

Peabody Post

Volume 3, Issue 2

March 2004

Community and Supportive Services Team

Susan Nichols,
Program Coordinator

Teona Kirksey,
Program Assistant

Sonja Lockett,
Family Advocate

Doris White - Miles,
Family Advocate

Richard Wells, Jr.,
Family Advocate

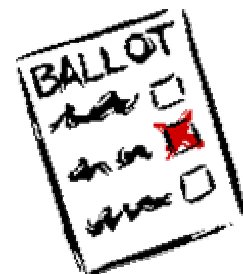
Consuela Combs,
Family Advocate

Newsletter Highlights:

Register to Vote	1
March is Nutrition Month	2
Ask Yourself These questions	2
Free On-line Tests	3
Peabody Graduates	3
Resident Spotlight	4
Why Do I Need a Will?	5
Summer Programs for Youth	5

Are You Registered to Vote? You Can Make a Difference!

2004 is the year for national elections! You have the right to say who you would like to run for office. If you are happy or unhappy with how the country is being run, what your benefits are, or how the economy is, then you need to vote.



If you are not registered, but would like to become a registered voter, then contact your Family Advocate. They have the forms for you to complete. To register to vote, you must:-

- ◆ Be a citizen of the United States;
- ◆ Be a legal resident of Muscogee County or whatever county you want to vote in;
- ◆ Be at least 17 1/2 years of age (at least 18 to vote);
- ◆ Not be serving a sentence for conviction of a felony involving moral turpitude; and
- ◆ Have not been found mentally incompetent by a judge.

Your vote will make a difference!



Do you know where your children are hanging out after school?

Do you know where your children are hanging out after school? They are hanging out at the Neighborhood Network Center (NNC). The children have made the NNC after school program very successful. Your children are playing reading, math and science games. Some children are also doing their homework and checking out their favorite websites.

Please drop by at anytime to check out the after school program. Have you been putting off learning how to use a computer, checking an interesting website or learning to send and receive email? Well, now here's your chance.

If you are interested in learning how to use a computer or would like sharpen your computer skills adult classes are offered twice daily Monday thru Wednesday. Classes are designed for beginners and experienced users. The NNC has new computers, software and Internet access. There is something for everyone at the NNC. Best of all – the classes are free.

For more information please call 706-571-2918.

Ask yourself these questions!

Do you drink more than once or twice a month?

Do you “get high” more than once or twice a month?

Have you ever unintentionally drank more alcohol or used more drugs than you planned?

Have you ever used alcohol or drugs because you felt angry, sad or bored?

Do you usually feel more confident when using drugs or alcohol?

Do you ever get drunk or get high alone?

Do you think you would feel better if you had a drink or something to get high on right now?

Have you ever gotten in trouble because of alcohol or drug use?

Have you ever tried to cut down on your drinking or drug use – and failed?

Have you felt annoyed when someone talked to you about your alcohol or drug use?

Have you ever felt guilty about your drinking or drug use?

Have you ever used alcohol or drugs in the morning or at bedtime to steady your nerves or to feel better?

Have you ever lied about how much you drink or about your drug use?

If you answer “yes” to the any of the above questions, then maybe you should discuss them with your Family Advocate!



March is Nutrition Month



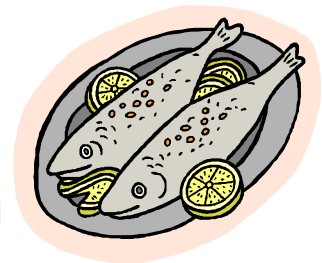
Remember, you are what you eat!

Write down everything you eat each day for a week and see how close you are to following guidelines for good nutrition. If you would like to lose some weight, follow the guidelines below and it will start to come off!

- ◆ Vegetables - have 3-5 servings a day. (A serving is 1 cup raw leafy vegetables, 1/2 cup vegetables (cooked or chopped raw), or 3/4 cup vegetable juice.)
- ◆ Fruits - have 2-4 servings a day (A serving is 1 medium apple, banana, or orange, 1/2 cup fruit (canned, cooked, or raw), 3/4 cup fruit juice or 1/4 cup dried fruit.)
- ◆ Breads, Cereals, Rice and Pasta - have 6-11 servings a day (A serving is 1 slice of bread or tortilla, 1 ounce ready-to-eat cereal, 1/2 cup cooked cereal, rice, or pasta, 1/2 bagel, hamburger bun, or English muffin.)
- ◆ Milk, yogurt and cheese - have 3 servings a day. (A serving is 1 cup milk or yogurt, 1 1/2 ounces natural cheese, or 2 ounces processed cheese.)
- ◆ Meat, poultry, fish, dry beans, eggs and nuts - have 2-3 servings a day. (1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of meat; 2-3 ounces cooked lean meat, poultry, or fish count as a serving.)

Don't forget to drink your water! Even though it is cold outside, your body can become dehydrated if you don't get enough fluids.

Following the guidelines above and drinking 6—8 glasses of water a day can help you to lose weight and stay healthy!



Free On-line Tests!!

Do you know that you can use the computers available at the Neighborhood Network Computer Center (NNC) to change your life? That's right – using the computer can change your life and for the better!



there are rooms full of brand new computers that are there just for you! Even better, we will provide transportation and childcare assistance to anyone that lived in Peabody as of March 19, 2003 so that you can also have access to the NNC! You will never have a better time than now to change your life!

Right now, you can take practice tests online that will prepare you for the job of your dreams. Want to be a firefighter, sell real estate, get your GED, be a cosmetologist, or join the military? You can start preparing for those tests and many others in your spare time – for FREE! The Chattahoochee Valley Regional Library System

has a wide variety of practice tests on their website that can help you with sample questions that will be on all of the actual tests.

Take full advantage of the resources available to you. If you are still in Peabody, drop by the Community Room and use the internet. If you have moved to Wilson,

If you would like to find out more about the free online tests or want to take a practice test, contact your Family Advocate or call 649-6507, ext 252. Let us help you pursue and achieve excellence!



HIPP 7 Class Graduates

Shown to the left are the graduates and instructors of the Hospitality Class offered at Columbus State University. Four graduates of the class are Peabody and former Peabody residents including Ms. Latasha Brown, Ms. Tewannda Pastor, Ms. Iona Satterfield and Ms. Stephanie Willis. All of the students were placed into jobs! Congratulations! Stay tuned for more info on the next class!

Janitorial Class Graduates

The first Janitorial Class at Goodwill for 2004 graduated last Friday. Nine students received numerous certificates. Two of the students that graduated are from Peabody including Ms. Buffy Smith and Ms. Takisha Fuller. During their graduation ceremony, both learned that they had also gotten full time employment at Fort Benning. Congratulations!



Resident Spotlight - The Smith Family



Community and Supportive Services first met Buffy Smith and her two sons, Randy, age 12, and Russell, age 9, about five months ago. Ms. Smith called the Community and Supportive Services looking for some assistance. She had contacted other agencies asking for assistance, but they were slow to respond, and in the meantime, taking care of two growing boys, looking for a job, and moving from Peabody were becoming too much of a challenge.

Ms. Smith first signed up for a five week Parenting Skills class through the Family Center. The class met weekly and offered useful skills and techniques for communicating with children and helping to set limits. Buffy found that she had many similar problems with the other students (parents) in the program. To further add support for the family, ongoing counseling through Pastoral Institute continues to provide support for the family. As a result, the family is getting along much better, school-work is improving, and everyone recognizes that rules must be set and followed to succeed.

Ms Smith had quit school in 10th grade. She decided it was time to start working towards her GED, so she signed up to take classes two nights a week at the Daniels Resource Center. She also convinced her mother to join her in the GED classes, so both are working towards their degrees.

Ms Smith also knew that she needed a job. She applied for a position with Goodwill and has been working in the Work Adjustment program for the past three months. Her Family Advocate, Sue Nichols, suggested that she consider also attending the Janitorial training program offered at Goodwill starting in January in hopes of obtaining a full time position.

“The Janitorial Training Program has an excellent reputation of working with the students individually, providing the training they need, and then placing the students in full time positions. We already have several Peabody and former Peabody residents who have completed the training and now have well paying positions with opportunities for growth,” stated Sue Nichols.

After contacting Department of Vocational Rehabilitation, whom Ms. Smith had been working through, she requested that she not only be able to keep her 30 hour a week position at Goodwill, but also be able to attend the Janitorial Training Program. Her request was approved.

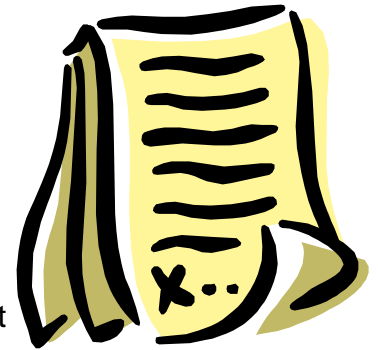
On Friday, February 20th, Ms Smith graduated from the Janitorial Program with an offer of a full time position with Fort Benning. She is also hoping to be offered another job!

The Smiths are working hard in all aspects to improve their lives! They are to be congratulated on their successes! Keep up the great work!

“The Janitorial Training Program has an excellent reputation of working with the students individually, providing the training they need, and then placing the students in full time positions. We already have several Peabody and former Peabody residents who have completed the training and now have well paying positions with opportunities for growth,” stated Sue Nichols.

Why Do I Need a Will?

Do you think wills are only for rich people? If you do, you're wrong! It's very important to have a will especially if you have children and any belongings you would like to leave to any one person, or to your church. A will is a legal document that protects your belongings and helps reduce the chances of a debate if something should happen to you. If you die without a will, your possessions will be given away as pleased. If its truly important to you how your possessions are given away, then you need to have a will.



Lawyers suggest that anyone who is over the age of 18 and has possessions, children or other dependants to create a will. You can always update your will later as your life changes. Many people start to think about a will after the death of someone close, birth of a child, marriage, divorce, or the purchase of a house. Even if you aren't at this point in your life a will is still a good idea to have.

Basically, a will must be signed in the presence of two witnesses who are not beneficiaries under the will. A will does not have to be notarized in order to be legally and validly executed. In general, though, if you die and leave a spouse and kids, your possessions will be split between your surviving mate and children. If you're single with no children, then the state is likely to decide who among your blood relatives will inherit your estate. If you have someone special that you would like to take care of your children, than that needs to be known ahead of time also. Its never to early to plan ahead for your family. They are important to you!

Summer Programs for Your Children!



Its not too early to start planning on summer activities for your children. Now's the time to sign up the kids for programs at the Boys and Girls Club, Girl Scouts, Girls Inc. and the Urban League. Also there are summer training and work programs for the older kids though the Job Training WIA program. Call your Family Advocate today to get more information. All of these programs fill up quickly and there are a limited number of scholarships available! Call 649-6507, Ext. 252 for more information today. Don't put it off as then it may be too late!


Great News! It's time to sign up for the next Goodwill Training Program! The Janitorial Program starts March 27, 2004. Contact your Family Advocate to sign up for this class! Many have gotten jobs after graduation and you can too! Call 649-6507, ext 252 today!



BOYS & GIRLS CLUBS

North Columbus Branch



Monday	Tuesday	Wednesday	Thursday	Friday
1 Summer Camp Registration Start	2 Carpet ball Tournament Ages 6-9	3 Georgia High Writing Basketball Play-Off Games	4 Carpet ball Tournament Ages 10-12 Basketball Play-Off Games	5 Basketball Play-Off Championship Games Awards Day
8 Ages 6 – 8 Co-ed All-Star Games	9 Tour The Fire Station 13 & Up Pool Tournament	10 Ages 10 – 12 Boys All-Star Game & 3Pt. Shoot out Smart Girls Guess Speaker	11 13-18 Boys All – Star Games & 3Pt. Shoot out with Slam – Dunk Ages 6-9 Any-ball Pool Tournament Banana Split Day	12 Teacher Planning Day
15 10-12 foosball Tournament Nature Walk to find some	16 Early Release Day Elementary Softball/Soccer	17 6-9 ages foosball Tournament St. Patrick Day	18 Field Trip To a Food Place (TBA)	19 Fitness Authority Challenge & Teen Movie Night
22	23 Carpet ball Tournament Teen Field Trip (TBA)	24 Columbus State Softball Spring Begins!	25 Space Center	26 Teen Night Out Softball/Soccer Registration Ends
29	30	31 Jr. Staff Training Day (Summer Program) Carpet ball Tournament		

If you would like to attend any of the events listed here, please contact Mr. Antonio Owens at the North Columbus Branch of the Boys and Girls Club. Don't forget, membership is free so don't miss the fun! Call 323-1743 today!

Community and Supportive Services

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



Helping You To Pursue & Achieve Excellence