



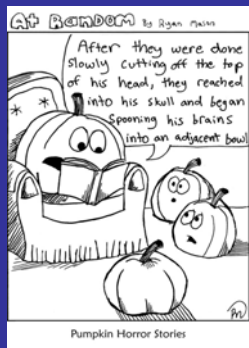
October WIA News From Kim

October 2009

Volume 10, Number 2

CPR CLASS!!!

There are still openings...Call me ASAP if you wish to get certified!!!!



Kim's
Monthly
"NOT"
Lecture!



This Space for RENT... Please contact me with any ideas, thoughts or articles to fill this void.

Off to yet another school year. As I have mentioned, this program is designed to assist you with your needs through high school as well as having fun events scheduled throughout the year. It has been nice to meet all the newest students to the In School Youth WIA program as well as once again seeing all the "old timers". For those of you that do not know me, here are some facts.

I grew up in Euclid, Ohio which is a suburb of Cleveland. My father was a teacher at my high school (yes that was awkward) and my mother was a secretary. I moved to Athens to pursue my education and have an Associate's Degree in Business and a Bachelor's Degree in Ethics. I hate to admit that I am a huge Cleveland Browns Fan. I have 3 children and 2 grandchildren and enjoy gardening, sewing, auctions and spending time with my kids. I play a mean game of Speed and love Euchre. Please remember that I am always available if you should need me and never hesitate to call (cell 541-0284).

Dealing with Test Anxiety

You have studied hard, done your homework and participated in class and think you will ace the exam, but the day of the test you freeze up and zone out and you can't get it together to answer the questions. Does this sound like you? You may have a case of test anxiety. So, what can you do about it?

Ask for help. If you get so stressed out that your mind goes black, you probably need some attention. Talk to your teacher or guidance counselor. They are the pros and may have ideas that can help.

Be prepared. The more you know the material, the more confident you'll feel. Don't cram the night before; you retain information better if learned over time.

Watch what you're thinking. Watch out for any negative messages you might be sending yourself about the test. They can contribute to your anxiety. Think positive!

Take care of yourself. Learn ways to calm yourself down and get centered when you're tense or anxious. Take a deep breath, count to 10, or think happy thoughts.

Everything takes time and practice, and learning to beat test anxiety is no different.

Although it won't go away overnight, facing and dealing with test anxiety will help you learn stress management, which can prove to be a valuable skill in many situations besides taking tests.

TRIVIA

Book Review

Justine Larbalestier



Is Athens Haunted?



CONGRATULATIONS

You will be receiving a check in the amount of \$_____ for your October incentive!

Kim Hobbs
WIA Youth Coordinator
(740) 541-0284-Cell
(740) 797-1405
(877) 351-0405
hobbsk@odjfs.state.oh.us
hobbslts@yahoo.com

TRIVIA-Can you solve? Ex. 24 H in a D=24 hours in a day

1. 7 D in a W
2. 26 L of the A
3. 90 D in a RA
4. 3 B M (S H T R)
5. 4 Q in a D
6. 12 M in a Y
7. 18 H on a G C

BOOK REVIEW

LIAR by Justine Larbalestier

This book is simply thrilling: Is Micah actually a werewolf, or is she, as one teacher theorizes, simply a confused girl who's "rejecting [her] own body" by pretending to be something more masculine? Either way, did she kill Zach -- and was it intentional or just something that happened in the heat of the moment? Not knowing the answers is, of course, much of the fun, and readers will love racing through this fast-paced book trying to sort out the truth. Micah's non-linear storytelling gives readers more to sort out, as do the various theories about the origin of werewolves.

GHOSTS IN ATHENS...

Visit <http://www.prairieghosts.com/oh-athen.html>

The ghost stories and legends here are numerous and include everything from the haunting of an abandoned mental hospital to stone angels who shed tears in local cemeteries. There is also the tale of the headless train conductor near Lake Hope who tries to flag down passers-by with his lantern. The story dates back to a time when the citizens of local Moonville were quarantined because of a measles outbreak. The food and supplies in town were running low and this man went out to flag down a train that might bring help. Tragically, he was struck by the train and killed. He has haunted this stretch of tracks ever since.

Did you know??????

If you are a man ages 18 through 25 and living in the U.S. then you must register with the Selective Service. IT IS THE LAW! You can register at any U.S. Post Office or on the web at www.sss.gov

Answer to the Trivia Questions

1. 7 days in a week.
2. 26 letters of the alphabet.
3. 90 degrees in a right angle
4. 3 blind mice..see how they run.
5. 4 quarters in a dollar
6. 12 months in a year
7. 18 holes on a golf course