



AUGUST  
2006  
VOLUME 18  
NUMBER 8

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# Audubon Area Community Services, Incorporated The Curious Journal

Agency Edition — Published Monthly for the Information and Enjoyment of AACS Staff

## Title V Senior Achieves Goals

After the death of her husband, Lucille Shehorn wasn't sure how she would survive. She had very little income coming in, and she had been out of the work force for several years to care for her husband. She knew the only way to provide for herself was to find a job, so she turned to Audubon Area Community Services' Title V Senior Employment Program.

After working for two years in the agency's office in Henderson, Audubon Area hired her as a part-time receptionist. Now, with her income plus her husband's social security, she remains self-sufficient.

"I probably would have sunk down deep in a hole" without Audubon Area's help, Shehorn said. Shehorn, 61, keeps client files updated on the computer, answers the phone and greets clients. She has been so beneficial, the agency was able to shift another worker in the office to a different site that needed help.

"I'd like to have another one just like her," said Crystal Childress, county coordinator in Henderson.

The Title V program places people 55 and older in businesses and organizations to help them learn skills necessary to maintain employment. The agency subsidizes salary for two years in hopes of then finding a permanent placement.

One of Shehorn's greatest accomplishments while enrolled in the program was earning her GED.

"It was like somebody gave me a big hug," she said with a smile. "Even though you're older, you can still accomplish things." If you would like to enroll in this program, call (270) 686-1638 for more information.



Lucille Shehorn takes a break from her duties as CSBG receptionist.

## Employee Assistance Program Offers Help

Feeling stressed or depressed? Need sound legal or financial advice? Beginning August 11, Anthem's Employee Assistance Program (EAP) can help you with these and other concerns at no cost to employees of Audubon Area Community Services.

By calling the toll free number (800) 865-1044, employees or anyone living in their household can receive four free visits with a network licensed behavioral health counselor for each concern. They also can find out how to access free or discounted legal and financial services or child and elder care.

You can call your EAP 24 hours a day, seven days a week. It is strictly confidential.

**Call today to get help with these and other concerns:**

- Marital/relationship or family problems
- Child care and elder care resource assistance
- Financial concerns
- Alcohol and drug issues
- Depression and anxiety
- Legal concerns
- Feelings of overwhelming loss and grief
- Times of crisis

For more information, call (800) 865-1044 or visit the EAP website at [www.AnthemEAP.com](http://www.AnthemEAP.com).

## Head Start Hosts Visitors

Audubon Area Community Services Head Start program hosted visitors from Jackson Mississippi in mid-July to assist them as they prepare to implement the Child Outcomes Planning and Assessment (COPA) tool used to track progress of students.

Three representatives from the Jackson Head Start spent a day learning how Audubon Area uses COPA and about the program's structure, including the local area managers, resource staff and department heads.



**Joyce Peercy, resource assistant for Head Start, speaks to representatives from another Head Start program in Mississippi.**

“It’s not uncommon for us to have visitors from other Head Start programs who want to learn how we do things here,” said Joyce Peercy, Head Start resource assistant.

Audubon Area Head Start has received a Program of Excellence three times from the National Head Start Association, one of only about 25 programs nationwide to have received the award that many times.

The Jackson representatives will implement COPA for the first time this upcoming school year.

## Final CCAP Numbers

Audubon Area Community Services paid out \$21.87 million in child care payments on behalf of 8,097 families last fiscal year, about the same number as the previous year. The largest portion of that amount, \$4.75 million, went to families in Christian County, and Daviess and McCracken counties received about \$3 million each.

More payments typically are made in the more populated areas in the agency’s service area, according to Carrie Blackham, director of the Child Care Assistance Program.

Audubon Area is one of five service agents that operate the CCAP across Kentucky through the Division of Child Care. Audubon Area serves the 34 counties in the Green River, Barren River, Pennyrite, and Purchase area development districts.

To be eligible for the subsidy program, applicants’ incomes must not exceed 150 percent of the federal poverty level and then remain below 165 percent of the poverty level while receiving assistance. Participants must also work or go to school at least 20 hours per week.

To view total amounts to each county in the agency’s service area, go to [www.audubon-area.com](http://www.audubon-area.com). To find out if you qualify for child care assistance, call your local CCAP office listed under Audubon Area Community Services in the phone book.

Every job is a self-portrait of the person who does it.  
Autograph your work with excellence.  
—Unknown

## ROMA Results In For Fiscal Year 2005-06

Audubon Area Community Services is on track and progressing toward meeting its goals of serving low-income residents in its service area, according to results from the Results Oriented Management and Accountability (ROMA) outcome measurements for fiscal year 2005-06.

For example, the agency met 96 percent of its goal of pre-employment training and 100 percent of its goal of the numbers of people demonstrating ability to keep a budget.

### *Did you know?*

**Audubon Area Community Services is under the guidance of a 27-member board of directors consisting of representatives of the low-income, private and public sectors. The Board meets the third Tuesday of every even-numbered month at AACCS’ Central Office in Owensboro.**

Roma consists of six goals that track progressive outcomes in the community, families and agency. These goals are:

- 1) Low-income people become more self-sufficient.**
- 2) The conditions in which low-income people live are improved.**
- 3) Low-income people own a stake in their community.**
- 4) Partnerships among supporters and providers of services to low-income people are achieved.**
- 5) Agencies increase their capacity to achieve results.**
- 6) Low-income people, especially vulnerable populations, achieve their potential by strengthening family and other supportive systems.**

Outcomes are benefits that families, communities and the agency receive as a direct result from participating in community action activities. They are measurable and hold community action agencies accountable for the delivery of their services in an efficient and effective manner.

All CAAs nationwide are mandated to measure outcomes with ROMA.

## PRISM Report Positive

Results from the Department of Health & Human Services PRISM (Program Review Instrument for Systems Monitoring) visit indicate near compliance for the Audubon Area Community Services Head Start program. The few findings that were documented, such as faulty locks on cabinets and the claiming of parent co-payments as non-federal match, have already been corrected or will be soon. The agency has 90 days to formally respond in writing.

“All in all I believe it was a great report with all programmatic and program design areas in full compliance,” said Aubrey Nehring, Audubon Area’s Head Start director.

A team of federal reviewers visited the agency February 6-10 to examine AACS systems and Head Start services. The team met with families, community members who collaborate with the agency and administrative personnel in finance and human resources. Of the four items found to be in non-compliance, three were in finance. The other was due to a missing lock at one of the sites.

The Head Start program, governed by the Head Start Act, provides grants to local public and private non-profit and for-profit agencies to provide comprehensive child development services to economically disadvantaged children and families. Its goals are to enhance early learning and promote parental involvement. The Head Start Act requires a review of grantees every three years.

Audubon Area Community Services Head Start serves 16 counties in the Green River and Pennyriple regions. It recently was named a Program of Excellence by the National Head Start Association for the third consecutive time.

Audubon Area Community Services’ staff and administration extend condolences to Donna Shutt, former AACS employee, who lost her husband, Randall Wayne Shutt, July 11. Donna was a dedicated employee for Head Start for 20 years.

## Weatherization Numbers Up

Audubon Area Community Services saw a “major” jump in the number of homes it weatherized last fiscal year due in part to the increase in energy costs. The agency weatherized 102 homes from July 1 2005 to June 31, 2006.

“We were inundated with applications this past year,” said Sheila Boling, director of Housing Services. “With energy costs still up and with the increase in income limits that govern eligibility, we expect numbers to remain high or go even higher this year.”

The average spent on each dwelling was \$2,787.



A weatherization employee prepares insulation to be blown into a home in Henderson County last year.

The breakdown per county is as follows:

<b>Daviess – 42</b>	<b>Hancock – 6</b>
<b>Henderson – 14</b>	<b>McLean – 10</b>
<b>Ohio – 17</b>	<b>Union – 5</b>
<b>Webster – 8</b>	

Of the total 217 people who live in these homes, 75 people are developmentally disabled and 28 are elderly.

Audubon Area Community Services Weatherization Program is available to low-income residents in the seven-county Green River region who incomes fall at or below 150 percent of the federal poverty limit, or \$30,000 for a family of four. Trained technicians caulk, apply weatherstrip, insulate and repair or replace heating units at no cost to the homeowner. For more information, call (270) 686-17670.

## Senior Service Corps Impact Results

Audubon Area Community Services Senior Service Corps volunteers make a great impact in the communities they serve. A recently compiled analysis of the three programs indicate the volunteers help children improve academically and behaviorally and help frail seniors stay in their homes for longer periods of time.

For example, 97 percent of elementary students paired with a foster grandparent showed a moderate to significant improvement in their academic skills. And 83 percent of frail seniors improved or maintained their independence with the help of a senior companion.

The Senior Service Corps consists of three volunteer programs -- Foster Grandparent Program, Senior Companion Program and Retired and Senior Volunteer Program.

Here are more findings from the analysis:

### Foster Grandparent Program

- ☐92 % of students improved behavior
- ☐100% of preschool students were ready for kindergarten

### Senior Companion Program

- ☐81% of seniors increased daily activities with companion
- ☐83% of seniors maintained or improved independence

### Retired and Senior Volunteer/America Reads Program

- ☐70% of students increased reading skills
- ☐96% of students improved attitude toward reading
- ☐85% of long-term residents’ concerns resolved in house
- ☐88% of students better prepared for an emergency

See the full report at [www.audubon-area.com](http://www.audubon-area.com).

Happy Birthday!



Help us to wish these staff a very happy birthday during this month...

- Brenda Gibson ..... August 1st
- Timothy Stenberg ..... August 1st
- Laura Baker ..... August 2nd
- Crystal Clouse ..... August 2nd
- Kimberly Morris ..... August 2nd
- Phyllis Crowdus ..... August 3rd
- Thomas Nation ..... August 3rd
- Nicole Haley ..... August 5th
- Sonja Jewell ..... August 6th
- Kelly Butler ..... August 6th
- Carla Reed ..... August 6th
- Joy Myhre ..... August 6th
- Helen Stevenson ..... August 6th
- Charlene Ford ..... August 7th
- Sandy Free ..... August 7th
- Nancy Hall ..... August 7th
- Kimberly Payne ..... August 7th
- Melissa Haire ..... August 8th
- Judy Thompson ..... August 8th
- Raysha Staples ..... August 8th
- Diane Lewis ..... August 8th
- Melissa Blankenship ..... August 9th
- Jennings Haynes ..... August 9th
- Sandra Thomason ..... August 9th
- Karen Wahnsiedler ..... August 9th
- Erma Blue-Woolverton ..... August 10th
- Jennifer McElwain ..... August 11th
- Angela Garner ..... August 12th
- Janna Patterson ..... August 12th
- Shawna Thomas ..... August 13th
- Angela Himes ..... August 14th
- Christial Guess ..... August 15th
- Anita Smith ..... August 15th
- Kristy Ferguson ..... August 16th
- Tari Felts ..... August 16th
- Margaret Bailey ..... August 17th
- Susan Hatton ..... August 17th
- Loretta Goodwin ..... August 18th
- Deonna Davis ..... August 18th
- Beth Hamilton ..... August 19th
- Donald Purcell ..... August 19th
- Angela Emmick ..... August 20th
- Cheryl Calloway ..... August 21st
- Melissa Drake ..... August 21st
- Melinda Eastwood ..... August 21st
- Wendy Mitchell ..... August 22nd
- Shirley Brown ..... August 23rd
- Marilyn Fletcher ..... August 23rd
- Martha Ratterman ..... August 23rd
- Brenda Tucker ..... August 23rd
- Dorothea Wilson ..... August 23rd
- Laurie Barkman ..... August 23rd

Happy Anniversary!



These staff celebrate their employment anniversaries with us this month ...

- 27th ..... Marcia Jordan ..... August 20th
- 26th ..... Margaret Bailey ..... August 18th
- 25th ..... Cindy Ferrell ..... August 17th
- 25th ..... Diane Troutman ..... August 17th
- 24th ..... Betty Watkins ..... August 2nd
- 19th ..... Roxie Roby ..... August 4th
- 18th ..... Vicki Poole ..... August 16th
- 16th ..... Lynda Trogden ..... August 21st
- 15th ..... Debra Schermerhorn .. August 5th
- 15th ..... Hazel Book ..... August 6th
- 15th ..... Sandra Hermann ..... August 15th
- 15th ..... Brenda Gibson ..... August 19th
- 15th ..... Deborah Gorham ..... August 19th
- 15th ..... Christial Guess ..... August 19th
- 15th ..... Jacqueline Harrison .... August 19th
- 15th ..... Sandra Fulks ..... August 27th
- 14th ..... Melody Shocklee ..... August 24th
- 14th ..... Bethy Huff ..... August 7th
- 13th ..... Teri Speaks ..... August 4th
- 13th ..... Cathy Lamar ..... August 16th
- 13th ..... Pam Brown ..... August 23rd
- 12th ..... Sandra Thomason ..... August 1st
- 12th ..... Sally Whitehead ..... August 1st
- 12th ..... Theresa Qualls ..... August 1st
- 11th ..... Tonya Bumpus ..... August 7th
- 11th ..... Janet Heath ..... August 7th
- 11th ..... Erma Woolverton-Blue August 21st
- 10th ..... Angela Bickwermert ... August 8th
- 10th ..... Melinda Harper ..... August 8th
- 10th ..... Dianna Henderson ..... August 8th
- 10th ..... Sharon Holley ..... August 8th
- 10th ..... Telisa Lucas ..... August 8th
- 10th ..... Wanda Willis ..... August 8th
- 10th ..... Angela Garner ..... August 14th
- 10th ..... Angela Jackson ..... August 8th
- 10th ..... Deborah Daughtery .... August 8th
- 10th ..... Cynthia Drake ..... August 26th
- 10th ..... Joyce Peercy ..... August 30th
- 9th ..... Aretha Drake ..... August 1st
- 9th ..... Mary Ashby ..... August 4th
- 9th ..... Phyllis Crowdus ..... August 4th
- 9th ..... Angela Barlett ..... August 4th
- 9th ..... Vanessa Dunning ..... August 4th
- 9th ..... Teresa Justice ..... August 4th
- 9th ..... Beverly Thomas ..... August 4th
- 9th ..... Tim Stenberg ..... August 11th
- 9th ..... Betty Koller ..... August 12th
- 9th ..... Jennifer Swanagan ..... August 12th
- 9th ..... Linda Williams ..... August 20th

Happy Anniversary! 

ou ..... Karen Daugtery ..... August 3rd  
 8th ..... Stephanie Millay ..... August 3rd  
 8th ..... Evalenda Woodall ..... August 3rd  
 8th ..... Barbara Feldpausch ..... August 15th  
 8th ..... Cathy Kiper ..... August 17th  
 8th ..... Kathy Mitchell ..... August 17th  
 8th ..... Peggy Rates ..... August 17th  
 8th ..... Evelene Waggener ..... August 17th  
 8th ..... Jennifer Starks ..... August 24th  
 8th ..... Stephanie Cook ..... August 25th  
 8th ..... Tiffeny Ramage ..... August 27th  
 8th ..... Carla Reed ..... August 31st  
 7th ..... Kristy Baggerly ..... August 2nd  
 7th ..... Evie Cannon ..... August 2nd  
 7th ..... Paula Duncan ..... August 2nd  
 7th ..... Deborah Wilson ..... August 2nd  
 7th ..... Terry Green ..... August 11th  
 7th ..... Sharon Coleman ..... August 14th  
 7th ..... Beverly Hamilton ..... August 2nd  
 7th ..... Evelyn Gentry ..... August 16th  
 6th ..... Cathy Cobb ..... August 7th  
 6th ..... Cindy Hibbs ..... August 14th  
 6th ..... Tena Reynolds ..... August 14th  
 6th ..... Rachel Utley ..... August 14th  
 6th ..... Kimberly Vincent ..... August 14th  
 6th ..... Dora Hudson ..... August 14th  
 6th ..... Shirley Williams ..... August 14th  
 5th ..... Tammy Cumens ..... August 6th  
 5th ..... Crystal Chandler ..... August 13th  
 5th ..... Ludella Grinstead ..... August 13th  
 5th ..... Mary Joselyn ..... August 13th  
 5th ..... Edith King ..... August 13th  
 5th ..... Lucian Brame ..... August 20th  
 5th ..... Mary Hurley ..... August 20th  
 5th ..... Teresa Robertson ..... August 20th  
 5th ..... Tammy Rzepka ..... August 20th  
 5th ..... Ledah Watts ..... August 27th  
 4th ..... Pamela Glenn ..... August 5th  
 4th ..... Candence Schultz ..... August 5th  
 4th ..... Kathy Stallings ..... August 5th  
 4th ..... Jean True ..... August 5th  
 4th ..... Allison Dailey ..... August 6th  
 4th ..... Christine Phelps ..... August 6th  
 4th ..... Christina Lowe ..... August 12th  
 4th ..... Aissa Underwood ..... August 13th  
 4th ..... Bennie Mattingly ..... August 22nd  
 3rd ..... Melissa Carlton ..... August 9th  
 3rd ..... Rebecca Slayden ..... August 9th  
 3rd ..... Tara Wright ..... August 9th  
 3rd ..... Ramona Yates ..... August 9th  
 3rd ..... Pamela Baker ..... August 11th  
 3rd ..... Melissa Blankenship ... August 18th

Happy Anniversary! 

ou ..... Crystal Echeverre ..... August 18th  
 3rd ..... Darlene Pendley ..... August 18th  
 3rd ..... Lucille Shehorn ..... August 25th  
 3rd ..... Anissa Underwood ..... August 25th  
 3rd ..... Paul Porter ..... August 26th  
 2nd ..... Rachel Hamilton ..... August 7th  
 2nd ..... Bridget Castlen ..... August 9th  
 2nd ..... Virgie Dyson ..... August 9th  
 2nd ..... Robin Gillians ..... August 18th  
 2nd ..... Katie Drury ..... August 21st  
 2nd ..... Tammaron Baxter ..... August 23rd  
 2nd ..... Ashley Lamb ..... August 23rd  
 2nd ..... James Bretz ..... August 30th  
 2nd ..... Jan Jones ..... August 30th  
 1st ..... Leslie Hinojosa ..... August 1st  
 1st ..... Sonjanita Granger ..... August 2nd  
 1st ..... Latisha Zachritz ..... August 2nd  
 1st ..... Joyce Evertt ..... August 6th  
 1st ..... Carolyn Hunt ..... August 6th  
 1st ..... Hannah Ramage ..... August 6th  
 1st ..... Megan Tuz Tamayo ..... August 6th  
 1st ..... Carolyn Brown ..... August 8th  
 1st ..... Brenda Crabtree ..... August 8th  
 1st ..... Laurie Barkman ..... August 10th  
 1st ..... Felicia Holladay ..... August 10th  
 1st ..... Jessica Brim ..... August 15th  
 1st ..... Sandra Bybee ..... August 15th  
 1st ..... Kellen Francis ..... August 15th  
 1st ..... Donyell Manning ..... August 15th  
 1st ..... Chiquita Pearce ..... August 15th  
 1st ..... Helen Stevenson ..... August 15th  
 1st ..... Kandi Wilson ..... August 15th  
 1st ..... Deborah Hill ..... August 20th  
 1st ..... Leslie Stewart ..... August 20th  
 1st ..... Janice Hadley ..... August 22nd  
 1st ..... Joy Myhre ..... August 22nd  
 1st ..... Regina Davidson ..... August 29th  
 1st ..... Kelly Watson ..... August 29th  
 1st ..... Kari Bell ..... August 31st

*New Hires*

Joseph Alvey ..... GRITS ..... January 30<sup>th</sup>  
 Carrie Crook ..... GRITS ..... January 30<sup>th</sup>  
 Edward Oliver ..... GRITS ..... January 30<sup>th</sup>  
 James Brown ..... GRITS ..... February 1<sup>st</sup>  
 Nicki Booker ..... HS ..... February 4<sup>th</sup>  
 Natalie Sosh ..... HS ..... February 4<sup>th</sup>



# Audubon Cares About Your Health

## Gift of olive oil keeps on giving

According to Greek mythology, Zeus once held a contest to see who would be awarded patronage of Attica. The patronage would be awarded to the god or goddess who provided the most useful gift. Poseidon, to show that he would be a great patron, took his trident and struck open the rock of the Acropolis, and from the crevice poured a great spring of water. But when the Athenians tasted the spring water, it was salty, since Poseidon was a sea god. Athena, when her turn came, made an olive tree grow on the Acropolis. From this the Athenians were able to produce oil, from which lamps were lit, bodies were anointed and food was prepared. Athena became the patron god of Athens.



The Cretes cultivated olives as early as 2500 B.C., according to Peggy Knickerbocker in *Olive Oil: From Tree to Table*. And today, health experts say Greeks live longer and have lower rates of cancer and heart disease than Americans, despite their higher smoking rates.

Why is olive oil so good for you? Olive oil is high in monounsaturated fat—the “good” fat doctors preach about cholesterol. The Food and Drug Administration now allows the health claim that monounsaturated fat from olive oil can decrease the risk of coronary heart disease.

New studies have shown that oleic acid, which is the main monounsaturated fatty acid in olive oil, can actually cripple a gene that is responsible for 25 percent to 30 percent of breast cancers today. Javier Menendez, one of the study’s authors, says that the Mediterranean diet, laced with olive oil, may help protect against cancer and heart disease.

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## Attend A Poverty Forum

AACS employees are invited to attend a “Waging a Living” forum at 6 p.m. August 28 in the Annex Building of Settle Memorial Church in Owensboro to discuss ways to improve the social and economic stability of working families. After viewing a 26-minute documentary, scheduled to air on PBS, attendees will form small groups to discuss ways the community can tackle the problems of low wages. AACS employees can share with the group their clients’ struggles as well as steps they are taking to increase self sufficiency. Other agencies, local public officials and low-income families are also invited. The forum is sponsored by the Coalition for the Poor and other local agencies, including Audubon Area Community Services.

## MultiTasking Hurts Learning

Multitasking may make you more productive, but it also makes it harder for your brain to learn, according to a new study. Researchers found people had a harder time learning new things when their brains were distracted by something else, like talking or listening to music.

“When distractions force you to pay less attention to what you are doing, you don’t learn as well as if you had paid full attention,” says researcher Russell Poldrack, PhD, and UCLA associate professor of psychology, in a news release. “Even if you learn while multitasking, that learning is less flexible and more specialized so you cannot retrieve the information as easily.”

Poldrack says distractions appear to affect the brain’s learning processes, and tasks that require more attention — like learning calculus or reading Shakespeare — are particularly hampered.

### Multitasking Disrupts Learning

In the study, published in the *Proceedings of the National Academy of Sciences*, researchers used functional magnetic resonance imaging (fMRI) to examine brain function and activity while adults (average age, 26) learned a new task. The 14 participants were asked to make predictions after seeing a series of clues about cards with various shapes. With one set of cards, they learned the classification task without any distractions. In the second set, they learned while listening and keeping track of a series of high and low beeps.

The results showed that multitasking didn’t reduce the accuracy of the predictions immediately, but it did hurt participants’ ability to recall knowledge about the task later.

Researchers found that when participants were asked questions about the cards at a follow-up session, they did much better on the task they learned without any distractions.

When asked about the task they learned with the distraction, they couldn’t extrapolate, or their knowledge was less flexible about the task.

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## United Way Campaign

Audubon Area Community Services kicks off its United Way campaign this month and has set a goal of \$19,500, up 30 percent from last year. All employees will receive a day off with pay if they donate at least \$3.50 per pay period. You may also check with your program directors for additional incentives. To be eligible for any incentives you must have your donation card turned in by August 31st.

If we reach this goal, all donors names will be placed in a drawing for some very nice prizes, which will be announced soon. There will be a kickoff lunch at Central Office August 4 from 11:30 a.m. to 1:30 p.m. Let’s get into the United Way spirit and make this campaign the best we’ve ever had!



# TECH

## Play Music on your Car Stereo

Your digital audio / portable MP3 player can hold dozens, hundreds, or thousands of songs, but your car CD player can only play about a dozen songs, or if it has MP3-CD support, only a few dozen. Why not hook up your digital audio player to your car stereo so you can listen to your tunes wherever you are?

There are two main ways to do this:

- 1) If your car stereo has a digital line-in jack, merely buying a male-to-male digital-mini stereo connector should do the trick. If you're not sure which adapter to buy, talk to your local electronics store.
- 2) If your car stereo doesn't have such an option (many lack this feature), don't fret! You can purchase a device called a Wireless FM Transmitter that lets you play your songs over your car's radio! All you have to do is attach the Wireless FM Transmitter to your music player's headphone jack, set the device to use a radio station that normally has a weak signal, and then tune your radio to such a station. Voila! Your digital audio player's tunes are now coming out of your car stereo!

Granted, option #2 results in song quality that may not match what you'd hear from a CD, but a good Wireless FM Transmitter can provide song quality to at least match that of stereo FM radio stations.

One such Wireless FM Transmitter is the iRock. You can find more information at <http://www.irock.com> or your local electronics store may have it. Mine works well because my local radio stations using the frequencies the iRock supports put out a very low wattage, letting me hear my tunes in relative clarity. Your results may vary.

American consumers have no problem with carcinogens, but they will not purchase any product, including floor wax, that has fat in it. — Dave Berry

## The Curious Journal

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 Your stories, comments, and ideas are invited.

# TIPS

## High Tech "Fridge"



According to the Berkeley engineering newsletter *Lab Notes*, someday your refrigerator may be able to sniff itself and then change the color of a carton of milk inside to warn you that the contents have gone bad. UC Berkeley graduate student Josephine Chang is working on a prototype of this "electronic nose," according to David Pescovitz in the article titled "Electronic nose that knows."

Chang says that the electronic noses are prohibitively expensive right now, but that if costs can be lowered significantly we might someday find them inside toasters, food packaging and medicine cabinets. Chang works in a research group headed by Vivek Subramanian, and the group is experimenting in the field of "organic electronics."

The electronic nose research recently won an award showcasing research and discoveries with the potential to be commercialized within five years.

## Protect Your Data!

If you've ever lost data due to a crashed computer, you're probably backing up your hard drive by now. But if you're like the many others who still think it'll never happen, now may be the time to consider it. Audubon Area Community Services backs up its servers each night, so if you store your data on it, it will be safe. You can also save data on floppy disks, CDs and USB flash drives. These are the three most popular, although floppies are being phased out on newer computers.



## More Birthdays!

- Donnie Benson ..... August 24th
- Billie Payne ..... August 24th
- Celena Hagan ..... August 24th
- Sherry Benson ..... August 25th
- Deborah Carter ..... August 25th
- Vikki Embry ..... August 25th
- Janice Hadley ..... August 26th
- Edwina Pharis ..... August 26th
- Beverly Hamilton ..... August 27th
- James Brown ..... August 28th
- Jan Jones ..... August 28th
- Traci Mansfield ..... August 28th
- Wendy Dunham ..... August 29th
- Jonie Jewell ..... August 30th
- Sheila Tucker ..... August 30th
- Janice Hubbard ..... August 30th
- Connie Leckman ..... August 31st
- Kim Sampson ..... August 31st