

# September 2011

## CAC of Pike County Newsletter

### Congratulations Ray Roberts on the 2011 Marvin J. Huston Generals Award!

Ray Roberts has been with the Community Action Committee of Pike County since 1978, where he served as the Family Health Center Administrator, and Deputy Director, before stepping into the role of Executive Director in 1988.

He is responsible for all administrative aspects of the Corporation, including the Family Health Center, Head Start/Day Care, Employment & Training, Social Services, Energy/Weatherization, Maintenance, Public Transit, Senior Nutrition, Social Services and Business Development.

Prior to joining the Community Action Committee of Pike County, Mr. Roberts worked as the Children's Program Planner for the Paint Valley Mental Health and Mental Retardation Board in Chillicothe, Ohio.

Ray is graduate of Ohio University with both a Bachelor of Arts in Psychology, and an Associate of Arts in Mental Health Technology.



He services as a Work Force Investment Area #1 Board Member, and also a board member of the Ohio Association of Community Action Agencies, and the Executive Committee of the Corporation for Ohio Appalachian Development. He is also a Voting Member of the National Associations of Community Action, Community Health Centers and Employment and Training Professionals.

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The General's Award is named in honor of Marvin J. Huston, former executive director of the Jackson-Vinton Community Action Agency, and a founding member of the Corporation of Ohio Appalachian Development (COAD). He served as COAD Foster Grandparent Program Director from 1972 until his retirement in 1987. The award is presented each year by the COAD Board of Directors to an individual who has demonstrated lifetime contributions and commitment to the people of Appalachia Ohio in War on Poverty.



### CAC Events

#### September 5th

Labor Day  
(agency closed)

#### September 6th

Senior Staff

#### September 15th

Governing Board  
Meeting

#### September 20th - 23rd

Management  
Meetings



### Head Start/Early Childhood To Begin September 6th

Head Start and Early Childhood classes begin on September 6th so please be aware of children and buses coming in and out of the Community Action parking lot.



# September Birthdays

Lori Salisbury	September 3rd
Molly Throckmorton	September 3rd
Daniel Schlie	September 5th
Angela Harmon	September 8th
Dan Rowland	September 9th
Mary Hall	September 10th
Donald Watts	September 14th
Aaron Helphenstine	September 14th
Bonnie Mullins	September 15th
Sumita Aggarwal	September 15th
Rhonda Taylor	September 26th
Angela Breech	September 27th
Adam Pritchett	September 28th
Naomi Blackburn	September 30th
Linda Williams	September 30th
Mickele Reisinger	September 30th

**Social Services is in need of grocery bags. Please save your bags and bring them in to the Social Services department for the food pantry.**

# NEW EMPLOYEES



Carrie Pitts  
 Shelley Holschuh  
 Courtney Humphrey  
 Aaron Staley  
 Kathryn Farnham

## Upcoming Training Workshops

### September 28th

Intro to Quick Books  
 \$75 - 8:30 am to 4:30 pm

### October 5th

Quick Books Advanced  
 \$75 - 8:30 am to 4:30 pm

### October 19th

Power Point 2007 Level I  
 \$75 - 8:30 am to 4:30 pm



Classes are held at  
 OSU Endeavor Center (unless noted)  
 1864 Shyville Rd  
 Piketon, Ohio 45661  
 \*Prices subject to change



### Small Business Class,

### Self Employment: From Dream to Reality

The Business Development Training Program offers potential and existing small business owners and individuals, who are considering the option of business ownership, the opportunity to learn a variety of skills needed to own and operate a business.

The cost of the class is \$90. Tuition assistance is available for participants that qualify. This business development class meets on Tuesdays and Thursdays from 1:00 pm to 4:00pm for 5 weeks starting September 6, 2011. This class will be held at the CAC of Pike County at 941 Market Street, Piketon, Ohio. Registration deadline is Friday, September 2, 2011. For more information contact the Business Development Program at 740-289-2371.

## Masco National Emergency Grant Awarded

On June 29, 2011, the Community Action Committee of Pike County received notification from the Ohio Department of Job and Family Services of the awarding of the Masco National Emergency Grant (NEG).

The Grant is designated to assist individuals laid off as well as pending layoffs from the Masco Retail Cabinetry Facility (Waverly) and the Masco Warehouse (Seal Township, Piketon). The total NEG awarded is \$3,501,225 and will be divided among the following counties: Pike, Scioto, Ross, Jackson and Adams Counties. These Counties represent the majority of Masco Employees impacted by the plant closure.

The Workforce Connections of Pike County, a division of Community Action Committee of Pike County, will be responsible for the daily operations of the NEG in Pike County. The Masco Transition Center, located at the Pike County YMCA, opened for business on June 14, 2010 and to date has served 626 unduplicated employees for a total of 6,058 visits.

Funding is available to assist with job search, computer training, tuition, books and fees for those interested in going to school and On-the-Job Training (OJT) Agreements are also available which may reimburse an employer up to 50% of wages to train a Masco Employee to work within their business.

Should you be a Masco Employee or an Employer interested in learning more about the services available through the Masco National Emergency Grant and how this Grant may be of benefit to you, please contact Shelly Blakeman at 947-2685 or Rita Moore at 289-2371.

## Pathways to Small Business Success

A low-cost conference for small businesses.

**When:** Thursday, September 15, 2011

Registration/Check-in: 8:00 - 9:00 am

Event: 9:00 am to 1:00 pm

**Where:** Shawnee State University - Sodexo Ballroom (room 230)  
940 Second Street, Portsmouth, OH

**Cost:** \$10 per attendee; free for students with valid university ID

### **Who should attend?**

Entrepreneurs and owners or employees of small businesses, especially those based in southeast Ohio.

### **Don't miss this opportunity to:**

- Learn useful, proven tips from successful business owners;
- Get information from financial experts on obtaining capital;
  - Find out about upcoming contract opportunities;
  - Build relationships with other small businesses.

### **How to register**

To register, visit <http://sopoc.ecenterdirect.com/> and click on the Training Events link on the left-hand side of the home page. Then click the Sign Up button for the Pathways to Small Business Success event. For more information, call 740-377-4550.

### **Sponsors**

Community Action Committee  
of Pike County

Ohio Bureau of Workers'  
Compensation

Ohio Department of  
Development

Ohio State University South  
Centers

Ohio Valley Regional  
Development Commission

Portsmouth Area Chamber of  
Commerce

Portsmouth Inner City  
Development Corporation

Shawnee State University

Southern Ohio Procurement  
Outreach Center

 Ohio Bureau of Workers'  
Compensation



## Stay Healthy This Fall



It's happening, it is starting to get darker earlier, our kids are going back to school, and it is getting cooler. Fall is about to begin. Study has shown we eat about 200 calories more per day in the fall. Perhaps we eat more simply because swimsuit season has ended, and we can start hiding behind bulky winter clothes. Whatever the reason, here are a few tips to keep you healthy and living well during the fall months.

\*Make Soup - healthy vegetable-based soups are great.

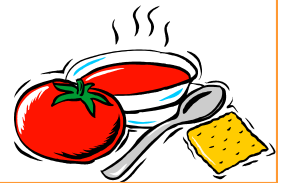
\*Watch What You Eat-Avoid unconscious eating while watching football and the new TV fall lineup. Never bring the whole bag or bowl of anything to the couch or coffee table - pre-measure it in the kitchen beforehand.

\*Eat in Season Fruits and Vegetables - munch on apples, pears, try sweet potatoes and butternut squash.

\*Eat a Good Breakfast - Studies show eating in the morning reduces total calories eaten for the entire day.

\*Enjoy the fall - Go hiking, long walks, or bike riding - enjoy the leaves changing their colors.

Breastfeeding fact: Did you know the protein alpha-lactalbumin found in breast milk kills every cancer cell it comes in contact with.



Submitted by Amy Smith DTR (WIC)  
From: [www.active.com/nutrition](http://www.active.com/nutrition)

## Truth About Wireless Phones and the National Do-Not-Call List



Telemarketers calling your wireless is, and always has been, illegal in most cases. There are rumors that there is a separate do-no-call "cell phone registry" and also that there will be a 411 wireless directory. There is no cell phone registry list and at the present time the wireless 411 directory is only in the idea stage. Even if the directory was established, most telemarketing calls to wireless phone would still be illegal.

The federal government does not maintain and is not establishing a do-not-call list for wireless numbers. Wireless numbers have always been able to add their personal numbers to the Do-Not-Call list and there is no deadline to register and you do not need to re-register.

### Have a Complaint

If you are receiving an unwanted telemarketing call that violates the do-no-call rules, you can file a complaint. There are a few ways to file a complaint. You can go online to [www.FCC.gov](http://www.FCC.gov), call 1-88-CALL-FCC, fax the complaint to 1-866-418-0232, or write the FCC.

If you do not use the online complaint form your complaint should include:

- \*Your name, address, email address, and phone number where you can be reached;
- \*The phone number where you received the call, and whether this number is on the national Do-Not-Call list;
- \*The date and time of the call;
- \*Whether the call advertised or sold any property, goods, or services;
- \*Any information (including a caller ID number);
- \*Whether you or anyone else in your household gave the caller permission to call;
- \*Whether you have an established business relationship with the caller; and
- \*Whether you or anyone in your household previously asked the caller or individual or company whose property, goods, or services are being advertised or sold **NOT** to call, and when you made the request.

To learn more about the National Do-Not-Call list and the rules that enforce it, visit the FCC Website.

# Run For Shelter

22nd Annual Run For Shelter Results that was held July 16, 2011

## Women's Results

### Age 14 & Under

1. Morgan Sieg
2. Andra Alcorn

### Age 20-24

1. Lisa Anderson
2. Rachel Perry

### Age 35-39

1. Shannon Jordan
2. Pam Daniels

### Age 45-49

1. Jill Wade
2. Jenny Arrowood

### Age 60-64

1. Betty Neff

### Age 15-19

1. Brianna Cahill
2. Megan Day
3. Maddie McAllister

### Age 30-34

1. Amber Lockwood
2. Melissa Green

### Age 40-44

1. Tina Howe

### Age 55-59

1. Terry Bugg

### Age 70 & Up

1. Rose Balmer

## Men's Results

### Age 14 & Under

1. Jesse Griesheimer
2. Nate Turner
3. David Magda

### Age 20-24

1. Colton Weiss

### Age 30-34

1. Brad Lykins

### Age 45-49

1. Greg Lands
2. Anthony Phipps
3. John Bevins

### Age 60-64

1. Delmar Scowden
2. Greg Ervin

### Age 70 & Up

1. Richard Balmer

### Age 15-19

1. Adrian Ross
2. Daniel Gardner
3. Sammy Holbert

### Age 25-29

1. Ryan Callihan

### Age 35-39

1. Nathan Hawke
2. Chad Sexton
3. Matt Paxton

### Age 50-54

1. Clark Wade
2. Jeff Arrowood

### Age 65-69

1. Larry Neff
2. Dean Manning
3. Robert Cooper



Overall Women's Winner  
Brianna Cahill



Overall Men's Winner  
Adrian Ross



# Upcoming Senior Center Activities

September

17th

Zumbathon

Time: TBD



October 1st

Bluegrass/gospel fundraiser

11:00 am to 4:00 pm



October 5th

Annual Bake Sale/  
Auction

10:00 am to 1:00 pm



## COMMUNITY ACTION COMMITTEE OF PIKE COUNTY

This newsletter is published once per month. If you have any items you would like included in the October newsletter, please submit them in writing with all information by September 23rd to Pam Lawhorn, Front Office Coordinator or Lori Watson, Front Office Specialist. If you have any questions, please call the front office at 289-2371.

On behalf of my sister, Leeann Perdue, my family and I would like to thank everyone involved for your concern, prayers, and donations for Leeann during her illness and continuing recovery. You are very much appreciated! Angie Smith

### FOR SALE

Queen size bedspread/quilt with neck roll and skirt tan with small blue flowers as border \$60. Curio Cabinet \$100. For more info call Penny at 740-357-4341.

### Cincinnati Bengals Tickets for Sale

Section 149 Row 16. Tickets must be bought in sets of 2.



#### Regular Season Games

September 25th - San Francisco 49ers (4 Available)

October 2nd - Buffalo Bills (4 Available)

October 16th - Indianapolis Colts (4 Available)

November 13th - Pittsburgh Steelers (2 Available)

November 27th - Cleveland Browns (2 Available)

December 11th - Houston Texans (2 Available)

December 24th - Arizona Cardinals (Sold)

January 1st - Baltimore Ravens (2 Available)

For more information contact Jack at 740-977-8948

### HOUSE FOR SALE by Owner.

2 bedroom 1 bath, full basement, fenced backyard, carport, storage shed, central air, gas heat. Close to Glatfelter on east end of Chillicothe. \$45,000 call 740-222-0225. Will also rent for \$450.00 per month.

### Free Puppies to a Good Home

I have four puppies that need a good home, 3 girls and 1 boy. The mother is a pitt/boxer mix, and the father is a Sharpa. They were born July 22, and will be six weeks old on September 2nd. They are a must see. If interested please contact Dianna in housekeeping at 740-835-7378. I also have pictures if anyone is interested.

### 4 Family Yard Sale

Thursday and Friday  
September 1st and 2nd  
9:00 am to 5:00 pm

Saturday, September 3rd  
8:00 am to 12:00 pm

Infant-Toddler boy clothing, plus size women and men clothing, household items, pick up truck hard cap cover, soft cover for pick up truck and lots of miscellaneous. Everything priced to sell.

2524 Lapperell Rd., Just outside of Latham. Pass Fish Hatchery, go approx. 3.5 miles.