



# McDowell County FACES Newsletter

## The FACES of HOPE

March, 2014

facesfrn.com

email: facesfrn@yahoo.com



## SPRING IS IN THE AIR



As winter gives way to the warmer temperatures, we see a burst of energy coming from everywhere: animals, plants, the sun and people.

March offers the following:

First day of Spring on the 20th,  
St. Patrick's Day on the 17th,  
Women's History Month,  
National Music in our schools Month,  
Social Work Month  
National Nutrition Month  
National Red Cross Month  
Colorectal Cancer Awareness Month  
Self-Injury Awareness Day (March 1)  
World Maths Day (March 5)  
Multiple Sclerosis Awareness Week (March 14-20)  
Sun-Earth Day (March 18)  
International Day of Happiness (20th)  
Equinox Earth Day (March 19-21)  
World Water Day (March 22)  
Global Day of Epilepsy Awareness (March 26)  
NCAA Men's Basketball Tournament  
Commonwealth Day (March 10)

As we have been buried for months under snow and ice, you may want to look around and see what you can get involved within McDowell County.

**In McDowell County you have the following:**

**Coffee Chat:** Beginning March 20th at 8:00 a.m. at the McDowell Public Library (2nd floor) the EDA will kick off Coffee Chat. This will be a time when Chamber of Commerce members can come by and network amongst themselves for one hour over a nice hot cup of coffee. Contact the EDA at 304-436-3833 for more details.

**Legislative Day in McDowell County:** as we know we cancelled McDowell County Day at the Legislature this year due to conflicting schedules etc. We

will shortly begin planning meetings to invite legislatures to McDowell County in conjunction with our next McDowell County EXPO. Contact Peni Adams at 304-436-3833 if you are interested in serving on these planning teams.

**County Clean-Up:** Planning will soon begin for this initiative however the Solid Waste Authority is also working on E-cycling; Tire Amnesty; and Twin Branch Clean Up. Contact Tish at 304-436-6608 for details.

Remember, Spring is a good time to rid your yard of debris. Spring Cleaning always seems to produce more items that you don't want anymore. If they cannot be given away, or sold, please consider proper disposal and contact Solid Waste Authority.

The Elkhorn Creek Watershed Clean-Up is scheduled for April 12. Contact Dorothy Horne at 304-656-7594.

**Stop The Hurt:** Planning meetings will soon begin for the Child Abuse Awareness Month activities. With a new Director this will be an opportunity for review of what has been done in the past and any changes that may need to be made for this year. If you are interested in working with this group, contact Randi Fanning at 304-436-1600.

**Chronic Disease Self Management and Diabetes Prevention Classes:** Now available through Change the Future WV. Contact Ginger at 304-436-5255 for dates, times, and locations or if you want to be a host site for the classes.

**Chamber of Commerce Luncheon:** March 25 at noon at the McDowell Public Library. Senator Richard Browning to speak on Coalfield Expressway and Hatfield McCoy Trails.

## Webinar

### County Health Rankings Methods & Measures

Curious about the new measures included in the 2014 County Health Rankings? Want to know how the Rankings might change in your area? Join Dr. Bridget Catlin, Director of the County Health Rankings & Roadmaps program, and Amanda Jovaag, Data Lead, before the March 26 release to learn about improvements to the Rankings.

You can register by using the following link: cut and past into your browser.

<http://www.countyhealthrankings.org/webinars/county-health-rankings-methods-measures>

**Register SOON!!!**

## Teen Dating Violence Awareness Month

Teenagers are influenced by their relationship experiences', these relationships can start early and last a lifetime. Healthy relationships has a positive effect on teen's emotional development, where unhealthy relationships may cause one or more of these statistics, such as, low self-esteem, drug use, drinking, poor grades, teen preg-

nancies, possible suicide, or carrying these negative patterns into their future relationships. SAFE Advocates Rosie Jackson and Linda Vance supported Teen Dating Violence Awareness Month by participating in several events. Wyoming East High School students viewed a movie on dating violence,

discussed signs of an abusive relationship and how to safely get away from the unhealthy situation.

In Collaboration with Mountain Heart, FRN, SADD, and Making Proud Choices, awareness tables were

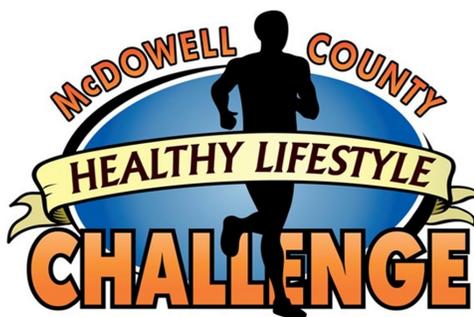
set up at Westside High School. Teen Dating Violence brochures, bracelets, pens, book markers, pledges and numerous other items and information were handed out to the students.

Working together, schools,

teachers, parents, teens and other community organizations can help educate on the effects and issues of teen dating violence. For more information contact Linda Vance at SAFE (Stop Abusive Family Environment) 304-732-8176



## 2nd Happy Healthy Lifestyle Challenge



Organized by the McDowell HOPE Coalition, the competition will run from March 3 through April 13- or six weeks. McDowell

**DON'T FORGET**  
The 2nd Happy Healthy Lifestyle Challenge

residents have the chance to improve their lives by beginning and continuing to make lifestyle changes.

Registration forms are due February 28. Teams can register late until March 10, but registering on time allows teams more weeks to earn points toward victory.

For more information about contest details, contact HOPE Chair Donald Reed at (304) 436-9006 or [Donald.Reed@mail.wvu.edu](mailto:Donald.Reed@mail.wvu.edu)

## Change The Future WV



For thirty years businesswoman, Shirley Mullins has seen many changes come to her hometown located in McDowell County. Like most small towns across West Virginia, Jolo is a small, rural community that has been plagued several years with poor economy mainly due to the loss of coal mining jobs, poor infrastructure and families moving out of state. Those who chose to stay are left to deal with all the negativity of prescription drug addiction and the effects it has on this small town.

“Our young people are at a disadvantage living here”, said Ms. Mullins. “We don’t have community centers, YMCA’s or a place where

our kids can go for any kind of outdoor activities”. “I have struggled with my weight my whole adult life”, she said. After watching her mother struggle with heart disease and eventually succumbing to its effects, Shirley changed her whole life. “It really is simple; I cut back on my caloric intake, started making healthier choices, and exercising forty-five minutes a day for five days a week”. Shirley states, she has tried every diet out there and taken every diet pill known to man and even though she did lose some weight with the pills, soon as she stopped taking them the weight came back. At her heaviest Shirley says she wore a size twenty-four now she proudly wears a twelve.

Not only has Shirley taken control of her own life but she is a strong, well respected leader in her community. “I want to see this community get back on its feet, and we all need to pull together, put our children first, and help them get healthy. If we start now teaching

them the importance of keeping our bodies healthy we won’t have to worry about them putting anything toxic in their systems”. By partnering with Change the Future WV, Shirley’s store S & M Markey proudly displays at the front counter a refrigerator/cooler stocked with water, juice, and yogurt.

The store now sells bananas and apples, potatoes, and onions. “My customers are responding great to the changes in the store, it’s doing better than I had even expected”, she said. Shirley is also part of a team who is involved in bringing a Youth Center to the community. At this time she couldn’t say much on the project but was proud to announce part of the center would be dedicated to the memory of her deceased son, Derek. Plans are being made and will be announced in the future, but with a loving, strong, woman such as Shirley working towards healing a deteriorating community I am sure that Jolo is on

## Kathie’s Corner: PRIDE Survey Results

I received a copy of the McDowell County PRIDE Survey to review for issues that may need to be addressed. As I complete this, I will share the results with agencies that will use the data in the intent that it was collected. We need to maintain positive attitudes and never label our children. Data is beneficial or harmful so we want to make sure we stay toward the beneficial usage.

It always amazes me how our youth will open up and tell you what is going on when they are asked. While they complete these surveys, I am sure they are wondering what will happen to their answers. The report

is extensive and will take some time to review but at a glance some issues stand out. Please remember, these are our children and I personally am proud of all of them. We have a large population of children in our County that abide by the rules, seek an education, do not participate in negative behaviors, and yet they are rarely rewarded by society. They are all lumped together as “today’s generation” and usually with negative tones.

Lets make sure that our children know they are loved, appreciated, welcome, and wanted, not just now but as they complete school and decide on where to live.



McDowell CHOICES is a project funded by the [Highmark Foundation](#), Pittsburgh, PA, and led by a Project Team from [West Virginia University's College of Physical Activity and Sports Sciences](#), [School of Medicine](#) and [School of Public Health](#).

The goal of McDowell CHOICES is to improve physical activity opportunities for citizens of McDowell County, WV in school and family settings.

The team at McDowell CHOICES (Coordinated Health Opportunities Involving Communities, Environments, and Schools) has been incredibly busy lately!

CHOICES is excited to announce that all 11 schools in McDowell County have developed Comprehensive School Physical Activity Plans to promote more physical activity during the school day. Each school's Plan includes opportunities for quality physical education, physical activity before, during and after school, staff involvement, and community support.

To kick off the implementation of each school's Plan, equipment purchases have been made. All eleven schools will soon be receiving the first shipment of physical activity equipment – items which were selected by the PE teachers and school administrators at each site.

CHOICES thanks all involved in this lengthy decision-making process!!

Project Director, Nathan Acosta, has heard from several students that they are excited about the new equipment and the activities that they will enjoy. Just a few of the pieces of equipment include Xbox 360 Kinect Systems, Wiffle Ball Gaming Systems, Parachutes, Bowling sets, and much, much more!

CHOICES was recently interviewed by a representative from the American Federation of Teachers for an article about the program, which will be featured in the organization's national *Healthwire* healthcare division newsletter. A professional photographer visited Southside K-8 school in War to photograph students using the Dance Dance Revolution (DDR) Classroom Edition system, which has been used extensively since November. (An additional system is also installed and in-use at Sandy River Middle School).

Earlier this month, Nathan Acosta attended a training at the Reebok World Headquarters in Boston, MA to help facilitate the implementation of the "BOKS" before school program. Nathan will be training teachers at several schools in McDowell County, including Welch Elementary, Fall River Ele-

mentary, Jaeger Elementary, Southside K-8, Sandy River Middle, and Bradshaw Elementary. BOKS emphasizes 20 minutes of moderate to vigorous physical activity. For more info on BOKS, please see [www.bokskids.org](http://www.bokskids.org).

To better serve the older populations, Nathan Acosta was also trained in Chronic Disease Self-Management Curricula and beginning in March will co-teach with Ginger Day, McDowell FACES, Change the Future WV Prevention Coordinator. For more information, contact Ginger Day at [ginger-day35@yahoo.com](mailto:ginger-day35@yahoo.com)

The CHOICES team encourages you to support the Move to Improve Act, a new WV bill which recently passed the senate, and mandates all elementary students to participate in 30 minutes of physical education three days a week and middle school students to participate at least one full period of physical education per day with 30 minutes of moderate to vigorous activity.

On behalf of everyone at CHOICES, thank you so much for your continued support and cooperation.

For the latest information, please see [www.mcdowellchoices.org](http://www.mcdowellchoices.org).

# Women's History Month

In the United States, Women's History Month traces its beginnings back to the first International Women's Day in 1911. In 1978, the school district of Sonoma, California participated in Women's History Week, an event designed around the week of March 8 (International Women's Day). In 1979 a fifteen-day conference about women's history was held at Sarah Lawrence College from July 13th until July 29th, chaired by historian Gerda Lerner. It was co-sponsored by Sarah Lawrence College, the Women's Action Alliance, and the Smithsonian Institution. When its participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a National Women's History Week.

In February of 1980 President Jimmy Carter issued a presidential proclamation declaring the week of March 8th, 1980, as National Women's History Week. The proclamation stated, "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well. As Dr. Gerda Lerner has noted,

'Women's History is Women's Right.' It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision. I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980. I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality - Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.

This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that 'Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex.'" Carter was referring to the Equal Rights Amendment, which was never ratified, not to the amendment which did become the 27th Amendment to the United States Constitution after his presidency.

In 1981, responding to the growing popularity of Women's History Week, Sen. Orrin Hatch (R-Utah) and Rep Barbara Mikulski (D-Maryland) co-sponsored the first Joint Congressional Resolution proclaiming a Women's History Week. Congress passed their resolution as Pub. L. 97-28, which authorized and requested the Presi-

dent to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next several years, Congress continued to pass joint resolutions designating a week in March as Women's History Week. Schools across the country also began to have their own local celebrations of Women's History Week and even Women's History Month. By 1986, fourteen states had declared March as Women's History Month.

In March 2011, the Barack Obama administration released a report, *Women in America: Indicators of Social and Economic Well-Being*, showing women's status in the U.S. in 2011 and how it had changed over time. This report was the first comprehensive federal report on women since the report produced by the Commission on the Status of Women in 1963.



President and Michelle Obama greet women following the Women's History Month reception in the east room of the White House on March 18 2013

**Theme for 2014: "Celebrating Women of Character, Courage, and Commitment"**

**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.

**Location: FACES Office**

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

## WV Assn of Alcoholism and Drug Abuse Counselors

### Ethics for the Clinician: Addictions Counseling and Social Work Professionals.

Join us at one of our four Ethics Trainings and get the CEUs required for recertification and/or licensure.

The Beckley training was such a success, WVAADC has added a S. Charleston location. Trainings are now

scheduled for March and April in Clarksburg, Wheeling, S. Charleston and Martinsburg. CEU information and registration can be obtained.

Where  
Four Locations throughout West Virginia

3/14/14 Clarksburg:  
Highland Hospital 3 Hospital D

3/28/14 Wheeling: Northwood Health Systems 111 19th Street

4/11/14 S. Charleston:  
Blessed Sacrament 305 E. St

4/25/14 Martinsburg:  
1020 Winchester Avenue, WV

For Registration and CEUs: Contact

Janet Scarcelli  
WVAADC, Inc  
304-288-0627  
[janetscarcelli@gmail.com](mailto:janetscarcelli@gmail.com)

## HOPE Coalition



### Round 12 Substance Abuse Regional Task Force Meetings Announced!

Round 12 of the Governor's Substance Abuse Regional Task Force meetings have been scheduled during the last week of March. During this round of meetings, Regional Task Force Members will assess the degree of which the Substance Abuse Strategic Plan objectives have been met. In addition Jay Otto from the Montana Institute will be speaking on Community Norms Change in West Virginia. We hope you are able to attend

**Region 6:** Wednesday, March 26, 4:30 pm - 7:00 pm  
*Webster, Pocahontas, Nicholas, Fayette, Greenbrier, Raleigh, Summers, Monroe, Wyoming, Mercer, McDowell*

Family Worship Center at the Church of God  
224 Pinewood Dr.  
Beckley, WV 25801

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The WV Team Autism offers a booklet about services, resources and information for West Virginians with autism spectrum disorders and their families. The purpose of this booklet is to help you get started acquiring resources available to you and your child and to gain a better understanding of the educational system in West Virginia. West Virginia Team Autism members recognize, through personal and/or professional experience, the challenges facing families as they learn their child has an autism spectrum disorder (ASD). We

know it can be overwhelming and frustrating to secure the supports and services your child needs. Our goal is to make sure every parent receives the support and guidance they need and that support and guidance are available right from the beginning.

This booklet is intended to be part of the file you have or will have developed to store information so that you can refer back to it as needed. We have included information that families have found helpful as they enter education and other service systems. You will be provided with specific information related to your individual needs and also be given the names of specific contact people in your area. We hope you find this booklet a useful tool now and for the future. Website for more information is [www.marshall.edu/act/](http://www.marshall.edu/act/).