



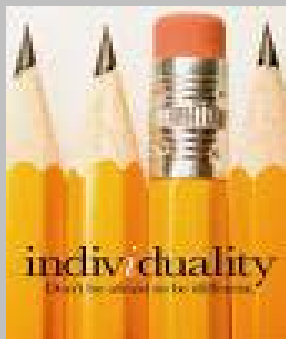
# May WIA News

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## Be Yourself.....Be Happy.....

Every day we are bombarded with illusions of perfection. The media show us many images of perfect bodies and perfect faces. The way you look can leave certain impressions on others, which can determine how other people see you. So in a world where beauty means everything, how can average people like you and me compare? Every day we are pushed to care about our appearance. In an effort to look better, many teenagers develop unhealthy habits, such as bulimia, anorexia or depression. With these efforts, comes along stress, anxiety and low self-esteem. Changing to fit other people's standards can make you lose sight of the standards you have set for yourself. **The most important opinion is your own.** Love your body and mind because these are the only permanent things that you own. Looking different from other people is great. You will never be happy until you satisfy your own needs first.



### Achiever's Tip

*Submit documents in a timely fashion! Deadlines are used to weed out individuals who don't appear interested.*



*Could this be you?*

***Sometimes the people around us will be skeptical of our dreams- hear someone out, but learn to separate the opinions of others from your own.***

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### Yes...It is a Lecture...

More than one-third of youth under the age of 21 killed in alcohol-related fatalities died during the months of April, May and June—prom and graduation season. Yes, prom and graduation is a time for celebration, unfortunately, these happy occasions sometimes involve underage drinking which can result in tragedy. Every one of you knows what is right and wrong, and when alcohol is involved it messes up your judgment....doing and saying things we regret.

When I was in high school, two of my friends were in a serious accident due to drinking and driving. They had just graduated and were making the rounds of graduation parties. They asked if I wanted to go with them, and my parents would not allow me. Yes, I screamed, hollered, cried and thought I had the worst parents in the world. Well, these awful parents saved my life! The car hit a tree head-on going too fast on a curvy road. One of the girls was killed instantly and the driver was in the hospital for almost 3 months with a broken back and head injuries. I am sure hitting a tree head-on was not what they had planned for the evening....their judgment and motor skills were changed due to the alcohol.

Please remember:

Drinking too much too rapidly can cause alcohol toxicity that leads to loss of consciousness and even death.

NEVER get into a car with a driver who has been drinking...Call your parents, call a cab or as I have said it before and I will say it again....give me a call if need be....

Drinking allows you to take risks you might not usually take, or to put yourself in dangerous situations.

I am planning on watching each and everyone of you graduate.....Kim



You will be receiving a check in the amount of \_\_\_\_\_.

Keep up the great work!

## Mother's Day

Book of the Month:  
*Freefall* by Kristin Heitzmann

"It was fantastic! As soon as you begin, you are sucked into the suspense, action, tension, and romance of this exciting novel. The characters are very likable and endearing, and the ending is... well, let me just say that the ending is satisfying. This book gets five stars!!! I would recommend it to older teenage girls."  
.....unknown



Kim Hobbs  
WIA Youth Coordinator  
(740) 797-1405-Work  
(740) 541-0284-Cell  
[hobbsk@odjfs.state.oh.us](mailto:hobbsk@odjfs.state.oh.us)  
[hobbskts@yahoo.com](mailto:hobbskts@yahoo.com)

## Who wants to be a millionaire.....well maybe a thousandaire

Thanks to all of you who have returned your summer employment questionnaires. I am in the process of contacting employers about the program. For the rest of you, I am a bit confused....have you forgotten to return the form or do you not want to make almost \$1,000 dollars this summer? It is not too late. Give me a call so we can talk about the summer employment program.

## I am broke....and it is almost Mother's Day.

Yep, Mother's Day is right around the corner. One of my favorite days of the year. I have received many gifts from my children over the years, but there are only a few that stick out and that I still have. I still have a plant that my daughters planted instead of giving me flowers. I have a couple handmade cards in my "special" box that I take out every year to read. So what can you do for your mother?

Try these gifts:

- \*Let her sleep in, don't bother her and when she wakes up, make her a nice breakfast.
  - \*Don't fight with your siblings the entire day.
  - \*Make a special "I remember when I was little and you....." card. Fill in the rest.
  - \*We forget to remind our moms of how special they are.
  - \*Clean out the bathtub/wash the toilet...these are always last on my chore list.
  - \*Change your sheets, wash them and put them back on your bed.
  - \*Sneak up behind her and give her a hug....telling her that you love her.
- Let me tell you.....these gifts are better than any store-bought item.

## Do something different, earn college credit and an edge to your education this summer

Have you ever wanted to go to camp? Here is an opportunity to spend 5 days at Hocking College and learn while having a blast. Choose from one of the following camps: Culinary, Digital Game Design, Natural Resources, Rock-n-Roll, Wilderness Horsemanship, Police, Fire and Emergency Services, and Video Production. Scholarships are available or it may be possible the WIA program can assist in paying.

For further information on the camps, go to

[www.hocking.edu/summerexperience](http://www.hocking.edu/summerexperience) or

[www.myspace.com/summerexperiencecamp](http://www.myspace.com/summerexperiencecamp)

Give me a call if you have any questions or are interested.



