



# McDowell County FACES Newsletter

## The FACES of HOPE

June , 2011

facesfrn.com

email: facesfrn@yahoo.com

### What's In A Month?

Birth Stone: Pearl,



Moonstone &

Alexandrite



Birth Month

Flower: Honey-suckle



&

Rose



### Healthy Families Healthy Children

Monthly Meeting

June 17, 2011

10:00 a.m.

FACES Conference Room

Multiple programs to empower families to become strong.

### Inside this issue:

<i>D-Day and Flag Day</i>	2
<i>Social Media Workshop</i>	2
<i>Father's Day</i>	3
<i>Evaluation 101 Workshop</i>	3
<i>Borderline Personality Disorder</i>	4
<i>Black Music Month</i>	4
<i>HOPE Coalition News</i>	4



## West Virginia Day



West Virginia is largely mountainous and was largely dense woodland. Before European explorers arrived, the area was a hunting ground for a range of Native American peoples and many ancient mounds are found. It is thought that the first European explorers arrived in the area in 1671 and the European settlement started around 1725. The modern state of West Virginia was created out of part of the British Virginia Colony, which became the state of Virginia.

The Blue Mountains form an impressive physical barrier between east and west in the area, particularly before the advent of motorized transport. This barrier was emphasized by different groups of European settlers that colonized the areas to the east and west of these mountains. During the early days of the state, there were some disagreements over the amount of funds allocated to development projects in the state's western and the eastern parts.

During the American Civil War, Virginia became sharply divided over if it should leave the United States and join the Confederate States. As a result of this and the early political and social divisions, 50 counties separated from Virginia and the state of West Virginia was created. On April 20, 1863, President Lincoln proclaimed that West Virginia would be admitted to the United States as a separate state 60 days later. On June 20, 1863, West Virginia became a member of the Union. From 1864, West Virginia Day was celebrated informally and became a state holiday in 1927. If June 20 falls on a Sunday, West Virginia Day is observed on Monday June 21.

The state seal of West Virginia depicts two crossed rifles and a Phrygian or Liberty cap, representing the importance of fighting for liberty, in front of a bolder. A farmer with an ax and plow, representing agriculture, and a miner with a pickax, anvil and sledge hammer, representing industry, stand next to the bolder, which is inscribed with the date West Virginia, became a state: June 20, 1863. These images are surrounded by a ring with the words "State of West Virginia" and "Montani Semper Liberi" (Mountaineers Are Always Free), which is the state motto.

The state flag consists of a white background, representing purity, with a dark blue border symbolizing the United States. The image at the flag's center consists of similar elements to the state seal surrounded by the rhododendron, the state flower. Other symbols of West Virginia include: the cardinal (state bird); the sugar maple (state tree); the black bear (state animal); and the Golden Delicious apple (state fruit).

West Virginia Day is a state holiday in West Virginia and many state offices, libraries and schools are closed. Public transit services may operate to a reduced schedule or not operate at all, but stores and other businesses may be open. However, in other areas of the United States, West Virginia Day is not observed and public life on June 20 is not affected.

## D-DAY



The **Normandy landings**, also known as **Operation Neptune** were the landing operations of the Allied invasion of Normandy, in Operation Overlord, during World War II. The landings commenced on Tuesday, 6 June 1944 (**D-Day**),

beginning at 6:30 AM British Double Summer Time (GMT+2). In planning, *D-Day* was the term used for the day of actual landing, which was dependent on final approval.

The assault was conducted in two phases: an airborne assault landing of 24,000 British, American, Canadian and Free French airborne troops shortly after midnight, and an amphibious landing of Allied infantry and armoured divisions on the coast of France commencing at 6:30 AM. There were also decoy operations mounted under the code-names Operation Glimmer and Operation Taxable to distract the German forces from the real landing areas.

The operation was the largest amphibious invasion in world history, with over 160,000 troops landing on 6 June 1944. 195,700 Allied naval and merchant navy personnel in over 5,000 ships were involved. The invasion required the transport of soldiers and material from the United Kingdom by troop-laden aircraft and ships, the assault landings, air support, naval interdiction of the English Channel and naval fire-support. The landings took place along a 50-mile (80 km) stretch of the Normandy coast divided into five sectors: Utah, Omaha, Gold, Juno and Sword.

## FLAG-DAY

In the United States, **Flag Day** is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

Flag Day is not an official federal holiday, though on June 14, 1937, Pennsylvania became the first (and only) U.S. state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. Title 36 of the United States Code, Subtitle I, Part A, CHAPTER 1, § 110 is the official statute on Flag Day; however, it is at the President's discretion to proclaim officially the observance.

Perhaps the oldest continuing Flag Day parade is at Fairfield, Washington. Beginning in 1909 or 1910, Fairfield has held a parade every year since, with the possible exception of 1918, and celebrated the "Centennial" parade in 2010, along with some other commemorative events.

**On a personal note:** Happy Birthday to Pat Foster, June 14, my mother. I love you very much and may God give us many more years.



## Using Social Media for Community Development

Harnessing the Power of Facebook, Twitter, LinkedIn & More

Learn to use social media tools to: network with friends and colleagues; share news and information; manage multiple media; and maintain your professional image. CEUs will be available.

Thursday, July 21st from 9 am – 3 pm @ the WVPRC in Dunbar

Info Flyer- [www.prevnet.org/docs/2011-07-SocialMedia.pdf](http://www.prevnet.org/docs/2011-07-SocialMedia.pdf)

\$35 training fee / \$15 CEU certificate fee

# Father's Day

**Father's Day** is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. It is celebrated on the third Sunday of June in many countries and on other days elsewhere. It complements Mother's Day, the celebration honoring mothers. Contrary to popular belief, the first observance of Father's Day actually took place in Fairmont, West Virginia on July 5, 1908. It was organized by Mrs. Grace Golden Clayton, who wanted to celebrate the lives of the 210 fathers who had been lost in the Monongah Mining disaster several months earlier in Monongah, West Virginia, on December 6, 1907. It's possible that Clayton was influenced by the first celebration of Mother's Day that same year, just a few miles away. Clayton chose the Sunday nearest to the birthday of her recently deceased

father.

Unfortunately, the day was overshadowed by other events in the

Mother's Day.

Clayton's celebration was forgotten until 1972, when one of the attendants to the celebration saw Nixon's proclamation of Father's Day, and worked to recover its legacy. The celebration is now held every year in the Central United Methodist Church — the Williams Memorial Methodist Episcopal Church, South, was torn down in 1922. Fairmont is now promoted as the "Home of the First Father's Day Service".



As we celebrate fathers, be thankful first if your father is still alive, be thankful if your father has been there for you, be thankful if you father has supported and nurtured you, and share with them just how much they have meant to your life.

**Fathers:** Ask yourself—what has my role been in my family and children's lives and how can I make it better?

city, West Virginia did not officially register the holiday, and it was not celebrated again. All the credit for Father's Day went to Sonora Dodd, who invented independently her own celebration of Father's Day just two years later, also influenced by Jarvis'

## Evaluation 101

Tailored to Meet Your Individual/Organizational Needs

Learn techniques to assess the effectiveness of your programs and organization. If you're in the process of writing a grant, and you're not sure how to design the right evaluation plan, this is the workshop for you. Bring the projects you are working on, and we will help you through them. CEUs will be available.

Wednesday, June 15<sup>th</sup> from 10 am – 3 pm in Dunbar & Morgantown

Info Flyer - [www.prevnet.org/docs/2011-06-Eval.pdf](http://www.prevnet.org/docs/2011-06-Eval.pdf)

\$35 training fee / \$15 CEU certificate fee

McDowell County FACES  
P.O. Box 426  
25 Bank Street  
Welch, WV 24801  
Phone: 304-436-5255  
Fax: 304-436-5256  
Email: facesfrn@yahoo.com  
Web: facesfrn.com

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.

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

facesfrn.com

**Black Music Month**  
takes place in June.  
President Jimmy Carter,  
who on June 7, 1979,  
decreed that June would  
be the month of black  
music. For the past 28  
years, presidents have  
announced to Americans  
that we should celebrate  
Black Music Month.

## BORDERLINE PERSONALITY DISORDER

**Definition:** Borderline personality disorder is a condition in which a person makes impulsive actions, and has an unstable mood and chaotic relationships. Relationships with others are intense and unstable. They swing wildly from love to hate and back again. People with BPD will frantically try to avoid real or imagined abandonment. BPD patients may also be uncertain about their identity or self-image. They tend to see things in terms of extremes, either all good or all bad. They also typically view themselves as victims of circumstance and take little responsibility for themselves or their problems.

**Symptoms include:** feelings of emptiness and boredom; frequent displays of inappropriate anger; impulsiveness with money, substance abuse, sexual relationships, binge eating, or shoplifting; intolerance of being alone; recurrent acts of crisis such as wrist cutting, overdosing, or self-injury (such as cutting). **Risk factors for BPD include:** abandonment in childhood or adolescence; disrupted family life; poor communication in the family; sexual abuse.

**Tests & Diagnostics:** Personality disorders are diagnosed based on psychological evaluation and the history and severity of the symptoms. Personality disorders are long-term (chronic) patterns of behavior that negatively affect relationships and work. The cause of borderline personality disorder (BPD) is unknown. People with BPD are impulsive in areas that have a potential for self-harm, such as drug use, drinking, and other risk-taking behaviors. This personality disorder tends to occur more often in women and among hospitalized psychiatric patients.

**Treatments:** Group therapy can help change self-destructive behaviors. Having peers reinforce appropriate behaviors may be more successful than one-on-one counseling, because people with this condition often have difficulty with authority figures, which can prevent them from learning.

Medications can help level mood swings and treat depression or other disorders that may occur with this condition.



## Health Opportunities for Positive Education Coalition

1. Prescription Drug Forums: completed 10 forums and are now compiling responses, notes, recommendations etc.
2. Save Face Spit Tobacco: East War Advent Christian Church hosted prevention event with 27 in attendance.
3. Prescription Drug Take Back Day: netted 58 pounds of prescriptions turned in by residents of McDowell County.
4. Drug Summit: Congressman Rahall's Office provided opportunity for information sharing, networking, and resources.
5. In-Home Visitation Program: should be ready to begin operations in July. Updates will follow.
6. Elderly Cleaning Project: Community Crossing is looking for names of elderly that are unable to clean their homes. Their work teams will be assisting as needed and teams come into the county. Forward names to 304-436-8300.
7. Hospice Compassus: looking for volunteers to work with their clients. Background checks and TB testing required prior to acceptance as volunteers. Contact Jackie McCormick at 304-436-2300.