



# McDowell County FACES Newsletter

## The FACES of HOPE

February, 2017

facesfrn.com

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Valentine's Day is celebrated on February 14. It is a festival of romantic love and many people give cards, letters, flowers or presents to their spouse or partner. They may also arrange a romantic meal in a restaurant or night in a hotel. Common symbols of Valentine's Day are hearts, red roses and Cupid.

Many people celebrate their love for their partner by sending cards or letters, giving gifts or flowers and arranging meals in restaurants or romantic nights in hotels. People who would like to have a romantic relationship with somebody may use the occasion to make this known, often anonymously. Valentine's cards are often decorated with images of hearts, red roses or Cupid. Common Valentine's Day gifts are flowers chocolates, candy, lingerie and champagne or sparkling wine. However, some people use the occasion to present lavish gifts, such as jewelry. Many restaurants and hotels have special offers at this time. These can include romantic meals or weekend breaks.

Valentine's Day is not a public holiday. Government offices, stores, schools and other organizations are open as usual. Public transit systems run on their regular schedule. Restaurants may be busier than usual as many people go out for an evening with their spouse or partner. Valentine's Day is also a very popular date

for weddings.

There are a number of Saints called Valentine who are honored on February 14. The day became associated with romantic love in the Middle Ages in England. This may have followed on from the Pagan fertility festivals that were held all over Europe as the winter came to an end. Traditionally, lovers exchanged hand written notes. Commercial cards became available in the mid nineteenth century.

The most common Valentine's Day symbols are the heart, particularly in reds and pinks, and pictures or models of Cupid. Cupid is usually portrayed as a small winged figure with a bow and arrow. In mythology, he uses his arrow to strike the hearts of people. People who have fallen in love are sometimes said to be 'struck by Cupid's arrow. Other symbols of Valentine's Day are couples in loving embraces and the gifts of flowers, chocolate, red roses and lingerie that couples often give each other.

Ask yourself, if you had to choose, what is more important:

A store bought gift or a homemade one.

A night out on the town or time alone with your loved one.

Telling everyone else about your day on social media or making the actual moments with your loved one.

Leaving the kids with someone else or having a family night out/in.

An expensive bouquet of flowers or hand picked flowers throughout the year.

One night out for Valentine's Day or a

life with someone significant.

### Fun Facts and Clichés About Your Heart

It beats 4,000 times an hour.

It weighs approximately 11 ounces.

It takes 20 minutes for blood to travel the cardiovascular circuit.

It's just a little larger than your fist. Each heartbeat pumps a half-cup of blood.

Blood travels through 62,000 miles of veins, arteries and capillaries.

The heart has been used as a symbol of love and generosity In songs, poetry and speech inaccurately:

(a) You can't break a heart although you can be "heartbroken".

(b) All hearts are basically the same size and someone who is "big hearted" is generous.

(c) You can't wear "your heart on your sleeve" although you can be obvious about feelings.

(d) A heartache can medically be chest pains, but they are usually due to a loss of someone's love.

(e) Since your heart is located behind your ribs, it can't feel anything. So if something is said to be "heart felt" it is merely sentimental.

(f) A "hearty" meal is one that is a lot of food and is more focused on the stomach.

(g) A "heart-stopping" situation usually makes one stop breathing for a second. But your heart keeps on beating even if you hold your breath a few seconds.

(h) In the old days to have a change of heart meant to change your mind.

Ironically, in this new era, with heart transplants, one literally can change their heart.

**Valentine's Day and Hearts just go together!**

# Social Media Addiction

## SOCIAL MEDIA ADDICTION



As I sat in my living room with my husband, son, and granddaughter, I looked around and everyone was on their tablets which included games, books, facebook, email, etc. While we had been busy all day with board games, crafts, meals, etc., I couldn't help but feel that precious time and contact was being lost by these devices.

I started to think about how much time one can spend on a tablet looking at all of the social media or gaming and I felt sad because I am also guilty. Sitting for hours looking at a screen to play games or check on "what everyone else is doing" has begun to rob me of the human connection, conversations, and memories. I don't want to look back and think that my time in this family, community, etc. was spent "connected" to devices rather than those that are the most important. And then I realized, it is extremely hard to put it down, turn it off, disconnect, etc. so I went online to research social media addiction.

I know people that sleep with their phone or tablet right in the bed with them. They have a TV in their rooms and it runs long after they fall asleep. And this is not something new, for years it was a book they couldn't lay down that ended up on the floor after falling off their lap when they fell asleep. But are we cheating our families by having these? My phone is on the night stand for emergencies, I took the TV out of my bedroom years ago, and I never take my tablet to the bedroom. But let me tell you, it is nothing to see me sit in my chair with the tablet playing games and look up and realize that you have missed hours. It does help me unwind but it also takes away from other things that I should be doing such as: talking to family members; cleaning; studying the Bible; reading; etc. Prior to the tablet, it was me on the computer playing hidden mysteries, etc. until my husband would come in and say are you going to bed tonight and I would look up and five hours had passed. So with confession, I am addicted to electronics!!!

In researching I found that there are studies out there that support my thoughts on this. There is research that suggests that being wired for 24/7 is extremely dangerous to relationships, families, sleep, and there are now doctor-developed tests to see if you need help. Prevention is now the word for developing management skills for social media. Unplugging is not a curse word! Burnout is real! It has been documented that 86 percent of social media professionals have experienced some form of burnout in their careers. The causes range from keeping up with the ever-changing social landscape to creating large volumes of high-quality content. You can strike a balance! Identify that you are extremely nose about other people's lives! You can put it into perspective to experience life rather than posting life!

If you've developed bad habits of working yourself to exhaustion, tackle them head on by setting some tactical boundaries. Don't sleep next to your phone—it's just not healthy. Getting caught up in everyone else's posts can cause inappropriate responses a lot of times. Nothing in writing should ever be taken exactly how it is written. It may simply be a comment the person liked and not have anything to do with you. It may be that someone writing the post is frustrated or hurt or dealing with struggles that they vent. But as humans, who wear our feelings too close to the sleeve, we typically get hurt. Fostering a culture of social engagement, both with your online audience as well as with your coworkers can be difficult but it also may not be expected or required.

I am going to keep a social media journal for two weeks and list exactly what time I am on some type of media including games, whether at work or home. As with food journals, I will probably be shocked but typically these journals are very clear in identifying what the problem is. It is time to identify what I am robbing myself of because of media and it may even be time to make **CHANGES!**



# FACEBOOK ADDICTION: Test Yourself

Take this test but instead of just FaceBook, include all social media and see how you fair. You may be addicted and not even realize it.



## The Bergen Facebook Addiction Scale

has been used to determine if people are addicted to this extremely popular social networking site.<sup>[7]</sup>

It's based on how people rank the following statements:  
*very rarely, rarely, sometimes, often, very often.*

1. You use Facebook so much that it has a negative impact on your studies or job.  
 very rarely    rarely    sometimes    often    very often
2. You become troubled or restless if you can't use Facebook.  
 very rarely    rarely    sometimes    often    very often
3. You've tried to reduce the time spent on the site, but it didn't work.  
 very rarely    rarely    sometimes    often    very often
4. You go on Facebook to forget about your personal problems.  
 very rarely    rarely    sometimes    often    very often
5. You spend a lot of time using or planning to use Facebook.  
 very rarely    rarely    sometimes    often    very often
6. You want to use Facebook more and more.  
 very rarely    rarely    sometimes    often    very often



 If you chose **"often"** or **"always"** for at least 4 of these statements, you might **be addicted to Facebook** (at least according to this study).



# SADD Chapter Meets Governor Elect Justice



Several students from River View High School were able to meet with Governor Jim Justice during his recent visit to McDowell County.

Other activities include planning for a talent show for SADD Shines; Teen Date Abuse education; collection of items for our local domestic violence shelter, SAFE; and Ginger will be attending the CAD-CA Conference in Washington.

For information, contact Ginger Day at 304-436-5255 or email at [gingerday35@yahoo.com](mailto:gingerday35@yahoo.com). Check out their FaceBook as well.

## Second Chance Driver's License



The following information can be used to assist families with a transportation barrier due to unpaid fines:

House Bill 4683 created in WV Second Chance Dirver's License Act. Any individual who has unpaid court costs for more than 12 months and who has a suspended or revoked driver's license can apply to make monthly payments. As long as the individual makes these monthly payments, the driver's license is provisionally valid. Once the payments are missed, the license returns to suspended or revoked. Once the payments are completed the driver's license is fully reinstated.

The application to determine eligibility for this program can be located at the following link. Copy and paste into your browser and click on the link for William R. Laird Second Chance Drivers. It is a PDF application form.

<http://www.djcs.wv.gov/2ndchanceact/Documents/Application%-%20form%20fillable.pdf>

# Meetings/Events of Interest

## **McDowell County FACES Board Meeting**

**February 9, 2017  
12:00 noon**

**FACES Office**

## **ATOD Meeting February 13, 2017 Sterling Drive Inn**

**4:00 p.m.**

**Contact Ginger:  
304-436-5255**

## **South Central Community Collaborative Wyoming County DHHR**

**February 16, 2017  
10:00 a.m.**

## **Classroom Training— QuickBooks and Excel**

**Monday Feb 27, 2017  
(level 1)  
Feb 28, 2017 (level 2)  
QuickBooks**

**Wed. Mar 1, 2017  
(level 1)**

**Thurs. Mar 2, 2017  
(level 2)  
Excel**

**Morgantown:  
460 Courtyard Street**

**Details: visit website at  
[myCrystalTraining.com](http://myCrystalTraining.com)**

**or call**

**1-800-455-7012**

**Or email**

**in-**

**[fo@myCrystalTraining.com](mailto:fo@myCrystalTraining.com)**

**Cost: \$259 for any  
class**

## **Southside Community Schools Meeting**

**February 13, 2017  
4:00 p.m.—6:00 p.m.**

**Southside School  
Partners Meeting**

**Call Sarah Muncy**

**304-320-5607**

## **McDowell County HOPE Coalition**

**February 27, 2017  
10:30 a.m.—noon**

**FACES Meeting  
Room**

## **Southside Movie Night**

**February 3, 2017**

**6:00 p.m.**

**Weather Permitting (in  
case of closing, it will be  
moved to 2/10/17)**

**Contact Sarah Muncy  
for details at 304-320-  
5607.**

## **Southside PTO Dance**

**February 10, 2017**

**6:00—8:00 p.m.**

**Pre-K through grade 4**

**For details contact  
Sarah Muncy at  
304-320-5607.**