



McDowell County FACES Newsletter

The FACES of HOPE

January, 2016

facesfrn.com

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Happy New Year January 2016



When the celebrating is complete, the year ended, and all the empty resolutions made, it is time to welcome the new year. It is hard to believe we are entering into 2016. Where did 2015 go! It is hard to believe another year has sped past us and never slowed down to let us catch up.

What were your accomplishments of 2015? Did you make resolutions that you did or did not keep? Did you, like me, think this week where did I miss those months? The year seemed busier than usual, the weather patterns weirder, the losses greater, and life harder. If you were fortunately to have a good year, you are truly blessed. If you are alive to bring in the new year, you are truly blessed. And if you are of good mind and body you are blessed.

Spend some time reflecting!

The new year brings a couple of odd holidays to share with you:

Play God Day

Date When Celebrated: Always January 9th. Research did not discover any information on the meaning or purpose of this day. What we do know is that God is good. Therefore, we believe that Play God Day is a day to do something good and extra special. To mark this day, it is suggested that you do something good that will make a difference. Anything that fits this definition is appropriate. You do not have to make it something miraculous. It can be something simple, like visiting someone who is ill, or helping someone in need. Giving God thanks or a prayer is also appropriate for this day.

For me, even before its creation, I took this day to bring my wonderful son into the world: Daniel. He is God's gift to me.

Cuddle Up Day

Date When celebrated : Always January 6 th. **Cuddle Up Day** is an opportunity to snuggle up to someone on a cold winters' day or night. Chances are it's cold outside. So, cozy up to a special someone, and enjoy the warmth and love. This day is enjoyed by both young and old.

This day is a great opportunity to:

- ... cuddle with your cutie
- ... snuggle with your sweetie
- ... hug your honey

Of course, you do not have to cuddle up with someone.....

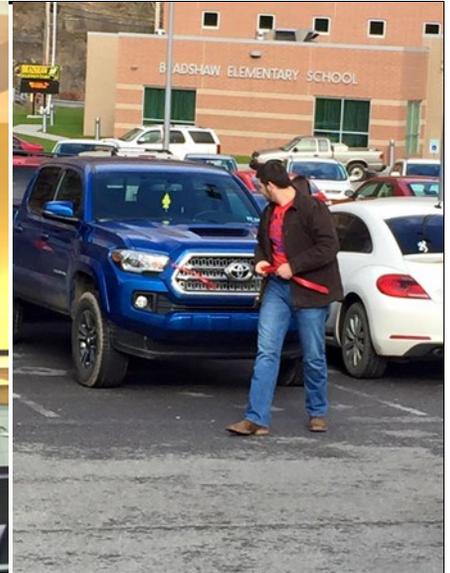
- Cuddling up in your easy chair is a great idea.
- Cuddling up to a pet is rewarding.
- Cuddling up to a stuffed animal is quite secure and comforting.
- Cuddling up with a good book is enjoyable.
- Cuddling up by the fireside is warm and cozy.
- But, nothing will beat cuddling up with a special someone.

Origin of Cuddle Up Day:

Research did not discover the originator, nor the origin for Cuddle Up Day. We did find "Cuddle Up Pillows" and "Cuddle Up Day Ecards in abundance. We even found Cuddle Up sheet music. So, take this day, and just cuddle no matter what it is, who it is as long as it's yours.



River View High School SADD Chapter



event by tying red MADD ribbons on vehicles in the parking lots.

Sandy River Middle School SADD Chapter participated in the event by tying red MADD ribbons on vehicles at their school.

River View High School SADD Chapter will participate in Shop With A Cop through the Sheriff's Office. This initiative allows the SADD youth to assist students from McDowell County find that perfect gift for Christmas. There were 83 children that were able to participate in the shopping. I just think this sign is so funny!

Tie One On For Safety

Some of the most dangerous days of the year on our nation's roadways are between Thanksgiving and New Year's Day. That is why every holiday season MADD asks you to display a MADD red ribbon in a visible location to remind others to always designate a non-drinking driver.

Started in 1986, Tie One On For Safety® is MADD's longest running and most visible public awareness project. The name comes from the phrase "tie one on," which is slang for drinking alcohol. But at MADD we use the phrase to re-

mind everyone that drinking and driving don't mix.

The River View High School SADD Chapter participated in the



January 18, 2016: Martin Luther King Jr. Day

The idea of Martin Luther King, Jr. Day as a holiday was promoted by labor unions in contract negotiations. After King's death, U.S. Representative John Conyers (a Democrat from Michigan) and U.S. Senator Edward Brooke (a Republican from Massachusetts) introduced a bill in Congress to make King's birthday a national holiday. The bill first came to a vote in the U.S. House of Representatives in 1979.

On November 2, 1983, Reagan signed a bill, proposed by Representative Katie Hall of Indiana, to create a federal holiday honoring Dr. King. The bill had passed the House of Representatives by a count of 338 to 90, a veto-proof margin. The holiday was observed for the first time on January 20, 1986.

The bill also established the Martin Luther King, Jr. Federal Holiday Commission to oversee observance of the holiday, and Coretta Scott King, Martin Luther King Jr.'s wife, was made a member of this commission for life by President George H. W. Bush in May 1989.

Dr. Martin Luther King, Jr. was famous for leading the Civil Rights movement during the 1950s and 1960s in the United States. He advocated for African-Americans, women and veterans through non-violent means, including marches, sit-ins, public speeches and boycotts. He was assassinated on April 4, 1968.

In December of 1955, Rosa Parks was arrested for refusing to give up her bus seat to a white person. Dr. King and other civil rights leaders met with Ms. Parks after her arrest to plan the Montgomery Bus Boycott, which lasted 385 days. It ended when the U.S. District Court ruled to end segregation on all Montgomery public buses. Dr.

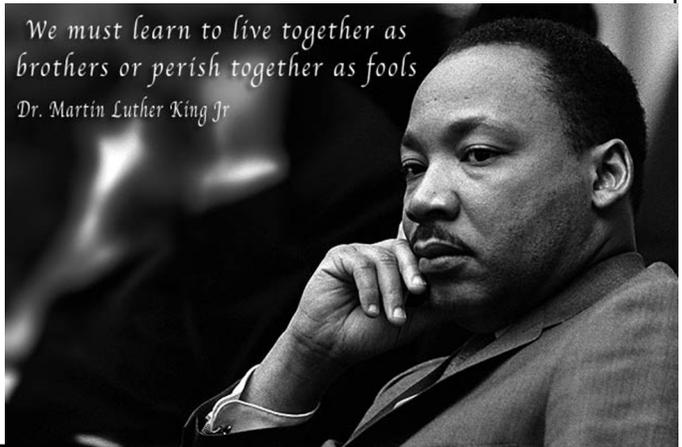
King led the protest, which resulted in him being arrested and his home being bombed, and it also put him in the national spotlight.

Dr. King was arrested and beaten several times during his life, but he remained non-violent, which

gained him widespread support and attention throughout the world. He drew from his background as a Christian and from the guidance of Gandhi's teachings to encourage more non-violent protests, such as the first sit-ins in Greensboro, North Carolina.

For the remainder of his life, he traveled millions of miles and gave thousands of speeches. His most famous speech, "I Have a Dream," was delivered in front of 250,000 people in Washington, D.C. during the March on Washington in 1963. He wrote articles and books, and he was named man of the year by "TIME Magazine." Until 1992, Dr. Martin Luther King, Jr. was the youngest person to win the Nobel

We must learn to live together as brothers or perish together as fools
Dr. Martin Luther King Jr.



McDowell County FACES Resource Directory Updates

As you know I have been telling you that we are going to reprint the Resource Directory this year. We are currently making corrections, additions, and subtractions etc. to the directory. If you would please go on line and/or use your current directory and contact me via email at facesfrn@yahoo.com, facebook me under Kathie Whitt, or call me with any changes I need them early in January. I will begin in January making calls to all the current entries if I do not hear from you. Thank you in advance for always being willing to help update this directory to keep agencies and families informed.

Meetings/Events of Interest



McDowell County FACES Community/Board 2016 Meetings Schedule

January 14, 2016—Community Meeting
February 11, 2016—Community Meeting
March 10, 2016—FACES Board
April 14, 2016—Community Meeting
May 12, 2016—Community Meeting
June 9, 2016—FACES Board
July 14, 2016—Community Meeting
August 11, 2016—Community Meeting
September 8, 2016—FACES Board
October 13, 2016—Community Meeting
November 10, 2016—Community Meeting
December 8, 2016—FACES Board

All meetings begin at noon here at the office (25 Bank Street). Simple lunches are provided. During the Community Meetings, agenda items are open to providers for discussion topics and round robin for community engagement.

Southside K-8 Community Schools Meeting

**January 11, 2016
4:00 p.m.
Southside K-8**

South Central Com- munity Collaborative

January 21, 2016

Wyoming County DHHR Office

**10:00 a.m.—12:00
noon**

McDowell County HOPE Coalition

January 25, 2016

**10:30 a.m.—12:00
noon**

**25 Bank Street
FACES Community
Meeting Room**