

ABLE News

Volume 14, Issue 2

February, 2010

ABLE (Adult Basic and Literacy Education) is part of a statewide program that provides free instruction for adults who wish to improve their basic academic skills and/or prepare to take the GED (General Equivalence Diploma) tests. Students study reading, math, and language arts. There are also lessons in science, social studies, life skills, employability skills, and basic computer skills.

Joe's Blarney

Over the next two months, February and March, our One-Stop will be very busy. The U.S. Census Bureau will be utilizing our Conference Room to train U.S. Census workers. The computer lab will be extremely busy each afternoon with helping individuals file their basic tax returns. Our lab has the IRS federal and state software so all tax returns will be e-filed. In the past few years, we have done as many as 2,700 tax returns in one season. We did 700 the very first year we were in operation. All returns are completed by our volunteers who have to pass a test developed by the IRS. When our agency, Athens County Job & Family Services, first became interested in doing tax returns, we discovered that many of our customers were paying anywhere from \$75 to \$200 to get their returns back in a timely manner. Through the e-file system, our customers can get their returns back in 7 to 10 days if they have direct deposit. Many of our Adult Learners and WIA post-secondary students can access this free service and many may qualify for the Earned Income Tax Credit. We hope to help as many individuals as we can and we ask you to be patient with us over the next couple of months.

Once our tax season is over, we are hoping we can upgrade our computer lab/resource room with enhancement funds from the state of Ohio. We will get 1/3 of the funds this year and 2/3 of the funds next year. Our goal is to replace all of the computers and printers. We hope to have 14 computers in our lab and 3 printers. We are also looking at getting some new software: ZoomText, WinWay Resume, Deep Freeze, Mavis Beacon Typing, and GED 21st Century site license.

Please come in and see us anytime to see if we can assist you with your needs. Thanks

Joe

Inside This Issue:

- 1 Joe's Blarney
- 2 Neighborhood News, Work Station Partners
- 3 Parents' Page
- 4 Kids' Page
- 5 Students' Page, Kim's Brain Teaser
- 6 Candy's Kitchen

The Work Station is closed
February 15, 2010



in honor of Presidents' Day



Neighborhood News

The GED tests will be given at Hocking College on the following dates: February 3 and 4 and again February 17 and 18. The test will begin at 9:45 A.M. each day and end about 2:00 P.M. If you have taken the test before, you must call the tester, Jennifer Yanity (740-753-7102), to register for and schedule the test. It is suggested that you allow 2 weeks for the registration process.

Happy Valentine's



Day

Athens County ABLE Program

Main Lab

Location: The Work Station
70 N. Plains Road, Suite C, The Plains
(Country Corners Shopping Center)
Hours: Monday, Tuesday, and Thursday
8:00 a.m. - 5:00 P.M.
Wednesday - 8:00 A.M. - 6:00 P.M.
Friday - 8:00 A.M. - 1 P.M.
Phone: (740) 797-1405 or
toll free 1-877-351-0405
Fax: (740) 797-3105

Nelsonville Lab

Location: Tri-County Career Center
Smith-Parkins Building, Room 114
Hours: Tuesday, Wednesday, Thursday
1:00 - 4:30 P.M.
Phone: (740) 753-5400
1-800-637-6508 ext. 4400

Partners at The Work Station

Each month representatives of several local agencies come to The Work Station so that they will be easily available to Work Station clients and other county residents. If you wish to speak to one of these partners, please come in. Appointments are nice but not required.

Every Day

8:00 A.M. - 4:30 P.M.
Job Services Customer Services
Representatives
(Brian Lent)

Tuesday, Thursday
By Appointment Only
Veteran's Representative
(Ed Allshouse)

Tri-County Adult Career Center
(Tina Warthman)
(Schedule varies. Call The Work Station to
schedule an appointment.)

Monday - Thursday
10:00 - 3:00

Mature Services
Senior Employment Program
Appointments are required
(Rebecca Blackmore)

Parents' Page

We all think we know our child better than anyone else. However, there are many places where teachers and parents may have different opinions. When this happens it is important for them to communicate in a calm, considerate manner.

When Parents and Teachers Disagree: Strategies For Teachers and Parents

On those inevitable occasions when parents and teachers disagree about curriculum, assignments, peer relationships, homework, or teaching approaches, a pattern of open communication can be invaluable for resolving differences (Willis, 1995). But dealing with direct disagreements also requires respect and discretion by both parents and teachers. In times of disagreement, teachers should:

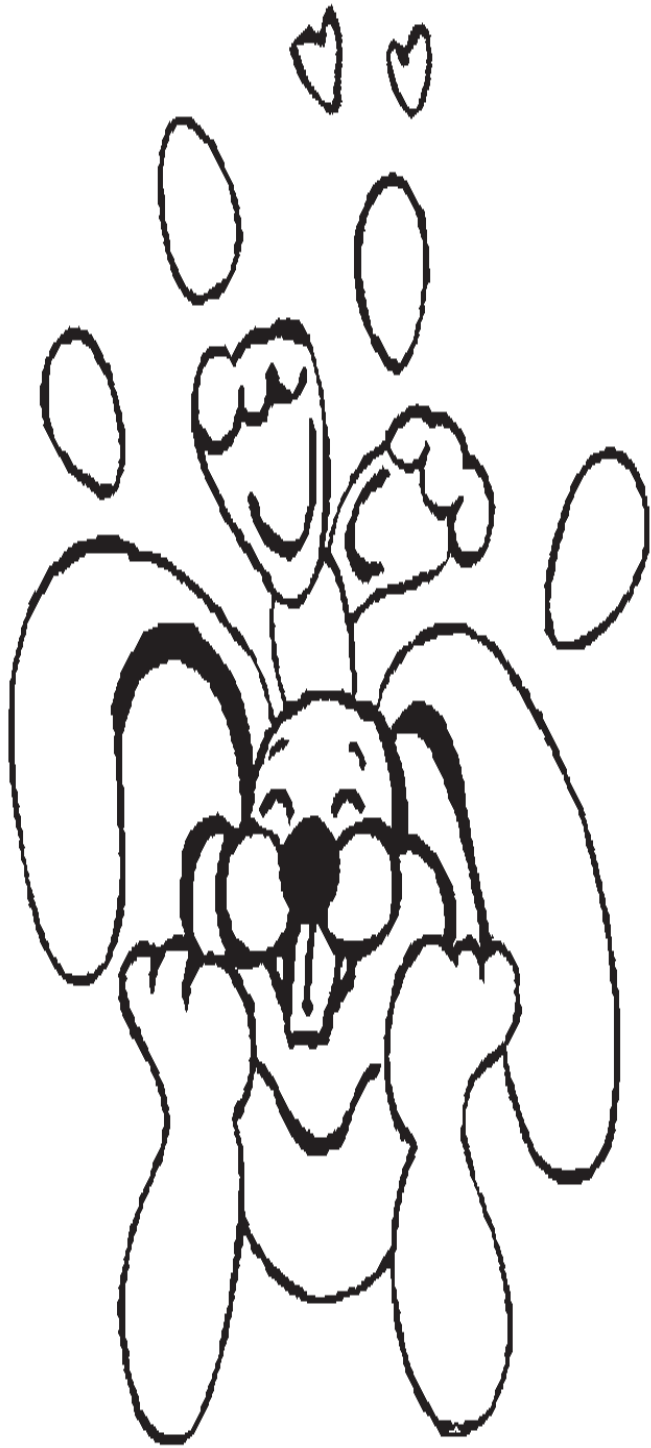
- **KNOW THE SCHOOL POLICY FOR ADDRESSING PARENT-TEACHER DISAGREEMENTS.** It is a good idea for teachers to check school and district policies for handling conflicts or disagreements with parents and to follow the procedures outlined in the policies.
- **USE DISCRETION ABOUT WHEN AND WHERE CHILDREN AND THEIR FAMILIES ARE DISCUSSED.** It is important to resist the frequent temptations to discuss individual children and their families in inappropriate public and social situations or to discuss particular children with the parents of other children. Confidentiality contributes to maintaining trust between parents and teachers.

Parents' discussions of disagreements with teachers need to be based on knowing the facts. Parents can:

- **TALK DIRECTLY WITH THE TEACHER ABOUT THE PROBLEM.** The best approach is to address complaints at first directly to the teacher, either in person or by telephone, and then to other school personnel in the order specified by school policy. Sometimes the teacher is unaware of the child's difficulty or perception of a situation. Sometimes a child misunderstands a teacher's intentions, or the teacher is unaware of the child's confusion about a rule or an assignment. It is important to check the facts directly with the teacher before drawing conclusions or allocating blame. Direct contact is necessary to define the problem accurately and to develop an agreement about how best to proceed.
- **AVOID CRITICIZING TEACHERS IN FRONT OF CHILDREN.** Criticizing teachers and schools in front of children may confuse them. Even very young children can pick up disdain or frustration that parents express about their children's school experiences. In the case of the youngest children, it is not unusual for them to attribute heroic qualities to their teachers. Some even think that the teacher lives at school and thinks of no one but them! Eventually such naivete is outgrown, but overheard criticism is likely to be confusing in the early years and may put a child in a bind over divided loyalties. Besides causing confusion and conflict, criticizing the teacher in front of the child does nothing to address the problem. In the case of older children, such criticism may foster arrogance, defiance, and rudeness toward teachers. Children's respect for authority figures is generally a shared goal in most cultures (Katz, 1996).
- **CHOOSE AN APPROPRIATE TIME AND PLACE TO DISCUSS THE DISAGREEMENT.** Parents should keep in mind that the end of the day, when both teachers and parents are tired, is probably not the best time for a discussion involving strong feelings. If an extended discussion is needed, make an appointment with the teacher.

As children grow older, they are generally aware when their parents are upset about the teacher or a school-related problem. As parents discuss these incidents with their children, they are modeling ways to express frustration with the problems of life in group settings. As children observe and then practice these skills, the coping skills become "tools" in a child's "psychological pocket" to be used in future life experiences.

Kids' Page



BE MINE !



BE

MY

VALENTINE

Student Page

Deana is one of our students who has learned that parenting is never an easy job.

How to Raise a Child on Your Own

Hi, my name is Deana Gordon and I have a 1 1/2 year old daughter named Maria Denise. It has been hard raising her on my own. I am a single mom doing it all by myself. When I think that I can't pull us through, I always manage to make ends meet.

Maria has a good mom that would give the world for her. When she was 3 months old, she was diagnosed with torticollis of the spine (contracted neck muscles that produce an unnatural position of the head). The illness can affect her hand and eye coordination, her facial features, plus many more things such as brain development. I went to school to learn how to do physical therapy with her so she would overcome torticollis. She is doing so much better now.

I don't have a job, but I go to the Work Station to get my GED so that I can better our lives by furthering my education. I want to attend Hocking College to be a registered nurse to help all kinds of people that need a hand.

I have made a lot of changes in our lives to better us. I hope that one day Maria sees that I went back to school to help us live better and have a stress-free life. Her father doesn't pay child support so I live off of my welfare. I make sure Maria has everything she needs and a roof over her head, food in her stomach, and lots of love and care. I just want to say, "Don't ever say you can't do it. Just put one foot in front of the other and take your time to better your life. Don't just do it for you, do it for your children!"

Deana Gordon

Valentine's Day

Valentine's Day is a day of giving and receiving from loved ones. Some things that are good to give are flowers, candy, hugs and kisses. They let your loved ones know how special they are to you. I love Valentine's Day. I can show my daughter how much she is appreciated and loved. She enjoys the gifts and the hugs and kisses she receives from her mommy.

You can also show your spouse how much you love them and how they have changed your life by being a part of it! So, make sure you show your special someone how much you appreciate them and love them on February 14, 2010! I hope your Valentine's Day is the best day of the year.

Deana Gordon

Kim's Brain Teaser

????????

I know I have used this one before but it is an "Oldie but a Goodie."

Can you get them all?

1. 7 D of the W

2. 12 S of the Z

3. 18 H on a G C

4. 90 D in a R A

5. 3 B M (S H T R)

6. 15 M on a D M C

7. 29 D in F in a L Y

8. 13 S in the U S F

9. 60 M in an H

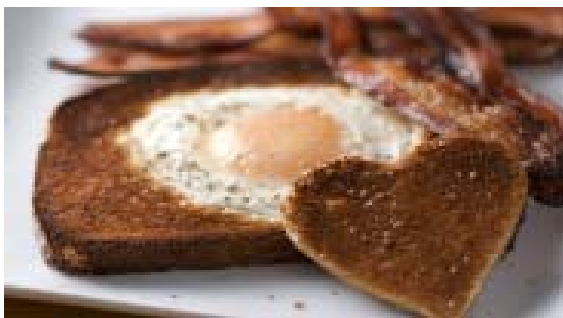
10. 32 is the T in D F at which W F

Candy's Kitchen

This month the kitchen will be open for kids who want to make a special Valentine's breakfast for their parents. Cooks should be supervised, if very young.

Eggs in a Heart

The method is simple. Grab a piece of bread, an egg, a cookie cutter or a knife, some butter, and a frying pan. Cut a heart-shaped hole in the bread. Heat the pan over medium heat, add a bit of butter and swirl around. Place the slice of bread in pan (as well as the little heart-shaped piece) and carefully crack the egg into the hole in the bread. Sprinkle egg with a bit of salt and pepper and cook until the bread is nicely browned on the bottom. Next, carefully flip the slice of bread over to cook the other side and cook until the top of the bread is browned and the egg is cooked to your liking. Serve with the little heart on top, or place it on the side.



Fast Fruit Salad

- 1 pint fresh strawberries, sliced
- 1 pound seedless green grapes, halved
- 3 bananas, peeled and sliced
- 1 (8 ounce) container strawberry yogurt

In a large bowl, toss together strawberries, grapes, bananas, and strawberry yogurt. Serve immediately.

Egg Muffins

- 10-12 eggs
- 2 T fat free half and half
- 1-2 tsp. Spike Seasoning (or favorite seasoning)
- 1 1/2- 2 cups diced meat: Canadian bacon, ham, cooked turkey sausage or cooked veggie sausage
- 1 1/2- 2 cups grated low fat cheese (I like sharp cheddar or feta)
- Optional, but highly recommended, 3 green onions diced small.

Preheat oven to 375. Use regular or silicone muffin pan, 12 muffin size. If using silicone pan, spray with nonstick spray. If using regular muffin pan, put two paper liners into each slot, then spray liner with nonstick spray.

In the bottom of the muffin cups layer diced meat, cheese and green onions. (You want the muffin cups to be 3/4 full, with just enough room to pour a little egg around the other ingredients.) Beat eggs well with the half and half (you could use milk). Pour egg into each muffin cup until it is full to the brim, nearly overflowing. Bake 25-30 minutes until muffins have risen above the rim of the muffin cups and are slightly browned and set. These muffins will freeze. To thaw: place in refrigerator overnight. Wrap in paper towel to heat in microwave. Recipe may be altered to meet your preferences.



Answers for Kim's Brain Teasers

1. 7 Days of the Week
2. 12 Signs of the Zodiac
3. 18 Holes on a Golf Course
4. 90 Degrees in a Right Angle
5. 3 Blind Mice (See How They Run)
6. 15 Men on a Dead Man's Chest
7. 29 Days in February in a Leap Year
8. 13 Stripes on the United States Flag
9. 60 Minutes in an Hour
10. 32 is the Temperature in Degrees Fahrenheit at which Water Freezes.