



McDowell County FACES Newsletter

The FACES of HOPE

February , 2013

facesfrn.com

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FEBRUARY: HEART HEALTH MONTH



The Heart Truth is a campaign meant to raise awareness of the risk of heart disease in women. The campaign is sponsored in the United States by the National Heart, Lung, and Blood Institute, an organization of the United States Department of Health and Human Services; a similar campaign is promoted in Canada by the Heart and Stroke Foundation of Canada. It focuses mainly on educating women aged forty to sixty, as that is the time when the risk of heart disease begins to increase.

Former First Lady Laura Bush has been the ambassador for the Heart Truth since 2003. She has led the federal government in giving women more information relating to heart disease. Bush has coordinated many events relating to the Heart Truth, including a White House ceremony in 2004, the Kennedy Center exhibit, the Reagan Library exhibit, and has participated in all Fashion Week events dating to 2003.

A signature component of Mrs. Bush's involvement is her communication with women at hospital events featuring those living with heart disease. She promotes the campaign through various media interviews as well.

All through the month of February, we encourage you to learn more about the heart and how to prevent heart disease. Do you know how to prevent it? Do you do all you can to make every day heart healthy? Six ways to make every day heart healthy and lower your risk:

1. Talk to your doctor about your risk factors and how to reduce them.
2. Eat a low-fat diet-vegetables, fruits, and whole grains.
3. Lose weight. Losing 10% of your body weight can reduce your risk.
4. Get active. Fitting in 30 minutes of activity each day will reduce your risks.
5. Stop smoking. Even being exposed to second hand smoke can increase your risk.
6. Control stress. Stress is a major risk factor for heart disease.

Taking steps to reduce your risk of heart disease and stroke will improve your quality of life.

Desirae Williams is the Adult Nutrition Outreach Instructor at WVU Extension Service. The adult nutrition classes she teaches

are filled with stories of many of the same lifestyles and everyday struggles. Participants find things they have common with each other and that is how the class begins. Fun games and laughter at things we always knew seem to really become clear when you take part in the class. Fun healthy recipes are given, prepared, and everyone takes a copy home. Participants can take what is taught and share it with their friends and family. It could be a topic sometime over the telephone or at the dinner table in the evening. Desirae believes that we have to spread the information, because it's not always that we don't want to eat healthy; it could simply be "I thought I was eating healthy."

For more information or to sign up for the Nutrition Classes call the McDowell County WVU Extension Service at 304-436-9006 or email me at desirae.williams@mail.wvu.edu.

Dana Lester, Families and Health Extension Agent started with WVU Extension in 2006. Her passion is taking the knowledge I gain and giving it to others to make healthier lifestyle choices. She teaches Diabetes classes, healthy relationship classes, chronic disease prevention classes to name a few. Dana endeavors to spread the word about preventing disease and improving quality of life. For more information or to inquire about classes, please contact me at 304-436-9006 or email me at dana.lester@mail.wvu.edu.

McDOWELL COUNTY DAY AT THE LEGISLATURE



February 25, 2013 is the date for the McDowell County Day at the Legislature. This is a very important day to educate our legislators on the specific issues identified by the planning committee and covering dilapidated structures, substance abuse, and law enforcement.

Jerry Stepp will present on dilapidated structures within the county.

Kathie Whitt and Ginger Day will present for substance abuse and the topic will include a list of things currently being worked on in the county and requests for:

1. Establishment of tax on narcotic and anti-depressant medications with proceeds going to the county in which the prescription was written. Im-

plement a 50-mile radius for filling prescriptions from the point of the physician writing it.

2. Require all schools with 8th-12th grade classes to use a youth risk behavior survey (i.e. Pride) for the collection of data sets.
3. Policy change to establish minimum age for acquisition of narcotic and anti-depressant medications not prescribed to the individual.
4. Policy to limit the number of prescriptions of narcotics and anti-depressants that can be written or combined without sufficient testing. Mandatory and timely use of electronic database systems for input and extraction.
5. Screening Brief Intervention and Referral to Treatment issues.
6. Brick and mortar funds for treatment and recovery facilities.
7. Promote the purchase of incineration units for the state to assist in the appropriate disposal of prescriptions collected through the newly placed permanent collection box.

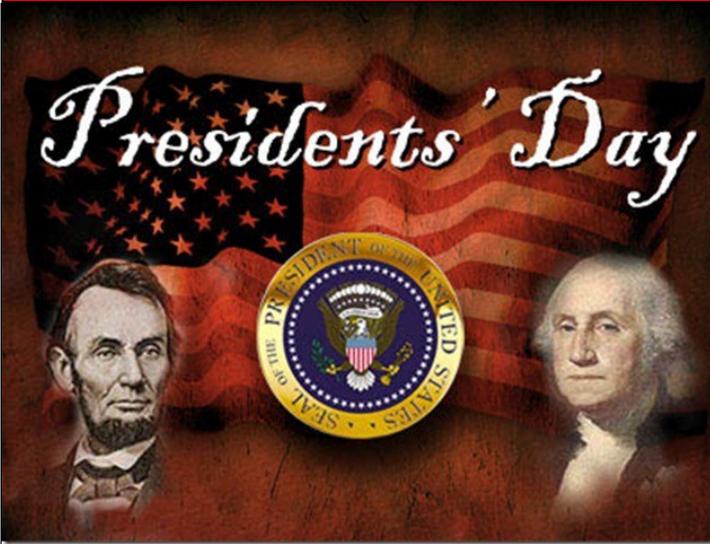
Martin West, Sheriff will present how his department is dealing with the drug situation and overall safety in the county and his needs to continue moving the county forward.

NEXT GENERATION: AMBASSADORS FOR CHANGE



Students receive training in True Colors and Strategic Prevention Framework for Assessment, Capacity Building and Planning on January 21, 2013. The students are now looking to complete their mentoring days with agencies throughout the county and working to decide on their project. The group will assist with the DEA Prescription Drug Take Back Day in April and work on education awareness items for the permanent prescription drug drop box located in the Sheriff's office. Pictured are: Megan Carr, Morgan Carr, Courtney Jewell, Destany Cline, Whitney Dotson, Andrea Payne, and George Cline with Cathy Koontz as the trainer.

President's Day



Presidents Day Titled Washington's Birthday, a federal holiday honoring George Washington was originally implemented by an Act of Congress in 1879 for government offices in the District of Columbia and expanded in 1885 to include all federal offices. As the first federal holiday to honor an American citizen, the holiday was celebrated on Washington's actual birthday, February 22. On January 1, 1971, the federal holiday was shifted to the third Monday in February by the Uniform Monday Holiday Act. This date places it between February 15 and 21, which makes the name "Washington's Birthday" in some sense a misnomer, since it never occurs on Washington's actual birthday, either February 11 (Old Style), or February 22 (New Style).

The first attempt to create a generic Presidents Day

occurred in 1951 when the "President's Day National Committee" was formed by Harold Stonebridge Fischer of Compton, California, who became its National Executive Director for the next two decades. The purpose was not to honor any particular President, but to honor the office of the Presidency. It was first thought that March 4, the original inauguration day, should be deemed Presidents Day. However, the bill recognizing the March 4 date was stalled in the Senate Judiciary Committee (which had authority over federal holidays). That committee felt that, because of its proximity to Lincoln's and Washington's Birthdays, three holidays so close together would be unduly burdensome. During this time, however, the Governors of a majority of the individual states issued proclamations declaring March 4 to be Presidents' Day in their respective jurisdictions.

An early draft of the Uniform Monday Holiday Act would have renamed the holiday to "Presidents' Day" to honor the birthdays of both Washington and Lincoln, which would explain why the chosen date falls between the two, but this proposal failed in committee and the bill as voted on and signed into law on June 28, 1968, kept the name Washington's Birthday.

By the mid-1980s, with a push from advertisers, the term "Presidents' Day" began its public appearance. Although Lincoln's birthday, February 12, was never a federal holiday, approximately a dozen state governments have officially renamed their Washington's Birthday observances as "Presidents' Day", "Washington and Lincoln Day", or other such designations. However, "Presidents' Day" is not always an all-inclusive term.

Houston Coal Company Store Restoration Meeting

You are invited to a Town Hall meeting on February 12 at 1pm at the Kimball War Memorial Building to discuss the restoration of the **Houston Coal Company Store**.

Through a Campus Community Link Grant, Dr. Susan Williams, Associate Professor of Recreation and Tourism Management

Division of Social Sciences of Concord University and students from her Cultural Tourism class will facilitate the meeting. They will encourage participants to share their memories of the building. Your input will also be sought on future development ideas of the building. The students will be working on a business and marketing plan for the building.



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FACES Meeting: 2nd
Thursday of each month at
noon —open to the public.

HOPE Meeting: 4th Monday at
10:30 a.m.—open to the
public.

Community Collaborative
Team: 4th Monday at 12:00
noon —open to the public.

Location: FACES Office

This newsletter
brought to you by
funds from the WV
DHHR.

**McDowell
County Day At
The Legislature
Planning
Meeting**

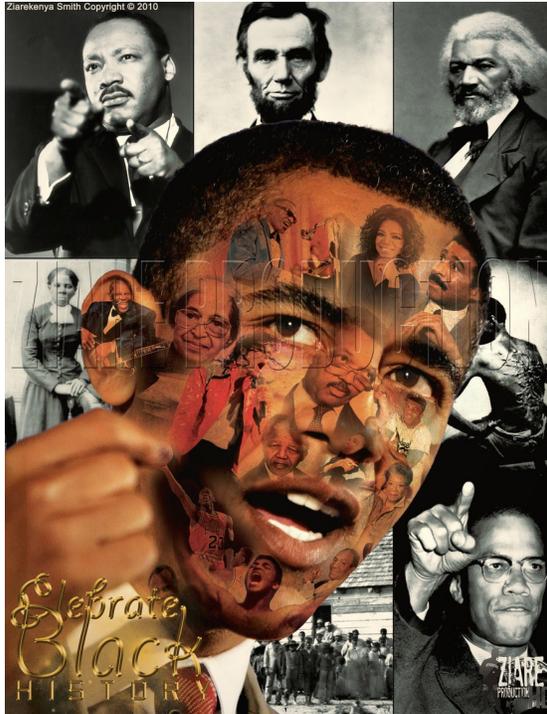
**February 11,
2013**

5:00 pm

**County
Commission
Building**

**Call 436-3833
For More
Details**

Black History Month



Black History Month had its beginnings in 1926 in the United States, when historian Carter G. Woodson and the Association for the Study of Negro Life and History announced the second week of February to be "Negro History Week". This week was chosen because it marked the birthday of both Abraham Lincoln and Frederick Douglass. Woodson created the holiday with the hope that it eventually be eliminated when black history became fundamental to American history. Negro History Week was met with enthusiastic response; it prompted the creation of black history clubs, an increase in interest among teachers, and interest from progressive whites. Negro History Week grew in popularity throughout the following decades, with mayors across the United States endorsing it as a holiday.

In 1976, the federal government acknowledged the expansion of Black History Week to Black History Month by the leaders of the Black United Students at Kent State University in February of 1969. The first celebration of Black History Month occurred at Kent State in February of 1970. Six years later during the bicentennial, the expansion of Negro History Week to Black History Month was recognized by the U.S. government. Gerald Ford spoke in regards to this, urging Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Black History Month was first celebrated in the United Kingdom in 1987. This establishment of Black History Month is generally attributed to the work of Ghanaian analyst Akyaaaba Addai-Sebo, as well as the Greater London Council.

In 1995, after a motion by politician Jean Augustine, Canada's House of Commons officially recognized February as Black History Month. In 2008, Senator Donald Oliver moved to have the Senate officially recognize Black History Month, which was unanimously approved.

Black History Month sparks an annual debate about the continued usefulness and fairness of a designated month dedicated to the history of one race. Many people hold concerns about black history being delegated to a single month and the "hero worship" of some of the historical figures often recognized. Morgan Freeman, a critic of Black History Month said: "I don't want a black history month. Black history is American history".