



BETWEEN THE LINES—Our Quarterly Newsletter
Literacy Volunteers of Monongalia County & Literacy Volunteers Preston County
296-3400 United Way Agencies JANUARY 2008

IN HONOR OF MARTIN LUTHER KING DAY

“Not every man can be famous, but every man can be great in service to others.” – MLK. Join us for an evening of inspiration on how to be of service to your community by becoming a board member for a local non-profit agency. AmeriCorps members Sharon and Braja wish to help others learn what it takes to be a valuable member of a board by offering a Board Member Training on Monday, Jan. 14th at the WVU Extension Office in Kingwood at 7PM.

PRESTON COUNTY BOWL-A-THON MARCH 1 2008

The Preston County Bowl-A-Thon will be an occasion for old-fashioned competition and fundraising for Literacy Volunteers. Don't be a square, pick up a spare! Call the office to sign up.

READIN', WRITIN', WRASTLIN' II COMIN' APRIL 6 2008

Jeff Poole and his wrastlin' committee have already started on this year's show. We're hitting the pavement and drumming up ads and hope to wrap this up ahead of schedule. If you know of anyone who would like to sponsor an ad in the program, contact Jeff at 680-2122 or call the office.

PUMPKIN BUTTER AND JELLY AND JAM FOR SALE

Our latest batches of homemade grape jelly, mixed berry jam, and pumpkin butter are ready. If you'd like to purchase some, come to one of our upcoming events or swing by the office.

JAMS AND JELLIES CLASS DECEMBER 10TH

Extension Agent Karen Bright, with the help of AmeriCorps Braja Smith and Sharon Krafft-Deem led a successful jams and jellies class in Kingwood. Several locals showed up and made four cases of mixed berry jam and grape jelly.

SANTA LETTERS STUFFED AT SUNDALE NURSING HOME!

We mailed over 600 letters from Santa! We raised almost \$3000 and mailed to children as far away as Hawaii and Alaska. Thanks to all the volunteers who came out and helped stuff letters.

AMERICORPS MEMBERS KEEP IT UP

Sharon Krafft-Deem is our AmeriCorps VISTA for Preston County. She's been working since September and just finished our most recent batch of pumpkin butter for sale for the holidays! She'll continue to work on the sustainability of Preston County projects through August.

Braja Smith is the new AmeriCorps member with the Healthy Together network, which has 10 members at 12 different United Way Agencies. The network addresses health issues such as stocking food pantries, organizing outdoor education and fitness programs, and creating an interagency referral network.

WVU PHARMACY STUDENTS FINISH PICTURE BOARDS

Six WVU students have finished their emergency medical picture boards and will begin working on the printing and distribution to ambulances, hospitals, and fire trucks.

GOLF COMMITTEE GEARS UP

Our golf committee has started work on this year's event. If you are interested in helping, please contact Ellen at 296-1887. We are looking for sponsors for the event, awards, and dinner.

ESL DISCUSSION GROUP

Volunteer tutor **Erin** holds an advanced discussion group for ESL students. The group meets every Thursday at 6:15 PM at the Blue Moose Café. If you are interested in attending, please contact Erin at quittheforest@aol.com.

WOMEN ACROSS CULTURES GROUP

Women Across Cultures meets every Friday from 9:30 - 12:00pm in the Medical Center Apartments, Building J. If you want to attend, call Karen Bird at 293-3519.

BOARD MEMBER HUNT

Literacy Volunteers still needs board members for Preston and Mon Counties. If you are interested in serving please call the office at 296-3400.

IMPROVE JOB SKILLS AT KINGWOOD PUBLIC LIBRARY

There are several computer programs available at the Kingwood Public Library. The programs cover typing, GED practice tests, and other job skills. They are available in the Computer Lab, in the basement of the Kingwood Library. Another great tool is www.learningexpresslibrary.com.

GED AND EDP SCHOLARSHIPS AVAILABLE

Are you interested in getting your GED or EDP (External Diploma Program)? Literacy Volunteers has scholarships available to help you meet your goal!

FUND RAISING

I would like to donate to Literacy Volunteers
 ___ \$10 ___ \$25 ___ \$50 ___ \$100
 I would like more information on volunteering ___
 NAME: _____
 ADDRESS: _____
 CITY: _____
 STATE: _____ ZIP: _____
 ___ I want to help with GOLF TOURNAMENT
 ___ I want to help with SCRABBLE
 ___ I want to help with WRASTLIN

Basic Reading Tutor Training Class with Charline Barnes

Charline Barnes will be teaching classes for volunteers to become certified Basic Reading Tutors. The classes will be January 22-29, February 5, 12, 19, and 26 from 5:30 to 7:45pm in the Morgantown Public Library, upstairs in the Board Room. Please call the office to register in advance.

Computer Class Schedule

Jennifer Waugh, a WVU student, is once again offering her service as a beginning computer class tutor. These classes are offered in the Literacy Center at the Morgantown Public Library and are completely free. They will focus on very basic computer skills like turning on the computer, learning Microsoft Word and connecting to the internet. To register, call 296-3400. Classes are limited to six.

Beginner Class 1: Tuesday Afternoon 2:00 – 4:00pm
Jan 15, 22, 29, Feb. 5, 12 - FULL

Beginner Class 2: Wednesday Evenings 3:30 – 5:30pm
Jan 16, 23, 30, Feb. 6, 13

Beginner Class 3: Wednesday Evenings 5:45 – 7:45pm
Jan 16, 23, 30, Feb. 6, 13

Beginner Class 4: Tuesday Afternoon 2:00 – 4:00pm
Feb 19, 26, March 4, 11, 18

Beginner Class 5: Wednesday Evening 3:30 – 5:30pm
Feb 20, 27, March 5, 12, 19

Beginner Class 6: Wednesday Evening 5:45 – 7:45pm
Feb 20, 27, March 5, 12, 19

Beginner Class 7: Tuesday Afternoon 2:00 – 4:00pm
April 1, 8, 15, 22, 29

Beginner Class 8: Wednesday Evenings 3:30 – 5:30pm
April 2, 9, 16, 23, 30

Beginner Class 9: Wednesday Evenings 5:45 – 7:45pm
April 2, 9, 16, 23, 30

Ruby Read Mobile Library Schedule

Bruceton – 1st & 3rd Tuesday Jan. 15th, Feb 5th and Feb. 19th
Tunnelton – 1st & 3rd Wednesday Dec. 19th, Jan. 2nd and 16th, Feb. 6th and Feb. 28th
Valley District – 2nd and 4th Thursday Jan. 10th & 24th, Feb. 14th and 28th

Bruceton - 9 – 10am Bruceton Clear MT Bank in
10:30 – 11:30 Hazelton Little Bear Day Care
11:45 – 12:30 Hazelton Pine Run Store

Tunnelton - 8 - 9am Howesville Head Start
9:30-11: Fellowsville Elementary 892-3866
11:30 -12:30 Cool Springs
1- 2 Tunnelton Quick Stop

Valley District -11-11:30 Gladesville Comm. Bldg
12 – 12:50 Newburg Fireman’s Field / Matt’s
1:20 – 2 Arthurdale Heritage
2:15 – 3:15 Masonton Hero Hut
3:30 – 4:30 Reedsville Hugs & Kisses Daycare

Healthy Holidays Eating Tips

- * Don’t starve yourself in preparation for the big holiday meal. Eat small meals throughout the day so you won’t overeat.
- * Substitute chopped vegetables for some of the bread in your stuffing recipe.
- * Wait 20 minutes before getting another plate of food from the buffet. You’ll often find you’re not hungry.
- * Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- * Set out bite-sized, healthy snacks such as popcorn, raisins or nuts in brandy snifters. That way your guests won’t be tempted to keep reaching for the snacks – they’ll have to pick up the glass and pour a few into their hand.
- * Present food in various locations to encourage activities and mingling as well as eating.
- * Do alternative holiday activities with your family, like walking around the block to look at Christmas lights or play a game of basketball with your visiting family.

CALENDAR FOR JANUARY - MARCH

January 2008

12 – Newburgh Health Fair
14 – Board Member Training – 7PM Kingwood Extension Office
21 – Martin Luther King Day
28 – Morgantown Homeless Survey, 304-985-0021 to volunteer

February

Literacy Awareness Month
24 – Scrabble “Spellabrate” Tournament 1-4 PM St. John University Parish – Emmaus Hall
Sign up with a team or join one when you get there!

March

1 - Preston County Bowl-A-Thon

April

Golf Tournament

Literacy Volunteers

977 Tyrone Road
Morgantown, WV 26508
296-3400
mclv1@comcast.net

Nonprofit Organization
US Postage paid
Morgantown, WV 26505
PERMIT No. 108



Words to find: NURSE, HEALTHCARE, INSTRUCTIONS, LANGUAGE, INTERPRETER, DOSAGE, PRESCRIPTION, MEDICAID, DOCTOR, SAMPLE, MEDICINE, COMMUNITY, XRAY, EMERGENCY, EXERCISE, FITNESS, DIET, NUTRITION, FRUITS, VEGETABLES, PREVENTATION

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