



Kim's November Newsletter

November 2011

Do you know what happened on 11/22/63?

WANTED.....

Students to take ACT/SAT tests! Which one will you take? I suggest BOTH! The Work Station will pay for the costs of these tests. Give me a call with any questions.

CPR/First Aid classes will be held in December...

Moral Tale: The important things in life (please read)



Scott S 11/6
Tyler 11/26
Jay 11/27

Do not color your "red flag" green. Go with your gut or heart....

Ceramic Workshop Scheduled!

Mark your calendars...Nov. 19 (Sat) 10:00 a.m. and Nov. 21 (Mon) 5:00 p.m. are the dates so far for the ceramics class. Seating is very limited and more dates may be added. If interested, contact me as soon as possible and I will provide you with all the details! Use your creativity! Pottery pieces range from banks, mugs, figurines, or tiles. Makes a great Christmas present.

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "Yes."

"Now," said the professor, "I want you to recognize that this jar represents your life. The rocks are the important things – your family, your partner, your health, your children – things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter – like your job, your house, your car.

The sand is everything else. The small stuff."

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first – the things that really matter. Set your priorities. The rest is just sand."



Need \$75.00 for X-Mas?

I am in the process of scheduling appointments for students to retake the goal assessments. I can come to your school and meet during a free period or we can meet at The Work Station. Please contact me so that we can set a date and time.

Thanksgiving facts:

- *88% of American's eat turkey on T-Day
- *The first time Detroit Lions played on T-Day was in 1934
- *Became an official holiday in 1941
- *There is a Turkey, TX, Turkey, NC and a Turkey Creek, LA

11/22/63- 35th President Kennedy was assassinated in Texas



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This is a tough read....but please really think about this!

Picture this...really visualize this..... You walk into a room full of people sitting on chairs, the faint scent of flowers in the air and music is playing in the background. You turn and see a woman sitting on a chair leaning over something...uncontrollably shaking.....two people standing on either side of her with their arms draped over her shoulders. You look again around the room and see that all the people are crying...both young and old....some staring blankly into space, some holding hands with the person sitting next to them. What? Where am I? You turn back to the woman and realize she is sitting alongside a casket. You take a step closer and see that there is a young man lying motionless and the woman is his mother....unable to control any of her emotions from the pain or from the loss she is feeling. The smell comes from the abundance of flower decorations; the music is that of an organ, the chairs are not comfy ones but the cold metal folding type. The people in the room are the young man's family and friends...devastated at the loss and even sadder that they were not able to say goodbye. You remember this young man...he always had a smile on his face, always gave you a big bear hug when he saw you, and always had a silly story to tell...This was a real event...this young man was taken at the young age of 23. Drugs seem to be involved and there is an investigation as to what happened. I am sure when this young man headed out of the house; he had every intention of returning. My point of this article is to really think hard....drugs and alcohol are dangerous... your entire life is ahead of you...you are in control of your destiny. Please remember this the next time you are tempted. The future is unlimited...don't screw it up by making a wrong decision.

Are you uncertain if you're in an abusive relationship? If you answer yes to the majority of these questions, then you should take a second look at your relationship. Here are questions that will help you get a better understanding of what it means to be in an abusive relationship

- Is your boyfriend/girlfriend jealous and possessive? Does he/she try to control you with orders and make all the decisions?
- Does he/she put you down and make you feel stupid in front of friends, tell you that you can't do anything right, or tell you that you would be nothing without him/her?
- Does he/she make you worry or fearful of his/her reactions to things you say or do?
- Do you feel if you say "no" to sexual activity that you will get in trouble with your partner? Do you feel pushed or forced into being sexual, and are you pressured even after you say no?
- Does he/she tell you where you can and can't go, who you can and can't talk to, and what you can and can't wear? Do they check up on you whenever they aren't with you?
- Does he/she make frequent apologies and promises to change and sometimes even cry while they are doing it? Do they blame you for it? Or do they tell you that you are "making too big a deal" out of it? Do they pretend that they never hurt you
- Does he/she force you to do things you are not comfortable doing and make you feel guilty about a lot of things?
- When you broke up with him/her, did they refuse to accept it and harass and stalk you until you changed your mind? Are you scared to dump him/her?

GET OUT NOW! TALK WITH PARENT/FRIEND/COUNSELOR! THERE IS HELP OUT THERE.....JUST ASK.....YOU ARE IMPORTANT AND SPECIAL!