

# Peabody Post

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## Want to go to class, but have no GED?

There are a variety of classes that you may attend if you did not get a high school diploma or have no GED. If you want to become a Certified Nursing Assistant, you can check out the training program offered through Enrichment Services. They have a ten week program that will prepare you to work in the field as a CNA in a nursing home, hospital or even private care. To get your name on the list for the October class, you must register by July 1, 2004. Enrichment services is located at 3321 Buena Vista Road. For more information, call 682-4743.

Columbus Tech also offers a wide variety of certification programs in which you may also be interested. For more information on those classes, please call our office at 649-6507, ext 252.



Graduates from left to right:  
Ms. Shacola Washington, Ms. Rosalind Cook and Ms. Dorothy Davis

## Goodwill Graduates More Peabody Residents!

Congratulations to another class of job-ready graduates! They are all very excited after completing the six week long Janitorial course taught at Goodwill. The instructor is Mr. Larry Thornton. All three received certificates for completing each subject of the course. A very special "Congratulations" goes to Ms. Davis for receiving perfect attendance! We are proud of you all!

**\*\*ATTENTION\*\***

Goodwill is now registering for the next Basic Janitorial Class which will begin on Monday, July 12, 2004. The deadline to turn in your application is Friday, June 25th at 3:00 pm. If you are interested, please see your Family Advocate for an application. Space is limited, so call today!!!

# Health Matters: Headaches

Headaches affect more than 45 million Americans. They can be many different factors that affect your headache and the reasons why you have them. Some headaches come on all of a sudden and can indicate the presence of an illness, infection, cold or fever. Other headaches may result from eye strain, you may need glasses or a different strength of glasses. Although there are more than 150 different headache categories, we will focus on 6 of the most common types.

Tension headaches are the most common type of headache for adults and teens. The pain comes and goes over a long period of time.

Sinus headaches are a deep, constant pain that occurs around the cheekbones, forehead or across the bridge of your nose. The pain can be worse if you move your head too quickly.

Migraine headaches are described as being a pounding, throbbing pain. Women tend to suffer from migraines more than men. They can last from 4 hours to 3 days and usually occur 1 to 4 times per month. People that suffer from migraines can become very sensitive and aware of light, noise, and different smells. It is not uncommon for them to lose their appetite, have an upset stomach or stomach pain and need to be in a darkened area.

Cluster headaches although are the least common, are the most severe. The pain has been described as very intense, and having a burning or piercing feeling. Often people are unable to sit still and will need to move around. The primary area affected lies behind one eye or eye area. They can last from two weeks to 3 months, 1 to 3 times per day. Cluster headaches can disappear for months or even years, but never completely.



Another headache that affects women is a hormone headache. Women will have these headaches during their monthly cycle, with pregnancy or menopause. It happens because of the change in hormone levels. Birth control pills can also cause headaches because they affect the body's hormone levels.

Acute headaches are seen in children. They happen fast and may go away after a short period of time. It is very common to take a child to their doctor or the emergency room when they have a headache. The most common reasons children have headaches are because they have a respiratory or sinus infection.

Certain headaches, especially migraines may be hereditary. They can almost always be relieved with medication, once you know they type you have. A doctor can help you with finding out the type of headache you are suffering. It is always good to know why you are having headaches, because even though many people suffer from them, a doctor can help determine what steps and treatments are best for your pain. If you are suffering from frequent headaches, please contact your doctor!

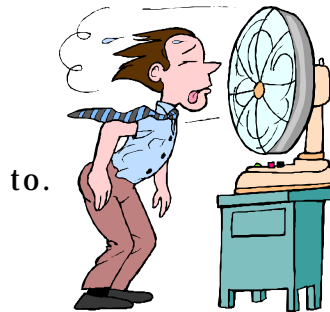
# Saving Money on Your Electric Bill

Now that its summer and you may be using air conditioning or fans, your electric bill may start get high. There are many easy things that you can do to prevent the bill from getting so high. Many of these small steps, together, will make a big difference in your bill.

1. Using a fan rather than an air conditioner.
2. If you use an air conditioner, the recommended setting is 78 degrees. For each degree below that, the energy use increases by about 6-8 percent. If you are gone during the day, raise the air conditioner thermostat by about 5 degrees, then turn it down when you get home.
3. Use window shades or curtains to block the sunlight and heat during the summer, particularly for those windows that receive direct sunlight.
4. Turn off lights when not in use. Your lights usually account for about 6-8% of your monthly electric bill.
5. Dust off your lamps and light fixtures with the power off!
6. Use dimmer light bulbs or compact fluorescent bulbs. These type of light bulbs are a little more expensive to buy, but they last much longer and are

very energy efficient, so they will save you money!

7. When doing your laundry, wash your clothes in cold water. Wash and dry full loads. If you are washing a small load, use the appropriate water level setting. Use a shorter wash time. Never dry just one item. Clean the lint filter in the dryer after every load to improve air circulation.
8. When cooking, cover your pans as they will heat up quicker. Match the size of the pan to the heating element. Using your oven a great deal will also increase your electric bill, so just be aware of how much you use it.
9. 15-20% of your electric bill may be from heating up water in your hot water heater. Any leaking hot water faucets will waste electricity. You can save energy by limiting the length of your shower to 5 minutes.





There are many other ways to save on your hot water heater if you need. Check with your Family Advocate if you would like more information.

## Some Cool Tips to Beat the Heat!!

1. Drink plenty of water!
2. Darker skin tones can become sunburned—use sunscreen!!
3. Wear light colored clothes!
4. Make sure you are leaving your pets enough water during the day.
5. Sit under a tree and enjoy a summer breeze!

The first day of summer is Monday, June 21, 2004.







**Seating is limited so  
reserve your seat  
today!**

To reserve your seat  
call 571-2918

Date: May 24

Time: 5:00 pm



Neighborhood  
Network Center

Reminder

If you work during the day and would like to attend computer classes here's your chance. The Neighborhood Network Center will be offering computer classes Monday through Wednesday from 5 pm until 7 pm.

# BUYING YOUR FIRST HOME IS A BIG STEP GETTING THE HELP YOU NEED, ISN'T.

For most of us, a home is more than just shelter or a good investment. A home of our own is a dream come true. Homeownership symbolizes who we are. At CHI our defining goal is to help families achieve the American Dream. To bring the Dream to reality, CHI provides Homebuyer Education, Homebuyer Counseling, Low Interest Loans, access to Down Payment Assistance as well as help rebuilding credit. If you can afford to rent, chances are you can afford to buy your own home. Consider this....



Loan Amount	Monthly Payments
75,000	\$414.15
85,000	\$469.37
95,000	\$524.59

When your Payment can be this low,

# Why Rent?



18 11th St. Columbus, GA 31901. [www.columbushousinginitiative.org](http://www.columbushousinginitiative.org)

\*Principal and Interest payment; 30-year, fixed rate GA DCA first time homebuyer loan, APR of 5.689% to qualified applicants. As of 5/21/04. Rate subject to change. Georgia Residential Mortgage Licensee (18557)



**HOME OWNERSHIP IS NOT A DREAM, IT'S A PHONE CALL - (706) 324 - HOME**

**\*Principal and Interest, 30-year, fixed rate GA DCA first time homebuyer loan, APR of 5.689%, to qualified applicants. As of 5/21/04. Rate subject to change. Georgia Residential Mortgage Licensee (18557).**

## Resident Spotlight - Mrs. Renee' Cheney



**Mrs. Renee' Cheney:**  
**All smiles when it comes to her future!**

This month we have chosen to highlight Mrs. Renee' Cheney. She has made great strides in setting goals and in her academic pursuits. Mrs. Cheney graduated this past December from the B.R.I.D.G.E program having earned her GED. B.R.I.D.G.E. stands for Building Responsible Individuals Through Discipline Guidance & Education. The program took Ms Cheney three months to complete. It is only for adults age 19 – 24 and an entrance test is given before one is allowed to enroll. It was not an easy program to get through. Mrs. Cheney saw many of her peers miss class days, and then, they would not show up altogether. “You can only miss three days of class, and they are very strict about that, because the class is small and there is a waiting list. The teachers just really want you to do your best”.

There are only 15 students in a class at any one time. The instructors are able to spend more individual time with each student. Mrs. Cheney thoroughly enjoyed her experience and time spent in the B.R.I.D.G.E. program. “They really teach you and they care about how you are doing”, stated Mrs. Cheney. Much like Community and Supportive Services (CSS), the program is designed to help people succeed and remove barriers towards self-sufficiency. B.R.I.D.G.E. participants are provided with transportation assistance, lunch and counseling services, as needed.

Ms Cheney is currently enrolled at Columbus Tech in the Business Office Technology Certification program. She hopes to enroll in the Business Office Assistant program expects to complete the program in August. Mrs. Cheney is very excited about August, as this will mark another significant accomplishment for her. Although she graduated from B.R.I. D.G.E. in December, the official ceremony won't take place until August. She will then be able to walk across the stage and have her diploma publicly awarded to her.

There are still daily challenges, such as wanting to find a job that is right for her. “I know what I want to do. I want to find a job in an office in a professional environment, that's why I am going to school”. Mrs. Cheney wants to make sure that her job doesn't take away from school. This is her number one priority, along with sharing the joys of parenting with her husband. The mother of three, Mrs. Cheney's children will attend the summer program offered at the Boys & Girls Club.

Once the renovations are completed at Peabody, she wouldn't mind moving back. “I know it is going to be so nice!” Her thoughts about her Family Advocate, Ms. Sonja Lockett are about the same. “She is so nice. I was already in my GED program, but Ms. Lockett was very helpful with anything I needed.” At the end of the day, Mrs. Cheney is still very optimistic about her future and excited about all that is in store for her. She knows that once she completes the Certification Program at Columbus Tech, she will have many more doors opened for her. This means better opportunities for her family!

It's great when priorities are in place. We can tell that Mrs. Cheney's are and she is to be congratulated on receiving her GED. We know that she will do well at Columbus Tech and wish her continued success!

# June Calendar for the North Columbus



BOYS & GIRLS CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 FIELD TRIP (HOLLYWOOD CONNECTION) AGES 6-9 1:00p.m. (SKATING ONLY)	2 FIELD TRIP (HOLLYWOOD CONNECTION) AGE 10-13 ARCADE ROOM 9:00a.m.	3	4
7	8 FIELD TRIP MOVIE (TBA) AGES 6-9 Carmike 12:00p.m.	9 FIELD TRIP AGES 10-13 BOWLING 9:00a.m.	10	11
14	15 FIELD TRIP HOLLYWOOD CONNECTION SKATING ONLY AGES 10-13	16 FIELD TRIP CHUCK E. CHEESE AGES 6-9 9:00a.m.	17	18
21 Coca Cola Space Science Center Ages 6-9 9:00a.m.	22 FIELD TRIP MOVIE (TBA) AGES 10 - 13 12:00p.m. Carmike	23	24	25
28	29	30 SURFSIDE WATER PARK AGES 8-9 (9:00a.m. – 4:00p.m.)		



A United Way Agency

Is your child registered for the summer program? It may not be to late! Call Mr. Owens to find out what you need to do to have your child registered for fun this summer, 323-1743!!

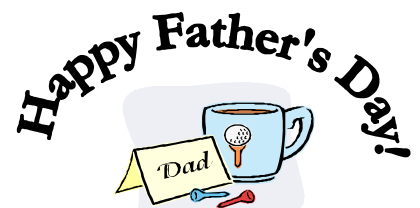
## Community and Supportive Services

Pastoral Institute  
2022 15th Avenue  
Columbus, Georgia 31901  
A Samaritan Center

Nonprofit Org.  
US Postage  
PAID  
Permit # 266  
Columbus, GA



Helping You To Pursue & Achieve Excellence



Sunday, June 20, 2004