



From the McDowell County Family Resource Network!

Volume 1, Issue 1

June 23, 2009



NETWORK NEWS



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McDowell County FACES

Hello everyone! Welcome to the first edition of the McDowell County FRN newsletter.

We wanted to put in a few articles about McDowell County services, tips and of course some fun.

Here at McDowell FACES we work with multiple providers, businesses and community individuals to assess services and deliver information to the County.

Currently we are involved with South Central Community Collaborative in a Service Array process. This process will assess child and family services and offer suggestions to improve those

services.

MEET THE FACES STAFF

*Kathie Whitt
Executive Director*

Kathie is a resident of War, WV and has been with the FRN for 9 years. She is a board member with Waste-water Treatment Coalition as well as Big Creek District Development Corporation and SAFE. In her spare time she writes and directs Christmas plays and develops Bible school literature. Kathie enjoys being a grandmother.

*Christy Lester
Drug-Free Community Coordinator*

Christy lives in Welch, WV

with her husband and Pug-dog. She has been with the FRN for 5 years and serves as the HOPE Coalition Chairperson and 4H Leaders Association President. She is an LPN currently studying for her ASN degree. She enjoys ATVs, crocheting and playing music.

*Stephanie Morgan
Office Assistant*

Stephanie lives in Raysal, WV with her son. She has been with the FRN for 7 years. Stephanie is an active parent and enjoys spending time with her son, music and movies.

Enjoy the newsletter!

McDowell County HOPE Coalition

In 2001, the McDowell HOPE Coalition was born out of multiple agencies. The goal of the Coalition is to help make McDowell County a healthier place to live by addressing health, at-risk youth issues, alcohol, tobacco and other drug abuse prob-

lems.

Every month the Coalition assists community groups and agencies to educate others on risk factors and assist in developing strategies on how to address these problems.

Drug trainings, , tobacco cessation addiction and pre-

vention topics are available. We provide guest speakers for libraries and schools.

Contact the Coalition at 304-436-5255 to schedule a training event or display.

Special points of interest:

- FACES Community Meetings every month on the 2nd Thursday at 12:00 noon at the McDowell County Public Library.
- HOPE Coalition Meeting every month on the 4th Monday at 10:30 a.m. at the McDowell County Public Library.



SWIMMING POOL SAFETY

Swimming pools...Owning one is terrific. But let's not forget, they are DANGEROUS! Swimming pools are so dangerous in fact, that 300 children Nationwide under age 5 die and 2,000 more children under age five visit hospital emergency rooms for submersion injuries every year.

Note: The following information serves as a starting guide designed to help promote and support safety in & around residential swimming pool areas. This information is not intended to be used as an exclusive reference.

ADULT SUPERVISION IS KEY!

No matter what your age or skill level, increase your pool safety & enjoyment by ensuring there's always at least one non-swimming adult present for supervision. Fencing encloses the swimming pool area by minimum 4-foot high enclosure. Types of fencing include: Chain link, wooden, ornamental, thick hedges etc. Alarms triggers loud sound to warn parent or guardian that someone is around the pool.



Rope & float lines placed across the pool to alert swimmers of the separation of

the deep end from the shallow end of the pool.

A first aid kit is always a good idea to keep in a safe & convenient location. Most importantly, remember to post all CPR, emergency contact information and warning signs in a visible spot near the pool. A cordless phone is convenient and good idea especially if you need to call for help.

Learn CPR & never leave a child unsupervised near a pool.

All cleaning & maintenance supplies should be kept in a locked storage area away from children & pets.

HOW TO PROTECT YOUR CHILDREN FROM INTERNET PREDATORS

The internet has become a crazed world with online communities such as MySpace, Friendster and for younger kids club Penguin. Within these communities are dangerous predators as well. Here are some tips to protect your child from internet predators.

1. Maintain communication with your kids. Kids younger than seven shouldn't be on the internet unless you have filtered the internet and you are there with them.
2. Children will want to have online accounts, but it is always safer to
3. Know their friends. If you can't get access to their online accounts, set parental controls on your browser to their age. Also check your browser's history for sites that they visit and ask questions on sites you don't know about or even sites

not let them have any at least until they are in high school. If they have online accounts try to have access to it so that you can know who's talking to them. It makes it a little harder for predators to contact them if they know they are not alone online.

you do know about and want to know what they are doing.

4. Set limits as to how much time and what sites they can visit and always remind them to never give personal information over the internet no matter what age they are.
5. Trust your Children. You can monitor their activities, while allowing them to have some freedom a tenth grader might be more reluctant to tell you what they are doing, but if you show that you trust them, they will open up to you.

Residential Drug Treatment Facility

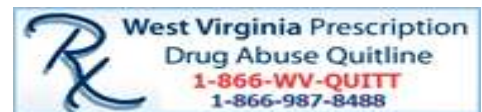
For the past 5 years, the HOPE Coalition has worked with local providers, government and state officials on drug abuse prevention strategies. One of the needs that arose from data and community meetings was the need for treatment.

Soon, construction will begin on lower McDowell Street (close to Welch Community Hospital) to build a residential

drug treatment facility.

This Facility will be:

- 90 Day Residential; 16 bed co-ed facility (8 beds female, 8 beds male)
- Managed by Southern Highlands
- Initial funding was made possible through monies secured through



WV Prescription Drug Abuse HOTLINE sponsored by West Virginia University.

the Governors office and WV Oxycontin settlement.

PLAN A VISIT TO BEAUTIFUL BERWIND LAKE

If you are looking for something fun to do this summer with your families and friends why not check out the different activities at Berwind Lake.

If you like to fish this is the place for you. This is a 20 acre lake with an accessible fishing pier, boat launch ramp for electric motors only. The lake is stocked with large-mouth bass, trout, channel catfish, and bluegill. A WV fishing license with a trout stamp is required. A foot trail surrounds the lake for those long



Berwind Lake, a nice place to fish.

walks alone or with that someone special.

Pack a picnic and plan to stay all day.

The lake offers accessible shelters and reservable shelters for family reunions etc. A play area is also available for the kids.

Camp sites are also available. Each site is equipped with picnic tables, lantern post and charcoal grill. Check-in is at noon and check-out is at 11:00 a.m.

But remember only 6 campers to a site

or there will be an additional charge of \$3.00 for every person that you are over. The lake offers 2 sites with electric & water at \$16.00 per night.

Don't forget to check out the Pool. The hours of operation are: Tuesday-Saturday 10-6, Sunday 11-6, Closed on Mondays. The cost for the pool is \$2.00 for children 11 and under and \$3.00 for anyone 12 and older.

Please check to make sure you have your fishing license.

For more information call the Berwind Lake Wildlife Management area at 304-875-2577 or 1-800-CALL-WVA

FREE SUMMER ACTIVITIES

Here are some activities you may enjoy for the summer months located in McDowell County. Best of all, its FREE!

- Welch Linkous Park area; skate park and tennis courts and family cook-out area
- Various municipal parks
- Local libraries host summer reading programs for youth

- Explore your own backyard, search for bugs, rocks, plants or wildlife.
- Bird watching
- Fishing
- Camp in your own backyard. (Close indoor plumbing with showers and your own cook-MOM!)
- Host adult-supervised game or movie night with your friends

- Start a garage band
- Improve your community, start a cleanup or help elderly neighbors.
- Vacation Bible Schools



McDowell County 4-H Camp

4H Camp will be held at Panther State Forest in Panther, WV on July 14-18.

This weeklong camp, called Camp Discovery will provide youth 9-18 years of age with activities such as fishing, swimming, hiking and crafts. Classes on 4H, safety, healthy eating, and other topics will be given. Each camper will be entered into a drawing for gifts.

Healthy meals will be provided.

To register for 4H Camp, call 304-436-9006 before June 30, 2009.

Girls dormitories are filled, we need more boys!



There is NO CHARGE for camp.

Health, Hands, Heart, and Head.



4H Logo. 4H is a Program hosted by WVU Extension Office. 304-436-9006

McDowell County FACES

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To be the Consumer
voice of McDowell
County

We're on the web
www.facesfrn.com



Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian.

- Shari R. Barr

A DOZEN QUESTIONS WITH Kesha Nealen Meet one of FACES Board Members!!!!

Kesha currently lives in Oosley with her husband and 3 kids. She is formerly from outer Raleigh NC.

1. If you had a Superhero Power what would it be? Endless energy
2. What was the strangest prank call you ever received? <She laughs> "Remember when you guys called on April Fools Day about strange porn activities on the company computer!"
3. If you could only listen to 1 song for the rest of your life, what would it be? A Heart or Melissa Ethridge song
4. Favorite book as a child: The Hobbit by Tolkien
5. Favorite cartoon past or present? Any Looney Tunes
6. Favorite Childhood Memory: Winning a blue ribbon at the "Lead Line" for riding in a parent-led horsie.
7. Favorite dessert: Chocolate moose
8. What is your best imitation of someone? Bobcat Goldwaith of the Police Academy movies
9. Favorite Book: The Harry Potter series
10. If you were a cartoon character, who would you be? Marvin the Martian
11. What hobby that you have could make you money? "I do that-I make and sell jewelry."
12. If you could spend the day with one person living or dead, who

would it be and why? "My paternal grandmother who died when I was 6 years old. I have heard a lot about her and would like to get to know her."



THANKS FOR LETTING US
INTERROGATE YOU!