

ABLE News

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March 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

Before we head into spring and have warmer weather and migrating birds passing our way, let me share with you some of the programs our ABLE students are able to access in Southeast Ohio in general, but in Athens County in particular.

Many of our ABLE students have access to the One-Stop facilities in their community. They have the Workforce Investment Act funding for post-secondary training and they have employment counselors who can help them with job search and resume development. Many One-Stops have computer labs that our ABLE learners can access. Some programs assist folks with FAFSA financial aid help and others work with our learners on scholarship information.

The Stackable Certificate program and the ABLE Collaboratives are also available to our adult learners. These two programs are helping with the transition piece within the ABLE world of learners. Many individuals are getting additional higher level math help, which will help them in their college work, and many are getting more counseling within their ABLE Programs, giving them insight into job opportunities as well as post-secondary opportunities.

Supportive service help is also available through the local One-Stops and Job & Family Services. One other program that some of our ABLE folks can access is the Subsidized Employment Program/Work Study. If any of our folks are enrolled at Hocking College and in the Retention Program, they have an opportunity to do work study for 10 hours a week.

One event coming up is our annual Area 14 Job Fair. It will held on April 21, 2010, from 10:00 - 2:00 at the Athens Community Center on East State Street in Athens, Ohio.

If you have any questions about these programs or any other services you may be interested in, please do not hesitate to contact us at 797-1405. 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

May the luck of the Irish be
with you.



Happy Saint Patrick's Day
March 17



Neighborhood News

The GED tests will be given at Hocking College on the following dates: March 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.

Rebecca Blackmore

I am Rebecca Blackmore, Project Assistant for Mature Services Senior Employment Program. That means, if you are interested in learning more about the program in Athens County, you will need to see me.

I was born and raised in Athens County and have lived here most of my life. I am an animal lover, nature lover, and artist. I am also the mother of two grown children, Heather and Heath, and grandmother of two, Hadlie and Harper. I graduated from Athens High School and Hocking College and have taken many classes at Ohio University.

The Senior Community Service Employment Program (SCSEP) provides part-time work experience and paid training to assist mature workers (age 55 and older) who meet federal financial guidelines re-enter the job market. Seniors will be assigned to work with local agencies. They are given the opportunity to work at such diverse positions as accounting, administrative assisting, hospitality, data entry, driver, file clerk, customer service, home health aide, janitorial and maintenance services, receptionist, and many more. Once their time of service is completed, they will have been reintroduced to the work world and learned how to seek full-time employment, as well as learning new, up-to-date skills.

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

Internet Safety Tips

Almost any child that has access to a computer has equal access to the dangers of the Internet. Recent events in the news highlight these dangers. That's why it is imperative that you be informed on how to protect your children when they're on-line. The following tips are excerpts from *20 Internet Safety Tips for Parents* provided by Lynette A. Battaglia, United States Attorney for the District of Maryland:

Internet Safety Tips for Parents:

1. Become computer literate and be actively involved in your children's on-line experiences.
2. Place computers in high-traffic areas, not a child's room.
3. Use screening software.
4. Read unfamiliar e-mails.
5. Monitor telephone and modem changes.
6. Check out unfamiliar phone numbers and e-mail addresses.
7. Don't allow children to spend long periods of time on the computer, especially at night.
8. Help children understand that on-line users may not be who they claim to be or who they seem to be.
9. Get to know your children's Internet friends.
10. Tell children to report anything they come across on-line that seems strange or makes them uncomfortable, especially if they are ever asked personal questions or invited to personal meetings.
11. Tell children to report to you suggestive, obscene or threatening e-mail or bulletin board messages. Forward copies to your ISP (Internet Service Provider) and insist they help deal with the problem.
12. Be concerned if children mention adults you don't know, become sensitive, or appear to have inappropriate sexual knowledge.
13. Post the Internet Safety Rules for Kids by your computer.

Internet Safety Rules for Kids:

- **Never** give out personal information, such as your name, address, school name or address, or parents' or teachers' names or addresses.
- **Never** create on-line profiles.
- **Never** visit chat rooms or join an IRC (Internet Relay Chat) without permission.
- **Never** go to private chat rooms or meet on-line friends in a private on-line setting.
- **Never** go to new Web sites without permission.
- **Never** respond to rude or offensive e-mail, instant messages or postings.
- **Never** post, send or receive pictures (usually files that end with GI, jpg, jpeg, or tiff).
- **Never** meet on-line friends in person without a parent present.

Information from parenting.org





Kids' Page



Quiz: What's Your St. Patrick's Day IQ

1. True or False: People in the U.S. make a bigger deal of celebrating St. Patrick's Day than those in Ireland.
 - a) True
 - b) False
2. According to Irish legend, what is St. Patrick - the patron saint of Ireland - famous for?
 - a) Looking quite a bit like Santa Claus
 - b) Performing magic
 - c) Driving the snakes from Ireland
3. The Claddagh ring is made up of three parts - hands, a heart, and a crown. What do these represent?
 - a) The three together symbolize pride in one's Irish heritage.
 - b) The hands stand for friendship, the heart for love, and the crown for loyalty.
 - c) The hands stand for helping others, the heart for loving others, and the crown for leading others.
4. What is the traditional Irish meal served on St. Patrick's Day?
 - a) Corned beef and cabbage
 - b) Green eggs and ham
 - c) potatoes
5. Every year in Chicago, what do they do to one of the city's landmarks to help celebrate St. Patrick's Day?
 - a) The Sears Tower is illuminated in green.
 - b) Navy Pier is called "Green Pier" for the day.
 - c) They dye the Chicago River green for several hours.
6. If you kiss the Blarney Stone in Ireland, what gift are you supposed to receive:
 - a) The gift of gab
 - b) One year of good luck
 - c) A lip exfoliation
7. What is the national symbol of Ireland?
 - a) A shamrock
 - b) a harp
 - c) A leprechaun
8. Why is Ireland called the "Emerald Isle"?
 - a) Because lots of rain annually creates emerald green fields and meadows across the countryside.
 - b) Because so many emeralds were discovered there.
 - c) Because the waters off the coast of Ireland appear to be green.
9. What does the Gaelic phrase "Cead Mille Failte" mean?
 - a) I love you.
 - b) Happy St. Patrick's Day
 - c) A hundred thousand welcomes
10. What are some of the dances called in traditional Irish Step Dancing?
 - a) The boot scootin' boogie
 - b) Riverdance
 - c) Jig, reel, and hornpipe

Answers

1. True
2. Driving the snakes from Ireland
3. The hands stand for friendship, the heart for love, and the crown for loyalty.
4. Corned beef and cabbage
5. They dye the Chicago River green for several hours.
6. The gift of gab
7. A harp
8. Because lots of rain annually creates emerald green fields and meadows across the countryside.
9. A hundred thousand welcomes
10. Jig, reel, and hornpipe

Student Page

Autobiography

Hello everyone. My name is Alicia Hale. I am 25 years old and now a single mother. I have three very small children. I am working on getting our lives back together and getting on our feet. I am going through a very bad divorce right now.

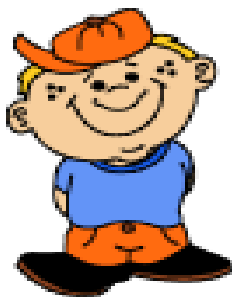
My three boys' names and ages are Douglas, 6 years old, Dalton, 3 years old, and Dominic, 11 months old. They are what my life is all about and nothing else. Douglas is in kindergarten and on the wrestling team. He enjoys school and wrestling. Dalton and Dominic are not in school yet or in any sports.

We moved down here from Akron, Ohio in October of 2009. We live with my parents right now until things settle down, but hopefully by spring we will be in our own place. I am trying to better our lives by getting my GED at The Work Station. When I do that I want to go to college to become a juvenile parole officer so I can make some good money.

I left a very bad domestic violence relationship. I was married for 1 1/2 years and we were together for 7 years before we married. We own 2 businesses together and my soon-to-be ex-husband has both businesses. I am fighting for them and for custody of our children.

Well, in the end, it will be worth everything I am doing now and have done. It will make our lives better and much happier. It is hard being a single parent but worth everything I am doing.

Alicia



Kim's Brain Teaser ????????

80's Television Trivia...

1. On 3's Company, what was Chrissy's father's occupation?
2. Who shot J.R. Ewing?
3. On Little House on the Prairie, what was the original name for the school teacher?
4. In Family Ties, who was Alex P. Keaton's idol?
5. If you heard the words "Hey You Guys!", what TV program was about to begin?
6. What was the name of the detective agency in Moonlighting?
7. What was the name of Murphy Brown's news program?
8. On MASH, what was Walter "Radar" O'Reilly's home town?
9. On the show Cheers, what was the name of the restaurant above the bar?
10. What city provided the setting for One Day at a Time?

Candy's Kitchen

Believe it or not there are chocolate dessert recipes with under 100 calories per serving.

Enjoy!



Chocolate Nut Bark

2 cup(s) semisweet, bittersweet, or milk chocolate chips, melted
1 1/2 cup(s) assorted nuts, such as hazelnuts, almonds, and cashews, plus more for garnish

Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12x9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.



Frozen Chocolate-Covered Bananas

4 large ripe bananas, peeled and cut into thirds crosswise
3/4 cup(s) semisweet or bittersweet chocolate chips, melted
1/4 cup(s) shredded coconut

Line a baking sheet with parchment or wax paper. Insert a Popsicle stick into the cut end of each banana third. Cover each piece of banana with melted chocolate using a rubber spatula and sprinkle with coconut. (Reheat chocolate, as needed, to keep it melted.) Place the bananas on the baking sheet and freeze until frozen, about 2 hours.

Peanut Butter and Pretzel Truffles



1/2 cup(s) crunchy natural peanut butter
1/4 cup(s) finely chopped salted pretzels
1/2 cup(s) milk chocolate chips, melted

Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Answers for Kim's Brain Teasers

6. Blue Moon Detective Agency
7. FYI
8. Ottumwa, Iowa
9. Melville
10. Indianapolis

1. A Reverend
2. Sue Ellen's sister, Kristin
3. Miss Beattie
4. Richard Nixon
5. The Electric Company