

ABLE News

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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

We are being asked to do more with less in our Adult Literacy Program. However, the ABLE Resource Center at Ohio University and our very own One-Stop system are offering trainings that will help us in our endeavors.

One workshop for me and our employment counselors centers around Job Development training, case manager training, job placement, job development and employer contact. This training will fit nicely with our plan to aid ABLE/GED students transition from studying to entering the job market.

The other training will help us learn to help our students who need assistive technology help when learning or when using our One-Stop. The ABLE Resource Center at Ohio University offered this training and I attended recently. My attendance through the Stevens Literacy Center and the O.U. Office of Disability Services will enable The Work Station to acquire some new assistive technology: JAWS, Dragon Naturally Speaking, and Read and Write Gold. One never has a dull moment around the One-Stop we call The Work Station.

My staff and I are always looking for training opportunities along with new computer software and materials to help us in our day to day work with the public. We are very fortunate to have so many dedicated staff and an excellent agency director who supports our work each and every day of the year.

Joe

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Neighborhood News

The GED tests will be given at Hocking College on the following dates: October 6 and 7. 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.

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
Representative
(Brian Lent)

Tuesday & Thursday
8:30 - 3:30
By Appointment Only
Veteran's Representative
(Mark Davidson)

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

Monday - Friday
1:00 - 5:00
Mature Services
Call for appointment



Parents' Page

How to Talk to Your Kids About Suicide: New Study Says it May Make Them Less Likely to Consider It!

This year alone, 1,600 teenagers aged 15 to 19 will die from committing suicide. Suicide among kids, once a rarity, is now a growing concern in America, and it appears that one of the best ways to keep your kids from doing it is to be a nosy parent.

In other words, simply talking to your kids about suicide may make them less likely to consider it, according to a study in the April 2005 Journal of the American Medical Association. This is contrary to a popular belief that talking to kids about suicide will only implant the idea in their heads.

Nowadays, kids already know about suicide-and yearly over 3 million kids between the ages of 15 and 19 seriously think about suicide.

1.7 million kids in this age group will attempt to commit suicide and over half of them will be hurt seriously enough to need medical attention. In the study, over 2,300 high school students took part in a two-part questionnaire. Half the students were asked about suicide only in the second part of the survey, while the other half were asked about suicide in both survey portions. Although about half of the kids said they'd had suicidal thoughts, those who were asked about it twice reported fewer thoughts about suicide in the second survey. Said Dr. Madelyn Gould, the author of the study and a researcher at the New York Psychiatric Institute, "The findings suggest that asking about suicidal behavior may have been beneficial to students with depression symptoms or previous suicide attempts."

Signs of Suicide in Kids

Over 90 percent of kids who commit suicide suffer from a mental illness, usually depression (95 percent of the time), according to the American Academy of Child and Adolescent Psychiatry. Further, about one-third of these kids use drugs or alcohol. Anxiety, rage and desperation can also increase a child's risk of attempting suicide, says the American Foundation for Suicide Prevention (AFSP).

What's the best way to prevent suicide in kids? Recognizing and getting help for mental illness early on. As a parent, asking a troubled child about suicide may give them the opening to talk about their problem, while not asking may give them the impression that no one cares. It's important to watch for signs of depression in kids and talk to them about it right away if you notice any changes in their mood/behavior.

Signs A Child May be Thinking of Suicide

- * Talk about suicide, death or dying
- * Symptoms of depression (fatigue, change in appetite and weight, poor performance in school, feelings of guilt or hopelessness)
- * Changes in behavior, appetite and sleep
- * Loss of interest in previously enjoyed activities
- * Drug use
- * Engaging in risky behavior
- * Giving away possessions and making arrangements to "take care of unfinished business"
- * Suicide notes
- * Inability to concentrate or think clearly

How to Talk to Your Kids About Depression and Suicide

- * First, let your child know that you love him/her and that he/she is important to you
- * Tell him you're concerned about how he's feeling and want him to know he can talk to you about anything
- * Ask him directly if he's ever thought of killing himself. (Don't say, "Why are you sad?" as the child may not know and may become frustrated)
- * Listen to his feelings and concerns
- * Tell him that you will help him or "we'll work on this together"
- * Let him know that it's OK to feel sad sometimes, that you, too, feel sad at times
- * Suggest meeting with a professional counselor, either on his own or with you, to help him feel better. The National Hopeline Network can help you to find a crisis center in your area
- * In the event that someone you know is considering suicide and needs immediate help, call The National Hopeline Network at 1-800-SUICIDE. This important hotline provides access to trained telephone counselors 24 hours a day, every day of the week.



Kids' Page

Halloween



This puzzle is hard. Good Luck!

C A I W Y T L P M B D F Y I V Y Q M P Z Q R Y Q B J E G G Q
 U D U Y N O X P W O A G Z G X X P D M Q F C M K U V Y D L S
 E A I Q V C D F J D M G P Q O L S F K L H C A V T D W T A R
 R N I Y L S M S U D D A G O M J I F D X I T I C P P F O D G
 N D K B N B E F A W X V Z X H M Y P X X Z Q I Y Y T K T Q I
 R G T Q E T L B M C T U B P S L O V G L T Y A C N Z I F B U
 V C M R Z K M A Z P N F X P U Y B I D N T D L T Z W W S V Q
 A A O M P K N N X F W I F N U L Q F V E B N Q T M T S S K B
 R F W Y P E A J Q F Y V X X P X S M D V V Q H S G N K H Z E
 F Y F B C W T W W M O P E E V Z U H X X T F U K Y Z W O U V
 O Z G H R I H H T D C Q Q V B T M E T O R W C O T O C A F S
 A C T F U Q Y I F X O K R T S D B E W H P F N G P D I M R W
 V K N J E C X L S F I W N W O C N D C R Y P T R N W R I M B
 A Y S D J C X Z Y M Z N I L W N S T J X Y J Y E M K S H W F
 N J M F E O J I R T H I P J F L I B Z V P B I T X M Q V K C
 M Z X P F N R S X K D X Q T B W Q L N I F F O C F X B C T Q
 V M C H P I N K I X S F W V S J R I B C S J R E W G I R G L
 M M P L Y C U V B D T T C B H O J A D O V A M P I R E L B C
 F V A Q B A L R B Q X Q R S N M T T I S G H O S T A G N A F
 P G C N C X X Z I M Q T D T Y X A Z S T T E C A T V I N B B
 K P W N M G W C E C M Y A P D X P S P U H A U N T E D W X D
 N Q D W Z G L U E Y T F G F Y U H E K M R P A R T Y T W N L
 G M M M T Q O Y M K S I B S U J A G E E N O T S D A E H M J
 M J N H P M F S C T A N K Y O C N J C E L D N D R R N V T E
 Q R H L N M Z L Q A Q T C W B C T R N H B E W R E D I P S L
 P P M T T C G M O D M U M M Y K O O P S K V T W T C K R K I
 E L Q S J V P P M D T Z Z E O W M O O N C I O O S H P M U E
 Z R K H D Z M D L V A S K X V E B J A A R L U J N L M P L S
 B N G P X I R U I R H H B X D O Y R T B F Z B M O J U W L O
 V A X N X E R W J V Y T V D Y A F H I A K R P C M M P T S A

BANSHEE, BAT, CANDY, CAT, COFFIN, COSTUME, CRYPT, DEMON, DEVIL,
 FANG, FEIND, FRANKENSTEIN, GHOST, GOBLIN, GRAVEYARD, HAUNTED,
 HEADSTONE, MASK, MONSTER, MOON, MUMMY, OGRE, PARTY, PHANTOM,
 PUMPKIN, SCARECROW, SKELETON, SKULL, SPECTER, SPIDER WEB, SPOOKY,
 TOMB, TREAT, TRICK, VAMPIRE, WEREWOLF, WITCH, WRAITH

Student Page

Sometimes students are not confident enough to write their own story but they will talk to you. This language experience story is a good example of what you may get from a student. It makes a good reading lesson for the student who dictated it.



Halloween

When I was little I liked Halloween. Me and my brothers made our costumes out of what we had at home. We didn't even buy masks. Do you know how hard it is to wash off black shoe polish?

When my older brother was about 4 my mom cut up an old sheet and made him a ghost costume. That became the baby's costume. All 3 of us were ghosts. The ghost suit was big enough that you had to wear it 3 years. The first year it was too long and it was hard to walk. The next year it was just right. The last year it was kind of short but you had to wear it anyway.

My favorite costume was a football player. My first football uniform was really just my clothes. I had red sweat pants, a red and white Ohio State t-shirt, and a white helmet. I put shoe polish on my face like the OSU players did. Everyone could tell I was supposed to be an OSU player, even if everything wasn't just right. I wore this costume until I was old enough to be on a real team - about 4th grade, I think. Then I wore my real team uniform.

Now you know I only dressed up as 2 things, a ghost and a football player. When I was 13 my dad said I was too old to trick or treat. I never wore a costume since then.

J. P.



Kim's Brain Teaser

Read each line aloud without making any mistakes. If you make a mistake you **MUST** start again without going any further.

This is this puzzle
 This is is puzzle
 This is how puzzle
 This is to puzzle
 This is keep puzzle
 This is an puzzle
 This is idiot puzzle
 This is busy puzzle
 This is for puzzle
 This is forty puzzle
 This is seconds! puzzle

Candy's Kitchen

Halloween - one time it is OK to make food fun or a little scary.

Halloween Mummy Dogs

2 tubes refrigerator pizza dough rolls
 1 cup grated part-skim mozzarella cheese
 1/4 cup Parmesan (part-skim) cheese
 Nonstick spray
 4 tablespoons pizza sauce or pasta sauce
 8 hot dogs
 Optional pizza toppings: onions, green peppers, olives, etc.
 1 tablespoon Italian herb seasoning mix (or your own mix of oregano, thyme, parsley, etc.)
 Preheat oven to 350°F (175°C). Open package of pizza dough, gather ingredients, grate cheese, and dice vegetables. Spray cookie sheet with nonstick spray. Place pizza dough on sheet and cut into 8 squares; press dough thin with fingers. Add pizza sauce to each square. Add hot dogs and other pizza toppings and pizza herbs to taste. "Mummify" the hot dogs by wrapping them in the dough and pinching the ends. You may want to leave a face opening. Bake for approximately 15 minutes or until crust begins to brown. Serve with warm pizza sauce for dip. Makes 6 servings.



Boo-ti-ful Ghosts

Wax paper
 2 cups (12-ounce package) White Morsels
 3 tablespoons vegetable shortening
 12 lollipop sticks (found in craft stores)
 Assorted candies for decorating (such as Spooky WONKA NERDS and/or WONKA TART N TINYS)

Line baking sheets with wax paper. Place morsels and shortening in large, microwave-safe bowl. Microwave on MEDIUM-HIGH (70%) power for 1 minute 30 seconds; STIR. Morsels may retain some of their original shape. If necessary, microwave at additional 10 to 15-second intervals, stirring just until melted; cool slightly. Place lollipop sticks on prepared baking sheets, spacing about 6 inches apart. Spoon melted morsel mixture halfway over lollipop sticks into ghostly shapes. Decorate with candies. Refrigerate for 15 minutes or until set. Makes 12 ghosts. Preparation - 20 min



Answers for Kim's Brain Teasers

Now go back and read the THIRD word in each line from the top.