

Audubon Area Community Services, Incorporated

The Curious Journal

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www.audubon-area.com

AACCS IntraNet:
www.audubon-area.org



Attendance Awards Given

Head Start Policy Council members all agreed that it is important to attend meetings. It gives members an opportunity to have a voice in policy that governs Head Start, and it gives them a chance to meet new people.

“You make decisions that change the world,” said Katherine Meade, chairperson-elect. Meade was one of six people to receive an award for her perfect attendance during the last fiscal year, which ended September 30.

Audubon Area Community Services Head Start has been giving awards for perfect attendance for about 10 years. Very few have the perfect records that outgoing chairperson Sheila Tucker and Wesley Nugent have. They both have served on the council for three years and never missed a meeting.

“I feel like I’ve really grown and really learned a lot,” Tucker said. She, Nugent, John Cysewski and Patricia Hawkins are revolving off the council after serving three years.

Head Start regulations require the formation of policy councils to give parents and community representatives the opportunity to share in the decision-making process. Members gain an understanding of Head Start and receive training on becoming effective participants.

“We appreciate the dedication that our policy council members have shown,” said Aubrey Nehring, Head Start director. “Without their presence, the council would not be able to conduct its business.”

In addition to the perfect attendance awards, four members received awards for outstanding attendance for missing only one meeting.

See Page 2 for a complete list of all Policy Council members who received an award.



Policy Council members display the awards they received during the September meeting.

Changes in Regulations

Registered child care providers in Kentucky will soon see changes in the policy that regulates their eligibility to participate in the Child Care Assistance Program. Beginning November 1, providers may not care for more than three unrelated children, even if the children are kept during different hours or days. They must also renew their registration every year.

If a registered provider fails to meet these requirements, the parent is responsible for paying the provider.

The Child Care Assistance Program provides financial assistance to low-income families to help them cover costs of child care while they work or attend school. The program covers costs for children up to age 13 or up to 19 if the child has special needs.

To be eligible, family incomes must not exceed 150 percent of the federal poverty limit at the time of enrollment and then must not exceed 165 percent of the poverty limit during enrollment.

In addition to the changes in number of children allowed and registration renewal, providers also must abide by the following:

- Obtain three hours of approved and documented training every year.
- Not be allowed to provide other home based services, such as family care home, personal care home, adult day care or supports for community living.
- Complete a Child Abuse or Neglect and Criminal Records Check for all adult household members every year.

For more information, contact Carrie Blackham, director of the CCAP, at (270) 686-1600.

Council Awards – Continued from Page 1

These members received awards during the Policy Council meeting on September 19th.

John Cysewski

- 2003-06 – Three years of service
- 2003-04 – Outstanding Attendance
- 2004-05 – Policy Council Chair/Perfect Attendance
- 2005-06 – Policy Council Vice-Chair/Perfect Attendance

Kathryn Meade

- 2005-06 – Policy Council Secretary/Perfect Attendance

Sheila Tucker

- 2003-06 – Three years of Service and Perfect Attendance
- 2004-05 – Policy Council Vice-Chair
- 2005-06 – Policy Council Chair

Wesley Nugent

- 2003-06 – Three years of Service and Perfect Attendance
- 2005-06 – Policy Council Parliamentarian

Patricia Hawkins

- 2003-06 – Three years of Service
- 2004-05 – Perfect Attendance
- 2005-06 – Outstanding Attendance

Richard Cundiff Sr.

- 2005-06 – Perfect Attendance

Christa Tindall

- 2005-06 – Perfect Attendance

Debra Ayers

- 2005-06 – Outstanding Attendance

Octavia Martin

- 2005-06 – Outstanding Attendance

LIHEAP Time

The first winter blast will leave many Kentucky residents wondering how they will pay their heating bills. Beginning November 6, they can apply for help through Audubon Area Community Services' Low-Income Home Energy Assistance Program (LIHEAP).

The federal LIHEAP operates on two cycles — the subsidy component and the crisis component. During the subsidy component, expected to last until December 15, the benefit amount a family receives is based on its household income. During the crisis component, which typically begins the first week of January, a family must be within four days of running out of fuel or must have received a disconnect notice.

Monthly Income limits are as follows:

Household Size & Income Limits

- 1 – \$1,062
- 2 – \$1,430
- 3 – \$1,799
- 4 – \$2,167
- 5 – \$2,535
- 6 – \$2,904
- 7 – \$3,272
- 8 – \$3,640

Contact Numbers

- Daviess County – 686-1662
- Hancock County – 927-6500
- Henderson County – 826-6071
- McLean County – 273-3355
- Ohio County – 298-4481
- Union County – 389-3742
- Webster County – 639-5635

STARS Program Mandatory

Kentucky child care centers with 40 or more children who participate in the Child Care Assistance Program have two years to begin participating in the state's STARS Program, an initiative begun by Gov. Paul Patton to enhance the quality of child care. The new mandate became effective October 1st. Licensed centers previously participated on a volunteer basis only.

Through the STARS Program, centers are assigned stars according to a specific set of criteria. For example, one star indicates the center meets all state minimum requirements. A rating of four stars, the highest possible, is given to centers with employee benefits.

Executive Director Awards

It's the dedication of frontline workers that truly allows an organization to excel. In recognition of that fact, Audubon Area Community Services has begun an annual program to honor those employees who make an outstanding effort to promote excellence within the agency.

This year, 11 employees received the Executive Director's Celebrating Excellence Recognition. They received a cash award and a special luncheon with the Executive Director Ron Logsdon, scheduled for November 17.

Employees honored are:

- Virginia Erxleben - Child Care Resource & Referral
- Barbara Feldpausch - Human Resources
- Mary Beth Hurley - Head Start
- Linda Williams - Counseling Services Department
- Carolyn Hamilton - Head Start
- Carolyn Ware - Counseling Services Department
- Pleaz Kirby - GRITS
- Don Purcell - GRITS
- Betty Williams - SSC
- Becky Ervin - Head Start
- Martha Ratterman - Head Start

Employee Health Fair

Audubon Area Community Services is preparing for an Employee Health Fair from 10 a.m. to 3 p.m. on October 20th at the Executive Inn Expo Center in Owensboro.

There will be health screenings, including diabetes and blood pressure, informational booths, door prizes and more. All employees are encouraged to attend.

Flu shots will be available at the Trover Clinic booth for \$18 each. Employees must sign a form to have the amount deducted (pretax) from their November 9th payroll.

Additionally, representatives from the Employee Assistance Program, Phil Brown Insurance Agency, Kentucky Retirement Systems, Kentucky Deferred Compensation, John Worth & Associates, Anthem and AFLAC will be present to answer employees' questions. For information, contact Becky Stinnett, human resource director, at (270) 686-1646.

Check the November edition of *The Curious Journal* to find out how the event went.

Head Start Sites Accredited

The National Association for the Education of Young Children recently accredited all Audubon Area Community Services Head Start/Preschool sites in Hopkins and Lyon counties, leaving only two sites in the entire 16-county service area that have yet to be accredited. AACCS administers 65 sites in the Green River and Pennyriple regions.

The goal of the accreditation process is to improve the professional practice of early childhood educators and to educate communities about the importance of quality child care. Accreditation is voluntary and builds upon a system that ensures quality early learning, including state licensing, the hiring of top-notch staff and ongoing professional development.

“Our primary goal is to provide the best early learning environment for all our students and their families,” said Aubrey Nehring, director of AACCS’ Head Start. “This gives families another tool to use when determining the placement of their children.”

The accreditation process includes three steps. The first involves a self study in which staff and families evaluate the center to determine how well the site meets target criteria. The next step is the validation process in which trained validators visit the center and make recommendations if needed. The third step involves a commission comprised of early childhood professionals making the final decision whether to accredit a site or not.

Lamar Beacon Award Winner

Cathy Lamar was recognized in a ceremony on Tuesday, September 26th during the second annual Beacon Award’s Dinner sponsored by Mike Slonecker and “friends” as a fundraiser for the Lighthouse Recovery Services.



The awards are given in recognition for outstanding contributions toward the substance abuse recovery for greater Owensboro. Lamars specific award was for the collaboration efforts that she has made this past year.

Lamar serves as the secretary for both the Lighthouse Recovery and Community Solutions Boards of Directors. The Counseling Services department gives Community Solution’s executive director office space, utilities, copier use, etc. at no charge to help the agency further its mission.

Lamar has also participated in helping Lighthouse to start development of a policy and procedures manual and other administrative processes. Lastly, she has worked closely with local groups that work hard to enhance the training possibilities that are available for the treatment providers in this area.

Senior Celebrations

Audubon Area Community Services celebrated seniors at two events recently. On National Grandparents Day, September 10th, the children and staff at the RiverValley Behavioral Health Hospital in Owensboro honored volunteers with AACCS’ Foster Grandparent Program.



Foster Grandparents share a light moment on National Grandparents Day.

In addition, about 350 seniors participated in the 12th annual Senior Celebration, also at the Executive Inn. Seniors visited more than 30 booths with representatives from various health and service agencies to learn more about programs available in their areas. Guest speakers talked about living tomorrow today and healthy eating.

The day ended with a humorist and ice cream social.

“We are pleased with the response from the seniors, vendors and everyone else involved with these events,” said Cindy Ferrell, AACCS’ Senior Service Corps director.

AACCS offers three volunteer opportunities through its Senior Service Corps program. Foster Grandparent Program volunteers help children with special needs during school hours. The Retired and Senior Volunteer Program (RSVP) volunteers serve in organizations such as hospitals, homeless shelters, nursing homes and law enforcement agencies. The Senior Companion Program volunteers help frail elderly live in their homes longer.

For more information on any of these programs, contact Ferrell at (270) 683-1527 or toll free (888) 683-1527.

Deepest Sympathy

Ollie V. Cross of Providence, Kentucky passed away on October 4th, 2006. Ms. Cross was a former Bus driver for Green River Intra-county Transportation System.

She is survived by two daughters, one stepson, one stepdaughter, seven grandchildren; and one great-grandchild.

Anna Bell Greenwell Akin, mother in law of Dan Lanham, GRITS Manger, passed away on September 24th, 2006. She was 81 years of age.

She is survived by her husband, Charles Akin; 2 sons and 2 daughters. As well as five grandchildren.

Both of these families are in our thoughts and prayers.

Did you know?

Audubon Area Community Services’ Core Values are:

- Fiscal Accountability & Stewardship
- Individual & Organizational Integrity
- Across-the-Board Pursuit of Excellence



AACS Cares About Your Health

Understanding Breast Cancer

Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. The disease occurs mostly in women, but men can get breast cancer too. The information here refers only to breast cancer in women. A woman's breast is made up of glands that make breast milk (lobules), ducts (small tubes that carry milk from the lobules to the nipple), fatty and connective tissue, blood vessels, and lymph (pronounced **limf**) vessels. Most breast cancers begin in the cells that line the ducts (ductal cancer), some begin in the lobules (lobular cancer), and the rest in other tissues.

Lymph vessels are like veins, except that they carry lymph fluid instead of blood. Lymph is a clear fluid that contains immune system cells and waste products. Most lymph vessels lead to small, bean-shaped collections of tissue called lymph nodes. Most lymph vessels of the breast lead to lymph nodes under the arm. These are called axillary (**ax**-uh-lair-ee) nodes.

If breast cancer cells reach the underarm lymph nodes and continue to grow, they cause the nodes to swell. Once cancer cells have reached these nodes they are more likely to spread to other organs of the body as well.

Main Types of Breast Cancer

Understanding key words as they relate to breast cancer can be a challenge. Here are the most common types of breast cancer:

Carcinoma in situ (in-sigh-to): This term is used for early stage cancer, when it is confined to the place where it started. In breast cancer, it means that the cancer is confined to the ducts or the lobules, depending on where it started. It has not gone into the tissues in the breast nor spread to other organs in the body.

Ductal carcinoma in situ (DCIS): This is the most common type of noninvasive breast cancer. DCIS means that the cancer is confined to the ducts. It has not spread through the walls of the ducts into the tissue of the breast. Nearly all women with cancer at this stage can be cured. The best way to find DCIS early is with a mammogram.

Lobular carcinoma in situ (LCIS): This condition begins in the milk-making glands but does not go through the wall of the lobules. Although not a true cancer, having LCIS increases a woman's risk of getting cancer later. For this reason, it's important that women with LCIS to follow the screening guidelines for breast cancer (see "[How Is Breast Cancer Found](#)").

Invasive (infiltrating) ductal carcinoma (IDC): This is the most common breast cancer. It starts in a milk passage or duct, breaks through the wall of the duct, and invades the tissue of the breast. From there it can spread to other parts of the body. It accounts for about 80% of invasive breast cancers.

Invasive (infiltrating) lobular carcinoma (ILC): This cancer starts in the milk glands or lobules. It can spread to other parts of the body. About 10% of invasive breast cancers are of this type.

For More Information on Breast Cancer visit www.cancer.org or the American Cancer Society

Estimating Cancer Risk

In general, a woman's risk of breast cancer is estimated not only by how many risk factors she has but also by how much these individual factors increase her risk. While there are a few factors that greatly increase breast cancer risk (like a BRCA1 gene mutation), most known breast cancer risk factors have a small or modest effect on risk. Exactly which of these risk factors should be taken into account when estimating a woman's risk of breast cancer is still an active area of study.

Two often used tools for estimating women's risk of breast cancer are the Claus model and the Gail model. The Claus model uses a detailed family history to estimate breast cancer risk, but its use is limited to women who have at least one relative with the disease. The Gail model takes into account a larger number of risk factors to estimate risk and applies to a broader group of women.

To learn more about the gail model visit : www.komen.org. You can also ask your physician about your risks. Some common questions to ask your physician are listed on the right.

Ask your Physician

1. Are there steps I can take to lower my risk of breast cancer?
2. Are there ways to estimate my risk of breast cancer? How accurate are these methods?
3. (For women at higher risk of breast cancer): I've been told I'm at higher risk of breast cancer. What should I do? Should I be taking tamoxifen? Do the benefits of tamoxifen outweigh the risks for me?
4. Given my medical history, should I be taking postmenopausal hormones?
5. What role does ductal lavage/nipple aspiration cytology play in assessing breast cancer risk? Is there a breast center with expertise in this that can advise me about risk assessment and the appropriateness of ductal lavage for me?

DISCLAIMER

This information is for educational purposes only and should not be interpreted as medical advice. Please consult your doctor for advice about changes that may affect your health.

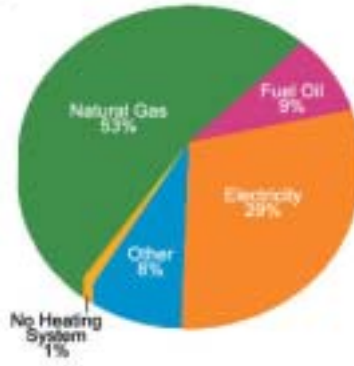
WEATHERIZING YOUR HOME

Household Heating Systems

Heating and cooling your home uses more energy and drains more energy dollars than any other system in your home. Typically, 56% of your utility bill goes for heating and cooling. What's more, heating and cooling systems in the United States together emit over a half billion tons of carbon dioxide into the atmosphere each year, adding to global warming. They also generate about 24% of the nation's sulfur dioxide and 12% of the nitrogen oxides, the chief ingredients in acid rain.

Although several different types of fuels are available to heat homes, more than half

of us use natural gas, as seen in the graph in the center. No matter what kind of heating, ventilation, and air-conditioning system you have in your house, you can save money and increase your comfort by properly maintaining and upgrading your equipment. But remember, an energy-efficient furnace alone will not have as great an impact on your energy bills as using the whole-house approach. By combining proper equipment maintenance and upgrades with appropriate insulation, air sealing, and thermostat settings, you can cut your energy bills and your pollution output in half.



SOURCE: US Department of Energy

Things You Can Do To Help at Your Home!

- ❄ Set your thermostat as low as is comfortable in the winter and as high as is comfortable in the summer.
- ❄ Clean or replace filters on furnaces once a month or as needed.
- ❄ Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpeting, or drapes.
- ❄ Bleed trapped air from hot-water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
- ❄ Place heat-resistant radiator reflectors between exterior walls and the radiators.
- ❄ Turn off kitchen, bath, and other exhaust fans within 20 minutes after you are done cooking or bathing; when replacing exhaust fans, consider installing high-efficiency, low-noise models.
- ❄ During the heating season, keep the draperies and shades on your southfacing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- ❄ Find and fix air leaks. Check windows, electrical boxes, door frames, plumbing fixtures, ceiling and wall fixtures and other places where air might be coming in through an outside wall, floor or ceiling. Use weather stripping or caulk to stop the airflow.
- ❄ Seal leaks in the ductwork that delivers heat through a forced-air furnace.
- ❄ Install a programmable thermostat. For each degree the setting is lowered, you could see a 3 percent reduction in energy usage.
- ❄ Have your heating system inspected and maintained. Change the filter.
- ❄ Install a water heater wrap for about \$12. Look for a wrap with a rating of R07 or R-11. Also, insulate the first three feet of hot water pipes coming from the water heater.
- ❄ Increase your insulation.
- ❄ Install Storm windows if you have single-pane windows. Storm windows can reduce the loss of heat through your windows by 25-50 percent.
- ❄ Upgrade your furnace. If your furnace is more than 10 years old, it's likely only about 70 percent efficient. This means you lose 45 cents of every heating dollar you spend.
- ❄ Upgrade your gas stove and oven, water heater, washer and dryer and dishwasher to one with the Energy Star ratings, meaning they provide the highest efficiency.
- ❄ If you have a fireplace, Have your fireplace checked and cleaned. It accounts for 14 percent of your home's heat loss. Make sure your damper is closing completely. Add doors to seal the fireplace when not in use.

For More information about what you can do to Weatherize your home visit the US Department of Energy's Website at <http://www.energy.gov>

SOURCE: US Department of Energy

Get Your Children Involved

With Heating rates on the rise it takes the whole family to conserve energy. For a kids level explanation of energy and how they can conserve it let them visit: www.energyhog.org.

The website sends you through a training camp that talks about these "Energy Hogs" and how they hide all over your house and explains ways you and your children can get rid of them. It is a good educational way to get your children involved in energy conservation.

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



Happy Birthday!



Sally Whitehead	October 2nd
Linda Williams	October 2nd
Bridget Castlen	October 3rd
Starr Martin	October 3rd
Andrea Powell	October 3rd
Amrapali Tailor	October 3rd
Amy Robinson	October 4th
Melinda Harper	October 4th
Jody Serveiss	October 4th
Carol Wilson	October 4th
Shannon Alsman	October 5th
Mary Jane Goodman	October 5th
Angel Niemeier	October 5th
Sandra Farmer	October 6th
Martha Ladd	October 7th
Tammy Coon	October 7th
Michelle Nunez	October 7th
Theresa Bell	October 8th
Crystal Ellerbee	October 8th
Kathy Elliot	October 8th
Tina Sapp	October 9th
Carolyn Brown	October 11th
Sharon Holley	October 11th
Rhonda Arnold	October 11th
Melody Shocklee	October 13th
Robert Farnon-Branson	October 14th
Wanda Rodewald	October 15th
Betty Watkins	October 15th
Kellen Francis	October 16th
Dana Zimmerman	October 16th
Lauren McDaniel	October 16th
Andrea Wise	October 17th
Desiree Carter	October 19th
Lisa Logan	October 19th
Orville Ward	October 20th
Carolyn Hartman	October 20th
Tracie Howe	October 20th
Christina Cinkovich	October 20th
Delana Hill	October 20th
Joni Howton	October 21st
Donna Porter	October 21st
Kathy Blandford	October 23rd
April Eddington	October 23rd
Dania Gish	October 25th
Kandi Wilson	October 25th
Janiece Weber	October 25th
Shelly Jameson	October 26th
Judith Powers	October 27th
Debra Warfield	October 27th
Jarrett Weston	October 27th
Irene Brumley	October 28th
Sandra Bybee	October 28th

Happy Anniversary!

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

27th	Jenny Smith	October 1st
23rd	Kathy Elliot	October 1st
16th	Peggy Grant	October 1st
16th	Deborah Hampton	October 1st
16th	Pamela Hill	October 1st
16th	Janice Hines	October 1st
16th	Mary Holland	October 1st
16th	Wanda Holland	October 1st
16th	Janice Hubbard	October 1st
16th	Jane Lee	October 1st
16th	Joyce Lester	October 1st
16th	Angel McDonald	October 1st
16th	Lillie Merritt	October 1st
16th	Barbara Poston	October 1st
16th	Phoebe Pruitt	October 1st
16th	Martha Ratterman	October 1st
16th	Joyce Smith	October 1st
9th	Doris Scannell	October 20th
9th	Kristal Blacklock	October 27th
9th	Joyce Bennett	October 27th
9th	Mitzi Lisanby	October 27th
9th	Darlene Richmond	October 27th
9th	Deborah Guinn	October 27th
9th	Dana Myers	October 27th
9th	Lori Wilson	October 27th
8th	Donald Ralph	October 21st
8th	Marilyn Graves	October 26th
7th	Gladys Hill	October 18th
6th	Patricia Settle	October 28th
6th	Elizabeth McMaine	October 1st
6th	Nellie Stewart	October 7th
6th	Tina Gray	October 7th
6th	Lyn Prewitt	October 9th
6th	Cindy Jones	October 10th
6th	Nancy Roberts	October 16th
6th	Patricia Chism	October 18th
6th	Kathy Miller	October 23rd
5th	Lamona Vinson	October 5th
5th	Tracie Cissna	October 15th
5th	Anita Smith	October 22nd
4th	Peggy Allen	October 7th
4th	Mitzi Helton	October 14th
4th	Joey Mitchell	October 14th
4th	Deborah Watson	October 14th
4th	Andrea Wise-Carter	October 14th
4th	Genna Magan	October 21st
4th	Jodie Ellsworth	October 28th
4th	Wendy Mitchell	October 31st
4th	Maryanne Mountain	October 31st
2nd	Pamela Clark	October 20th

Happy Anniversary!



Continued from Page 6

- 3rd Kelly Butler October 27th
- 3rd Julie Chaffin October 4th
- 3rd Shonna Wilson October 4th
- 3rd Jean Freels October 20th
- 3rd Lawrence McHenry October 20th
- 3rd Wanda Rodewald October 22nd
- 3rd Jamie Blacklock October 24th
- 3rd Amy Coots October 24th
- 3rd Kay Rutledge October 24th
- 2nd Patricia Hoskins October 2nd
- 2nd Tari Felts October 4th
- 2nd Sandra Moore October 4th
- 2nd Michelle Sandefur October 4th
- 2nd Peggy Clements October 18th
- 2nd Orville Ward October 18th
- 2nd Ashley Thurman October 20th
- 2nd Angela Boyken October 4th
- 2nd Dawn McAllister October 4th
- 2nd Anne Slinker October 4th
- 2nd Angela Stanley October 4th
- 2nd Deborah Wimberly October 4th
- 2nd Lydia Larkins October 18th
- 2nd Naomi Sprague October 18th
- 2nd Glenda Cotton October 29th
- 2nd Tina Cochrum October 30th
- 1st Pamela Bryant October 1st
- 1st Virginia Kinder October 1st
- 1st Sarah Summers October 1st
- 1st Emily Vidoni October 1st
- 1st Wendy Everly October 3rd
- 1st Ralph Warren October 3rd
- 1st Sherica Ferguson October 5th
- 1st Tara Linton October 5th
- 1st Tiffany McGee October 5th
- 1st Sheryl Boone October 6th
- 1st Misty Church October 14th
- 1st Sheila Grider October 14th
- 1st Kene Roach October 15th
- 1st Rose Etheridge-Taylor October 17th
- 1st Brenda Gude October 17th
- 1st Tonya Barnett October 18th
- 1st Deborah Hancock October 19th
- 1st Ashley Cleaveland October 20th
- 1st Stacy Rogers October 20th
- 1st Marie Harding October 24th
- 1st Britney Jackson October 24th
- 1st Onitsha Tutt October 24th
- 1st Deanna Davidson October 25th
- 1st Paula Gillaspie October 25th
- 1st Gloria Santiago October 28th
- 1st Cynthia Booker October 29th
- 1st Debra Warfield October 29th

New Hires

- Mary Hamill Head Start .. September 11th
- Elaun Powers Head Start .. September 11th
- Jennifer Rickard Head Start .. September 11th
- Lou Rich Head Start . September 16th
- Lucas Vilorio Head Start . September 16th
- Holly Church Head Start . September 18th
- Mindy Lawrence Head Start . September 18th
- Beth Russell KISP September 18th
- Diana Garnett Head Start . September 25th
- Angie Way Head Start . September 25th
- Dawn Adams Head Start . September 26th
- Aleisha Beard Head Start . September 26th
- Shelley Campbell Head Start . September 26th
- Merideth Conger Head Start . September 26th
- Tanya Cotton Head Start . September 26th
- Jennifer Haines Head Start . September 26th
- Doris Ivy Head Start . September 26th
- Hugh Kelly GRITS September 26th
- Regina Lovan Head Start . September 26th
- April Shrum Head Start . September 26th
- Alyssa Smith Head Start . September 26th
- Marilyn Walton Head Start . September 26th
- Vanessa Wooldridge . Head Start . September 26th
- Jennifer Blough Head Start . September 28th
- Tammy Dukes Head Start . September 28th
- Janice Murphy Head Start . September 28th
- Kristie Penrod Head Start . September 28th
- Lindy Thomasson Head Start . September 28th
- Anita Vincent Head Start . September 28th
- Sonjia Comer Head Start . September 30th
- Jennifer Fulkerson .. Head Start . September 30th
- Misty Hartman Head Start . September 30th
- Sheria Holland Head Start . September 30th
- Tracy Humphreys Head Start . September 30th
- Lori Landrum Head Start . September 30th
- Vicki McGregor Head Start . September 30th
- Dionne Smith Head Start . September 30th
- Wymond Baker Head Start October 2nd
- William Green Jr. KISP October 2nd
- Patricia Harrington . FPP October 2nd
- Tammy Ortiz Head Start October 6th
- Sharon West Head Start October 6th

Happy Anniversary!

- 1st Toria Whitlock October 29th
- 1st Malinda Bershing October 31st
- 1st Ricky Gehres October 31st
- 1st Leah Pentith October 31st
- 1st Shirley Porter October 31st



HALLOWEEN SAFETY TIPS

Trick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats!" from neighbors or at the local mall. Lots of towns have a Harvest Festival so kids can Trick-or-Treat safely. But going door to door is the stuff of childhood memories! It should be a fun time, without trouble and pain, so following some easy tips can keep your child safe every Halloween.

- ☞ Children should go out during daylight hours only unless accompanied by a responsible adult.
- ☞ Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home.
- ☞ Make sure they know to stay in populated places and don't go off the beaten track. Stay in well lighted areas.
- ☞ Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult.
- ☞ Small children should never be allowed to go out alone on Halloween.
- ☞ Instruct your children not to eat any treats until they bring them home to be examined by you.
- ☞ Instruct your child to never go into the home of a stranger or get into their car.
- ☞ Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- ☞ Let them know that they should stay together as a group if going out to Trick or Treat without an adult.



Thanksgiving Edition

Over the next few weeks I will be collecting your recipes and memories from Thanksgiving. Send us your favorite holiday recipe or story about your favorite Thanksgiving event or what you are thankful for.

You can email those recipes and memories to alawson@audubon-area.com or mail them to the address below.

The Curious Journal

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 ...or: alawson@audubon-area.com
 Your stories, comments, and ideas are invited.



TECH TIPS



New & Improved Help Desk

The AACCS Information Technology department is close to rolling out a new and improved Help Desk software package. We are putting the finishing touches on it as we speak but I wanted to pass along some information to all employees. First, for any computer or phone related issues that you may have, you can email us at helpdesk@audubon-area.com. This email will be sent to **Lee Bruner**, our primary Help Desk technician. Lee will then open up a trouble ticket within the software which will begin the process of your issue getting resolved. Please use this resource as your primary means of contacting the IT department. Lee has asked me to remind all users to please list their contact information in the email that you send to helpdesk@audubon-area.com.

If for some reason your email is not working, then you may call Lee at (270) 686-1661 and he can then open a trouble ticket that way.

Once the software is up and running at full capacity, we will have the ability to allow those working in Owensboro to access the software via a website hosted by us here at Central Office. This will allow you to open your own trouble ticket, to check on existing trouble tickets, etc... I will email the Owensboro employees personally with the necessary information they need to access the website.

Again, please use this resource, as it will be the only way for us as an IT staff to track what is happening out there in the field as it relates to computer problems.

— Jimmy Wellman

More Birthdays!

- Lauren Mattingly October 28th
- Mary Lester October 28th
- Kathy Stallings October 29th
- Donna Whitaker October 29th
- Patricia Settle October 30th
- Sandra Hopper October 30th
- Carol Dunn October 31st
- Shelly Grant October 31st
- Bennie Mattingly October 31st
- Lydia Larkins October 31st
- Melinda Qualls October 31st

Have a Happy Birthday!!!



Audubon Area Community Services would like to thank Anthem Blue Cross and Blue Shield for the sponsorship of its newsletter, *The Curious Journal*.



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