



McDowell County FACES Newsletter

The FACES of HOPE

May, 2015

facesfrn.com

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WHAT DOES IT TAKE TO BE HAPPY?

What is happiness and why do we need it in our lives? These questions stick with me often as I see so many unhappy people in our community. I ask many times “why are people so sad”? Then I was on Facebook the other day and saw a video and it made a lot of sense to me so I wanted to share it with you.

On a quest to be truly happy? Bishop T.D. Jakes, one of America’s best known faith voices, is sharing his personal formula.

On a Tuesday episode of The Steve Harvey Show, the 57-year-old Dallas preacher shared 5 simple steps to happiness.

1. Own Your Own Happiness

“Your kids are not gonna make you happy. Your spouse is not gonna make you happy. Your big house is not gonna make you happy. Own your own happiness and be responsible for doing those things that bring joy into your own heart.” *He also said need to find the joy in those things that live in your heart not in “stuff”.*

2. Challenge Your Own Story

“People torment themselves by how they see their life. They’ve told themselves a story as if it were ‘the’ truth, when it is really a perspective truth. And sometimes

you’ve narrated a story that you beat yourself to death with. Challenge your own story. Change the way you talk to yourself about who you are and what happened to you, and what you’re gonna do in your life.” *He also said you wrote your story, you can write another. Challenge it and make it what you want.*

3. Enjoy the Journey, Not the Destination

“A lot of us delay our happiness [and say] ‘When I get to this level, when I get the degree, when I get the kids, when I get married, I’m gonna be happy.’ Enjoy the journey. Enjoy the whole step, the whole process.”

He also said that the journey is not always the destination so have joy in the process. Don’t wait till you get to the finish line to celebrate—do it all along the way. Put yourself on the calendar to celebrate. If you don’t see yourself as valuable no one else will.

4. Make Relationships Count

“Nature teaches us, there is no fruit without relationships. You cannot be fruitful by yourself, in business, in home, in life, in church. I don’t care what it is, you are no more than the relationships you surround yourself with and

make sure that those are good ones.” *He went on to say make your relations county with God, yourself (because if you don’t like yourself, no one else can get close to you), your spouse, children, friends etc. Surround yourself with good relations and don’t get caught up in the drama.*

5. Balance Work With Play

“You can’t do all of either one and be successful and to those whom much is given, much is required. If you work really hard and you’re a really diligent person, make sure that you do some play to balance your life out. If you play real hard, but you don’t work very much, you’re gonna be fun, but you’re gonna be hungry.” *He also said to be the fun person too. Don’t be serious all the time.*

The final thought he left me with was this:

“It is not what you leave to your kids that makes them great, it is what you leave in them.” If you leave enough in them you don’t have to worry about what you leave for them. They will go through everything you leave to them but what you leave in them they will make their own way.

So, as you seek happiness, look at these five steps and consider where you are at in them.

River View SADD Chapter News

RIVER VIEW HIGH SADD MAY 2015 EVENTS

May 2, 2015: SADD Club will be participating in the Drug/Violence Free Day at Mt View High School from 10:00 until 3:00 p.m. They will have a table of literature and brochures on Underage Drinking, Drug Prevention and SADD Chapters. They also will be handing out fliers from Pizza Hut. If you present the flier at Pizza Hut and place an order River View High SADD Chapter will receive 20% of proceeds from the total purchase.

May 5, 2015: SADD along with members of HOPE Coalition, McDowell County FACES and the Sheriff's Department will participate in the DEA Drug Take Back Day. The event will be held at Kimball, Walmart from 10:00 am until 2:00 p.m. SADD Members will be passing out literature on SADD, Alcohol and Drug Prevention. This is the perfect opportunity to get rid of unwanted or unused prescriptions by turning them in to the Sheriff's Department to be destroyed at a later date. No questions asked!!! No need to remove labels All information is Private!!!

May 11-15: Law Enforcement Appreciation Week.....SADD Members are in the planning stages of an event to be announced. We encourage all organizations, businesses and communities to join with us this week to show all law enforcement our appreciation for everything they do in our County.

May 12, 2015: The Governor's Substance Abuse Task Force Committee will be meeting for Region 6 in Beckley for more information contact Ginger Day at 304-436-5255

May 16, 2015: SADD Members will be participating in the Kid's Day Event to be held at Berwind Lake in Berwind Lake Wildlife Management Area in Warriormines, from 8:00 a.m. until 1:00 p.m. The lake will be stocked with

tagged fish, rods and reels will be provided, and prizes given out for tagged fish caught. For more information on this event you may call the Sheriff's Department at 304-436-8522.

May 18, 2015: The monthly Alcohol Tobacco Other Drugs Task Force Meeting will be held at Sterling Drive In at 4:00 p.m. SADD Members and Community are invited.



National Peace Officer's and Police Week

Peace Officers Memorial Day and Police Week is an observance in the United States that pays tribute to the local, state, and Federal peace officers who have died in the line of duty. The Memorial takes place on May 15, and Police Week is the calendar week in which the Memorial falls. The event is sponsored by the National Fraternal Order of Police and is implemented by the National FOP Memorial Committee. Other events of National Police Week include the annual Blue Mass, Candlelight Vigil, Wreath Laying Ceremony, National Police Survivors Conference, Honor Guard Competition, and the Emerald Society & Pipe Band March and Service. The events draw 25,000 to 40,000 law enforcement officers and their families to Washington, D.C. every year. The holiday was created on October 1, 1961, when Congress asked the president to designate May 15 to honor peace officers. John F. Kennedy signed the bill into law on October 1, 1962. The Proclamation Signed by President John F. Kennedy.

To pay tribute to the law enforcement officers who have made the ultimate sacrifice for our country and to voice our appreciation for all those who currently serve on the front lines of the battle against crime, the Congress, by a joint resolution approved October 1, 1962 (75 Stat.676), has authorized and requested the President to designate May 15 of each year as "Peace Officers Memorial Day," and the week in which it falls as "National Police Week" and by Public Law 103-322 (36 U.S.C. 175) has requested that the flag be flown at half-staff on Peace Officers' Memorial Day. Amended in 1994, Bill Clinton, through Public Law 103-322, directed that the flag of the United States be flown at half-staff on May 15. According to a proclamation by George W. Bush in 2002,

"Peace Officers Memorial Day and Police Week pay tribute to the local, State, and Federal law enforcement officers who serve and protect us with courage and dedication. These observances also remind us of the ongoing need to be vigilant against all forms of crime, especially to acts of extreme violence and terrorism."

At the National Peace Officer's Memorial Service on May 15, 2013, President Barack Obama paid tribute to fallen law enforcement officers, closing:^[6] The 143 fallen officers we honor today put themselves on the front lines of that fight, to preserve that quality of community, and to protect the roots of our greatness. They exemplified the very idea of citizenship -- that with our God-given rights come responsibilities and obligations to ourselves and to others. They embodied that idea. That's the way they died. That's how we must remember them. And that's how we must live. We can never repay our debt to these officers and their families, but we must do what we can, with all that we have, to live our lives in a way that pays tribute to their memory. That begins, but does not end, by gathering here -- with heavy hearts, to carve their names in stone, so that all will know them, and that their legacy will endure. We are grateful to them and we are grateful to you. Much of the holiday centers on the National Law Enforcement Officers Memorial wall in Washington, D.C., whose walls feature the names of more than 19,000 law enforcement officers who have been killed in the line of duty.



The Table of Honor

The **Table**, with its **place setting**, is a way of symbolizing the fact that members of our profession are missing from this event.

The table is **set for one**, though the number is many.

The **Chair** is empty. They can no longer join us.

The **Tablecloth** is white - symbolizing the purity of their intentions to serve their communities.

The **Candle** is lit - symbolizing their spirit to serve.

The **Glass** is inverted - they cannot drink nor toast with us this day.

A slice of **Lemon** is on the bread plate to remind us of their bitter fate.

The single **Red Rose** displayed in the vase is to remind us of their families and loved ones.

The **Salt** upon the plate is symbolic of their tears.

The **Blue Ribbon** tied so prominently on the vase reminds us of the "**Thin Blue Line**" which stands strong before those who would destroy law and order in our great nation.

Many of us served with these peace officers and called them "partner". We relied upon them; depended upon their might, and their aid.

We called them "**Brothers.**" We called them "**Sisters.**"

They watch over us still ~~ and we **Honor** them today.



National Prevention Week May 17-23: "I Choose" Project

The theme for SAMHSA's National Prevention Week (NPW) 2015 is "The Voice of One, the Power of All." The "I Choose" Project builds on NPW 2015's theme by providing the opportunity for individuals and communities to make a difference, be a positive example, and inspire others. By participating in the "I Choose" Project, you can help spread the word that our choices make a big difference in our lives, our health, and our future. Visit SAMHSA's "I Choose" Project Website for details on how and where to submit your photographs!

www.samhsa.gov/prevention-week/i-choose-project

The "I Choose" Project is an easy way to make a difference, be a positive example, and inspire others.

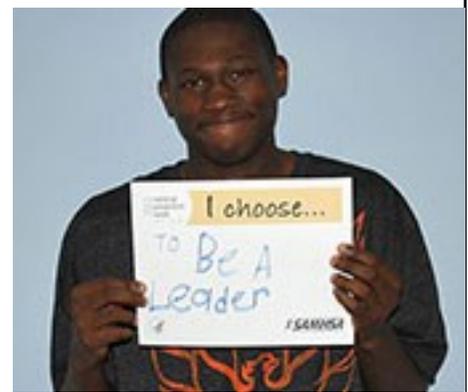
Participating is easy – take a photograph of yourself holding a sign with your personal message about

why substance abuse prevention or mental health is important to you. For example, you could write "I choose prevention because I want to be healthy and happy." Or you could include "I choose treatment..." or another "I choose" statement, such as "I choose not to give up because things do get better."

Send your photo to NewMedia@samhsa.hhs.gov.

In the email, also include:
Name(s) of people in the photo
Organization (if applicable)
State or territory
ZIP code
The "I Choose" message displayed in the photo.

After receiving your submission, SAMHSA will review and post your photo to the ["I Choose" photo gallery](#)*



National Foster Care Awareness Month

On any given day there are more than 400,000 children in foster care. If you were able to bring together all these children into one city, this city would be the 43rd or 44th biggest city in the United States. This city made up of foster children would be bigger than cities like Miami, Pittsburg, St Louis, Cleveland, Cincinnati, Minneapolis, New Orleans and Honolulu. Over the course of a year nearly 700,000 children spend at least some time in foster care and that makes this population of children and youth bigger than all but 18 U.S. cities.

Approximately 254,000 will leave foster care this year, nearly 128,000 will be reunified with their families, another 52,000 will find new loving families through adoption and 36,000 will stay with a guardian or with their families through kinship care. But at the same time 28,000 youth will leave foster care because they became too old and they "aged" out of foster care and 1500 will runaway. Another 254,000 will enter foster care and replace the ones that left. Far too many will spend the entire year in care.

The National Foster Care Coalition hopes you will use this month to recognize this important and forgotten issue and these children.

E-Cigarette: New Studies

A recent report from [The Guardian](#) reveals some extremely important news for people who are looking to quit smoking. Japanese scientists have recently announced that e-cigarettes contain 10 times the level of cancer-causing carcinogens than its counterpart in the tobacco world. At one time, e-cigarettes were touted as the answer to smoking without the complication of so many dangers. The electronic nicotine products have increased in popularity with many believing that they are receiving a hit of nicotine without the health damage of a normal cigarette that is laden with chemicals.



However, the research commissioned by the Japanese Ministry of Health found formaldehyde and acetaldehyde carcinogens in the liquid produced by a number of e-cigarette products, a health ministry official stated. The group also learned that e-cigarettes can fuel potentially life-threatening drug-resistant pathogens. This is based on lab study where they tested e-cigs vapor on live methicillin-resistant *Staphylococcus aureus* (MRSA) and human cells. The formaldehyde carcinogen was found to be much more present in the e-cigarette liquids than in the chemicals used in regular cigarettes, according to the official.

“In one brand of e-cigarette the team found more than 10 times the level of carcinogens contained in one regular cigarette,” said researcher Naoki Kunugita. “Especially when the wire (which vaporizes the liquid) gets overheated, higher amounts of those harmful substances seemed to be produced.”

However, Kunugita added that the levels of the formaldehyde carcinogen fluctuated in the final results. This does not mean that regular cigarettes are safer, it just means that some types of e-cigarettes have even more cancer causing compounds.

“You call them e-cigarettes, but they are products totally different from regular tobacco,” the Japanese health ministry official said. “The government is now studying the possible risks associated with them, with view to looking at how they should be regulated.”

What is being done about this? Earlier this year, the World Health Organization (WHO) urged governments to ban the sale of e-cigarettes to minors because of the “serious threat” posed to them.

The UN health agency said that despite the lack of evidence on the damage caused by e-cigarettes, there was enough “to caution children and adolescents, pregnant women, and women of reproductive age” about their use, adding that they should be outlawed from indoor public spaces.

Scientists are calling for a urgent controls to be put on the selling of e-cigarettes to children after a correlation was made between e-cigarette usage and binge drinking.

According to the US Center for Disease Control and Prevention (CDC): “More than a quarter of a million youth who had never smoked a cigarette used electronic cigarettes in 2013, according to a CDC study published in the journal *Nicotine and Tobacco Research*. This number reflects a three-fold increase, from about 79,000 in 2011, to more than 263,000 in 2013.” While e-cigarettes are often used as an alternative to smoking, they are far from safe. Not to mention, we still don’t even know what the long-term effects of smoking e-cigarettes is. Sources: Originally seen on [Organic Health](#)

[The Guardian](#) “You have our permission to reprint this article via creative commons license if you attribute us with a live backlink to this article. – [Organic Health](#)“-

See more at: <http://www.spiritscienceandmetaphysics.com/e-cigs-have-10x-more-cancer-causing-ingredients-than-regular-cigarettes/#sthash.BYvKEPso.dpuf>

Meetings/Events of Interest

Reconnecting McDowell

May 14, 2015

6:00 p.m.

Gary Community Building

Everyone Welcome

South Central Community Collaborative

May 16, 2015

Wyoming County DHHR

10:00 a.m.—12:00 noon

Safe At Home Initiative: your help is needed to keep our children in WV.

Alcohol Tobacco and Other Drug Task Force

May 18, 2015

5:00 p.m.

Sterling Drive Inn

Contact Ginger at 304-436-5255

McDowell County FACES

May 14, 2015

12:00 noon FACES Office

RSVP 304-436-5255

McDowell County HOPE Coalition

May 18, 2015 (Due to Memorial Day)

10:30—12:00 noon

FACES Office

DEA Prescription Drug Take Back Day

May 5, 2015

10:00 a.m.—2:00 p.m.

Kimball Walmart

Bring in your old or unused prescriptions for incineration by DEA. You don't have to worry about labels and your information—it is safe and all that is burned as well.

Hosted by McDowell Sheriff's Office, FACES, and HOPE Coalition with River View SADD Chapter volunteering to assist. For additional information call: 304-436-5255.

Annual Berwind Lake Kid's Day

May 16, 2015

Berwind Lake Wildlife Management Area

8:00 a.m.—1:00 p.m.

To assist or donate in any way contact Roger Deel, President at 304-436-8522 or 304-875-3328

DRUG AND VIOLENCE AWARENESS DAY

MOUNT VIEW HIGH SCHOOL

MAY 2, 2015

10:00 a.m.—3:00 p.m.

McDowell County Safe & Drug Free Schools Advisory Committee and Afterschool Program sponsoring the 23rd annual Drug and Violence Awareness Day. For information contact: Bonita Miano at 304-436-8441