



**Beyond the  
Yellow Ribbon**



## Minnesota Military Teen Panel Quarterly News

*Winter 2017*

### In This Issue

Serving the Elderly  
Hy-Vee Healthy Eating Experience  
How the Teen Panel Volunteers  
2017 Teen Summit  
Purple Up! Month of the Military  
Child



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### Want to join the Minnesota Military Teen Panel?

Contact Lead Child and  
Youth Program Coordinator,  
Laura Groeneweg  
651-242-6938  
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Find more information about the  
Teen Panel [here](#).

### We're on Facebook!

Be sure to visit the [Minnesota  
Military Teen Panel on  
Facebook!](#)

## Serving the Elderly

On the Saturday of the January Teen Panel meeting, the panel visited the Eagle Crest Retirement Community in Roseville, MN. While there we conversed with residents who either served in the military, or had relatives/spouses who have served. The hour and a half sped by as the generations mingled.

To make conversation flow easier, cards with questions were on each table. Prompted by these, teens were allowed a glimpse into the long lives of the residents. They talked of favorite childhood meals of homemade fried chicken, trips across the county, family farms, and an unfortunate job of golf caddying. The two generations enjoyed sharing stories and comparing childhoods.

Some tables found they didn't need the conveniently placed red and white cards. The men and women we were visiting had an immense range of life experiences, making it impossible to share all of them within our given timeframe at Eagle Crest.

## Teen Spotlights

### New Member Spotlight:



**Ryleigh Higel**  
**New Teen Panel Member**

I am a freshman at Sartell High School this fall. This is my first year on the Minnesota Military Teen Panel. I joined to make a difference in the lives of military teens across Minnesota. I love to play volleyball and travel across the world with my family. I am connected to the military through my dad who has been in the Army National Guard for 15 years and counting. He has been deployed three times and has done quite a few humanitarian missions across the globe through the military.



**Zara Myer**  
**New Teen Panel Member**

Talking with them, forming connections relating with another's stories was extremely fun- so much that we didn't realize how much time had passed when the Panel had to head back to our hotel.

Despite the age gap, both the Teen Panel and the elderly thoroughly enjoyed themselves. All of the teens hoped to revisit and the residents were thrilled to have stories to tell at their next meal. The service project was a definite success. It left a wonderfully positive impact on the panel, and hopefully it left an equally happy impact on the Eagle Crest Retirement Community as well.

*By: Cate Zenzen and Keira Clyborne-Teen Panel Members*

## Hy-Vee Healthy Eating Experience

This January meeting the Teen Panel had the opportunity to learn about healthy eating at Hy-Vee. We all had the chance to experience healthy cooking by making a turkey taco quinoa skillet. Our dietitian Mary explained the benefits of eating healthy and examples of what healthy eating looks like. Healthy eating is not about cutting out all junk and only eating fruits and vegetables, it's about making sure you have a proper balance of all the main food groups. My Plate is a good representation of what that looks like and the types of foods one should be eating. My Plate says half of your plate should be fruits and vegetables, the other half should be grains and protein, and a cup or serving of dairy. They strongly recommend eating whole grains because they provide a greater source of nutrients. During our cooking session we broke up into three groups. We all worked together to complete the dish and in the end enjoyed some wonderful food. I plan on making this healthy recipe for my own family.



Hi! My name is Zara. I am a junior at St. Michael-Albertville High School. I have three dogs and love all animals. I enjoy camping, volleyball, and Crossfit. I will eat almost any food except for watermelon. My step-dad is in the Air National Guard. I am looking forward to my time on the Teen Panel.



**Keira Clyborne**  
New Teen Panel Member

Hey, my name is Keira Clyborne. I'm 17 years old and will be a junior at Minnetonka High School this upcoming school year. My mother is currently in the Army National Guard and my father is a US Army Veteran. You can pretty much always find me reading a book and I adore anything dark and creepy. This is my first year on the Teen Panel. I'm so excited to be here this year!



**Take advantage of these great offers from businesses that want to show their appreciation for your service!**

Vera Bradley- 10% off in stores and outlets

Foot Locker - 20% off

Hy-Vee gave us a tour of their store so we could find healthy foods to eat and cook with. We learned about common myths that people think is healthy eating. Many people believe eating less carbs is a healthy life style. However, this is not true, your brain can only function off of carbohydrates. If you work out often carbs help you keep your energy up. Another thing people believe is that canned foods are not good for you. Actually canned foods are picked and processed at their healthiest state which keeps all their nutritional value in the food. They do have a lot of sodium so it is important that you wash them before you eat them. I think everyone learned something about healthy eating.

*By: Emma Merricks and Tyler Cromwell Teen Panel Member*

## How the Teen Panel Volunteers.....

Being on the panel comes with its share of volunteering. The panel as a whole completes more than 650 hours of community service, each year! As a panel member you must complete 50 hours a year of community service. Everyone has a different way of serving their community.

Some of the things the Teen Panel have done are:

- Crisis Nursery
- Feed my Starving Children
- Worked in a veterans nursing home.

Some of AJ's favorites are,

- working with the elderly in nursing homes,
- working in homeless shelters

As for Ariana she likes,

- volunteering at cub
- Culver's
- Canterbury park.

We found out that our community has way more options than we originally presumed. Look and ask around through your community to find options near you.

*By: AJ Steinmetz-Teen Panel Member*

## 2017 Teen Summit- Rough Waters Be the Light

This year the Minnesota Military Teen Summit will take place in

Old Navy- 10% off every Monday  
Hot Topic- 10% off  
Aeropostale-10% off  
Converse Shoes- 10% off

Bass Pro Shops - 10% off on  
military discount days  
Nickelodeon Universe at Mall of  
America - \$10 off an unlimited-  
ride wristband  
Underwater Adventures Aquarium  
at the Mall of America - \$3 off  
admission

Chili's- 25% off  
Cracker Barrel- 10% off  
Chevys - 50% off  
Applebees - 10% off  
Arby's - discount varies

Verizon - 23% off monthly  
bills.  
Suzuki- \$500 off  
Toyota-\$500 off plus an additional  
\$500 off for first time buyers.

Be sure to present military identification  
when using a military discount!

And don't forget to check Beyond the  
Yellow Ribbon's "[Special Offers](#)" page  
for more ongoing deals!

June from the 16th to the 18th. The planning process is already underway for a fun nautical theme (don't forget to bring your swimsuit). We are planning to do many outdoor activities that tie into the beautiful Minnesota atmosphere. They will range from amazing guest speakers, to fun team building activities, and games! Our goal is to unite military kids from across the state, and allow them to connect with people similar to them. We hope that you join us for this fun adventure. Bring your sunscreen, and see you there!

-Zara Meyer and Katie Funk, *Teen Panel Members*



## April Month of the Military Child 2017

April is soon approaching and that means the Month of the Military Child also soon approaching! This year we have new Month of the Military Child t-shirts you can wear to show support and create awareness for all the military youth and their sacrifices they make! Orders are available January 1st to April 30th but order them sooner rather than later so you can show your Purple Pride during the month of April. The shirts are only \$15 and will be made directly to you. Order your shirts at <http://www.hsapparelcompany.com/collections/month-of-the-military-child>. Also during the month of April on April 21st the Teen Panel and other military organizations will be at the Mall of America from 2-10pm doing face paint, rides and other fun games and events. Anyone and everyone are welcome to attend! See you there!

*By: Cailey Isaacson-Teen Panel Member*

2017  
APRIL MONTH OF THE  
**MILITARY  
CHILD**  
**T-SHIRTS**  
Cost **\$15**

**PURPLE UP!**  
ORDER BY:  
01 JAN to 30 APR

Men's



Women & Youth



Order & wear to show your support!

**All proceeds will help support  
Minnesota Military-Connected Youth**

Purple - White - Vintage - High Quality - Unisex  
Available in sizes & cuts for Youth & Adults!



**T-Shirt Order Information**  
**Month of the Military Child**



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