



UTMOST'S JOSIAH NICKEL IS ON THE MOVE



As a part of the local baseball community, pitching for both Clark College and the NW Stars Nighthawks, Josiah Nickel has known coach Ty Singelton since 2017 and has been with Utmost Athletics since it began in 2018.

Initially Josiah joined Utmost because he knew Coach Ty could help him get stronger, improve technique, and learn how to use his body for optimal performance - all in a safe training environment. Josiah says two of Coach Ty's frequent instructions are "follow the recipe" and "trust the process." Every workout has a purpose and a specific plan customized for each participant and Josiah has adopted Coach Ty's advice. "6:30am workouts aren't fun," he admits, "but when the whole team is there, working to bring out the best in each other's abilities and encouraging one another, it's a great atmosphere."

Beyond physical training, Josiah has grown to love the bonding experiences and other life instructions that Utmost offers. Prior to COVID, he enjoyed the Thursday all-team dinners and life skills training offered by The Columbia Future Forge, especially the Personality & Gifts topic which led to greater self-awareness and insight. He also appreciates Coach Ty's pre-workout meetings where he reminds the athletes of the importance of whole-life balance, including nutrition, sleep, and school. Josiah says he knows that all of the Utmost coaches and mentors care about his life on a deeper level.

At first, Josiah was able to participate in Utmost only through the availability of scholarships. "I was grateful and the financial scholarships motivated me to work harder because people believed in me and understood my situation." In recent months Josiah's situation improved and he has been able to fully pay for his Utmost membership. He says, "I really wanted to be able to contribute financially. Part of maturing is growing in respect for all of the trainers who work at Utmost and wanting to be able to support the entire program." Josiah's commitment and ability to contribute financially will enable others to benefit from Utmost in the future.

Josiah graduated from Clark College in June and will be leaving for the University of Antelope Valley in Lancaster, CA at the end of August. He will be pursuing a degree in Health & Fitness and would like to go on to teach and coach. The Forge and Utmost will miss Josiah, but we are happy to have played a role in launching him to his next phase of life with joy and anticipation for all of his future endeavors!



ENJOY SUMMER WORKOUTS AT UTMOST

Utmost Athletics is open to all ages and abilities. A perk of flexible summer schedules is that athletes of all ages are training alongside one another and encouraging each other to meet their goals. We offer morning, afternoon and evening groups three days a week. We are currently utilizing both indoor and outdoor spaces for training. Our coaches teach proper strength training techniques and create programs that help increase strength, agility and flexibility. If you'd like to get started email us at utmostathletics@gmail.com or visit our website www.utmostathletics.com for schedule and sign up information.

[CLICK HERE TO GIVE](#)

Recently your gifts have allowed The Forge to prepare for in-person programming events beginning in September, offer scholarships to Utmost athletes needing financial assistance and offset the cost of yard clean-ups for community members. A gift today supports all of our upcoming 2021 programs as we welcome students and mentors back and venture out into the community in new and exciting ways. You can give now at www.thecolumbiafutureforge.com!

MOWTOWN TEEN LAWN CARE IS MOWING RIGHT ALONG



Mowtown is having its best year ever! We have two Forge graduates who are working regular hours for Mowtown, our skilled and hard-working full time staff is doing a great job, the phone keeps ringing with new requests for work, and we have been able to get several students out on projects.

Mowtown currently cares for over 50 residential properties and 3 commercial properties each week throughout Camas and Vancouver. Our adult crew works during the week and student crews come out for jobs on Saturdays. As our student employees work alongside adults they are able to form connections and have intentional conversations about goal setting, professionalism, money management, and the future. Mowtown projects also provide opportunities to model positive customer relations, promote a robust work ethic, and creatively problem solve various situations that organically arise.

We are proud of the good work Mowtown is doing in Clark County. Thus far, over \$65,000 from Mowtown profits has been reinvested into local youth!

Do you have a yard project you need assistance completing? Or perhaps ivy or blackberries are invading your yard? Or do you have ongoing lawn service needs? Email us at: columbiateenenterprises@gmail.com or contact us through our website at www.mowtownteenlawncare.com.



We recently cleared, mulched and made a gravel pad picnic area for a client. It turned out great and they'll enjoy this new landscaping feature for years to come.



FORGING INTO FALL 2021

Here at The Forge we are enjoying all of the summer activity, planning for the return of our fall programs, and looking forward to some new endeavors.

Utmost Athletics is in full swing with both the outdoor and indoor facilities operating at normal capacity! Summer offers flexible scheduling and we have intergenerational groups working out in an encouraging and supportive environment. We also say goodbye to graduating Clark College athletes as we look forward to welcoming the incoming baseball team players.

As we look toward fall, we are hoping to be able to resume our in-person recruiting at area schools in anticipation of the return to onsite group Forge trainings. Over the last few months, we have expanded online training materials and have refreshed our curriculum, so we are ready to go!

Our relationship with **Hayes Freedom High School** in Camas has led to Forge mentors being invited to be on campus as classroom volunteers and small group facilitators for their life skills classes. Forge mentors will be at Hayes one day a week for the fall semester. We are excited to participate in this pilot program and will be looking for opportunities to remain engaged with students throughout the year.

Our Executive Director, Matt Overton, continues to be invited to share about the Forge at various local community organizations as well as respond to inquiries that come in from various universities and other groups interested in social enterprise development.

Thanks to all of you who support the Forge in various ways throughout the year. We are grateful for your generosity and look forward to the opportunities for creatively and meaningfully engaging with young adults in Clark County in the coming year as we strive to prepare them for a fulfilling future.

"Life Ready. Job Ready."

Contact Matt Overton
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Forge graduates who go on to get jobs are invited to spray paint a Forge logo on the side of our Youth Center. Pictured here is Hector Infante, one of our Utmost Athletics coaches. Thus far in 2021, six new logos have been added to our wall!

