

# McDowell County FACES Newsletter

## The FACES of HOPE

November, 2010

facesfrn.com

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### What's In The Month:

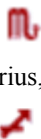
November's birthstone is the topaz.



Its birth flower is the chrysanthemum.



The Zodiac signs for those born in this month are Scorpio, the scorpion, and Sagittarius, the archer or soldier.



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## VETERANS DAY CELEBRATIONS



**Veterans Day** is an annual United States holiday honoring military veterans. A federal holiday, it is observed on November 11. It is also celebrated as Armistice Day or Remembrance Day in other parts of the world, falling on November 11, the anniversary of the signing of the Armistice that ended World War I. The U.S. President Woodrow Wilson first proclaimed an Armistice Day for November 11, 1919. In proclaiming the holiday, he said "To us in America, the reflections of Armistice Day will be

filled with lots of pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

The United States Congress passed a concurrent resolution seven years later on June 4, 1926, requesting that the President (Calvin Coolidge) issue another proclamation to observe November 11 with appropriate ceremonies.<sup>[2]</sup> An Act (52 Stat. 351; 5 U.S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday; "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day'."

Although originally scheduled for celebration on November 11 of every year, starting in 1971 in accordance with the Uniform Monday Holiday Act, Veterans Day was moved to the fourth Monday of October. In 1978 it was moved back to its original celebration on November 11. Since this change, there has been a trend against being closed on the holiday. It began with businesses (excluding banks) and in recent years some schools and local governments have also chosen to remain open.

The pictures portrayed in this article are from the 2009 Veterans Day Parade in downtown Welch, WV. Hundreds of people lined the streets to watch bands, floats, emergency equipment, Santa, and much more pass by. Veterans were honored for their services to the Country.



For activities and schedules for 2010, please contact Welch City Hall at 304-436-3113.

# THANKSGIVING

**Thanksgiving Day** is a harvest festival celebrated primarily in the United States and Canada. Thanksgiving is a holiday to express thankfulness, gratitude, and appreciation to God, family and friends for which all have been blessed of material possessions and relationships. Traditionally, it has been a time to give thanks for a bountiful harvest. This holiday has since moved away from its religious roots.

In the United States, Thanksgiving Day falls on the fourth Thursday of November. In Canada it is celebrated on the second Monday in October.

The precise historical origin of the holiday is disputed. Although Americans commonly believe that the first Thanksgiving happened in 1621, at Plymouth Plantation, in Massachusetts, there is strong evidence for earlier celebrations in Canada (1578) and by Spanish explorers in Florida (1565).

While not the first thanksgiving of any sort on the continent, the traditional origin of modern Thanksgiving in the United States is generally regarded to be the celebration that occurred at the site of Plymouth Plantation, in Massachusetts in 1621. This celebration occurred early in the history of what would become one of the original Thirteen Colonies that later were to become the United States.

This Thanksgiving was modeled after harvest festivals that were commonplace in Europe at the time. According to historian Jeremy Bangs, director of the Leiden American Pilgrim Museum, the pilgrims may have been influenced by watching the annual services of thanksgiving for the relief of the siege of Leiden in 1574, while they were staying in Leiden.



## National Native American Heritage Month

The indigenous peoples of North America -- the First Americans -- have woven rich and diverse threads into the tapestry of our Nation's heritage. Throughout their long history on this great land, they have faced moments of profound triumph and tragedy alike. During National Native American Heritage Month, we recognize their many accomplishments, contributions, and sacrifices, and we pay tribute to their participation in all aspects of American society. This month, we celebrate the ancestry and time-honored traditions of American Indians and Alaska Natives in North America. They have guided our land stewardship policies, added immeasurably to our cultural heritage, and demonstrated courage in the face of adversity.



From the American Revolution to combat missions in Iraq and Afghanistan, they have fought valiantly in defense of our Nation as dedicated servicemen and women. Their native languages have also played a pivotal role on the battlefield. During World Wars I and II, Native American code talkers developed unbreakable codes to communicate military messages that saved countless lives. Native Americans have distinguished themselves as inventors, entrepreneurs, spiritual leaders, and scholars. Our debt to our First Americans is immense, as is our responsibility to ensure their fair, equal treatment and honor the commitments we made to their forebears.

The Native American community today faces huge challenges that have been ignored by our Government for too long. The American Recovery and Reinvestment Act allocates more than \$3 billion and in the Fiscal Year 2010 budget, the Obama Administration proposed over \$17 billion for programs carried out by the Bureau of Indian Affairs, Indian Health Service, and other Federal agencies that have a critical role to play in improving the lives of Native Americans. These programs will increase educational opportunities, address the scourge of alcohol abuse and domestic violence, promote economic development, and provide access to comprehensive, accessible, and affordable health care. While funding increases do not make up for past deficiencies, they do reflect our determination to honor tribal sovereignty and ensure continued progress on reservations across America.

As we seek to build on and strengthen our nation-to-nation relationship, the Administration is committed to ensuring tribal communities have a meaningful voice in our national policy debates as we confront the challenges facing all Americans.

## MCDOWELL COUNTY FACES NEWSLETTER

### Democratic and Republican Congressional Leaders invited to the White House

WASHINGTON (Reuters) – President Barack Obama said on Thursday he invited Democratic and Republican congressional leaders to the White House on November 18 to discuss issues that could be tackled in what remains of this year's congressional term.

Obama said he called John Boehner, who is expected to be the next speaker of the House of Representatives after Republicans gained a majority in Tuesday's election, as well as the current speaker, Democrat Nancy Pelosi. He also invited Senate Republican leader Mitch McConnell and Senate Majority Leader Harry Reid, a Democrat.

"This is going to be a meeting in which I want us to talk substantively about how we can move the American people's agenda forward," he told reporters at the White House while meeting with his top Cabinet officials and advisers.

"It's not just going to be a photo-op. Hopefully it may spill over into dinner," he said.

Obama said the focus of the meeting would be what to get done during the "lame duck" congressional session that goes through the end of this year.

A lame-duck period is the time between a congressional election in November and the start of the new Congress in January. During that time, Congress operates, but

with many lawmakers who have just been voted out of office and with no newly elected members, except victorious incumbents.

"We have to act in order to assure that middle class families don't see a big tax spike because of how the Bush tax cuts have been structured. It is very important that we extend those middle class tax provisions," he said.

Obama said he told Cabinet leaders to absorb the message of Tuesday's election, which swept Republicans to power in the House and in legislatures across the country.

(Reporting by Jeff Mason; Editing by Doina Chiacu).

## National Guard Junior Special Forces

In November the NGJSF program will begin to recruit youth grades 9-10 to participate in the program. This program is a mentoring program to work with youth to prevent substance abuse, teen pregnancies, drop-outs, etc. It is not a military recruitment. Parents must be involved in the process, program, and commitment. Each youth must be enrolled in the McDowell County Board of Education, be able to do physical activities, commit to the entire program, and maintain a minimum of a C grade. The Guard will come to the County to do presentations and the program should begin in early February. If you are interested in more details, please feel free to contact Kathie Whitt, 304-436-5255 or go to our Website [facesfrn.com](http://facesfrn.com) to view the details and pictures.

## Black Friday (shopping)



Black Friday is the Friday following Thanksgiving Day in the United States, traditionally the beginning of the Christmas shopping season at least since the start of the modern Macy's Thanksgiving Day Parade in 1924, the term "Black Friday" has been traced back only to the 1960s. The term dates back to at least 1966, although its usage was primarily on the East coast. The term has become more common in other parts of the country since 2000.

Because Thanksgiving falls on the fourth Thursday in November in the United States, Black Friday occurs between the 23rd and the 29th of November. According to Reuters, in 2007 135 million people participated in the Black Friday shopping rush. Black Friday is not an official holiday, but as many workers have the day off as part of the Thanksgiving holiday, this increases the number of potential shoppers. Retailers often decorate for the Christmas and holiday season weeks beforehand. Many retailers open extremely early, with most of the retailers typically opening at 5:00 a.m. or even earlier.

## Great American Smokeout

### McDowell County FACES

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

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The American Cancer Society is marking the 35th Great American Smokeout on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

### When smokers quit -- What are the benefits over time?

20 minutes after quitting: Your heart rate and blood pressure drop.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases, too.

15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.



## FACES: New Location

FACES has a new location at 25 Bank Street, Welch, WV located in the Payne Building Community Center, beside Council on Aging.

On December 9, 2010 FACES will hold an Open House with light refreshments from 12:00 noon—2:00 p.m. We would encourage the public to come in our office and look at the many resources we have to offer including resource directories.

Multiple resources were purchased through the Drug Free Community Support Program and we will contact service providers to offer these products to their agency so they will be used by the public and not simply stored.

We want to see the resources go to locations where they will be used.

## HOPE Coalition Happenings

1. **National Youth Leadership Initiative:** began on November 4, 2010 with HRDF taking lead as the service provider.
2. **Prevention Without Borders: AA/NA** began in War at the Christ the King Catholic Church on Monday nights beginning at 7:00 p.m. **Setting Boundaries with Adult Children:** class begins November 9, 2010 at 6:00 p.m. at the Christ the King Catholic Church. Contact City hall at 304-875-3111 for more details on either of these programs.
3. **Diabetes:** FACES will be working with Mountains of Hope to look at diabetes issues for vulnerable populations. WVU Extension will conduct “dining with diabetes” classes soon. Contact Dana Lester at 304-436-9003 for more information.
4. **Breast Cancer Education:** Shelia continues to do the Circle of HOPE Breast Cancer Education classes throughout the county and will be doing four clinical breast exam dates soon. If you are interested in scheduling a Circle of HOPE meeting contact her at 304-967-5243.
5. **Health Forum:** The Health Forum was completed and reports from the FACES Community and HOPE Coalition discussions were provided to the group along with updates to the Health Goal for the Blueprint Communities plan of McDowell County.

To join the HOPE Coalition simply come to the meetings on the 4th Monday of each month at 10:30 a.m.—12:00 noon at the FACES office—25 Bank Street.