



# August 2009

## CAC Of Pike County Newsletter

### Facts and Trivia about Pencils

- The first mass produced pencils were made in Nuremberg, Germany in 1662.
- Until the war with England that cut off imports, pencils used in America came from overseas. William Monroe, a cabinet maker, made the first American wood pencils in 1812 as well as did Henry David Thoreau.
  - Did you know a pencil will write in zero gravity, upside down, and underwater. Also a pencil can write 45,000 words and can typical draw a line 35 miles long in it's lifespan.
- More than 2 billions pencils are used in the United States every year, and most of them have erasers. However, most pencils sold in Europe do not have erasers!
- Pencils didn't always have erasers. The first patent for attaching an eraser to a pencil was issued in 1858.
- Did you know the hexagonal shaped pencil was developed as an alternative to the round pencil so that the pencil would not roll off the desk?
  - Pencil lead is really made of graphite and clay.
  - Most erasers today are made of synthetic rubber or vinyl.
- To eraser manufacturers, those little erasers on the ends of pencils are not called "erasers" at all. They call them "plugs!"
- The metal band used to mate the eraser with the pencil is called ferrule.

### NEW EMPLOYEES

Sandra Hutchison



### CAC August Events

August 18  
Senior Staff

August 19-21  
COAD; Holiday Inn, Marietta

August 27  
Governing Board



## THANK YOU!!!



A special thanks goes to Housekeeping, Weatherization, and the staff of Employment & Training for clean-up work from the flooding of the offices.

Thank You, Rita Moore



*"There are obviously two educations. One should teach us how to make a living and the other how to live"*

James Truslow Adams

*"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything"*

Muhammad Ali

### Backpack Safety

\*\*Choose a backpack with wide, padded shoulder straps and a padded back.

\*\*Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the your child's body weight.

\*\*Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

\*\*Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.



# August Birthdays

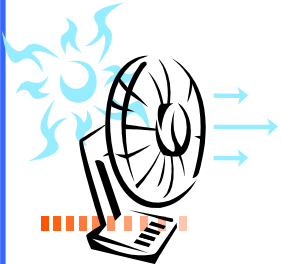
Michelle Mustard	August 2nd	Susan Jenkins	August 19th
Allen Jones	August 2nd	Jewell Rivers	August 20th
Kathy Way	August 3rd	Richard Smith	August 20th
Chris McKinley	August 6th	Angela Donahue	August 21st
Kathy Reed	August 6th	Sherri Throckmorton	August 21st
Carrie Pitts	August 7th	Lisa Montgomery	August 23rd
Rebecca Bolt	August 9th	Vela Hannah	August 24th
Rebecca Adkins	August 11th	Shelly Lansing	August 25th
Lisa Pfiefer	August 11th	Sandra Osborne	August 25th
Tracy Matthews	August 17th	Gail Stevens	August 27th

## Summer Cooling

The Summer Crisis Program provides electric utility assistance to low-income households with an elderly member (60 years of age or older), or households that can provide a physician's statement that cooling assistance is needed for a household member's health. Income eligibility is limited to 175% of the Federal Poverty Guidelines.

These households are eligible to apply for an electric bill payment assistance or may apply for an additional benefit of a fan or air conditioner with the total benefit not to exceed \$175. A disconnect notice is **NOT** required to make an appointment for the Summer Crisis Program.

Appointments may be scheduled by calling CAC of Pike County in Piketon at 740-289-2371 or Senior Citizens (60 and older) can schedule appointments by calling the Pike County Senior Center at 740-947-5555. Appointments are scheduled 10 days in advance of the actual appointment.



For more information or list of requirements that is needed for an appointment contact the Social Services Department at 740-289-2371. The Summer Crisis Program runs from July 1st through August 31st.

## Upcoming County Fairs

Ross County - August 8th - 15th  
 Scioto County - August 10th - 15th  
 Athens County - August 7th - 15th  
 Ohio State Fair - July 29th - August 9th

## 4 Summer Food Safety Tips

1. After grocery shopping get home as soon as possible and refrigerate any groceries that need to be refrigerated. If you have a list of errands to run, do your grocery shopping last.
2. If you are taking a trip that lasts for an hour or more and you are taking food, put it in a cooler.
3. Pack plastic bottles instead of cans since cans will explode if they get too hot.
4. Don't eat leftovers that have been left out in the heat for more than 45 minutes.

## Pike County Fair 2009

This year at the 2009 Pike County Fair the Community Action Committee of Pike County will be having a food booth and proceeds from the food booth will benefit the Pike County Shriners.

Volunteers are needed to work the food booth. Anyone interested in working the food booth should call the Front Office of CAC to schedule a work time. The Pike County Fair will be taking place August 2nd through the 8th.



## Keep Your Cool In a Heat Wave

- Remember that children up to age 4, seniors, people taking certain medications, and those with chronic health conditions are most at risk during high temperatures, especially when there is an air pollution alert in effect.
- In temperatures above 90 degrees, portable fans cannot help cool you down. A cool shower is a better way to keep body temperatures at safe levels.
- If you do not have air conditioning, go to a public place that does, such as a shopping mall, movie theater, or library. Check community centers and social service agencies for public facilities with cooling centers.
- Drink water all day long. Don't wait till you are thirsty.
  - Avoid alcohol and beverages with caffeine.
- Schedule outdoor activities for early morning or late evening.
- Eat small, frequent meals, and avoid heavy, spicy foods.

## How to lower your grocery bill

- \*\*Buy store brand** - - if you read the labels you will notice that the store brand has the same ingredients as the name brand.
- \*\*More expensive items** are at eye level, the more affordable items are usually placed on the bottom and top shelf.
- \*\*Make your own pasta sauce**, not only you save money but also can cut out any unwanted sugar and salt from your diet.
- \*\*Sometimes it is better to buy in bulk.** Check unit price to see what you are paying per ounce, pound, liter or other measures.
- \*\*Check sites like Coupon Mom;** they have forums that say what coupons are out there on the internet.
- \*\*Sign-up on your favorite brands website** for their newsletter. You never know what coupons they may offer to their members.

**Did you know that more people celebrate their birthdays in August than in any other month (about 9%). The two other months that rate high for birthdays are July and September.**

## The American Film Institute's List of the Top 25 Movies of all time.

1. Citizen Kane (1941)
2. Casablanca (1942)
3. The Godfather (1972)
4. Gone with the Wind (1939)
5. Lawrence of Arabia (1962)
6. The Wizard of Oz (1939)
7. The Graduate (1967)
8. On the Waterfront (1954)
9. Schindler's List (1993)
10. Singin' in the Rain (1952)
11. It's a Wonderful Life (1946)
12. Sunset Boulevard (1950)
13. The Bridge on the River Kwai (1957)
14. Some Like It Hot (1959)
15. Star Wars (1977)
16. All About Eve (1950)
17. The African Queen (1951)
18. Psycho (1960)
19. Chinatown (1974)
20. One Flew over the Cuckoo's Nest (1975)
21. The Grapes of Wrath (1940)
22. 2001: A Space Odyssey (1968)
23. The Maltese Falcon (1941)
24. Raging Bull (1980)
25. E.T. The Extra-Terrestrial (1982)

## Make Your Blooms Last on Fresh Cut Flowers

- Cut flowers and plants in the morning, when they're the most fragrant and filled with stored food.
- Cut stems diagonally, which produces much less cell damage
- Use glass vases. Metal vases can poison the flowers.
- Use lukewarm water in your vase. Flowers, like you, don't like getting scalded or chilled when they enter a bath.
- Re-cut stems underwater right before putting them in a vase so the first "breath" flowers take is of water and not air.
  - Keep bouquets away from fruit, which gives off a hormone called ethylene that harms flowers.
- Never spray bouquets with water. This encourages fungi to develop on petals and leaves.
- Crush the cut ends of stems on wood plants such as lilacs and flowering quince with a hammer to promote water absorption.
- Re-cut stems every few days to overcome the flowers' constant effort to repair and seal off the cut.

## CAC News Community Action Committee of Pike County

This newsletter is published once per month. If you have any items you would like included in the next newsletter, please submit them in writing by the 25th of the month to Pam Lawhorn, Front Office Coordinator or Lori Watson, Front Office Specialist. If you have any questions, please call the front office at 740-289-2371.

### **SMALL BUSINESS CLASSES OFFERED SELF-EMPLOYMENT: FROM DREAM TO REALITY!**

The Business Development Department of the Community Action Committee of Pike County has scheduled classes for starting your own business.

"Self-Employment: From Dream to Reality!" will begin Wednesday, September 9, 2009 and will meet on Monday's, Wednesday's, & Friday's from 9:00 am to 2:00 pm through September 21st. For more information and/or to obtain a registration form, call 740-289-2371 or toll free at 1-866-820-1185.

Discover how Self-Employment: From Dream to Reality! Will help you develop your plan to be a successful entrepreneur and give you the opportunity to learn a variety of skills needed to own and operate a small business!

**FEE: \$90**

## **Customer Service Workshop**

The Business Development Department of the Community Action Committee of Pike County is offering a 4-hour Workshop on Customer Service. Significant concepts will be covered including communication, empathy, understanding behavior, and addressing customer needs and expectations. The Workshop is being offered on Wednesday, August 12th from 9:00 am to 1:00 pm at the OSU Endeavor Center in Piketon. For more information and to obtain a registration form, call 740-289-2371 or toll free at 1-866-820-1185.

**When:** Wednesday, August 12, 2009

**Time:** 9:00 am to 1:00 pm

**Where:** OSU Endeavor Center

**Fee:** \$20

### **Microsoft Office Excel 2003: Level I Training Workshop**

The Business Development Department and Workforce Connections of the Community Action Committee of Pike County is offering a one-day Microsoft Excel 2003: Level I Training Workshop on Friday, August 14, 2009 at the OSU Endeavor Center in Piketon, Ohio. This workshop teaches participants how to create a basic worksheet, modify a worksheet, perform calculations, format a worksheet, develop a workbook, print the contents of a workbook, and customize the layout of the Excel window.

For more information on these classes and to obtain a registration form, please call 740-289-2371 or toll free at 1-866-820-1185. Seats are limited.

**When/Time:** Friday, August 14th\*  
8:30 am to 4:30 pm  
\*Lunch Provided

**Where:** Ohio State University Endeavor Center  
1864 Shyville Rd., Piketon, Ohio

**FEE:** \$75

## **Learn Power Point**

Tuesday, August 4th  
9:00 am to 4:00 pm

OSU South Center, 1864 Shyville Rd., Piketon  
\$35 per person - Continental breakfast and lunch provided.

- \*Manipulate an existing presentation
- \*Begin creating a presentation
- \*Format text slides
- \*Add tables to a presentation
- \*Chart data in a presentation
- \*Modify objects on slides
- \*Add images to a presentation
- \*Prepare to deliver a presentation



To register contact Connie Freeman, WeBanco  
Bank CDC at 740-886-0882 or [cfree-man@webanco.com](mailto:cfree-man@webanco.com)

**Sponsored by:** WesBanco, **In cooperation with:** CAC of Pike County Business Development Department and Workforce Connections, Shawnee State University, University of Rio Grande, TechGrowth, Ohio, OVRDC, Ohio Small Business Development Centers, SBA, Southern Ohio Procurement Outreach Center, The Ohio State University South Centers, SCORE, Southern State Community College

# Your first-aid kit



A well-stocked first-aid kit can make all the difference during an emergency. More than that, it can give you peace of mind. You'll feel better knowing you're prepared. As you use this checklist to set up your own kit, add items for your family's specific needs. Use a container made of a durable material and store it in a clean, dry place. Check the kit regularly, making sure to replace missing and out-of-date items. Keep it out of the reach of children. Consider keeping a second kit in your car. Be sure to include:

- An assortment of adhesive bandages, including butterfly bandages
- Sterile gauze squares or dressings in various sizes
- Rolls of gauze
- Elastic bandages
- Triangular cloth bandages for slings
- Adhesive tape
- Antiseptic wipes and hand sanitizers
- Saline solution
- Hydrogen peroxide
- Antibiotic ointment
- Hydrocortisone cream
- Saline eye drops and an eye wash kit
- Calamine lotion
- Petroleum jelly
- Disposable surgical gloves (non-latex if needed for latex allergies)
- Plastic bags
- Sharp scissors with rounded tips
- Safety pins
- Cotton balls and swabs
- Tweezers
- Cold packs
- Thermometer
- Oral medicine syringe for children

- Flashlight with extra batteries
- Matches
- First-aid guide
- Important information, including emergency numbers, and a list of allergies and medications for each family member
- Other: \_\_\_\_\_

Also, keep a supply of over-the-counter medications. Discuss with your doctor what's right for you and your family, including:

- Pain relievers such as acetaminophen, ibuprofen or naproxen sodium
- Aspirin
- Antacids
- Antidiarrheals
- Antihistamines
- Sunscreen
- Activated charcoal, to be used only on the advice of Poison Control

*Note: Don't give aspirin to anyone under age 19. It's linked to Reye's syndrome, a rare but sometimes fatal condition.*

***Need self-care tips for an illness or injury?  
Call to speak with registered nurses any  
time, day or night.***

TDD/TTY callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

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## NEWS RELEASE

The Community Action Committee of Pike County's Employment and Training Department is operating the **American Recovery and Reinvestment Act (ARRA) Summer Program**.

The ARRA Summer Program started June 1, 2009. As a result of the ARRA Funds, **forty-seven (47) youth between the ages of 14-24 are employed this summer**. Twenty-one (21) Out-of-School Youth (between the ages of 18-24 years) are working forty (40) hours per week at \$7.34 per hour. Their last day of employment is Wednesday, September 30, 2009. Twenty-six (26) In-School Youth (between the ages of 14-17 years) are working twenty-four (24) hours per week at \$7.34 per hour. Their last day of employment is Saturday, August 15, 2009.

The Community Action Committee of Pike County's Employment & Training Department would like to take this opportunity to thank all of the local businesses, agencies and high schools for their continued support and participation in the Employment & Training Youth Programs. We look forward to a continued prosperous partnership in the future as well.

Participants and Worksites completed testimonials to cover the effectiveness of the **ARRA Summer Program** as well as its benefits.

### **Here are a few examples:**

Brianna B. – The ARRA Summer Program has helped my family and me greatly in solving financial matters. The most valuable part of the ARRA Summer Program is the employment that it creates. I agree 100% that this program is an effective and accountable way to spend stimulus money. The money will go back into the community and create new money.

Francie M. – I have learned new skills and enjoyed working to help the children in the community. Doing community service was the most valuable part. It is effective, and it puts money back into the community through teens learning new skills.

Ben N. -- The ARRA Summer Program provided the youth and community with jobs. I think they should have more programs like this one to help the community out.

Ohio Valley Regional Development Commission (OVRDC) – OVRDC appreciates the opportunity to be a worksite and the participant has been very helpful to our organization. The valuable part of the ARRA Summer Program is to have a participant willing and able to help our organization, to be here on time, working well with other staff members and helping with a backlog of work items such as filing, data entry, mailings, large copy jobs and review of files to organize for storage and file creation. This program has also been effective in allowing our youth participant to gain additional skills and knowledge in the area of Appalachian Studies within our organization. The ARRA Summer Program also provides the youth the opportunity to earn income with work experience to help with their future endeavors.

Pike Community Hospital – Radiology – Very helpful, the youth have been able to fill in the gaps for other employees. The flexibility of the ARRA Summer Program in the days and hours in which the student may work is an effective way to give back to the community. It also offers the youth an opportunity to work locally.

Mathews Family Foods – The ARRA Summer Program enables our business to get things done that we normally don't have time to do or are financially possible for us. The youth are very helpful with stock, maintenance and customer service. It teaches the youth how to manage their time and finances as well as develop good attitudes which contributes to them becoming better adults. It is an effective program which helps stop poverty by teaching them another way.

