you weak, it makes you stronger. So, let us all work to dismantle the stigma surrounding mental health. Let's champion strength through support!

Dr. Glenn recommends these five things to help improve your mental health:

- ☐ Exercise (nature's antidepressant) regularly and habitually.
- ☐ Stay connected with community - friends, family, community service, volunteering, sports, etc.
- ☐ Acknowledge the toxicity of social media.
- ☐ Get adequate rest.
- ☐ When necessary, seek professional help.

ALTH TODAY

SOCIAL MEDIA HEALTH IMPACTS

by Lucy Castro
Desert Edge High School, 11th grade

I chose to write about the impact social media has on teenagers and how school resource officers are helping to increase awareness on this topic.

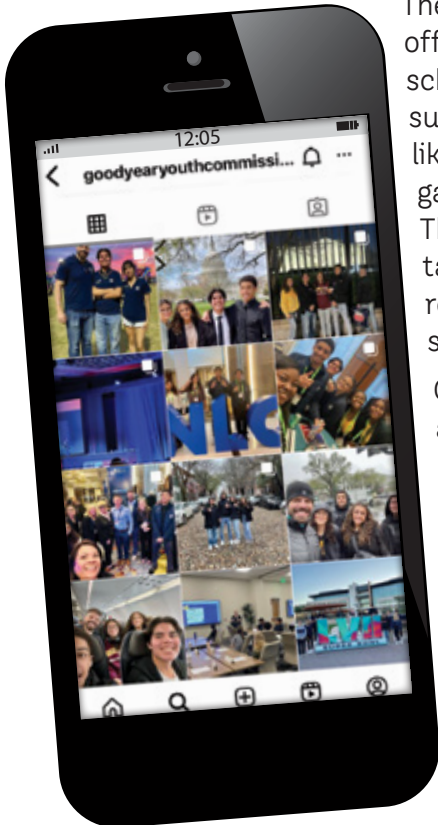
Social media is a great way to stay informed about what is going on in our community. Communities can post about events, celebrations or needs in their neighborhood, and social media is also a great way for people to stay connected. However, there are some negative impacts to using social media. Some of these include an increased risk of depression and anxiety and even self-harm and suicidal thoughts.

Some schools, like mine – Desert Edge High School, have resource officers who work at the school. People should know what these officers do for the community.

They are Goodyear police officers who keep our schools safe and help support school events like dances, football games and graduation. These officers also take the time to build relationships with students.

Officer Duane King is a resource officer at my school. When I spoke with him, he said his number one goal is to help maintain a safe environment.

“If there is a safe environment, students are more likely to learn,” said



OFFICER KING

LUCY CASTRO

Here I am with Goodyear Police Officer Duane King at my school.

Officer King. When I asked him about the challenges with social media, he said, “The problem with social media now is that kids can get access to a lot of things through social media. Some of these things might be good but not others.”

I can relate to that. I have used social media to get help with homework and to connect with friends and family. I also know of people bullying others on it. Officer King said he’s seen bullying increase with the popularity of social media.

It is easy to spend all your time on social media and not focus on your health.

Here are tips from the Goodyear Police Department to stay safe on social media and to reduce the impacts it can have on your mental health:

- ☐ **Limit time on social media.**
- ☐ **Never add strangers to your contact lists or friends list, even if they appear to be a friend of a friend. If you do not personally know them, do not add them!**
- ☐ **Report anything that makes you feel uncomfortable or is hurtful to you or someone else to a trusted adult.**

MAKING A D

NEVER TOO YOUNG TO VOLUNTEER

by Paloma Sanchez
Canyon View High School, 11th grade



I had a great time visiting with Angela Tolliver (left) and Evelyn Howell (middle) from the Goodyear Human Resources Department. They are the volunteer experts!

I have been an active volunteer in my community for as long as I can remember. From joining service clubs in middle school to being a member in the Goodyear Youth Commission, volunteering has brought me so many unique experiences. I wanted to write this article for the youth in Goodyear to show how amazing it is to be involved in the world. There are so many opportunities I have been able to have just by putting myself out there.

Goodyear has quickly grown into a beautiful, thriving city. Without the help from the community, things would run quite differently. The actions of the younger population in this city can make a huge impact on the community in so many ways. Volunteering is one way you can contribute, at any age, to make a difference.

Get Involved!

One way I have been able to become a volunteer is through school. Schools have tons of clubs that focus on community service and helping others. This is such an easy way to get more involved at school and



Getting in on the Super Bowl excitement at Goodyear Civic Square.



Dressed up and having fun at the Goodyear Fall Festival. This is a youth commission favorite!



Job well done, grabbing a picture after a morning of hard work volunteering for Make A Difference Day.

DIFFERENCE

with your peers. The city of Goodyear also provides opportunities for people, including youth, to help the community. Make a Difference Day is one example. Although this event only happens once a year, it is a great opportunity for different groups all around the city to come together and work on projects to benefit the community.

Benefits of Youth Volunteering

Volunteering can help you gain important skills needed throughout your life. I was able to speak with two women in charge of the city's volunteer program, Angela Tolliver and Evelyn Howell, to get their opinion on youth volunteering. Evelyn explained to me how volunteering can teach young adults to "build and develop relationships." She said volunteering is an opportunity to get out of your comfort zone and meet people of all ages. Angela added, "Volunteering is especially useful for those who are nervous or not used to communicating with others."

Here are some tips and benefits of volunteering, especially for teens:

- ☐ Gain a sense of self awareness, which is amazing to understand when you are younger.
- ☐ Collaboration and problem-solving skills. These skills can be vital in classroom, work and social environments.
- ☐ Youth are also more likely to make real change themselves when they start experiencing real change happening while volunteering.
- ☐ Build good habits to grow into leaders and changemakers.
- ☐ Focusing on others benefits the community and you!

If you are interested in volunteering, get out there! Make the change in your life and the lives of others, you won't regret it.



Talking to teens from across the state at the League of Arizona Cities and Towns Annual Conference about Goodyear and what the commission does to make a difference in the community.



Distributing candy, kazoos and glowing bunny ears at Hop & Hops.



Sorting food for All Faith Food Bank during Make A Difference Day.

PLAYING IT SAFE

LIFE AS A LIFEGUARD

by Mia Doyle

Trivium Preparatory Academy, 12th grade

I am currently a lifeguard and assistant manager at the Goodyear Recreation Center. I was hired in May of 2021, and I have sincerely enjoyed all of my time there. Being a lifeguard has allowed me to be a part of a huge team all working towards one common goal, which is ensuring a safe and fun environment for everyone visiting the rec center. We have weekly in-services that promote team building and allow us to train and improve our skills. During my two years working as a lifeguard, I was also an assistant coach for the city's summer recreational swim team, which was an amazing experience and allowed me to be a leader and a teacher to young swimmers. Being a guard and coach has also allowed me to make many friends and opened up many opportunities that I would not have had.

Here are important water safety tips from the Goodyear Aquatic Team:

Adult Supervision

Designate a water watcher when children are near or in any kind of body of water. Children should always ask for permission before entering the water.

Barriers

There should be a locked gate of at least four feet around pools and no furniture around the gate to prevent children from climbing over it.

Classes & Coast Guard Approved

In order to make sure children and adults stay safe, swim lessons should be taken and are available through the city of Goodyear! If you need to use a life jacket, only use ones that are Coast Guard approved.

Drains

Things such as hair and clothes are easily caught in drains. All drains in pools should have a Virginia Graeme Baker drain cover.



Here I am (in the front) with Nick Morgan, recreation programmer, and Megan Johnson, recreation aquatics coordinator. They work with the lifeguards on everything from training to scheduling.



As a lifeguard, you always have to be alert. It's important to patrol the entire pool area.



Fourth of July at the Goodyear Aquatic Center is a busy day. Here we are getting ready for the crowds with our excellence in guarding, instructing and coaching awards! I'm on the far right pictured with Azurei Barrera (left) and Kai Nabor (middle).

AROUND WATER



INTERESTED IN BECOMING A LIFEGUARD?

Being a lifeguard is a great first job for anyone. It teaches you how to respond to emergencies quickly and calmly, how to interact with managers and co-workers and how to have fun but also get work accomplished. This position also teaches you things like organization, teamwork and time management, while having the freedom to work with your friends and build new friendships. Overall, it is an amazing opportunity that all teens should look into! If you are interested in becoming a lifeguard, you can apply at goodyearaz.gov/aquatics.



Always watch kids, teens, adults and pets around water.

Let's face it, everyone should be watched around water.

Drowning is 100 percent preventable.

BEATING THE

STAY COOL IN THE POOL

by Mackenzie McEldowney
Canyon View High School, 9th grade

Even though the water from the pools and splash pad is cool and refreshing, it won't keep you hydrated or protect you from the sun.

Be sure to drink plenty of fresh water and protect your skin with sunscreen!



MACKENZIE MCELLOWNEY

As summer approaches, it is the perfect time to get out of the house and make a splash in Goodyear! When school is out, it's fun to discover new spots to "beat the heat." The Aquatic Center at the Goodyear Recreation Campus,

the splash pad at the Goodyear Community Park and the Loma Linda Pool are three wonderful places Goodyear offers to cool off.



It was fun visiting the different "cool" spots in Goodyear for this article. Here I am by the splash pad at the Goodyear Community Park.

GRC's Aquatic Center

The Aquatic Center at the Goodyear Recreation Campus has a kiddie pool (with a play structure), lazy river, water slides, lap pool, diving boards and a leisure pool, as well as a plethora of lounge chairs, shaded by large canopies. It is a great summer hangout for all ages!

Cost: Entry with GRC Pass (Day pass: \$3 - \$5)

Address: 420 Estrella Pkwy.

Community Splash Pad

If you are looking for a low-cost, quick and easy way to "beat the heat," the splash pad at the Goodyear Community Park could be the place for you! The splash pad has many fun water features, all to enjoy for free! That's why you are likely to find many people, of all ages, splashing about throughout the day.

Cost: None!

Address: 3151 N. Litchfield Rd.

Loma Linda Pool

The Loma Linda Pool offers a variety of ways to stay cool, including swim lessons! Open swim is free throughout the summer. It is a wonderful place to hang out with friends and get a break from the heat!

Cost: None!

Address: 430 E. Loma Linda Blvd.

SUMMER HEAT

STAYING SAFE ON A SUMMER HIKE

by Emily McGee
Odyssey Institute, 10th grade

Hiking is a great outdoor activity, and Goodyear has beautiful trails in Estrella Mountain Regional Park. However, hiking can be dangerous, especially in the heat. I met with Firefighter Tom Hofer and Community Risk Reduction Specialist Maureen Carney with the Goodyear Fire Department to get hiking safety tips. They said there are about 200 mountain rescues every summer in the Valley. Don't let that be you.



Here I am (in the middle) with Goodyear Firefighter Tom Hofer and Community Risk Reduction Specialist Maureen Carney.



Here are important hiking tips for hiking year round from the Goodyear Fire Department:

- ☐ Watch the weather. Reconsider your hiking plans on 100-degree days or hotter or if there's an Excessive Heat Warning.
- ☐ Hike in the early morning and evenings when there's more shade.
- ☐ Use maps, know where you are going and what kind of terrain you are hiking on.
- ☐ Bring plenty of water, and when your water is half gone, turn around and return to the trailhead.
- ☐ Don't hike alone and do carry a cell phone.
- ☐ Wear appropriate footwear and clothing for hiking.
- ☐ Leave pets at home when it's hot outside.

CHAT WITH MAYOR PIZZILLO

by Emily Shanafelt
Millennium High School, 12th grade

The Goodyear Youth Commission would not be possible without the generous support of the city council. They make it a priority to have a program for students to learn more about city government.

As vice chair, I had the opportunity to interview Mayor Pizzillo. He said I could ask him anything I wanted. 😊 Here are some highlights from our conversation:

What inspired you to run for mayor?

I have served on the city council since 2009 and worked in local government in budget management for over 30 years. My granddaughters inspired me to run and continue this important work to ensure that current projects are completed to improve the lives of everyone who lives in Goodyear – this will impact future generations, too.

What do you think is the best thing about Goodyear?

The people. Its volunteers. That's how you get involved. We have hundreds of volunteers who donate their time to help the city. The residents in Goodyear are very involved.

What is one goal you have for the city?

I want to continue to make sure we have a sound fiscal policy but that we also move critical projects forward. It's a balance. I also want to ensure that we attract a diverse group of entertainment, retail and restaurants for our residents to enjoy.

How can high school students become involved in local government?

The Goodyear Youth Commission and Make a Difference Day are great volunteer programs, but volunteerism in general is excellent because youth are our future. That's why it's so important to understand how civics works and to be informed residents of Goodyear.

What advice would you give to young people looking to pursue a career in government or politics?

You want to first do a little homework and learn about the time commitments of what you wish to pursue. You want to find things you wish to improve that will better the community, and the more you can learn about how local government works, the better.

What is the most challenging part of being mayor?

The time commitment of being mayor increased tremendously from when I was on council because of the meetings, committee participation and community involvement. Being retired allows me to have the time to put in on the job, and I love doing it, so it's not a job to me. If you love what you're doing, it's not work.



It was so fun talking with Mayor Pizzillo! Here we are after the interview.



Goodyear

FARMERS MARKET

30+ VENDORS & FOOD TRUCKS!

MAY 21
5-9 p.m.

Goodyear Civic Square

City of Goodyear

GENERAL PLAN 2035

GROWING GOODYEAR
PLANNING OUR FUTURE

You're invited to attend one of the General Plan 60-Day Review Workshops. This is one of the final opportunities to provide input on the city's General Plan as it gets updated. Help shape the future of Goodyear!

Estrella
Foothills
High School

June 6
5:30-7:30PM

Goodyear
Recreation
Campus

June 7
5:30-7:30PM

Mabel Padgett
Elementary
School

June 8
5:30-7:30PM

Note: The SAME information will be presented at each workshop.

VISIT
GOODYEARGP.COM
FOR MORE DETAILS



SCAN ME



**City offices will be closed
on Monday, May 29.**

There **will be** trash and recycling pickup.
Containers to the curb by 6 a.m.

Not sure when your trash day is?
Visit **goodyearaz.gov/trash**



GOODYEAR CITY COUNCIL CALENDAR

May 8	5 p.m.	Council Meeting
May 15	5 p.m.	Work Session
May 22	5 p.m.	Council Meeting
June 12	5 p.m.	Council Meeting

For the latest meeting information, visit goodyearaz.gov. Council meetings and work sessions are held at Goodyear City Hall at GSQ, Council Chambers, 1900 N. Civic Square.

Catch all of the council meetings streaming live on our Facebook page @goodyearaz and YouTube channel.



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Questions or comments, email: communications@goodyearaz.gov



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ECRWSS
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PRST STD
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GOODYEAR, AZ
PERMIT #216

GOODYEAR RECREATION CAMPUS

JUNE TEENTH FAMILY DAY

6.19.23 *from* 6-9 P M



FOOD TRUCKS



KIDS ACTIVITIES



PERFORMANCES



LIVE ART DEMOS

goodyearaz.gov/events