

Audubon Area Community Services, Incorporated
The Curious Journal

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



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www.audubon-area.com

AACS IntraNet:
www.audubon-area.org



Employee Health Fair

It's not often that employees at Audubon Area Community Services get the opportunity to come together under one roof. With 500 plus employees spread across the state, it's difficult to find a convenient time and place for everyone to meet. But on October 20, they did just that at the employee Health Fair in Owensboro.

Chatter filled the Executive Inn's Expo Center as hundreds of employees filed past vendor booths and scooped up information on living a healthy lifestyle and, of course, goodies.

Employees could get their cholesterol and blood pressure checked, get a flu shot and even get a five-minute massage, which, by the way, was incredibly relaxing. There were vendors from shoe stores, chiropractic centers, law enforcement and more. And employees had the chance to hear speakers discuss healthy marriages, stress, cultural diversity, medical expenses, budgeting and healthy eating



Heather Goatee, employee with Audubon Area's Child Care Assistance Program, has her blood pressure and cholesterol checked at the same time.

habits – topics that impact all our lives.

"We're very pleased with the turnout we had and hope all our employees obtained information that will help them make healthy choices in their daily lives," said Becky Stinnett, personnel director at AACs. "It's well worth the effort if we have helped even just one employee."

Audubon Area Community Services would especially like to thank the sponsors – Trover Foun

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Weatherization Honored

Audubon Area Community Services' Weatherization Program received a Program of Distinction Award and \$22,500 in October for exceeding its goals last season and keeping costs down.

AACS weatherized 102 homes at an average cost of \$12,787, well below the state average of \$3,744. AACs had hoped to weatherize 96 homes.

The Weatherization Program is available for low-income families in the seven-county Green River area, consisting of Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties. To be eligible, a family's income must fall at or below 150 percent of the federal poverty level. For a family of four, that would be \$30,000.

Trained technicians conduct energy audits to determine air leakage and check heating units to ensure they are in proper working order. They then draw up a work plan based

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2006 Holiday Observances



Veterans Day

November 10th

Thanksgiving Holidays

November 23rd & November 24th

Christmas Holidays

December 25th & December 26th

New Years Holidays

December 29th & January 1st

Look on Pages 4-6 for Festive Holiday Recipes and Employee Holiday Memories. Don't forget that we will be doing a Christmas edition also so submit your Christmas Recipes and Memories to:

alawson@audubon-area.com or mail them to PO Box 20004, Owensboro, KY 42304-0004.



**Have a Safe and
Happy Thanksgiving!**



Senior Celebration

Seniors didn't have to go far to learn about the many services available to them in the Green River area. They found plenty information at the Senior Day Out Celebration October 11 at Towne Square Mall in Owensboro. Nearly 50 vendors, including Audubon Area Community Services, handed out information on a range of services, from home health care and diabetic footwear to Social Security and long-term health insurance.



Senior Service Corps employee Betty Williams distributes information on Audubon Area Community Services' programs at the Senior Celebration October 11.

“This is a great way to get information,” said Matthew Johnson, 64. “I'm concerned about a lot of scams.” He stopped by the Attorney General's booth to learn tips on preventing scams. The Owensboro resident said he was almost taken by a scam artist who claimed he owed money on a magazine subscription. But a call to the Better Business Bureau solved the matter.

“We're really susceptible to that,” he said.

About 300 seniors had passed by the AACS Senior Service Corps booth before noon, said Betty Williams, support services manager for that program. They scooped up prizes there and at the agency's Weatherization Program booth and Child Care Resource and Referral booth. More than 500 strolled through the crowd before the event ended.

Audubon Area Community Services has many programs to help seniors stay healthy, active and safe. It offers three volunteer opportunities – Foster Grandparent Program, Retired and Senior Volunteer Program and the Senior Companion Program – a Weatherization Program to help lower energy costs, low-income housing, energy assistance, a senior employment program plus much more. In addition, AACS administers Head Start in 16 western Kentucky counties, the Child Care Assistance Program in 34 counties and several counseling programs.

If you would like to learn more about Audubon Area Community Services, visit the agency's web site at www.audubon-area.com or call (270) 686-1652.

Did you know?

AACS' Core Purpose is:

To foster hope in individuals, family, and community. To nurture – preserve, protect, promote – individual dignity.

With Deepest Sympathy

It is with deepest sympathy that the staff at Audubon Area Community Services extends a supporting hand to the agency's Executive Director, Ronald Logsdon, whose mother passed away October 12th. She was 83.

Dorothy Lee Havener Logsdon was born on August 3, 1923 in Owensboro. She had lived in Philpot for many years before moving to Florissant, Missouri, to be near one of her daughters who cared for her during the last years of her life.

In a tribute Logsdon wrote of his mother, he said: “One of the things that I most loved about my mother was that she was a ‘real’ person. She believed in and practiced plain talk. she was genuine to the core! In some respects, she was just a ‘raw-bone’ country girl – with the fortitude of a lion and the gentility of a lamb. Her values and her character were solid as a granite rock. She was always dependable and yet she was always gentle, compassionate and forgiving of others.”

Survivors include her husband of 64 years, Mallory Logsdon, 88; her daughters, Yvonne Gayle Logsdon Stone and her husband, Dan, of Florissant, and Rosemary Logsdon Smith and her husband, Kelly, of Sanford, Michigan; her sons, Ron Logsdon of Owensboro, Mallory Wayne Logsdon and his wife, Emma, of Reynolds Station, and Randy Allen Logsdon of Florissant; six grandsons and four granddaughters; 19 great-grandchildren; her half brother, Robert Nelson Havener of Hawesville; and her half sister, Mildred Lou Havener Voyles of Hartford. Her parents, Adaline Rosa Lee Bartlett and William Robert Sylvester Havener, preceded her in death.

Entombment was at Owensboro Memorial Gardens.

GRITS Driver Saves Sister

When Joe Burns receives CPR and first aid training, he hopes he never has to use it. But on a recent Friday evening, he was glad he had the knowledge. He and several family members, including his 80-year-old sister, were eating at an Owensboro restaurant when a piece of meat became lodged in his sister's throat. Without thinking, he performed the heimlich maneuver and saved his sister's life. “I thanked God I was there and had the training,” Burns said. All 50 of the GRITS drivers receive the training and recertified every two or three years as needed.



Ken Burns

“It made me feel good that I knew what to do,” Burns said. “But I hope I never have to use it again.”

Head Start Employees Receive Credentialing

Thirty-seven Head Start family advocates and one Head Start local area manager recently received a Family Service Credential after completing nearly a year of intense training.

The Portage Project's Family Service Credential is a comprehensive competency and credit-based training experience designed to support direct family service staff in their work with children and families. The training incorporates the Head Start performance standards as well as the federal competency goals and indicators for Head Start staff working with families. The content also incorporates the Portage Project's core values – Strength Based, Ecological, Family Centered, Relationship Based and Reflective.

Strength Based – Focuses on the strengths of children, families and staff to build relationships and guide intervention.

Ecological – Considers the larger environment context in which children, families, staff and programs exist as we carry out our work.

Family Centered – Families guide the work we do and are the primary decision makers.

Relationship Based – All learning occurs within the context of relationships. The path through our most effective work is through relationships, and these relationships support us personally and professionally.

Reflective – Taking time to think about individually and collectively about our work with families and each other enhances the quality of what we do, how we feel, and influences our interactions.

The family advocates who received the credential are: Laura Baker, Shawna Thomas, Patricia Settle, Teresa Robertson, Patricia Chism, Erma Blue, Kris Ferguson, Kristy Baggarley, Linda Knott, Martha Ratterman, Sharon Holley, Sandie Hermann, Wanda Gregory, Jackie Renfrow, Evie Canon, Bonnie Woolridge, Joyce Lester, Peggy Rates,

Teudis Perez, Shelly Austin, Amanda Dennis, Helen Stevenson, Gladys Williams (local area manager), Pamela Baker, Jean True, Beverly Thomas, Rayna Midkiff, Sandra Fulks, Jayna Tabor, Evalena Woodall, Debra Ursrey, Kimberly Watkins, Billie Payne, Judy Randolph, Beverly Manning, Angela Garner, Tonya Bumpas, and Evelyn Gentry.

Becky Ervin, a local area manager, received a certificate for auditing the training.

The training was conducted by Audubon Area Community Services Head Start staff who became certified after attending

a two-week training workshop in Portage, Wisconsin, in September 2004 and January 2005. The training was provided by the Cooperative Educational Service Agency. These trainers are: Sarah Lewis, team manager; Teresa Justice, social services specialist; Betty McFarland, family development specialist; and Mary Lester, orientation specialist.



Head Start employees from the Green River area pose after completing training for their Family Service Credential.



Head Start employees from the Pennyriple area display certificates they received for completing training for their Family Service Credential.

Head Start Receives Grants From Regional Office

Audubon Area Community Services Head Start received a \$90,000 regional technology grant from the Department of Health and Human Services to dispense among eight southern states. AACS will work with lead agencies in each of the states to develop activities that will enhance technical expertise.

The agencies hope to develop a system that will track current technological status and progress towards improving electronic communication and the transfer of information. They also want to increase the utilization of technology and to be able to obtain and analyze data in real time.

Funding will be awarded to agencies based on demonstrated need as approved by the Atlanta regional office.

AACS Head Start also received a \$97,000 professional development grant from the Cabinet to fund a variety of

initiatives, such as combatting obesity and working with students whose primary language is not English. AACS will disseminate this funding among Head Starts in Kentucky.

Created in 1965, Head Start is the most successful, longest-running national school readiness program in the country, providing extensive education, health, nutrition and parental services to low-income children and their families.

AACS administers Head Start in 16 counties in the Green River and Pennyriple regions, serving approximately 2,500 children annually. The National Head Start Association has presented AACS Head Start with the Program of Excellence Award three times, one of only about 25 in the nation to have received the award that many times.

For more information or to enroll your child in Head Start, call (800) 494-2247 or (270) 686-1649.

What are you Thankful



My favorite Thanksgiving Tradition is when the family would get together for the dinner and end up playing tag football. I have 30 cousins and a dozen Aunts and Uncles. Those days ended a couple of years ago. It is a memory that I always have.

—Cheryl Gatton

I am thankful for babies, children, elderly and folks with developmental disabilities. These are the contacts in my life that keep me grounded. They share with the world and people who are willing to look and listen, just what is important in life. We get so involved in saying and doing what others expect of us in our daily world that interacting with special people can be just what I need. My volunteer efforts usually yield far greater benefits than I give to them.

—Sherry Benson

This time of year is such a wonderful time to spend with family and I am so thankful that I have another year to spend with my mother who has been battling breast cancer for awhile now. Her health has really ran down fast, but she is still fighting!! She just turned 56. So I am thankful that my children are healthy and that we get to spend another year with my mother.

—Debra Minton

On November 17, 2004 my Cousin lost his 6 year old little girl and my Aunt lost her 18 year old son in a house fire. What I am most grateful for is to have my husband and 6 year old daughter still with me. Family is the most important part of living and you never know when that might be taken away. Needless to say that Thanksgiving of 2004 was a very sad holiday for our family. Everyday, not just Thanksgiving, I am thankful for my family.

—Tammy Rzepka

I have so many things to be thankful for. I am especially thankful for my salvation, my family, my church, my job and my co-workers. I am thankful that I still have my Dad and Mom to share Thanksgiving with.

—Linda Sexton

I am thankful for my wonderful new family!!!

—Angie Ditch

I am thankful for family and the fact my husband got hearing aids after needing them for 10 years and we (the family) no longer have to yell to be heard.

—Lou Brown



I am Thankful for my God, Family, Friends, My Health and most of all my job.

—Tina Duncan

I am thankful this year for the wonderful blessing that my family received in our son. God blessed us by allowing us to bring into our home a wonderful little boy through adoption. Clayton has blessed our home with smiles, laughter and an occasional tear, but through it all the joy that he brings is truly something to be thankful for. I am also very thankful to the wonderful Pineda-Garcia family in Guatemala that cared for him for the first 5 months of his small life. And finally I am ever so thankful for the woman who made this wonderful choice for her son, she will forever be in our heart.

—Amanda Lawson

I'm thankful for my grandchildren, Caiden is almost 4 months old, and his big sister Alixandra is 7 years old. They make life worth living. Being a grandparent is the most wonderful experience for me, so much easier than parenting.

—Bonnie Woolridge

I am thankful for my freedom in the good U.S.A. and for my family and friends. The job I have with Aubudon Area Head program. I love my Children I work with everyday that I come to the school It makes me feel I am younger that I am. I am Thankful for the community that I live in. Happy Thanksgiving to all.

—Mary Joselyn

I am thankful not only at Thanksgiving but all year round for the wonderful blessings that I have in my life. My family, my friends, colleagues from work, and the volunteers for the many blessings of love they show me, the wonderful memories that they give me, and the joy that they bring to me.

—Marie Harding

Although she has been gone for 26 years, I am so very thankful for all of the Thanksgivings that I had with my Grandmother. The family gatherings that we had at her home were always filled with such love. My memories of those times never dim.

—Sandie Hermann

I am thankful to live in a “free” country that practices democracy. At this time of year we may be advocating for Democratic or Republican issues but regardless of our political beliefs we need to remember that we are a blessed country and be thankful for what we have. There are many countries that have so little compared to the United States.

I also am thankful for my family and my soon to be new additions to my family through adoption, Nijha and Carlie. May God Bless you and your family this Thanksgiving!

—Vikki Embry

I am Thankful for so many things but to just name a few I am so happy that I have been blessed with my kids, family, our new home, my job, my families health & mine, and of course I know none of this would be possible without God.

—Ashley S. Lamb

For this Year?

I am so thankful for our free country and for the service men and women who are serving in harms way to keep it free. My nephew is serving and has been over in Katar for a year. He will be home for Thanksgiving!!

—Betty Williams

My husband had a Liver Transplant on Nov.15, 2005 and also he had an operation on his neck the May 2006. **GOD has been so good** . He is doing great, if will be a year in November. We have so much to be Thankful for.

—Theresa Qualls

I am thankful for my wonderful daughter Ally, my family, my friends, and my health. I am also thankful that my brother Mike, who is in the army, will be coming home from Iraq for the holidays this year. This is his second time being in Iraq and I am thankful he has been safe and will return home soon.

—Kim Sampson

I am thankful for my close friends in the CSBG program during the passing of my mother. Family and friends are what matters most in my life.

—Crystal Childress

We are thankful for the best supervisor ever!

Cindy Ferrell, Director of the Senior Service Corps – 3 different programs- Senior Companion Program, Foster Grandparent Program and the Retired & Senior Volunteer Program with over 700 volunteers serving seven counties. Cindy strives to make our jobs more meaningful, challenging and contributory to the betterment of the communities we serve. She makes certain that each of us has a clear understanding of our responsibilities and always supports us whatever the situation. She promotes harmony and teamwork. She shows a sincere interest in the service we provide and the staff she supervises. She motivates us, rewards us, and brings out the best in each of us. She has been a great role model and an inspiration to all. We love her and we are thankful that she has been a part of our lives.

—Betty Williams, Cathy Campbell, Audra Stewart, Beth Russelburg, Marie Harding, Sondra Mattingly

More of the Special Thanksgiving section on the next page



Yummy Thanksgiving Recipes

Pumpkin Bread

INGREDIENTS

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

Lil' Parmesan Smokies

INGREDIENTS

- 1 package of Lil' Smokies
- 1 can of refrigerated crescent rolls
- 1/2 stick of butter softened
- 1/2 cup of Parmesan Cheese

DIRECTIONS

Preheat the oven to the temperature desired on the can of crescent rolls. Spray a large cookie sheet or pizza pan with cooking spray and set aside.

Open the can of crescent rolls and cut each triangle into 3-4 smaller triangles. Have softened butter and Parmesan Cheese in separate bowls, ready for dipping.

Take a smokie and place it in one of the small triangle pieces of crescent roll and wrap it until the smokie is completely covered. Pinch the crescent so there are no open spots.

Take each smokie and spread a small amount of butter on the entire piece and then roll in the parmesan cheese. Then place the smokie wrap on the pan.

Once all the smokies are wrapped place pan in the oven and bake for the time stated on the Crescent roll package.

Serve as soon as they come out of the oven.



Don't forget AACS will be closed for Thanksgiving Holiday's on Thursday November 23rd and Friday November 24th.

More Thanksgiving Fun!

I am very thankful for my son. When I was 20 I was told that it would be very difficult for me to become pregnant. In May of last year I had an ectopic pregnancy which I had to have surgery to correct. That experience, unfortunately confirmed my worst fears of never being able to be a mother. A year ago, this week in fact, I discovered that I had again become pregnant. Because of my past problems I called my doctor immediately. I had an ultrasound the next day, and they couldn't see what they needed to see. I had to wait. That was the longest week for me, but in the end everything was exactly the way it was supposed to be, and on June 20th I had a perfect baby boy!

—Adrienne White

I am thankful for such a caring and personal supervisor to work for. it enables me to be successful at my job

—Virginia Erxleben

Pecan Praline Bars

INGREDIENTS:

35 graham crackers
1 cup packed brown sugar
1 cup butter
1/4 teaspoon cream of tartar
1 cup chopped pecans

DIRECTIONS:

Place crackers on ungreased 10 x 15 sheet cake pan, covering bottom. Bring sugar, margarine and cream of tartar to a boil. Add nuts. Pour mixture over the top of the crackers. Preheat oven to 325 degrees F (170 degrees C). Bake for 10 minutes. Cool for a few minutes, and remove from pan while still warm.

December Holiday Section



If you enjoyed the Thanksgiving section wait until December. We need your Favorite Holiday traditions/memories and your best Holiday recipe for the December Holiday edition of the Curious Journal. Send your information to alawson@audubon-area.com or mail them to 1800 West 4th St,

Owensboro, KY 42303

Deepest Sympathy

Dorothy Lee Havener Logsdon, mother of Executive Director Ronald Logsdon, passed away on October 12th, 2006.

Survivors include her husband of 64 years, Mallory Logsdon; 2 daughters, and 3 sons, six grandsons and 4 granddaughters; 19 great-grandchildren; a half-brother and a half-sister.

The Logsdon family is in the thoughts and prayers of everyone at Audubon.



Halloween Adventures at Lincolnshire

The annual Lincolnshire Apartments Halloween party was held on October 28th from 3:00 until 4:30 p.m at the Lincolnshire Apartments. The Jr. Beta Club from Burns Middle School has "adopted" Lincolnshire properties for Halloween providing bags of treats for the children, face painting, relay races, musical chairs, a fish pond, and much more. The club has adopted the properties for Easter, also. Ms. Nancy Whitmer is the Sponsor for the Jr. Beta Club, and she works in the Youth Services Center at BMS, she helped to coordinate this project. There were around 20 to 25 club members involved with at least 5 parents helping.

The children had a wonderful time and were given fruit drinks and chips at the end of the event.



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

Happy Birthday!

Stacy Fuqua	November 2nd
Lora Kladis	November 2nd
Sondra Mattingly	November 2nd
Tina Cook	November 3rd
Ashley Lamb	November 4th
Kristy Baggerly	November 4th
Nancy Young	November 4th
Angelia Williams	November 4th
Michelle Cotton	November 5th
Tammy Cumens	November 6th
Siddie Combs	November 6th
Kay Rutledge	November 6th
Jamie Millay	November 7th
Abeer Batch	November 7th
Jessica Brim	November 7th
Beth Russelberg	November 8th
Michelle Sandefur	November 8th
Nora Powers	November 10th
Sharon West	November 10th
Donald Oliver	November 11th
Evelene Waggoner	November 11th
Michelle Smith	November 11th
Mary Jo Thompson	November 11th
Lori Girvin	November 12th
Angela Goodaker	November 13th
Donna Jackson	November 13th
Billy Jones	November 14th
Mary Pool	November 14th
Tamara Williams	November 14th
Chiquita Pearce	November 15th
Cynthia Drake	November 15th
Caratha Buckner	November 16th
Casey Mills	November 16th
Carlton Day	November 16th
Kristen Ash	November 17th
Wanda Gregory	November 18th
Leslie Cox	November 19th
Barbara Renfrow	November 20th
Cynthia Short	November 20th
Ashley Babb	November 21st
Elaine Rafferty	November 22nd
Alice Pruitt	November 22nd
Natalie Guinn	November 22nd
Deanna Davidson	November 23rd
Cheyrl Gatton	November 23rd
Carol Dismang	November 24th
Pamela Keller-Shelton	November 24th
Cathy Lamar	November 24th
Jackie Gilbert	November 27th
Audra Stewart	November 27th
Kelly Hooks	November 27th

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Happy Anniversary! 

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

35th	Ronald Logsdon	November 30th
19th	Michelle Smith	November 16th
11th	Zenda Acton-Wimsatt ..	November 27th
11th	Larry Johnson	November 29th
9th	Donna Whitaker	November 14th
9th	Susan Hatton	November 18th
7th	Heather Goatee	November 1st
7th	Thomas Hagan	November 22nd
7th	Judith Whitney	November 22nd
6th	Angela Mayes	November 6th
6th	Mary Brown	November 7th
6th	Vicki Embry	November 13th
3rd	Amy Gaines	November 10th
3rd	Lila Martin	November 10th
3rd	Cheryl Calloway	November 17th
3rd	Tamara Williams	November 24th
2nd	Carol Dunn	November 2nd
2nd	Barbara Oglesby	November 2nd
2nd	Tina Sapp	November 2nd
2nd	Pamela Wood	November 2nd
2nd	Carol Wilson	November 10th
2nd	Amy Boswell	November 12th
2nd	Diane Reader	November 15th
2nd	Jeanine Soble	November 15th
2nd	Shannon Alsman	November 19th
2nd	Carroll Dean	November 27th
2nd	Melissa Drake	November 29th
2nd	Kimberly Payne	November 29th
2nd	Linda Snyder	November 30th

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New Hires

AACS, Inc. introduces the following new staff:

Iris Torres	Head Start	October 6th
Sarah Frasier	Head Start	October 6th
Kasey Carlton	Head Start	October 9th
Amber Asdell	Head Start	October 11th
Ashley Babb	Head Start	October 11th
Teresa Carner	Head Start	October 11th
Stephanie Dickerson	Head Start	October 11th
Angela Goodaker	Head Start	October 11th
Latoya Griffie	Head Start	October 11th
Lydia Haskins	Head Start	October 11th
Stacy Kassinger	Head Start	October 11th
Catherine Railey	Head Start	October 11th
Katherine Allen	Head Start	October 14th
Cynthia Bradley	Head Start	October 14th
Amanda Clark	Head Start	October 14th

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Audubon Cares For Your Health

Keeping Thanksgiving Leftovers Safe

After the meal is complete and you have cleaned your plate, you need to remember several important rules to make sure that table full of lukewarm, breathed-on food is safe to eat later.

An easy way to remember the rules of what is good to keep and what is not is to use the “2-2-4” formula. This means:

- 2 hours.** Store all leftovers in the refrigerator or freeze no more than two hours after cooking. If food has been out more than two hours, toss it.
- 2 inches.** Use shallow containers, about two inches deep, to store food. This will allow it to cool quickly and evenly, foiling pesky bacteria.
- 4 days.** Eat leftovers within four days. Holiday food kept longer than that should be thrown out. Freeze anything that is not going to be used within four days.

Other Important Tips:

It also is important to keep the fridge at 34 to 40 degrees at all times. Don't forget, while preparing the feast, you probably opened it a lot. The setting may need to be lowered a little at least temporarily.

Remember to wash your hands often during the preparation of your Thanksgiving feast, so that no bacteria are transferred from you to the food. It is also very important not to prepare raw meat on a porous surface, such as a wooden cutting board. This can cause these items to soak up contaminated juices and transfer these juices to other foods.

Be Safe and have a Healthy Happy Holiday.

—Source: Webmd.com

Weatherization—Continued from Page 1

on the needs of each residence and caulk, weatherstrip, install window kits, insulate and repair or replace the heating unit if needed, all at no cost to the homeowner.

“We're very proud of the work that our employees have done to make sure that Kentucky families in our service area stay warm during the winter months,” said Sheila Boling, director of Housing Services at AACS.

In a recent survey of homeowners whose homes were weatherized in 2004, 88 percent said their homes were warmer, and 97 percent said they would recommend the program to others.

For more information on AACS' Weatherization Program, call (270) 686-1670 or your local Audubon Area Community Services office.

Holiday Survival Guide

'Tis the season to be jolly? Not necessarily. For many people the holiday season, which kicks off with Thanksgiving and spans through New Year's, is anything but blissful, reports Webmd.com writer, Denise Mann.

“Holiday blues are a pretty common problem despite the fact that as a society, we see the holidays as a joyous time,” says Rakesh Jain, MD, director of psychiatric drug research at the R/D Clinical Research Center in Lake Jackson, Texas. “Many people feel depressed, which can be due to the increased stress that comes with the need to shop and the decreased time to exercise which gets put on the back burner during the holidays.”

While people with clinical depression should seek professional help, those with a touch of the holiday blues can try these strategies recommended by experts to assure a jolly Christmas and a happy new year.

Visit Ghosts of Holidays Past. Look for what in the past has been a repeat source of trouble and find ways to avoid it. If you plan, it's very likely that you won't be singing the blues this holiday season.

Sending a Holiday Card — to Yourself. Writing about your holiday blues can actually change them, says Darlene Mininni, PhD, MPH, author of *The Emotional Toolkit*. She suggests writing for 15 minutes a day for three or four days in a row and answering such questions as “Why does this upset me so much?” Or “What would I like to see happen?”

Laying off the Eggnog. Alcohol and holidays often go hand in hand; imbibing may seem especially tempting at the annual office holiday party. But don't give into temptation if you are in a negative state of mind

Unwrapping Your Heart. “Gift giving can cause stress and unhappiness on so many levels, such as if a person doesn't have the money or time,” Mininni says. “Do something better than buying a gift — give a gift certificate to spend time with you when the holidays are over. Or if it's someone you care for, write them a letter telling them why they are so wonderful.”

—Adapted from www.webmd.com

Health Fair—Continued from Page 1

dation, Anthem, Phil Brown Insurance and National City Bank — without whose help this health fair would not have been possible.

AACS is one of 23 community action agencies in Kentucky, serving primarily 34 western Kentucky counties in the Green River, Barren River, Purchase and Pennyrite regions. It offers a variety of services that help to lift low-income Kentuckians from poverty and help them to reach their goal.



TECH TIPS

Watch out-Here Come Splogs



Now that practically everyone knows what a blog is—here come splogs. Only splogs are a little more ominous and annoying. Splogs are spam blogs that use technology to dredge the Web for possible search terms. According to “Spam + Blogs = Trouble,” by Charles C. Mann in *Wired* magazine, the software used by sploggers goes out on reconnaissance missions and brings back potential Web users’ search terms by copying text.

Sploggers then set up Web pages with pay-by-the-click ads that they have sold. When someone clicks on the ads, the sploggers get paid.

Mann cites a study by Tim Finin, a researcher at University of Maryland–Baltimore, that found that 56 percent of English language blogs are spam. Finin says that even though the blogosphere is growing fast, the splogosphere is growing faster.

Google considers splogs a serious problem that has to be battled. Google and other search engines want no part in helping sploggers abuse the pay-per click ads. As a matter of fact, the pay-per-click revenue is a huge part of the economy now. That’s because if you rate high on a major search engine’s results, millions of people will likely go to that site—and a certain percentage will click on ads. And that means that sploggers stand to make a lot of money from their schemes.

So how are the sploggers getting listed in the first two pages of the search engines? It goes something like this, according to Mann. Search engines use the number of other sites that link to a page in order to rank the site in question. Blogs often are nothing more than a collection of links that are peppered with commentary. What blog spammers are doing is creating bogus networks of links—known as link farms—that get them ranked high on the search engine’s system. The spammers’ sites can then land a coveted spot on one of the big search engine’s first two pages—and voila—they attract many visitors to their sites and start taking in the cashola.

The end result of course is that con artists are clogging up the blog world with useless splogs—and search engines are left with the difficult task of cleaning up if they want to keep users and advertisers.

More Anniversaries....

- 1st Susan Hines November 1st
- 1st Tasha Johnson November 1st
- 1st Cameron Ikeard November 7th
- 1st Michale Murphy November 9th
- 1st Amy Shelton November 12th
- 1st Wendy Dunham November 14th
- 1st Ashley Hamblen Novemer 21st
- 1st Dekika Catlett November 22nd
- 1st Angela Himes November 28th
- 1st Steven Davis November 29th
- 1st Ann Poindexter November 30th
- 1st Talishia White November 30th
- 1st Anissa Wilson November 30th

More New Hires

- Candy Embry Head Start October 14th
- Heather Farmer Head Start October 14th
- Lorri Hatfield Head Start October 14th
- Krystal Lester Head Start October 14th
- Sandra Mohon Head Start October 14th
- Amrapali Tailor Head Start October 14th
- Jackie Gilbert Title V October 16th
- Mary Gilbert CCAP October 16th
- Violeta Greenfield Head Start October 16th
- Vicki Guill Head Start October 16th
- Mary Howell GRITS October 16th
- Carol Kinkade Head Start October 16th
- Carlton Day Head Start October 19th
- Deana Hall Head Start October 23rd
- Thomas Jackson Head Start October 23rd

The Curious Journal

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 Your stories, comments, and ideas are invited.

More Birthdays!



- Connie Church November 28th
- Linda Markham November 28th
- Lucas Vilorio November 28th
- Carol Riley November 29th
- Stacie Redd November 30th
- Nicole Towery November 30th

Have a Happy Birthday!!!