



McDowell County FACES Newsletter

The FACES of HOPE

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INDEPENDENCE DAY: HAVE YOU EVER READ THIS?

When, in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature and of nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and accordingly all experience hath shown that mankind are more disposed to suffer, while evils are sufferable, than to right



themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same object evinces a design to reduce them under absolute despotism, it is their right, it is their duty, to throw off such government, and to provide new guards for their future security. --Such has been the patient sufferance of these colonies; and such is now the necessity which constrains them to alter their former systems of government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute tyranny over these states. To prove this, let facts be submitted to a candid world. He has refused his assent to laws, the most wholesome and necessary for the public good.

He has forbidden his governors to pass laws of immediate and pressing importance, unless suspended in their operation till his assent

should be obtained; and when so suspended, he has utterly neglected to attend to them. He has refused to pass other laws for the accommodation of large districts of people, unless those people would relinquish the right of representation in the legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public records, for the sole purpose of fatiguing them into compliance with his measures. He has dissolved representative houses repeatedly, for opposing with manly firmness his invasions on the rights of the people. He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the legislative powers, incapable of annihilation, have returned to the people at large for their exercise; the state remaining in the meantime exposed to all the dangers of invasion from without, and convulsions within.

He has endeavored to prevent the population of these states; for that purpose obstructing the laws for naturalization of foreigners; refusing to pass others to encourage their migration hither, and raising the conditions of new appropriations of lands.

He has obstructed the administration of justice, by refusing his assent to laws for establishing judiciary powers.

He has made judges dependent on his will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of new offices, and sent hither swarms of officers to harass our people, and eat out their substance.

He has kept among us, in times of peace, standing armies without the consent of our legislature.

He has affected to render the military independent of and superior to civil power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by mock trial, from punishment for any murders which they should commit on the inhabitants of these states:

For cutting off our trade with all parts of the world:

For imposing taxes on us without our consent:

For depriving us in many cases, of the benefits of trial by jury:

For transporting us beyond seas to be tried for pretended offenses:

For abolishing the free system of English laws in a neighboring province, establishing therein an arbitrary government, and enlarging its boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule in these colonies:

For taking away our charters, abolishing our most valuable laws, and altering fundamentally the forms of our governments:

For suspending our own legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated government here, by declaring us out of his protection and



waging war against us.

He has plundered our seas, ravaged our coasts, burned our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to complete the works of death, desolation and tyranny, already begun with circumstances of cruelty and perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the head of a civilized nation.

He has constrained our fellow citizens taken captive on the high seas to bear arms against their country, to become the executioners of their friends and brethren, or to fall themselves by their hands.

He has excited domestic insurrections amongst us, and has endeavored to bring on the inhabitants of our frontiers, the merciless Indian savages, whose known rule of warfare, is distinguished destruction of all ages, sexes and conditions.

In every stage of these oppressions we have petitioned for redress in the most humble terms: our repeated petitions have been answered only by repeated injury. A prince, whose character is thus marked by every act which may define a tyrant, is unfit to be the ruler of a free people.

Nor have we been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their

native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our separation, and hold them, as we hold the rest of mankind, enemies in war, in peace friends.

We, therefore, the representatives of the United States of America, in General Congress, assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the name, and by the authority of the good people of these colonies, solemnly publish and declare, that these united colonies are, and of right ought to be free and independent states; that they are absolved from all allegiance to the British Crown, and that all political connection between them and the state of Great Britain, is and ought to be totally dissolved; and that as free and independent states, they have full power to levy war, conclude peace, contract alliances, establish commerce, and to do all other acts and things which independent states may of right do. And for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor.

**Perhaps it is time to read
it for the first time or
again! How do we stand
today?**

**What Have YOU
Pledged to America?**

Our Children, Our Future Campaign

Would you like to help our young adults learn and develop to become the next change agents within their communities?



The Our Children, Our Future Campaign is launching a new youth community/civic engagement program. We are looking to work with young adults in becoming an essen-

tial part of our campaign. The new program will work with young adults to work on voter registration/turnout, Try This projects, and have youth developing policy issues, just to name a few. Our campaign seeks to set the example of how to effectively encourage youth voice and spread their message to our elected leaders.

Currently we are looking for programs that work with young adults that would like to serve as pilot projects. We recently had our first strategy session and are looking to include more campaign partners in

our efforts. Anyone wanting to participate in this effort or know groups of young adults that may be willing, please contact **Chris Kimes** at ckimeshkfc@gmail.com. Join the movement! We can't wait to see the extraordinary things that we will be able to accomplish in our communities.

This action alert is sponsored by the Our Children, Our Future campaign. The Our Children, Our Future campaign is made up of over 177 organizations/individuals committed to empowering West Virginia's families and ending child poverty

See Red Campaign Results, McDowell County



Synar Tobacco Prevention requires states to enact and enforce laws (O.C.G.A. 16-12-171) prohibiting any manufacturer, retailer, or distributor from selling or distributing tobacco products to individuals under the age

of 18; and to ensure compliance states must conduct random, unannounced inspections of tobacco outlets.

Prior to the checks, See Red information was sent out to outlets throughout the state.

During our McDowell County 4th SYNAR Compliance Checks, we were required to check nine stores for their compliance of these requirements. While eight of the stores checked the identification of the youth and did not sale to the individual, **one store did make a sale.**

Tobacco retailers play a direct role in protecting kids from nicotine addiction and the deadly effects of tobacco use. FDA recognizes that tobacco retailers can help prevent our nation's youth from becoming the next generation of Americans to die prematurely from tobacco-related disease.

By complying with [federal and state tobacco regulations](#), retailers help keep tobacco products out of the hands of

youth and break the chain of tobacco addiction.

How You Can Help

Spread the word: Share this information through your email distribution lists, newsletters, Websites, and other communication channels.

Show your support: Place the "Protecting Kids from Tobacco" social media badges and buttons on your Web site, Facebook page, MySpace page, or in your blog to share information about these new regulations.

Submit your data: FDA is also publishing an advance notice of proposed rulemaking that requests information from the field on the regulation of outdoor advertising of cigarettes and smokeless tobacco.

For more information, visit: <http://www.fda.gov/protectingkidsfromtobacco>.

Southern WV Regional Policy Workshop & Community Training



Join us for a day-long training to learn how to make change in your community and throughout the state through policy advocacy, healthy lifestyles / Try This! promotion, and voter education and turnout.

The Our Children, Our Future Campaign has built a statewide campaign to win 12 policy victories in the past 20 months through working with our partners across the state to identify and promote state policy opportunities that will improve communities and help us move toward our goal of ending child poverty in West Virginia.

The Regional Policy Workshops are a major part of that campaign. They are where community leaders from across the state propose policy changes to work on over the coming year - and where you can

get connected with the issues that most interest you.

Do you care about curbing substance abuse addition in West Virginia? This year, we'll be looking at policies to create funding streams for substance abuse prevention programs, to restrict access to materials to create meth, and to mandate testing of umbilical cords to protect newborns exposed to drug use.

Do you care about employment issues and healthy, productive workplaces? This year, we'll be looking at policies to address workplace bullying, to require paid sick days and family leave, to create new co-operative business models, to create voluntary employment retirement accounts, to promote job training and placement, and to prevent discriminatory hiring practices of former felons.

Do you care about healthy foods? We've got policy proposals related to farmers markets, food access, and increased use of SNAP benefits to purchase healthy foods.

In addition to all these policy proposals, you'll also have the chance

to participate in one of three trainings:

Learn how to take the next step from the June Try This! Conference in Wesleyan. You learned what community improvement programs are out there. Come learn more about how to implement them and how to make sure your local officials are a strong part of your team;

Learn how voter education and turnout are key to building the state we want to live in.

And learn about how to become a key member of a policy advocacy team - either from your home or at the Capitol during the legislative session in January. There are many ways to effectively advocate for the policies you most care about.

Cut and paste this link for registration: <https://events.r20.constantcontact.com/register/eventReg?llr=a79xazcab&oeidk=a07e9g0w5shb8595527>

Who Are Our Veterans?

As we approach July, what time will we give to those who made and currently make this country great? July 4 celebrates our independence but do our living veterans have independent living, health care, affordable housing, resources, food, clothing, or even people that respect them and care about them? If you know a veteran, spend some time with them, ask them how they are doing, find out if they need anything and help them get it. If you have a few extra dollars help programs like the Visitors and Veterans Center that transport our vets to their doctors. Think about how you can make their life at home better than the life they had to live in foreign lands to protect your home land.



Prevention Plus Wellness
Prevention and Health Through Positive Image Awareness

All of our one-of-a-kind integrated motivational programs, including SPORT Prevention Plus Wellness, InShape Prevention Plus Wellness, the Motivational Coaching Program, and In God's Image now include teacher's manuals with CD's of reproducible materials. Call us about a site license option if you plan to order multiple program copies.

To read more about SPORT Prevention Plus Wellness:
<http://preventionpluswellness.com/programs/sport/>

To read more about InShape Prevention Plus Wellness:
<http://preventionpluswellness.com/programs/inshape/>

To read more about the Motivational Coaching Program:

<http://preventionpluswellness.com/programs/motivational-coaching-program/>

To read more about In God's Image program:

<http://preventionpluswellness.com/programs/in-gods-image/>

To look at all of our program and training prices:

<http://preventionpluswellness.com/wp-lib/wp-content/uploads/2014/06/PPW-OrderForm-6.16.14.pdf>

A Guide to Federal Education Programs That Can Fund K-12 Univer-

sal Prevention and Social and Emotional Learning Activities

The Center on Education Policy and the Center for Health and Health Care in Schools created this user-friendly guide that highlights 15 federal elementary and secondary education programs where the statutory language or the regulations/guidance that accompanies a program appear to permit funds to be used to support universal prevention programs and social and emotional learning initiatives.

Get the Guide here:

<http://www.cep-dc.org/displayDocument.cfm?DocumentID=437>

WOMEN ON WELLNESS RETREATS

We are very happy to announce the dates for this year's WOW Retreats. Please make sure to mark these dates on your calendar and share the attached flyers with your friends and family.

Mingo County: July 19th at the Larry Joe Harless Community Center in Gilbert, WV

Marion County: October 25th at Heston Farm Winery in Fairmont, WV

Greenbrier County: November 8th at Rainelle Elementary School in Rainelle, WV

For more information about the WOW Retreats and to register, please visit our website at www.wowicandoit.com or call us at 304-293-5690.

Like Women on Wellness on Facebook: <https://www.facebook.com/wowicandoit>. Follow us on Twitter: <https://twitter.com/WVHealthyWomen>

McDowell County Upcoming Events

Chronic Disease Self-Management Classes

Contact Ginger Day at 304-436-5255

If you would like to participate in this six-week FREE class!

McDowell County FACES
July 10, 2014
12:00 noon

Refreshments will be provided, please
RSVP to 304-436-5255.

McDowell County
HOPE Coalition
Meeting

July 28, 2014
10:30 a.m.—12:00 noon

CADCA's Mid-Year Training Institute 2014



Jul 20, 2014 - Jul 24, 2014

Orlando, FL (Hilton Bonnet Creek Hotel)

Held for 4 days in July, the Mid-Year Training Institute offers in-depth training sessions geared specifically for community coalition leaders and staff. The Mid-Year also includes personal coaching sessions and National Youth Leadership Initiative activities. From fundamentals of coalition building and strategic planning to evaluation and research, you will come away motivated and inspired.

To Register:

<http://midyear.cadca.org/?q=registration>