



McDowell County FACES Newsletter

The FACES of HOPE

November , 2011

facesfrn.com

email: facesfrn@yahoo.com

Daylight Savings Time Ends



In the early morning hours of Sunday, Nov. 6, the clocks will be set back an hour, from 2 a.m. to 1 a.m. For an individual who goes to bed at 10 p.m. on Saturday night and awakens eight hours later, they will wake up at 5 a.m. on Sunday morning. It will still be dark, of course, but the sun will come earlier than normal, at 6:30 a.m.

Healthy Families Healthy Children

Monthly Meeting

November 30, 2011

10:00 a.m.

FACES Community Room

Multiple programs to empower families to become strong.

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Thanksgiving Trivia

Fact or Fiction: Thanksgiving is held on the final Thursday of November each year. **Fiction.** In 1939 the House of Representatives passed a resolution making the last Thursday in November a legal national holiday. The Senate amended the resolution, setting the date as the fourth Thursday, and the House eventually agreed.

Fact or Fiction: Macy's was the first American department store to sponsor a parade in celebration of Thanksgiving. **Fiction.** The Philadelphia department store Gimbel's had sponsored a parade in 1920, but the Macy's parade, launched four years later, soon became a Thanksgiving tradition and the standard kickoff to the holiday shopping season.

Fact or Fiction: Turkeys are slow-moving birds that lack the ability to fly. **Fiction.** Wild turkeys, small and agile and can reach speeds of up to 20-25 miles per hour on the ground and fly for short distances at speeds approaching 55 miles per hour.

Fact or Fiction: Native Americans used cranberries, now a staple of many Thanksgiving dinners, for cooking as well as medicinal purposes. **Fact.** According to the Cape Cod Cranberry Growers' Association, one of the country's oldest farmers' organizations, Native Americans used cranberries in a variety of foods.

Fact or Fiction: The movement of the turkey inspired a ballroom dance. **Fact.** The turkey trot, modeled on that bird's characteristic short, jerky steps, was one of a number of popular dance styles that emerged during the late 19th and early 20th century in the United States.

Fact or Fiction: On Thanksgiving Day in 2007, two turkeys earned a trip to Disney World. **Fact.** The current tradition of presidential turkey pardons began in 1947, under Harry Truman, but the practice is said to have informally begun with Abraham Lincoln, who granted a pardon to his son Tad's pet turkey.

Fact or Fiction: The tradition of playing or watching football on Thanksgiving started with the first National Football League game on the holiday in 1934. **Fiction.** The American tradition of college football on Thanksgiving is pretty much as old as the sport itself. The newly formed American Intercollegiate Football Association held its first championship game on Thanksgiving Day in 1876. At the time, the sport resembled something between rugby and what we think of as football today. The NFL took up the tradition in 1934, when the Detroit Lions (recently arrived in the city and renamed) played the Chicago Bears at the University of Detroit stadium in front of 26,000 fans.



The Great American Smokeout



The Great American Smokeout is an annual event held on the third Thursday of November in the United States encouraging Americans (of whom 45.8 million smoke) to stop tobacco smoking. The American Cancer Society held its first Smokeout in 1977. The event challenges people to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever.

The Department of Defense supports the American Cancer Society's Great American Smokeout (GASO) on 17 November 2011 by encouraging its military personnel, family members, retirees, and everyone to walk away from tobacco for 24 hours. GASO is the American Cancer Society's nationally recognized day that rallies thousands of smokers to become smoke-free for a day, and perhaps, ultimately, smoke-free forever.

To help smokers walk away...and stay away from tobacco, this site features a range of tools to help increase your chances of quitting successfully, once and for all. You can get started right away with Train2Quit, an interactive online program that will walk you through the steps to becoming permanently tobacco-free. You can create your own quit plan to map out ways to succeed. You can check out our free, confidential Live Chat service, there for you 24/7. If you are a TRICARE® beneficiary who is not eligible for Medicare, you can call a regional Quitline, available 24/7, 365 days a year and speak to a trained tobacco quit coach.

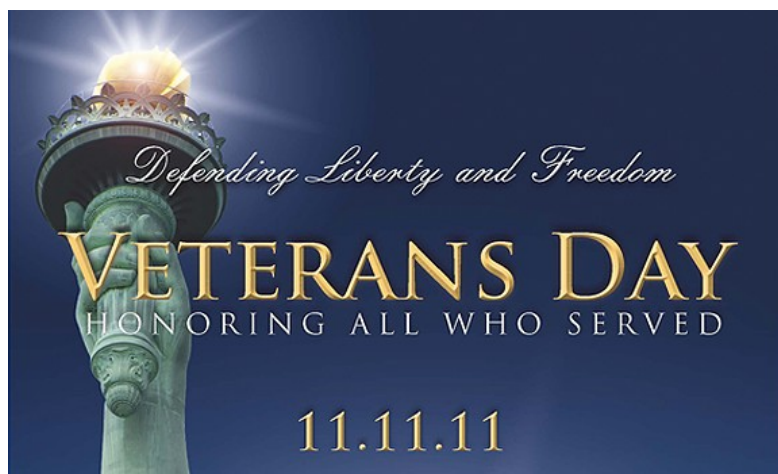
You can locate local support in your region or State to help you achieve your goal of living tobacco-free. For a diversion, you can play some fun games like Texas Hold 'em or Kiss Me You Fool. You can learn how much of your cash is going up in smoke by using our online savings calculator. And, you can connect with others who are fighting to quit tobacco just like you through our quit blogs.

So use GASO as your getaway into a world free of smoke and nicotine. On November 17, turn your back on tobacco and walk away for a day; then stay away, for good.

If you are a partner and want to promote the Great American Smokeout on your installation, download our print materials, including posters, Web banners, and print PSAs, for use in any publication, print or online, including your installation newspaper.

RSVP on Facebook to show your support for the troops who will quit tobacco for a day.

Veterans Day



The McDowell County Veterans Day Parade is scheduled for November 11, 2011 to begin at 10:00 a.m. Contact Welch City Hall for details at 304-436-3113.

Flu Shots

What is the Flu Shot?

The flu shot is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. It contains three seasonal influenza viruses that are grown in eggs. The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. The 2011-2012 flu vaccine will protect against an influenza A (H1N1) virus, an influenza A (H3N2) virus and an influenza B virus.

Who Should Get A Flu Shot?

Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on

Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

People who live with or care for those at high risk for complications from flu should also get vaccinated, including:

1. Health care workers
2. Household contacts of persons at high risk for complications from the flu

3. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Who is at high risk for developing flu-related complications?

1. Children younger than 5, but especially children younger than 2 years old
2. Adults 65 years of age and older
3. Pregnant women
4. Also, last flu season, American Indians and Alaskan Natives seemed to be at higher risk of flu complications
5. People who have specific medical conditions.

Black Friday

Black Friday is the day following Thanksgiving Day in the United States, traditionally the beginning of the Christmas shopping season. On this day, many retailers open very early, often at 4 a.m., or earlier, and offer promotional sales to kick off the shopping season, similar to Boxing Day sales in many Commonwealth countries. Black Friday is not actually a holiday, but many employers give their employees the day off, increasing the number of potential shoppers. It has routinely been the busiest shopping day of the year since 2005, although news reports, which at that time were inaccurate, have described it as the busiest shopping day of the year for a much longer period of time.

The day's name originated in Philadelphia, where it originally was used to describe the heavy and disruptive pedestrian and vehicle traffic which would occur on the day after Thanksgiving. Use of the term began by 1966 and began to see broader use outside Philadelphia around 1975. Later an alternative explanation began to be offered: that "Black Friday" indicates the period during which retailers are turning a profit, or "in the black." Because Thanksgiving always falls on the fourth Thursday in November in the United States, the day after occurs between the 23rd and the 29th of November.

Black Friday Brings Violence As Well: During Black Friday 2010, a Madison, Wisconsin woman was arrested outside of a Toys 'R' Us store after cutting in line, and threatening to shoot other shoppers who tried to object. A Toys for Tots volunteer in Georgia was stabbed by a shoplifter. An Indianapolis woman was arrested after causing a disturbance by arguing with other Wal-Mart shoppers. She had been asked to leave the store, but refused. A man was arrested at a Florida Wal-Mart when other shoppers waiting in line for the store to open noticed that he was carrying a handgun and reported the matter to police. He was discovered to also be carrying two knives and a pepper spray grenade. A man in Buffalo, New York, was trampled when doors opened at a Target store and unruly shoppers rushed in, in an episode reminiscent of the deadly 2008 Wal-Mart stampede.

Put the right perspective on shopping and merchandise—it is not worth the violence.

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.

Community Collaborative
 Team: 4th Monday at 12:00
 noon —open to the public.

Location: FACES Office

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

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Keep A Clear Mind—6th Grade Drug Prevention Program

McDowell County FACES, the HOPE Coalition, and the Board of Education will introduce “Keep A Clear Mind” to the 6th grade classes at Mount View Middle, Sandy River Middle and Southside K-8 schools. This program is made possible through a grant from the Appalachian Regional Commission and East Tennessee State University. HOPE Coalition members working on the program include: Kathie Whitt, Ginger Day, Shelia Muncy, David Rudolph, and Kathy Bailey. The teachers that will work with the program are: Mount View Middle, Mr. Hairston and Ms. Lawson; Sandy River Middle, Ms. Lester, and Southside, Ms. Cline. The purpose of the program is to increase communication about substance abuse between youth and caregivers and development of “no” statements toward substance abuse that increase refusal skills in youth.

“Keep A Clear Mind” is a parent-child, take-home program in drug education. It has been field-tested and rigorously evaluated with students in grades 4, 5, & 6. Keep A Clear Mind has won the Center for Substance Abuse Prevention's (CSAP) Exemplary Program Award, has been promoted as a Model Program by CSAP, the Substance Abuse and Mental Health Services Administration, and the Office of Juvenile Justice and Delinquency Prevention. Keep A Clear Mind is listed on the National Registry of Effective Programs. Evaluation papers concerned with Keep A Clear Mind have been presented at the meetings of a number of different scholarly/professional groups, and evaluation articles have been published in the Journal of School Health and the Journal of Drug Education.

Each student will receive four activity books (alcohol, tobacco, marijuana, good choices), student incentives (t-shirt, bumper sticker, book mark, pencil, and bracelet), and five parent newsletters. Students take the activity books home, one per week, and do the program with their caregivers. They receive a student incentive for showing their teacher that their caregivers have signed indicat-

Buy Nothing Day (BND) is an international day of protest against consumerism observed by social activists. Typically celebrated the Friday after American Thanksgiving in North America and the following day internationally, in 2011 the dates are November 25 and 26 respectively. It was founded by Vancouver artist Ted Dave and subsequently promoted by *Adbusters* magazine, based in Canada. In 1997, it was moved to the Friday after American Thanksgiving, also called "Black Friday", which is one of the 10 busiest shopping days in the United States.



Health Opportunities for Positive Education Coalition

McDowell County Healthy Happy Lifestyle Challenge

The challenge will run from **January 1, 2012—February 28, 2012.**

1. A team will consist of 3 to 5 members.
2. All team members must either live or work in McDowell County, WV.
3. All team members must consult physician before implementing any lifestyle changes that are a part of this project.
4. All team members must agree to participate voluntarily and release the HOPE Coalition and its affiliates from any liability concerning this project.
5. Each team must chose a captain. The captain is the leader of the group and is the person responsible for turning in all required paperwork to the HOPE Coalition.
6. Each team must hold weekly meetings to assess individual and team progress.
7. All paperwork is due to the HOPE Coalition by March 14, 2012. Each team member's forms must be mailed to: McDowell County HOPE Coalition, c/o McDowell County FACES, P.O. Box 426, Welch, WV 24801. It is the responsibility of the team captain to assure the HOPE Coalition has the forms by the deadline.

Media will be place to give sign-up dates and locations.