

CAC NEWSLETTER

March 2007

Community Action Committee of Pike County, Inc.

Ohio Facts and Trivia

- Ermal Frazee invented the pop-top can in Kettering.
- Akron is the rubber capital of the world.
- Well known personalities born in Ohio: Steven Spielberg, Paul Newman, Annie Oakley, Arsenio Hall, Clark Gable.
- In 1852 Ohio was the first state to enact laws protecting working women.
- Ohio gave America its first hot dog in 1900.
- Fostoria is the only city to be situated in three counties (Seneca, Hancock & Wood).
- Cleveland became the world's first city to be lighted electrically in 1879.
- John Lambert of Ohio City made America's first automobile in 1891.
- W. F. Semple of Mount Vernon patented chewing gum in 1869.
- 50% of the United States population lives within a 500 mile radius of Columbus.



Spring Forward March 11th



The Energy Policy Act of 2005 changed the time change dates for Daylight Saving Time in the U.S. beginning in 2007. DST will begin on the second Sunday in March and end the first Sunday in November so don't forget to turn your clocks forward one hour March 11th.

Events

Trashformations 2/10-4/5
Southern Ohio Museum
Portsmouth, Ohio

A wildly wacky and wonderful exhibit featuring art created from discarded objects. The imagination and artistry in these examples of remarkable recycling are almost beyond belief.

Rock n' Roll House Party
60's Invasion April 21st
8 p.m.

Vern Riffe Center for the Arts
Portsmouth, Ohio
Starring Peter Noone of
Herman's Hermits and
Mickey Dolenz of the Monkeys
Call 740-351-3600 Tickets

The Rascal Unit
March 15th

Contact the Pike County Dog Pound at 947-947-5996 to schedule for the pet clinic.

Working smoke alarms in your house can mean the difference between life and death. Be sure to change the batteries in your smoke alarms when you change your clock.

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TANF Emergency Home Repair Services

Effective January 1, 2007 you or someone you know may be eligible to receive TANF Emergency Home Repair Services. These services are offered through the Community Action Committee of Pike County, Inc. Energy Programs. Repair services correct unsafe conditions that pose a health or safety hazard to your household.

Examples include electrical, plumbing, heating,



floor, stairs, roof repairs, etc.

Emergency Home Repair services are available to households at 200% of the Poverty Guidelines.

A family of four can earn \$40,000. Families must have at least one minor child living in the home. Applicant must own the home.

For more information about this program please call the CAC Energy Programs at 289-2371 and ask for extension 191.

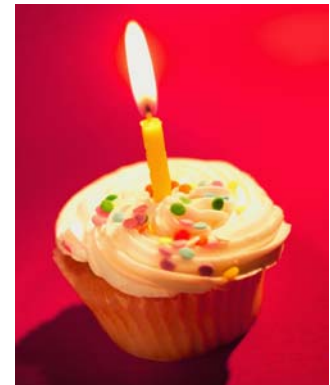


March Birthdays



Kimberly Bruce	2nd
Laranda Riley	3rd
Carla Mayton	7th
Cindi Slusher	7th
Janet Conkel	8th
Rita Moore	10th
Tesie McDaniel	12th
Christi Wallat	12th
Nellie Pittman	13th

Brooke Park	14th
Jennifer Mills	15th
Edwin "Babe" Ward	15th
Dawn Rose	17th
Rita Russell	19th
Bertha Scowden	24th
Donna Carson	25th
Laura Dobbins	28th



March 17th St. Patrick's Day

May the luck of the Irish be yours today!

The first American celebration of Saint Patrick's Day was in Boston, Massachusetts in 1737. As the saying goes on this day "everybody is Irish".

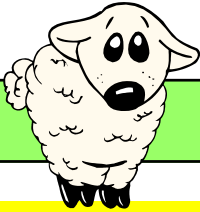
Green is associated with Saint Patrick's Day because it is the color of Spring, Ireland and the Shamrock.

Leprechauns are very clever little creatures and are know as Irish fairies. They look like a small old man about 2 feet tall, and are often dressed like a shoemaker with a cocked hat and a leather apron.

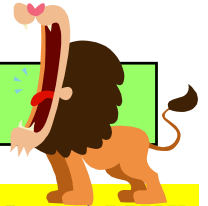
Leprechauns own a hidden pot of gold.

Good luck on Saint Patrick's Day is finding a four leaf clover, wearing green, and kissing the blarney stone.





March comes in like a lion...or a lamb



You've probably **HEARD** the **SAYING**, "**March** comes in **LIKE A LION** and out **LIKE A LAMB**" or the **opposite**: "**March** comes in like a **lamb** and out like a lion." What the heck is this supposed to mean? **LIONS** can be **ferocious** and **lamb**s are **timid**. The saying **re-**
fers to the **weather**. If the weather is **COLD** and **SNOWY** at the **beginning** of March, then **the end** of March is supposed to be **calm**. On the other hand, if **the weather** is **mild** at the **BEGINNING** of the month, then **the end** will supposedly have **storms**. **Is this right?** The **WEATHER FORECASTERS** say it's not that far from **the truth**. That's because **March WEATHER** changes **a lot**. It can be **warm one day** and **stormy the next**. Keep a **RECORD** of **temperatures** and **weather** for **EACH DAY** in March to see if it is a **lion** or a **lamb kind of day**.

Keeping Your Eyes Healthy In Front of the PC Screen

Adjust the position of your monitor

The biggest cause of eye problems is placing the monitor too high. Our eyes work better and focus more accurately when they're looking slightly downward rather than straight ahead.

You should place the monitor so that if you look straight ahead, you're peering just over the top of the monitor, then you should slightly angle up the monitor.

Your monitor should also be no closer than arm's length from your eyes.

Pay attention to surrounding lighting

To avoid glare or shadows caused by nearby windows and the resulting eyestrain, don't compute while facing an unshaded window or an area with an unshaded window directly behind you. Shades, blinds or curtains can help. The best window position is to the side of your computer. If reflections are still a problem, an anti-glare screen placed over your monitor can help.

When computing, if you typically view dark text on a light background, the room lights should be brighter than if you typically view light text on a dark background. If you can't adjust the lighting, consider wearing a visor to shield your eyes from it. Light text on a dark background can be easier on your eyes.

Take eye breaks

Take a 20-second break every 20 minutes, focusing your eyes on points at least 20 feet from your computer screen. Keep your eyes moving while looking at objects at various distances.

Wear the right glasses

If you normally wear glasses or contact lenses and are older than about 45, you may need special vision correction for computer work. Computer screens are neither at a close distance typical of reading or a far distance typical of driving but at an intermediate distance.

Regular bifocal glasses when computing can cause problems, as can glasses with progressive lenses because the intermediate zone is too narrow. If you're nearsighted, you can work around this problem by using older glasses with a weaker prescription.

A better solution is to get glasses that are specifically focused for the intermediate distance of computer screens. The best solution, said Anshel, is "occupational progressives," which are glasses that provide correction for near and intermediate viewing rather than the near and far viewing of normal bifocal glasses.



Bathroom: Germ-Free and Healthy

Pour bathroom hygiene can present a health risk to the entire household. When not cleaned properly and often, a dirty bathroom becomes a breeding ground for bacteria and germs that spread illness through the house. Each family member can play their part in keeping the bathroom clean to prevent germs from spreading. It involves keeping themselves clean and cleaning up after themselves. The regimen is not just healthy; it's considerate. The dirt and germs you leave behind can linger and spread illness to other family members.

Personal Hygiene

Your own personal hygiene plays a large part in improving bathroom hygiene. Like the bathroom, your mouth and hands are breeding grounds for bacteria. Overall bathroom cleanliness begins when you clean yourself. Replace your toothbrushes every three months. Don't let your dirty toothbrush hang in the holder with your family's toothbrushes. And never share a toothbrush with anyone. That's the quickest way to spread infections. Wash your hands thoroughly each time you use the bathroom. Germs spread quickly by touch. Instruct all family members to wash their hands with warm, soapy water after using the toilet. Educate young children early about the importance of toilet hygiene. Use disposable towels to dry your hands instead of a cloth towel that everyone would use. By using disposables, you'll be throwing away germs instead of spreading them. Communal towels contain bacteria and viruses that cause illness. Bath towels should be changed and washed regularly. Hang them up to dry after use; the longer they remain wet, the more germs will collect on the towel.

Surfaces

All bathroom surfaces should be cleaned regularly. These include the door handle, faucets, toilet, sink, floor and shower/bathtub.

Shake water from the curtain after showering to prevent buildup of mold and mildew. Always leave the curtain open so water evaporates. Clean the curtain liner once a month. Occasionally remove your showerheads and soak them overnight in vinegar or a commercial cleanser. This removes the build-up and dirt that clogs the head and contaminates the shower water. Be especially careful when cleaning the toilet, especially if a family member is sick. All toilet parts should be cleaned regularly including the seat, rim, lid, bowl and flushing handle. Always wipe the toilet seat with tissue before and after using. Here are some other tips to help reduce bacteria and prevent contamination:

- Never share razors
- Wear shoes or slippers in the bathroom to prevent contact with germs on the floor, which can cause conditions such as athlete's foot
- Use toilet paper or paper towels to wipe up spills and water
- Keep the bathroom dry; bacteria breeds in moist environments



March Calendar

March 6th Senior Staff
 March 11th Daylight Saving Time Begins
 March 15 Governing Board
 March 16 Line Staff 1/Supervisor's 3
 March 17th St. Patrick's Day
 March 20th First Day of Spring
 March 20th–23 Management Meetings



Emergency Home Energy Assistance Program (HEAP) TANF Winter Crisis Program (E-HEAP)

Generally Emergency Home Energy Assistance Program runs from the first week of November through March 31st. This is a federally funded program designed to help eligible Ohioans meet the rising cost of home heating. Applicants must meet 175% of the Poverty Guidelines.

This program is operated through Community Action Social Services. For more information please call 289-2371 ext. 185.

TANF Winter Crisis Program (E-HEAP) a program designed to help eligible Ohioans meet the rising cost of home heating. Applicants must meet 200% of the Poverty Guidelines and have a minor child in the household to qualify.

This program is operated through Community Action Social Services. For more information please call 289-2371 ext. 185.

Supplemental Security Income Case Management

The Social Services Department of the Community Action Committee of Pike County, Inc., has been funded to implement a Supplemental Security Income (SSI) Case Management Project.

The objective of this project is to assist Pike County Ohio Works First (OWF) participants, who may be eligible for SSI, to obtain financial assistance from the Social Security Administration.

This project will be structured to provide direct and indirect case management services for the OWF participant by a licensed Social Worker who will guide the participant through the SSI application and appeal process.

Target Population:

- Clients who have been determined eligible and referred by the Pike County Department of Job and Family Services.

- Services may only be provided to TANF eligible clients.

For more information about this project, please call CAC at 289-2371 and ask to speak with Social Services.

The Social Services Department of CAC believes in the self-worth of every human being and in the right of each individual to be an independent and self-sufficient person.

2007 Federal Poverty Guidelines Effective January 24, 2007 Contact Funding Sources for Your Program Effective Dates

	100%	125%	150%	175%	185%	200%
1	10,210	12,762.50	15,315	17,867.60	18,888.50	20,420
2	13,690	17,112.50	20,535	23,957.50	25,326.50	27,380
3	17,170	21,462.50	25,755	30,047.50	31,764.50	34,340
4	20,650	25,812.50	30,975	36,137.50	38,202.50	41,300
5	24,130	30,162.50	36,195	42,227.50	44,640.50	48,260
6	27,610	34,512.50	41,415	48,317.50	51,078.50	55,220
7	31,090	38,862.50	46,635	54,407.50	57,516.50	62,180
8	34,570	43,212.50	51,855	60,497.50	63,954.50	69,140
For each additional person add:						
	3,480	4,350	5,220	6,090	6,438	6,960

New Employees



Family Health Centers
Beth Johnson
Debra King



Early Childhood Programs
Christy Rolfe
Cassandra Reynolds
Kelly Maag
Junie Salyers
Crystal Migneron

Employment & Training Programs
Tara Elliott



Celebrating the Seasons 1st Day of Spring March 20th

Spring Equinox, also known as Ostara, occurs in the middle of March. It marks the beginning of Spring and the time when days and nights are of equal length.

While it's true that we've traditionally celebrated the beginning of spring on March 21, astronomers and calendar manufacturers alike now say that the spring season starts one day earlier. March 20, in all time zones in North America. Unheard of? Not if you

The vernal equinox landed on March 21 only 26 out of 100 years. And from 1981 to 2102, Americans will celebrate the first day of spring no later than March 20th.

look at the statistics. In fact, did you know that during the 20th Century, March 21 was actually the exception rather than the rule? In the years 2008 and 2012, those living in Alaska, Hawaii and the Pacific, Mountain and Central time zones will see spring begin even earlier; on March 19th. And in 2016, it will start on March 19 for the entire United States. There are a few reasons why seasonal dates can vary from year to year. A year is not an even number of days and neither are the

seasons. Another reason is that the Earth's elliptical orbit is changing its orientation relative to the Sun which causes the Earth's axis to constantly point in a different direction, called precession. Since the seasons are defined at strict 90-degree intervals, these positional changes affect the time Earth reaches each 90 degree location in its orbit around the Sun. The pull of gravity from the other planets also affects the location of the Earth in its orbit.



Spring Tips

Survey the Yard

Cut down last year's perennial foliage. Rake and mulch flower beds before spring flowers appear.

Get Ready to Mow

Refill your mower with oil, install fresh spark plugs, and lubricate moving parts.

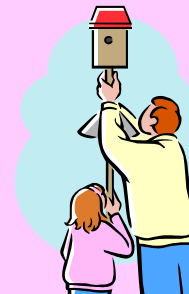
Prune the Trees and Shrubs

Remove dead, damaged, and diseased branches.

Prune cold-damaged wood after plants resume spring growth.

Prune spring-blooming shrubs and trees after flowering.

Clean Bird Feeders and Baths



We're on the
Web!
www.pikecac.org

CAC News

Community Action Committee Of Pike County, Inc.

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. If you have any questions, please call the Front Office at 289-2371.

Public Transportation and Terrorism

You don't need to be reminded that terrorist attacks can occur any time and any place, including the bus you ride every day. The fact is that transit vehicles, including buses, trains, subways, and trucks, are ideal targets for a terrorist attack. Should you keep riding? Here are some of the rules city, state, and federal officials are using to help keep the public safe.

Prevention

One of the easiest ways to avoid disaster is for transit operators to conduct a thorough inspection of their vehicle at the beginning and end of each trip. This includes checking floors, seats, under seats, and any interior bins or compartments. The lights should be checked to make sure they have not been tampered with. The exterior of the vehicle, including the engine, should be checked for signs of tampering or any foreign object attached to the frame. In addition, vehicles should be checked for explosives during routine maintenance.

Suspicious Packages or Substances

If you find any unattended packages, immediately report it to the authorized transit personnel, such as the driver or conductor. Any suspicious packages or substances should be carefully examined to determine if it is dangerous:

- Is there an unexplained odor?
- Could it be inhaled?
- Is there any residue?
- Are there any wires or batteries visible? This may indicate an explosive.
- Is there a message attached to the item?
- Are people in the area showing any signs of illness or distress?
- Did you see anyone near the item or leaving the scene?
- Do authorities know if there is a known specific threat in the area?



Response

If any of these conditions are present, step away from the object or potentially contaminated area. The driver or conductor should find a safe location to pull over or stop the vehicle. Once the vehicle is safely stopped, try to remain calm and await further instructions. If the operator feels the danger is life-threatening, you should immediately evacuate the vehicle. Be sure to take all your possessions with you. Get to a safe location at least 1000 feet away from the vehicle.

The transit operator should call for help. Stay in the area until officials have told you it's okay to leave. They may want to collect your name and phone number as part of their investigation.