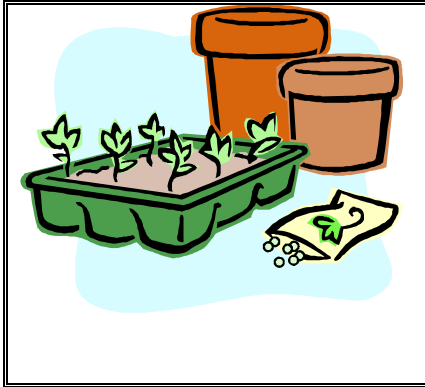


**MAY
2011**

ERFRN County Connections

***Investing in Stronger Communities
for Hampshire, Hardy, Grant and Pendleton Counties***



***Happy Mother's Day
May 8th!***

The **ERFRN** wishes Moms
Everywhere a Well Deserved ***Thank you!***

***Hi! I'm your
FDIC Tour Guide
Carmen Cents!***
Visit www.myfdic.gov
& type in
Learning Bank!



Memorial Day Remembered

Memorial Day is celebrated as a National Holiday the last Monday of May. (**May 30, 2011**.) It is sometimes called Decoration Day or Poppy Day. It is set aside to honor those Americans who gave their lives for our country. Memorial Day is when we wear our poppies, fly our USA flags and place flowers and flags on the graves of Military Personnel. Remember to thank every Veteran that you know for their service to the **U.S.A.!!**

Do you like mysteries & investigations?
Let's try your skills out for fun..... visit
www.fugitivehunter.com

******* Voting Day May 14th, 2011 *******

6:30 am to 7:30 pm

**Any registered voter may vote at their County Clerk's office
From April 22, 2011 through to May 11, 2011**

**All questions or concerns should be directed to your local County Clerk's office or
visit: <http://www.sos.wv.gov/elections>**

"Today a reader, tomorrow a leader."

Make Reading to Your Child a Habit

Words can open up a world of knowledge and adventure for your children, and reading to them is so important in their development. Here are 5 ways to make reading to your child a habit. Read your child's favorite book over and over... and over... (you know the drill).

Choose a book with a particular character whose stories are serialized (like Magic Treehouse or Lemony Snicket). Read together, depending on the age of the child. Go to the library and let your child pick out books. Read to your child at bedtime every night.

Reading to your child should be a daily and ongoing event. When you read to your child do you also become caught up in one particular book your child absolutely loves? Words can do that. Have you noticed the huge variety of children's books available today? Reading has become the focal point in our society, especially now since some public school children lack reading skills based upon their grade level.

Sign your child up for his own library card! You can have your child participate in picking out books from your local library. The number of books is overwhelming, yet there are certainly enough your child can choose from depending on the genre he prefers. All of the colorful books are incentive enough for your child to take home a stack for you to read at bedtime. Have you ever seen your child become totally engaged in a specific children's magazine? Why not subscribe to the magazine in your child's name?

As children, we did not have the opportunity to have bookshelves in our rooms crammed with hundreds of books. Fortunately, this is no longer the case. Today children can have their own private library at home. This will give them a sense of ownership and pride as well.

Here is another idea. When you are having family dinner, discuss the stories you have read to your child. In this way, the interest in the book will be kept alive and fresh and leave your child full of anticipation as he or she can't wait to hear what happens to their beloved character next.

Although the 5 ways to make reading to your child a habit are minimal in content and design, you can be a part of your child's journey to enlightenment. There is a special bond which forms between you and your child during the reading process which is immeasurable. Make a habit of reading to your child on a daily basis. Open the door to a world of fantasy and reality through the use of words.

If *reading came naturally, teaching reading would be a much easier*

job. Children would learn to read as readily as they learn to speak. Teachers would only need to give students the chance to practice their skills.

But children don't learn to read just from being exposed to books. Reading must be taught. For many children, reading must be taught explicitly and systematically, one small step at a time.

That's why good teachers are so important!

Researchers have made a lot of progress in determining how to teach reading more effectively, but it really comes down to the effectiveness of each individual teacher. Teachers make the difference.

The **ERFRN** strongly supports the research that sometime it takes just one wonderful book to turn a kid into a reader. Tap into what interests your child. Browse through themed booklists on the **readingrockets.org** website. The books are selected by a children's literature expert.

Everything from graphic novels to poetry to modern folktales. **Cool site!**



The POTOMAC HIGHLANDS GUILD, Inc.

presents

MOTIVATIONAL INTERVIEWING

A Comprehensive Introduction to Concepts, Strategies, and Micro-Skills

Presentation by William B. Webb, Ph. D., LICSW, MAC, BCD, SAP

June 16 & 17, 2011 from 9:00a - 4:00p at the South Branch Inn / Moorefield, WV

Registration beginning at 8:30 a.m. 11.5 CEUs in Social Work \$100.00 per person

To register, complete the following and e-mail ledge@phgmail.net or fax (304) 257-1945 or mail to:

LuAnn Edge c/o the Potomac Highlands Guild P.O. Box 1119 Petersburg, WV 26847

Registration fee can be mailed ahead or collected at 8:30 a.m. on June 16.

*****Please print and send separate registration form for each participant*****

Name of participant: _____

Organization: _____

Email address: _____

Social Worker LPC Psychologist Other _____

Benefits of Gardening for Kids

Apparently, we can see how nature is treated these days. It is a sad thing to know that people do not pay attention so much anymore to the environmental problems. What can we do about this? It's as simple as starting with the children. It is good to see the children's involvement with environment-friendly activities. One such nature-loving activity that children could easily get their hands on is gardening. Why should you consider gardening for your children?

Here are the benefits that gardening could easily provide the children with:

1. **Science:** In planting, children are indirectly taught the wonders of science like the plant's life cycle and how human's intervention can break or make the environment. They can have a first hand experience on the miracle of life through a seed. This would definitely be a new and enjoyable experience for the kids.
2. **Life:** Watching a seed grow into a tree is just as wondrous as the conception to birth and growth of a child. In time, kids will learn to love their plants and appreciate the life in them. Gardening could actually help simulate how life should be treated -- it should be with care. The necessities to live will be emphasized to kids with the help of gardening - water, sunlight, air, soil. Those necessities could easily be corresponded to human necessities, i.e., water, shelter, air, food. By simply weeding out, one could educate how bad influences should be avoided to be able to live life smoothly.
3. **Relaxation** Studies show that gardening can reduce stress because of its calming effect. This is applicable to any age group. More so, it stimulates all the five senses. Believe it or not, gardening may be used as therapy to children who have been abused or those who are members of broken homes. It helps build one's self-esteem.
4. **Quality Time with the Family** You can forget about your stressful work life for a while be soothed by the lovely ambience in the garden. You can play and spend quality time with your children. You can talk while watering the plants or you can work quietly beside each other. The bottom line is, always do what you have to do, together with your kids. You might discover a lot of new things about your child while mingling with them in your garden. Let kids become aware of their environment's needs. And one way to jumpstart that environmental education may be through gardening. It's hitting two birds with one stone -- teach them to respect life while you bond with them.

Identity Theft is the Fastest Growing Crime in the USA

You can avoid becoming a victim of fraud

If you have received a suspected fraud through the U.S. mail, or if the mail was used in the furtherance of a crime that began on the Internet, telephone or in person, report it to the U.S.

Postal Inspection Service

U.S. Postal Inspection Service / Criminal Investigations Service Center

ATTN: Mail Fraud

222 S. Riverside Plaza, Suite 1250 Chicago, IL 60606-6100

Visit: www.postalinspectors.uspis.gov or call toll free: **1-877-876-2455**

Warning Signs: *Sounds too good to be true. *Pressures you to act "right away." *Guarantees success. *Promises unusually high returns. *Requires an upfront investment-even for a "free" prize. *Buyers want to overpay you for an item and have you send them the difference.

The Federal Trade Commission, the nation's consumer protection agency, works to prevent fraud and to provide information to help consumers spot, stop and avoid it. To file a complaint or get free information on consumer issues, visit ftc.gov or call toll-free, 1-877-FTC-HELP. Watch a new video, "How to File a Complaint, at ftc.gov/video to learn more.

Federal Trade Commission ftc.gov/complaint 1-877-FTC-HELP

For more information on recognizing and preventing frauds and scams, please visit:

www.deliveringtrust.com

To Find Missing Children by State

Visit the website: www.fugitivehunter.org

Click on a state to see missing children for that state.

ANYONE HAVING INFORMATION SHOULD CONTACT

National Center for Missing and Exploited Children

1-800-843-5678 (1-800-THE-LOST)

AMBER ALERTS on YOUR PHONE for FREE

As parents, we have a lot of things to worry about. One of the biggest nightmares is child abduction. It's certainly one of my biggest fears.

Fortunately, there is the AMBER ALERT SYSTEM. It is a huge network of media and sign notifications. Child abductions are quickly reported, along with identification information.

The system relies on the general population's cooperation and vigilance. Fortunately, the system works. Children have been reunited with their parents because of AMBER Alerts.

Now, you can sign up to receive AMBER ALERTS on your cell phone. Just visit today's Cool Site and enter your cell phone number. You will receive AMBER ALERTS for your area.

There is no charge to receive the alerts, other than normal text messaging charges. You can cancel at any time. Signing up to receive the alerts is a great way to help children and your community

www.wirelessamberalerts.org

Being **happy** takes practice, but the results are well worth the effort!

What *really* makes you **happy**?

Mounting obligations and hectic schedules can make it all too easy to lose track. But whether it's the little things in life that make you smile, or the joy of working toward a larger goal, focusing on your happiness each day can help protect your emotional well-being and your physical health. The ERFRN suggests following these simple steps to rediscover your passion for life.

1. Value Your Daily Diversions

When you're adding items to your to-do list, don't forget the good stuff. If you look forward to reading in bed, going out to breakfast, taking long walks, listening to music, or just sitting quietly outside, make time for at least one of your favorite diversions every day.

Consider crossing out pesky items on your list that you keep saying you're going to do but haven't gotten to in over a year, like alphabetizing your bills or organizing your sock drawer. Or get rid of a time-consuming chore that isn't enhancing your life one bit.

2. Build Your Strength and Independence

We all have low-energy days, but if you can resist the urge to skip your daily workout when you're feeling low, you'll be rewarded both now and later. Try this trick: Tell yourself that you need to do only 10 minutes of exercise. Once you're up and moving (and feeling better) you'll most likely want to finish your workout. Even if you can't push past the 10-minute mark on the occasional bad day, you'll feel good about doing at least a little something. Sticking with an exercise plan helps you feel good about yourself, strengthens your immune system, and enhances production of mood-boosting hormones.

3. Squash Your Stressors

Defuse daily hassles by practicing stress-reduction strategies. Try **taking deep-breathing breaks** throughout the day, inhaling through your nose and then exhaling slowly through your mouth. Repeating this action three or four times allows more oxygen to get into your bloodstream, creating a feeling of calm. Progressive muscle relaxation, yoga, and meditation also are effective ways of reducing tension, stress, depression, and anxiety. **And a brisk 10-minute walk** will do far more to dissipate your stress and lift your spirits than eating the bad-for-you snacks you might crave when feeling frantic.

4. Celebrate and Share Your Skills

Volunteer at a local school, club, or community organization. Not only will sharing your unique talents and expertise benefit others, but research shows that volunteering can make you happier and improve your well-being, too. Feeling engaged and involved in your local community is good for your emotional health. It's also an opportunity to learn new skills and meet new people. Win-win.

5. Appreciate the People Around You

Unwind and share a few laughs with your family or friends at least once or twice each month. The openness and trust you share with the important people in your life can help give you the perspective you need to cope with everyday challenges. **These regular connections will also have a positive impact on your health, especially when you share a good laugh.** Laughing lowers blood pressure, reduces stress hormones, and releases endorphins that can ease pain.

Also, don't neglect relationships at work. Colleagues and coworkers can provide valuable support and keep your blood pressure under control during stressful situations.

Feeling satisfied and fulfilled with your life is an essential part of your emotional and physical well-being. As you grow to appreciate your time, independence, self-assurance, skills, and relationships, you will be amazed at just how good you feel, both in body and in spirit.



*Act as if what you do makes a difference.
It does.*

Statistics and Facts About Distracted Driving

What does it mean to be a distracted driver? Are you one?

What Is Distracted Driving?

There are three main types of distraction:

Visual — *taking your eyes off the road*

Manual — *taking your hands off the wheel*

Cognitive — *taking your mind off what you're doing*

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing. While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction.

Other distracting activities include:

Using a cell phone

Eating and drinking

Talking to passengers

Grooming

Reading, including maps

Using a PDA or navigation system

Watching a video

Changing the radio station, CD, or Mp3 player.

Overview: Driver distraction could present a serious and potentially deadly danger. In 2008, **5,870 people lost their lives and an estimated 515,000 people were injured in police-reported crashes in which at least one form of driver distraction was reported on the police crash report.** Distracted driving comes in various forms, such as cell phone use, texting while driving, eating, drinking, talking with passengers, as well as using in-vehicle technologies and portable electronic devices. There are other less obvious forms of distractions including daydreaming or dealing with strong emotions. While these numbers are significant, they may not state the true size of the problem, since the identification of distraction and its role in a crash can be very difficult to determine using only police-reported data. New data sources are available to provide more details on the type and presence of driver distraction. **Police-reported data from the Fatality Analysis Reporting System (FARS) and the National Automotive Sampling**

May is National Foster Care Awareness Month!

www.fostercaremonth.org

Each May, National Foster Care Month provides an opportunity to shine a light on the experiences of the more than 400,000 children and youth in the foster care system. The campaign raises awareness about the urgent needs of these young people and encourages citizens from every walk of life to get involved – as foster or adoptive parents, volunteers, mentors, employers or in other ways.

With the help of dedicated people, many formerly abused or neglected children and teens will either reunite safely with their parents, be cared for by relatives or be adopted by loving families. Many children would not have to enter foster care at all if more states provided support and services to help families cope with crises early on.

Thanks to the many advocates, child welfare professionals, elected officials and support groups around the country, the total number of children in foster care has decreased over recent years.. But more help is needed.

Every year, approximately 30,000 young people leave the foster care system without lifelong families – most at age 18. On their own, these young adults must navigate a weakened economy offering fewer jobs and less support for vital services such as housing. They need – and deserve – caring adults who love and support them.

We call on all Americans to join us in helping to **change a lifetime** of a child or youth in foster care. No matter who you are or how much time you have to give, you can help create permanent, lifelong connections for these children and youth.

All children — including the 424,000 American children and youth in foster care — deserve a safe, happy life. Young people in foster care especially need nurturing adults on their side because their own families are in crisis and unable to care for them.

Get involved – change a lifetime

WHEN THERE'S A WILL, THERE'S A WAY

Nobody wants to think about the unthinkable. But it's important to have a plan in place if something happens to you, your partner or spouse, or both of you. If you have property, even if it doesn't seem of much value, then you need to designate to whom it will belong when you aren't there. Making a will when you have children, namely minors, is especially important. Even if you don't have them now, you may be planning a family in the future, and before you begin adding to that family, it's important to provide for them if you die unexpectedly. The first step is to make a list that includes all of your assets. Decide who should receive what, and list full names, contact information (including address, phone and e-mail address) and specifically what they should receive, including exact dollar amounts and descriptions of the items to avoid confusion in your absence. A basic will, which can avoid probate court – in which the state determines the legitimacy of your will -- and costly legal fees, is usually sufficient for people who aren't extremely wealthy, relatively healthy and under the age of 50.

Avoid a basic will if you expect your will to be contested, if you expect custody issues with an ex-spouse or if you expect to pay estate taxes. Deciding who would care for your children if you and your spouse were to die is one of the most emotionally charged issues in making a will. A natural choice might be one or the other of your own parents, but consider their health, ages and resources before choosing. A more neutral choice might be a sibling who is financially stable and willing to take in your children if need be. Keep in mind that these important decisions will be made in your absence, so take an active role in how you want things to happen when the unthinkable happens.

Growing Up **WILD**

Meet your Standards with Wildlife Activities in
Classrooms – Scouts – Parks – Camps

Fun, engaging activities about animals WILD DAYS for ages 3 – 7

Correlated to Head Start and NAEYC standards
and scout badges Curriculum Guide

FREE WORKSHOP AND CURRICULUM GUIDE

Details: Hosted by Brittany Redman of Romney Little Rascals Day Care

Directions: 53 W. Main Street Romney, WV (phone: 304-822-3456)

Dress for Active and Outside

Thursday, May 12, 2011 9am to 2pm

For more information: www.projectwild.org/GrowingUpWILD.htm

To sign up, please email Brittany Redman: mrsredman@live.com

If you have questions, please contact Karen McClure: Karen.a.mcclure@wv.gov

“If you want to feel rich, just count the things you have that money can't buy.”

Family Resource Network:

Investing In Stronger Communities

ERFRN

PO Box 1601
8 S High Street, Suite B
Romney, WV 26757
Phone: 304-822-5787
Fax: 304-822-5803
E-mail: erfrn@atlanticbbn.net
Visit: www.erfrn.org

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Call2Recycle® is the only free rechargeable battery and cell phone collection program in North America. We invite you to join our efforts to advance green business practices and environmental sustainability.

toll free: **1-877-723-1297** or

visit their website:

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Mountain State Parent-Child & Adolescent Network (MSP-CAN) Incorporated

is a private non-profit, family-run organization that improves outcomes for children with serious emotional disorders and their families. MSP-CAN improves outcomes for children and families by increasing access to comprehensive, coordinated, and individualized care that is child-centered, family-focused, and strength-based. When children with serious emotional disorders receive individualized, strength-based care provided in partnership with their family the following goals are achieved:

- 📌 Families remain together
- 📌 Children stay in their communities
- 📌 Children succeed in school, both academically and socially
- 📌 Children abide the law
- 📌 Children and their families thrive

Mountain State Parent-Child & Adolescent Network empowers parents, caregivers, and youth through support and education. MSP-CAN also empowers providers, administrators, and policy makers to make change to the child-serving system through advocacy and education.

www.mspscan.org or call them toll free: 1.800.CHILD85

To have your events published in our **ERFRN** newsletters, please email the information to Gayle at: gayleerfrn@yahoo.com

The Molly Bish Foundation

After the disappearance of Molly, the small community of Warren struggled with the loss of innocence and the fear of evil. The thought that an abductor could be living among them created the need to provide safety and awareness to the children and families in their community. At a gathering around the Bish's kitchen table, the Bish family and friends began to plan the first "Safety Day." The spirit of Molly's love gave the Bish's courage and a voice to bring safety awareness and prevention to all children especially the missing and exploited. This began The Molly Bish Foundation and Life "Guard" Center. At the first safety event, they provided over 1,400 free child ID kits to the children of Warren and West Brookfield. Since that time, the Molly Bish Foundation has gone out to thousands of safety events and provided over 165,000 free digital pictures and fingerprints in the highly recognized blue and yellow "Molly Bish" Child Identification Booklets. The **ERFRN** wanted to share this inspiring and compelling story with everyone.

The website: www.mollybish.org furnishes resources, legislative links, why the foundation was formed, and much more.