

FACES of HOPE

MARCH 2010 Edition

Upcoming Trainings

- FACES Board Training
May 8, 2010 10am-3pm
- IRS 990 Changes Affecting
Non-Profits Training
May 13, 2010 10am-4pm
- Strategic Prevention Frame-
work Training (SPF)
April 20-21, 2010
(SPF Training registration
closed, no spaces left)

Trainings will be held at the
Welch Public Library

To register for one of the train-
ings listed above, call 304-436-
5255.

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DUI: It's Not Just Alcohol Anymore

Driving Under the Influence. Drunk Driving. DUI. DWI.

All these terms come to mind when you hear about someone getting their driver's license revoked for being drunk behind the wheel. In McDowell County as well as any other place in the Nation, alcohol isn't the only thing you have to worry about.

DISTRACTED DRIVING

Driving distracted is just as dangerous as drunk driving. Just check out the Mythbusters episode where Adam and Kari failed a general-purpose road safety test while talking on a cell phone. Adam commented that one can easily put away a cell phone if necessary, but not simply become sober as needed.



2005 Season
Mythbusters episode named "Killer Brace Position"

UNDER THE INFLUENCE....

As reported by many of the law-enforcement officers that serve McDowell County there has been an increase of citations for non-alcohol related DUI offenses. Commonly seen is prescription medications, namely Methadone and Oxycontin.

Be safe, be aware and be sober when driving.

Daylight Savings Time: Origins

Everyone knows that daylight savings time is meant to give us longer daylight hours to be more productive in the spring and summer months for planting and harvesting but what exactly started it all?

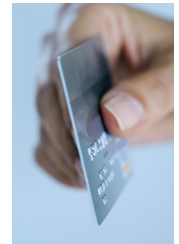
Ben Franklin anonymously published a letter suggesting that Parisians economize on candles by rising earlier to use morning sunlight.

In 1895, G V Hudson, a New Zealander, proposed a 2 hour shift to allow him to be able to collect more insects (he was an entomologist). IN 1905, Englishman William Willett observed with dismay how many Londoners slept through a large part of a summer day. In 1916, European allies in WWI used DST as a way to conserve coal. Other countries followed suit, thus Daylight Savings Time was born.

The CARD Act: How does that affect me?

The Credit Card Accountability and Disclosure Act (CARD) puts forth new rules for credit-card issuers by the Federal Government to prevent the misuse by consumers. Here are some key changes and notable exceptions that may allow you to get in trouble with your finances.

- 45 day notice of pending rate or fee increases
- No rate increase for the first 12 months after account opening along with a minimum 6 month promotional-rate period. Some banks have found a way around this by charging a high initial rate and refunding a part of the rate each month the customer pays on time. Rate hikes are allowed if you are more than 60 days late on a payment.
- No more over limit fees, unless the card holder opts in.
- No phone fees for calling in a payment unless you are calling on or after the payment due date.
- Annual and application fees cannot be over 25% of your total credit line.
- Statements should reflect information on each balance that lets you know when it will be paid off at the current minimum payment rate and how much you would have to pay in order to pay your account off in 36 months (3years).
- Warnings on the statement about paying more interest and taking longer to pay the debt if you only pay the minimum.
- Beware “deferred interest” programs. If the balance isn’t paid within the specified period, the company will charge all interest at one time to the account.
- College students must have a parent co-sign or be able to demonstrate ability to pay. No credit-limit increases for those under 21 without a co-signers permission. No credit-card marketing and freebies on college campuses. Even after the student turns 21, if a parent is a co-signer on their credit card the parent is liable for the bill. After your child turns 21 and is on their own, cancel the card owned and have the individual over 21 apply for their own card. If the younger person keeps their card active for 20 years, the co-signer is also liable the whole time.



The CARD Act took effect on February 22, 2010.

Celebrate Easter with an Egg Wreath

This craft activity is a great way to connect with your kids, grandkids, and youth groups. Skill level: Easy

Materials: 14 pull apart eggs, puff paints, twist ties (from garbage bags), 2 large heavy duty paper plates, green craft foam, egg carton, scissors, glue.

- Decorate each plastic egg with the puff paint (you can opt for glitter) Turn over an empty egg carton and place the halves on the carton cup bottom for easier access and drying
- Cut out the center of the paper plates leaving only the rim.
- Cut leaves out of the craft foam and glue to plate rim
- Wrap the twist ties around the plate rim between the leaves and twist to attach. Snap the egg halves together over the ties.



For thousands of years, the egg has been a symbol of new life — and spring — for people the world over. Craft the time-honored symbol into a wreath for your door, and you've got the perfect way to welcome spring into your home.

About Naltrexone Therapy

Naltrexone is a medication that helps to reduce relapse in persons recovering from opiate abuse (any drug derived from opium such as heroin, cocaine, and pain pills).

How naltrexone works:

The brain changes in response to drug abuse. Drug abuse fills the “happy” receptors causing an initial feeling of satisfaction. The brain likes this and develops more “happy” receptors to fill. This makes the person want more and more to get the initial satisfied feeling back. This is called “chasing the dragon” because addicts never reach the satisfying feeling they initially had.

Naltrexone works by binding up these “happy” opiate receptors in the brain. This will help a recovering individual reduce cravings for drugs. With full receptors, the brain don’t feel as unhappy. If a person on naltrexone therapy abuses opiate substances, the receptors are already full and there is no “high” effect felt. This can be particularly dangerous as individuals tend to take more medications to get high and unintentionally overdose.

Naltrexone is available in tablet form and as an implant. The implant is better for individuals who may forget to take their regular oral tablet dosages. The implant will cover a 6-10 week period. It is implanted under the skin, usually in the lower abdomen. The implants are actually pellets that slowly release the naltrexone into the body. The implant is not FDA approved but the medication in the implant is. This is why insurance companies will not cover implant therapy. The success rate for proper treatment and follow-up is 75%.

The recommended length of naltrexone therapy is one year.

Proper follow up and counseling is important! Do not skip dosages or appointments. Develop a healthy peer group and have plenty of positive support to kick opiate addiction.

Suboxone is a medication that contains naltrexone and buprenorphine. Buprenorphine is an opiate medication that produces very little of the “high” effect. When buprenorphine is combined with naltrexone, the incidence of abusing the Suboxone medication is very low. If Suboxone is not taken under the tongue as prescribed, the naltrexone blocks the effects of the buprenorphine and will cause immediate withdrawal.



Suboxone Tablets

Topix: Public Newsboard or Public Menace?

Editorial by Christy Lester

Topix can be a valuable tool when it comes to reaching the masses of McDowell County. I’m not a regular Topix poster nor do I snoop the blog boards to find out the juice on “the sexiest in.....”.

Recently a close friend called me about a thread that worried her and she didn’t know what to do. The post was making accusatory statements toward a business and the employees. So, I checked it out. I have seen rude posts before but not this bad. I noticed the posts contained lewd language and name calling, clearly in violation of Topix policy. The posts also called employees by name and told where they lived. I’m sure customers who read the boards were asking questions at the business by now. I think it is important for our residents to know how to report posts that are damaging to our community.

- There is a link to “report abuse” above each post. Click on that and choose the option to “flag inappropriate post” No longer can a local moderator remove any posts, all the removals must be done by Topix staff.
- You can report directly to Topix staff using the link named [Feedback?](#) at the bottom of the page. Just click on the word Feedback. In the new box, choose what you want from the dropdown box. I chose “Report inappropriate forum post. Follow the directions to report. Don’t pay the \$19.99-this is their way of making money from you for someone else’s bad post.
- I think if we all start reporting posts and having the “smut” removed and posting good newsworthy stories ourselves, McDowell County citizens and businesses will benefit in the right ways.

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The Consumer Voice of McDowell County.

We're on the Web!

www.facesfrn.com

Just the facts M'aam!

There are 13,092 knives, forks and spoons in the White House.

(Now that's where all my tax money went!)

- In West Virginia, only babies can ride in baby carriages. (That is one of those weird laws, Honest!)
- In Virginia, chickens can only lay eggs between the hours of 8am and 4pm. (I'm getting my chickens a time clock!)
- Every time you lick a stamp you consume 1/10 of a calorie.
- Banging your head against the wall can burn 150 calories an hour. (Good, that will burn off that 1/10 calorie after I send out my tax money for that silverware!)

FACES Seeks New Board Members

Wanted: Community individuals who would like to serve on an advisory board to help develop and/or improve services to children and families.

Duties Include:

- Assist the Family Resource Network (FACES) to better understand the issues community members face.
- Attend monthly community-board meetings.
- Give recommendations to county agencies about needed programs, or how to improve existing programs or services.
- Help FACES develop appropriate plans to move McDowell County toward a better, brighter future.

Looking for: Youth members, parents of school children, senior citizens, persons with disabilities, foster parents, domestic violence victims, or persons who receive benefits under TANF, CHIP, or Medicaid.

*To join or inquire about the FACES Board, please contact
Kathie Whitt at the FACES Office: 304-436-5255*

