



McDowell County FACES Newsletter

The FACES of HOPE

December, 2016

facesfrn.com

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National Drunk and Drugged Driving Prevention Month

Front Page—Why? Because it is Important!

Posted on November 13, 2012 by Lisa Frederiksen

National Drunk and Drugged Driving Prevention Month is celebrated annually in December. What can you do in the next few weeks to support the intent of this very important national celebration month? For many, it's impossible to understand why such a proclamation and celebration month is necessary. For many, it's a surprise to know how little it takes. Based on the weight variable alone, a person's BAC (blood alcohol content) will likely be .08 or higher with the following quantities/time period:

- 110-129 lbs: 2 drinks in an hour or less
- 130-149 lbs: 3 drinks in 2 hours or less
- 170-189 lbs: 4 drinks in 2 hours or less

Many people ask, "How is it that a person can even 'think' they're good to drive once they've been drinking?" And it's that question that also carries part of the answer – the word, 'think.'

When a person drinks more than the liver can process (metabolize), that person can no longer "think" straight. Why? Because alcohol is not processed like other foods and liquids. It bypasses the digestive system and moves into the small intestine and from there into the bloodstream where it travels to

body organs and tissue high in water content and highly vascularized (meaning lots of blood vessels) – like the brain. Alcohol leaves the body (is metabolized) by the liver. It takes the liver ABOUT one hour to metabolize one standard drink. Therefore, 4 drinks will take 4 hours, and while each drink waits its turn out the liver, it "sits" in the brain where it impairs neural networks and therefore a person's ability to "think" straight and act responsibly. [Note: gender, age, medications, weight, stage of brain development all influence how quickly alcohol is metabolized and how alcohol impairs one person's brain vs another person's. Therefore, the one drink per hour is a very rough average.]

What Can You Do to Support National Drunk and Drugged Driving Prevention Month?

Beyond the obvious admonition, "Don't drink and drive," here are five suggestions for doing your part to raise awareness and support National Drunk and Drugged Driving Prevention Month:

1. Familiarize yourself with the definition of a standard drink of each of the various alcoholic beverages, as well as the numbers of standard drinks/cocktail or drink container. This can help you decide when to intervene on a friend's behalf, for example. It can also be a point of conversation leading up to a celebratory night on the town.
2. Understand how alcohol chang-

es the brain and why staying within low-risk drinking limits is so important. These limits, for example, help a person's liver keep up with metabolizing the quantity of alcohol consumed and thereby allowing the person to stay in control of his/her brain and therefore his/her thoughts and actions.

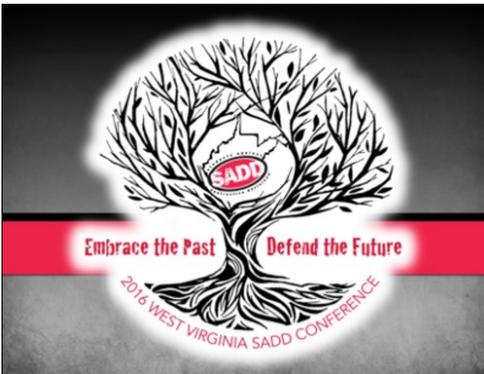
3. Understand how brain changes are caused by binge drinking or heavy social drinking, in addition to alcoholism (addiction). In fact, most people who drive while impaired are NOT alcoholics. Rather, they are alcohol abusers. "How Much is Too Much? At-Risk Drinking Patterns Explained."

4. Learn how it's possible for a person to drink and "choose" to drive. "DUI – Is It a Choice or an Accident?" This can help you protect yourself from the drinking behaviors that occur when a person who drinks too much.

5. Advocate for standard drink labels on alcoholic beverage containers and on restaurant and bar menus.



River View High School SADD Chapter News



During the 2016 WV SADD Conference, Ginger Day was recognized with an award for the SADD Advisory of the Year. Ginger has worked with River View since 2014 to develop and build a very successful Chapter. There are 102 members of the Chapter and completed the following activities:

14 went to conference; movie nights; Kids Fish Day; Prescription Drug Take Back; Recognition of Law Enforcement; SYNAR Compliance Checks; Tie One On for Safety; Seat Belt Safety; Sandy River Mentor Program; Homecoming Parade 1st place River View High School float; Bradshaw Fall Festival; Back to School events; Trunk or Treat; supply schools with literature for underage drinking; social host ordinance passed; and 21 or Bust Program with merchants in McDowell County who sell alcohol.

To support SADD or get involved contact Ginger at 304-436-5255; 304-888-8142; gingerday35@yahoo.com.



It is through regular meetings that the River View SADD Chapter identifies the issues they want to address and plans for how to make things happen. This is the November 21, 2016 meeting at the school to work on events for December and fundraisers for attending the National SADD Conference.

They have a Go Fund Me set up to assist in costs associated with the National Conference which will be held in Tampa Florida.

The youth will also be helping Mission Ministries to raise money for needy families in McDowell. They will go to the nursing home in Gary to visit with the elderly there.

Hour of Code



I saw this on some research I was doing for December and thought it was a really good idea to engage youth. Our children are extremely smart when it comes to using computers and technology however may lack desire to look into computer science. Perhaps this initiative could stir desires to become the next generation of technology.

Consider hosting a Hour of Code!

The Hour of Code started as a one-hour introduction to computer science, designed to demystify "code", to show that anybody can learn the basics, and to broaden participation in the field of computer science. It has since become a worldwide effort to celebrate computer science, starting with 1-hour coding activities but expanding to all sorts of community efforts. Check out the tutorials and activities. This grassroots campaign is supported by over 400 partners and 200,000 educators worldwide.

The Hour of Code takes place each year during Computer Science Education Week. The 2016 Computer Science Education Week will be December 5-11, but you can host an Hour of Code all year round. Computer Science Education Week is held annually in recognition of the birthday of computing pioneer Admiral Grace Murray Hopper (December 9, 1906).

Every student should have the opportunity to learn computer science. It helps nurture problem-solving skills, logic and creativity. By starting early, students will have a foundation for success in any 21st-century career path. See more stats here.

Start planning by reviewing the how-to guide. You can organize an Hour of Code event at your school or in your community — like in an extracurricular club, non-profit or at work. Or, just try it yourself when Dec. 5 arrives.

The Hour of Code is driven by the Hour of Code and Computer Science Education Week Advisory and Review Committees as well as an unprecedented coalition of partners that have come together to support the Hour of Code — including Microsoft, Apple, Amazon, Boys and Girls Clubs of America and the College Board.

Code.org tutorials work on all devices and browsers. You can see more information about Code.org's tutorial tech needs here. Tech needs for non-Code.org tutorials can be found on code.org/learn in the tutorial specific description. Don't forget we also offer unplugged activities if your school can't accommodate the tutorials!

We have Hour of Code tutorials that work on PCs, smartphones, tablets, and some that require no computer at all! You can join wherever you are, with whatever you have.

Here are a few options:

Work in pairs. Research shows students learn best with pair programming, sharing a computer and

working together. Encourage your students to double up.

Use a projected screen. If you have a projector and screen for a Web-connected computer, your entire group can do an Hour of Code together. Watch video portions together and take turns solving puzzles or answering questions.

Go unplugged. We offer tutorials that require no computer at all.

If you're interested in becoming a tutorial partner, see our guidelines and instructions. We'd like to host a variety of engaging options, but the primary goal is to optimize the experience for students and teachers who are new to computer science.

Absolutely no signup or login is required for students to try the Hour of Code. Most of the follow-on courses require account creation to save student progress. Also, signing up for the Hour of Code does NOT automatically create a Code Studio account.

The goal of the Hour of Code is not to teach anybody to become an expert computer scientist in one hour. One hour is only enough to learn that computer science is fun and creative, that it is accessible at all ages, for all students, regardless of background.

Anyone can host an Hour of Code at any time. The tutorials stay up year round. You can expect all our tutorials and curriculum to be available on our site in perpetuity. Please go to our resources for event how-to guides and other resources to help make your Hour of Code event a success.

Code.org

Meetings/Events of Interest

McDowell County FACES Community Meeting

**December 8, 2016
12:00 noon**

FACES Office

ATOD Meeting December 19, 2016

4:00 p.m.

Sterling Drive Inn

Contact Ginger:

304-436-5255

IAEGER CHRISTMAS PARADE

DECEMBER 10, 2016

7:00 P.M.

**WILL START ON RT 52
AND END ON CIRCLE
STREET**

Northfork Christmas Parade

December 3, 2016

12:00 noon

**From C&V Service
Center to end of Busi-
ness District**

Southside Community Schools Meeting

December 19, 2016

4:00 p.m.—6:00 p.m.

Southside School

Partners Meeting

Call Sarah Muncy

304-320-5607

McDowell County HOPE Coalition

December

**Cancelled Due to
Christmas Holidays**

**Have a Wonderful
Christmas**

Davy Christmas 'Parade

December 10, 2016

**Contact Assistant
Chief William Lambert
at 681-201-2021**

Christmas Tree

Decorating Contest

**Nov 28, 30 from 10-2 for
decorating trees**

**Trees turned on December
1, 2016**

**All organizations and busi-
nesses and individuals en-
couraged to participate,
contact Chamber of Com-
merce**

Cookies With Santa Bradshaw Town Hall

December 4, 2016

5:00 p.m.

**Pictures and Mr. &
Mrs. Clause**