

# ABLE News

Volume 9, Issue 7

July, 2005

ABLE (Adult Basic and Literacy Education) is part of a statewide program that provides free instruction for adults who wish to improve their basic academic skills and/or prepare to take the GED (General Equivalence Diploma) tests. Students study reading, math, and language arts. There are also lessons in science, social studies, life skills, employability skills, and basic computer skills.

## Joe's Blarney

Friday night, June 10, was a good night for The Work Station staff and our 2004/2005 GED graduates. We held our annual GED graduation at the Chauncey Elementary School and had a wonderful time. Despite the hot, muggy weather everybody enjoyed themselves during the potluck meal and had fun listening to the Back Porch Swing Band.

Our GED graduates celebrated their accomplishment with family and friends. It was a joy to see so many happy people. This year our program participated in the National Adult Education Honor Society and 5 plaques and awards were presented to our graduates. The Central/S.E. Ohio ABLE Resource Center sponsored the event and we were proud to be able to nominate five of our GED graduates this year. We will continue this recognition in years to come.

The Work Station staff worked very hard in preparing for the graduation and the decorations were very nice. It is truly one of the more memorable events in our program each year. All of our staff have the opportunity to meet our GED graduates and in many situations they have the chance to assist them at The Work Station when they are attending classes. Job Search and resume assistance is always available along with computer classes.

Thanks to all who participated in the graduation this year and a special thanks to our Work Station staff for all their hard work and dedication. See you next year.

Hope you, your family, and friends have a safe and happy Fourth of July. Enjoy southeastern Ohio's hazy, hot, and humid summer.

Joe

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The Work Station  
will be  
closed



Monday, July 4,



## Neighborhood News



The GED tests will be given at Hocking College on the following dates: July 13 and 14. The test will begin at 9:45 a.m. each day and end about 2:00 p.m. Due to the change in the test procedure you must register for the test and talk to the tester, Jennifer Yanity (740-753-7102), before the day of the test. It is suggested that you allow 2 weeks for the registration process.

## Help for Deaf and Hard of Hearing in Athens County

Southeast Community Center  
of the Deaf  
Rural Outreach Program

**Marie Potts, Outreach Specialist**  
will be at The Work Station  
every **second Monday** of the month  
for the rest of the year.  
(7/11, 8/8, 9/12, 10/3, 11/14 12/12)

To schedule an appointment call  
1-877-273-7223 V/TTY  
Walk-ins will be seen

## Athens County ABLE Program

### Main Lab

Location: The Work Station  
70 N. Plains Road, Suite C, The Plains  
(Country Corners Shopping Center)  
Hours: Monday, Tuesday, and Thursday  
8:00 a.m. - 6:00 p.m.  
Wednesday - 8:00 a.m. - 8:00 p.m.  
Friday - 8:00 a.m. - 1 p.m.  
Telephone: (740) 797-1405 or  
*toll free* 1-877-351-0405  
Fax 797-3105

### Nelsonville Lab

Location: Tri-County Career Center  
Smith-Parkins Building, Room 114  
Hours: Tuesday, Wednesday, Thursday  
1:00 - 4:30 P.M.  
Telephone: (740) 753-3511

### Partners at The Work Station

Each month representatives of several local agencies come to The Work Station so that they will be easily available to Work Station clients and other county residents. If you wish to speak to one of these partners, please come in. Appointments are nice but not required.

### Every Day

**8:00 A.M. - 5:00 P.M.**  
Job Services Customer Services  
Representative  
(Chris Doughty)  
(Brian Lent - M, W, F 8:00 - 4:30)

**Monday, Wednesday, Friday**  
**8:00 A.M. - 5:00 P.M.**

Veteran's Representative  
(Mike Krivesti)

**2nd Tuesday of each month**  
**3:00-4:30 P.M.**

Bureau of Vocational Rehabilitation  
(Dick Schelat)

**2nd Wednesday of each month**  
**10:00-12:00 A.M.**

Tri-County Adult Career Center  
(Tina Warthman)

# Parents' Page

O.K. the kids have been out of school for a few weeks and you are either spending a lot more time with them or shuffling them to day care. They don't have to get up for school so they never want to go to bed. The weather is nice and the days are long so everyone wants to be outside late, leaving you with all the housework. Any day now you are really going to blow. Stop, get a cold drink, sit down, and read these ideas for ways to "Stress Less".

1. **Double your laughs** - As 1998 study showed that average American toddler laughs 400 times a day, but the average American adult only laughs 15 times a day. Laughter relaxes your muscles, boosts immunity, and may even extend your life.
  2. **Tote around healthy fuel** - Keep small bags of nuts and dried fruit in your purse. They stay with you longer than sugary candy.
  3. **Tell your pet your troubles** - Time spent with animals can ease your stress.
  4. **Review picture albums** - Family pictures are generally taken at times of joy or celebration. Take a moment to relive these happy times and remember the good events in your life.
  5. **Take a power shower** - End your morning shower with a 30 second blast of cool water. You may shiver a little, but the temperature change improves blood flow and gives you a burst of energy.
  6. **Get a boost from bananas** - This favorite fruit contains norepinephrine and serotonin, two brain chemicals that support your mood.
  7. **Sigh away stress** - When you are frazzled, take a deep breath in through your nose to expand your belly, and then exhale through your mouth with a long, mind-clearing "ahhhhhh" sound.
  8. **Shed your shoes** - Take a short stroll in your bare feet through dewy grass. This fatigue-buster also helps you feel more grounded.
  9. **Throw away your fear** - If you feel anxious, use a pen and paper to list your specific worries. Once you have them out of your head and on paper, toss the list in the trash.
  10. **Perform a kind act** - allow another motorist into traffic in front of you or run an errand for an elderly neighbor. Small generosityes like these give both the doer and the receiver a lift.
  11. **Just do something** - Immobility saps your energy, but taking action empowers and recharges you. When you feel yourself haunted by worry, fear, and frustration, don't think of the best thing to do, just think of a good thing to do, and then do it.
- Thanks to Tina Warthman** for sharing these ideas.



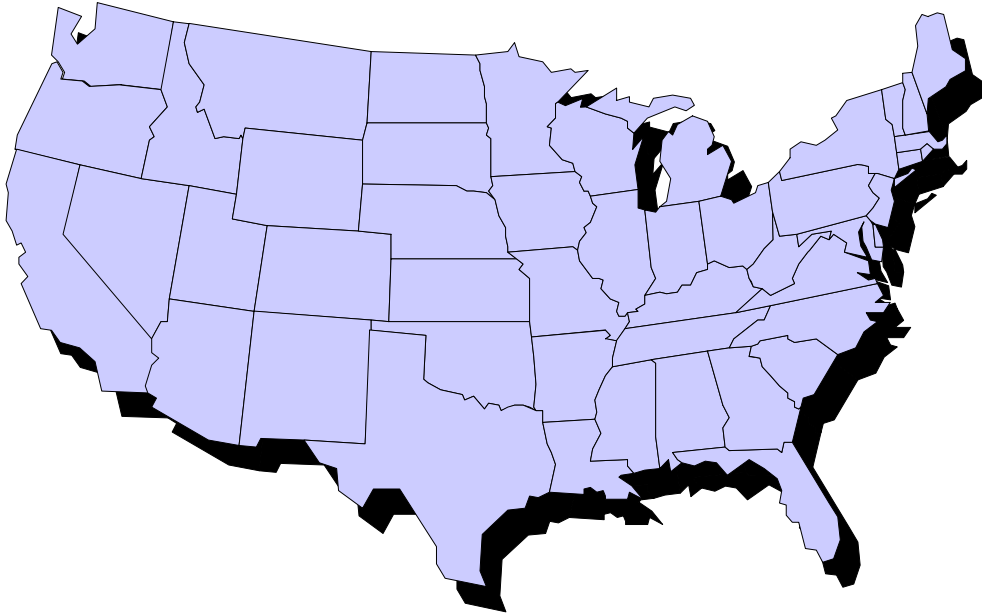
## Charlie's Computer Corner



Is your internet connection feeling a little under the weather? Is it running slowly and sometimes disconnects without a reason? You may be infected with **SPYWARE**. Spyware also known as adware or malware is basically any software that covertly gathers information through the user's Internet connection without his or her knowledge, usually for advertising purposes. Spyware applications are typically bundled as a hidden component of freeware or shareware programs that can be downloaded from the Internet. Once installed, the spyware monitors user activity on the Internet and transmits that information in the background to someone else. Malicious spyware can also gather information about e-mail addresses and even passwords and credit card numbers. One can download either free or trial versions of anti-spyware software from the internet. Some well known ones are: Spy Sweeper, Adware, and Spybot.

# Kid's Page

What does this map and the Fourth of July have in common?



1. This is a map of \_\_\_\_\_.
2. Color the first 13 colonies red.
3. Color Ohio blue.
4. The two countries that touch our country are \_\_\_\_\_ and \_\_\_\_\_.
5. The two oceans that touch our country are the \_\_\_\_\_ and the \_\_\_\_\_.
6. The body of water between Florida and Texas is called the \_\_\_\_\_.
7. The two states that are not shown on this map are \_\_\_\_\_ and \_\_\_\_\_.

# Student Page

One part of the GED test is the math section. It is hard for many people because it is all applied math or story problems. I found these problems on the Internet ([www.stfx.ca/special/mathproblems/welcome.html](http://www.stfx.ca/special/mathproblems/welcome.html)). You might want to go to this site and find a few more to practice. There are also lots of other sites so just look around.

1. How many addition signs should be put between digits of the number 987654321 and where should we put them to get a total of 99?
2. According to experts the first 4 moves in a chess game can be played in 197299 totally different ways. If it takes 30 seconds to make one move, how long would it take one player to try every possible set of 4 moves?
3. A man has to be at work by 9:00 a.m. and it takes him 15 minutes to get dressed, 20 minutes to eat, and 35 minutes to walk to work. What time should he get up?
4. The Riddler has left a clue for Batman to follow at the scene of each crime. These are the clues that Batman has found:
  - \* There is a 1 in the thousands place.
  - \* The digit in the tens place is 9 times the digit in the thousands place.
  - \* Multiply the digit in the thousands place by 2.
  - \* The digit in the ones place is a hand without a thumb.
  - \* The digit in the hundreds place is 2 less than the number in the tens.
5. If you begin with a one digit integer, multiply by 3, add 8, divide by 2 and subtract 6, you will get the integer back. Find the number. (integer means positive number)
6. Rachel opened her math book and found that the sum of the facing pages was 243. What pages did she open to?
7. The record for the greatest number of consecutive jumping jacks is 14,500 in 5 hours and 35 minutes. If Joe does 55 jumping jacks per minute, how long will it take Joe to tie the record?
8. One morning a grasshopper fell down a hole 2 meters deep. He would climb 1/4 of a meter every day but at night he slid down 1/8 of a meter. At this rate, how many days until the grasshopper gets out?
9. Four boys work together painting houses for the summer. For each house they paint they get \$256.00. If the boys work for 4 months of summer and their expenses are \$152.00 per month, how many houses must they paint for each of them to have \$1000.00 at the end of the summer?

## Answers

1. 7 signs, 9+8+7+6+5+4+3+2+1 or 6 signs, 9+8+7+6+5+4+3+2+1 2. 23,675,880 seconds  
 3. 7:50 4. 2794 5. 4 6. p. 121 - 122 7. 4 hr. 23.64 min. 8. 15 days 9. 18 houses

## Answers for Kim's Brain Teasers

1. 823 +6228 7051  
 2. Long time no see.  
 3. Open arms.

# Candy's Kitchen

I found these Fourth of July recipes for kids on the Internet. Thought they looked like fun. Enjoy.

## Pretzel Sparkers

long rod pretzels  
white chocolate, melted  
sprinkles (red, white and blue) or star  
cake decorations

Melt the white chocolate. Dip the pretzel rod halfway into the melted chocolate then sprinkle the sprinkles over the wet chocolate. Lay on waxed paper or place in a cup to dry.

## Other Fun Ideas

- \* Vanilla ice cream with red & blue sprinkles
- \* Sugar cookies with white icing and red & blue sprinkles
- \* Cherry or Blue Kool-Aid
- \* Color tint milk with blue food coloring for the boys, and red for the girls
- \* Vanilla shakes tinted blue or red with food coloring

## Skyrocket Ice Pops

12 (8 oz) plastic cups  
12 craft sticks (look like popsicle sticks)

Red Layer:  
4 cups cran-raspberry juice  
red food coloring

White Layer:  
2 cups frozen whipped topping  
2 cups vanilla yogurt

Blue Layer:  
4 cups grape juice  
water  
blue food coloring

Mix the grape juice and water until a suitable blue color results. Try adding blue food coloring to achieve the desired shade. Pour into the plastic cups filling them 1/3 full. Place into the freezer until the start to freeze. Once they do, stick a craft stick in the center of each cup.

Freeze until solid. Mix the yogurt and whipped topping together. Place a layer on top of the frozen blue layer, and freeze for one hour. Repeat the process given for the blue layer but do it with the cran-raspberry juice and red food coloring. Add a red layer to each cup and freeze until frozen.

Run the outer side of the cups under cold water to release them.

I think the red and blue layers could also be made with red and blue Kool-aid.

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## Kim's Brain Teaser

??????????

1. Can you replace the letters in the sum below to make a valid calculation. Each letter represents one number only and each number is represented by only one letter:

DOG  
+ FOOD  
NICE

2. What is represented by this BrainBat? TTTTTTIIIIIMMMMMMEEEEEE  
ABDEFGHIJKLMNOPQRSTUVWXYZ
3. What is represented by this BrainBat? A R M S

Answer for Kim's Brain Teaser on page 5