

ABLE News

Volume 14, Issue 9

September 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

Our Adult Literacy program is doing more than just helping folks work on literacy needs or their GED. We are also doing transition type activities to get folks looking into job opportunities and post-secondary opportunities. Here are some suggestions as they relate to Job Retention: 1.) You Don't Know What You Don't Know. Tread lightly when it comes to sharing your ground breaking ideas, especially when you are the new person. Resist the temptation to jump in and take over projects or to assume that you know how things should be done. 2.) A Sincere "thank you" Goes a Long Way. Isn't it nice to hear "thank you" once in a while? Your coworkers feel the same way and so does your boss. 3.) Few Go Above and Beyond. You'll be amazed by the number of clock watchers. "Companies are always impressed with junior staffers who are willing to pay their dues, roll up their sleeves and pitch in to help. This can-do behavior can lead to advancement." 4.) Listening is Highly Underrated. When you understand what people are saying to you and need of you rather than always focusing on your own agenda, you garner respect from your colleagues as someone who is attentive and cares. Here are a few other tips to keeping your job: Watch and Learn, Keep in Touch, Look and Act Professional, Demonstrate Initiative, and Do Great Work.

One cannot predict what our economy will do but if you follow some of these simple suggestions you may just be able to keep your job once you get your foot in the door.

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

Labor Day

September 6, 2010

The Work Station closed



Neighborhood News

The GED tests will be given at Hocking College on the following dates: September 8 and 9 and again September 15 and 16. 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.



September 24, 2010



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

Short on cash, and looking for ways to save on back to school clothes? Here are several strategies to try. (School started so early this year that this may be a little late for some. However, those who waited to buy cool weather clothes may find these ideas helpful.)

Start with a Wardrobe Inventory

Before you head out to shop for back to school clothes, take an inventory of your child's wardrobe to determine what she needs, and more importantly, what she doesn't. Then, spend accordingly.

Refashion What You Can

Is your kiddo tired of last year's clothes? Then, find ways to refashion them into the clothes that she wants now. Jeans can be updated with patches, paint and sequins. T-shirts can be snipped, tied and tweaked into all-new designs. Skirts can be shortened or lengthened for an instant update. All it takes is a bit of creativity to turn last year's rejects into this year's faves.

Need some refashion inspiration? Ask your child to point out her favorite fashions in the back to school ads. Then, brainstorm ways to recreate them.

[Turn Old Jeans into a Skirt](#)

[How to Bleach Your Jeans](#)

[How to Spray Paint a T-Shirt](#)

[Make a T-Shirt into a Tank Top](#)

(If you go to the web site below, you may click on one of these to learn about each type of decoration.)

Host a Clothing Swap

Just because your child is sick of her clothes, doesn't mean her friends will be. Host a back to school clothing swap. Then, sit back and watch as your daughter and her friends swap their way to the looks that they want.

Trade In Last Year's Clothes

Gather up all those wardrobe rejects, and trade them in for this year's school clothes. Stores like [Once Upon a Child](#) and [Plato's Closet](#) will take your lightly-worn clothes in exchange for cash or store credits. It's like getting to spend the same money again and again. How great is that?

Other possibilities: Sell your kid's clothes in a consignment sale, yard sale or on an auction site like eBay.

Focus on Basics

Clothing trends don't last for long, so use most of your back to school budget to buy basics. Then, add in one or two trends for a wardrobe that is both kid-friendly and wallet-friendly.

Shop Secondhand

Yard sales, thrift stores and consignment stores are all great sources for bargain-priced kids' clothes. Shop early and often for the best selection.

Shop Late

Save most of your back to school shopping for a month or two after school starts. This is when the latest fashions hit the clearance rack.

Shop Year-round

The back to school season doesn't have to send you into a shopping frenzy. Look for good clothing deals year-round; and you may be able to skip the back to school crowds and sticker shock all together.

Information from:

http://frugalliving.about.com/od/colthing/tp/Save_on_Back_to_School_Clothes.htm

Kids' Page

School has started again! Wouldn't it be great if all teachers could be as nice as your English teacher (or history or science)? **How are you going to survive a whole year in a class you don't like with a teacher you just know doesn't like you?**

If you're having problems with a teacher, try to figure out why. Do you dislike the subject? Or do you like the subject but just can't warm up to the teacher?

If you find a subject hard, you may need a little extra help. Don't be embarrassed to ask your teacher, your parents, or an older student who got a good grade in that class. If you don't understand the answer, keep asking. It also helps to be sure you are really concentrating in class and when you are doing your homework. This is hard if you don't like the subject but the effort pays off.

What if you just don't like the teacher? Well, just face it. There are some people you will never like. They might not like you especially well either. Part of your job as a student is to learn how to get along with people - even teachers - whether you like them or not. Here are some steps which may help you get along well enough to survive the class.

- *Treat the teacher with courtesy and respect. It is not necessary to like a person or even agree with him/her to be respectful.
- *Meet with the teacher and try to communicate what you are feeling with statements like, "Sometimes I feel like you don't think I am smart enough to pass this class." or "I don't know when it is OK to ask questions and when I should wait for you to explain something. Is there something I am missing that would clue me in?"
- *Don't argue with the teacher over every little thing. Questioning a grade or assignment once is acceptable. Questioning everything in class is the best way to be sure you lose.
- *Don't skip class. If you must miss, be sure the teacher knows why you were absent and ask what you can do to make up missed work.
- *Everyone has good and bad days. Let the teacher get away with a bad day occasionally and she will be more likely to let you do the same.
- *If all else fails and you feel the teacher is not treating you fairly, talk to your parents, the guidance counselor, or the school principal. Sometimes differences between people can only be settled with the help of a mediator.
- *If nothing else works, ask to be transferred to another class, if one is available.

Teachers are people too. They are there for more than just homework, and they know about more than just their subject matter. They can help you learn how to function as an adult and a life-long learner. Undoubtedly, there will be a few teachers along the way who you'll always remember - and who might change your life forever.



Student Page

Almost every week I get a question about GED preparation online. I decided to look to see if there is anything that I trust to be free and good. I really believe that people who are studying for their GED will find it easier to study someplace where there is a teacher to help if you get stuck. However, if you can't get to an ABLE lab or you want to study on the computer as well as with an ABLE lab, the following web sites might be helpful. REMEMBER: Athens county students 18 and over can only get a fee waiver for the official GED test if they prepare for the test and pass the pre-test at one of the ABLE labs - The Work Station or the lab at Tri-County Adult Career Center.

WARNING: THERE ARE SITES ON THE INTERNET WHICH CHARGE FOR THEIR PROGRAMS. SOME EVEN GUARANTEE A GED OR HIGH SCHOOL DIPLOMA IF YOU PAY. MOST OF THESE PROGRAMS ARE NOT LEGITIMATE. THEIR DIPLOMAS ARE NOT WORTH ANYTHING. YOU CANNOT GET A GED FROM ON-LINE STUDY OR TESTING. YOU CAN ONLY GET A GED BY TAKING THE TEST AT A CERTIFIED TESTING CENTER.

<http://www.gedforfree.com/> This site looks OK. It is free and has lessons for all 5 subject areas on the test. It also has a practice test. It does not include the official GED test. That test still has to be taken at a local testing site. The site can be free because it has advertising, especially ads for on-line colleges.

http://www.testprepreview.coged_practice.htm This site appears to be fine. It sends you to secondary sites to actually study. It provides practice tests. It looks as if it may be sponsored by the University of Phoenix, an on-line university, so expect advertisements for the university.

<http://www.professionalcareereducation.com/ged.php> This site provides free instruction after you register. It includes links to other sites which can provide information about the official test, test sites, etc.

<http://steckvaughnadult.hmhco.com/en/gedpractice.htm> This site offers free practice tests. Taking these tests will allow students to judge how much study will be needed to pass the GED test.

<http://ged.free-ed.net/free%2Ded/ged/> This site emphasizes the privacy they offer. It is a free site and says it will not try to see anything. The program offers on-line classes for up to 2 years to prepare for the GED and entering college.

<http://www.bestfreetraining.net/?p=1184> This site says it provides free study material and free practice tests. It does have advertising but that is why it can be free.



Kim's Brain Teaser

Can you identify the following songs and their artists?

- 1) Refrain from halting, the first person, immediately. by Female monarch.
- 2) Multiple timepieces. by Low temperature, stage production.
- 3) Unbleached, natural sweetener. by Perpetual motion of small rock.
- 4) Sugary infant, belonging to me. by Firearms & thorny plants.
- 5) Refrain from remaining, on your feet, near myself. by Poisoned insect injection.

Candy's Kitchen

I just got a newsletter from The Ohio State Extension Program. It says that an adult eating 2000 calories a day should eat 2 1/2 cups of vegetables every day. These should be divided among dark green vegetables, legumes (dry beans), starchy vegetables, and others that don't fit in one of these groups. Children and people who eat fewer calories need less. Since vegetables are not my favorite food, I thought I would explore the internet and find something healthy and edible (for me) recipes.

Fried Green Beans

1 quart vegetable oil for frying
 2 cups all-purpose flour
 4 teaspoons salt
 1 teaspoon black pepper
 1 teaspoon garlic powder
 1 cup buttermilk
 1 pound fresh green beans
 Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Whisk together the flour, salt, pepper, and garlic powder; set aside. Pour the buttermilk into a shallow dish. Thread the green beans onto toothpicks, making bundles of about 5 green beans each. Dip the green bean bundles into the buttermilk, then into the flour mixture. Shake off any excess flour. Fry in the hot oil until the flour turns golden brown, about 4 minutes. Drain on a paper towel-lined plate, and serve hot.

Sloppy Joes

2 lbs. ground hamburger, ground chicken or combination
 1 large onion, chopped 3 carrots, chopped
 2 celery stalks, chopped 1 green pepper, chopped
 1 tablespoon vinegar 1 cup catsup
 1 tablespoon Worcestershire sauce
 1 tablespoon mustard
 In blender add onion, carrots, celery and green pepper. Continue to add vinegar, catsup, Worcestershire sauce and mustard in blender. Puree. Add to large skillet and cook with ground hamburger. Break up and stir meat. Simmer cooking about 10-15 minutes.

If I can get past drinking something green, even I might like these!

Banana Carrot Smoothie

1 banana (ripe is best - frozen if desired)
 1 cup apple juice (or apple slices and water)
 1-2 cups baby carrots (or chopped carrots)
 1 cup plain non-fat yogurt (or any yogurt you like)
 Place all ingredients in blender and blend until smooth.

Green Slime Smoothie

1 banana, cut in chunks
 1/2 apple, cored and chopped or sliced
 1 cup white grapes
 1 cup fat-free vanilla yogurt (or plain yogurt and 1/4 teaspoon vanilla)
 1-2 cups fresh spinach leaves
 Place all ingredients in blender and blend until smooth.

Breakfast Smoothie

1 c. frozen blueberries 1 med. banana
 1/2 c. strawberries 1/2 c. yogurt (any flavor)
 1 c. spinach 1 tsp. flax seed

Blend all ingredients in blender until smooth.
 *Hint: Add other fruit such as raspberries, apricots, or pineapple for variety.

Answers for Kim's Brain Teasers

- 1) Don't stop me now by Queen.
- 2) Clocks by Coldplay.
- 3) Brown sugar by Rolling stones.
- 4) Sweet child o' mine by Guns 'n' roses.
- 5) Don't stand so close to me by Sting.