



Independent Living

Dieting Teen Girls More Likely to Start Smoking—fox news 9/13/07

Teenage girls on a diet are twice as likely to start smoking as their non-dieting peers, a new study from the University of Florida has found.

Researchers analyzed the dieting and smoking habits of 7,795 teens and found that dieting did not have the same effect on boys, according to the findings, which were published in a recent issue of the American Journal of Health Promotion. "Dieting was a significant predictor of initiation of regular smoking among females," said Mildred Maldonado-Molina, the study's lead author and UF assistant professor of epidemiology and health policy research, in a news release. "We were expecting that this relationship was going to be stronger

among females. That has been well-documented, especially because (nicotine) can suppress your appetite." The teens were in seventh, eighth and ninth grade when surveyed for the first two waves of the National Longitudinal Study of Adolescent Health, completed in 1994 and 1995.

"In boys we found something we don't understand yet," she said. "We found that those who were inactive dieters, those who first started dieting and then stopped were more likely to engage in smoking behaviors." On the bright side, the percentage of teens smoking has dropped since the survey was performed. In 1995, about 35 percent of high school students smoked regularly, according to the

Centers for Disease Control and Prevention.

Presently, about 23 percent of high school students and 8 percent of middle school students reportedly smoke. The percentage of girls who smoke is slightly higher in both age groups, according to a 2006 CDC report on tobacco use among youth, the study offered as background.

Franklin County DSS

Volume 2, Issue 7

January 2008

Special points of interest:

☺ Of the nine fatalities from car crashes in 2007 in Franklin County four of them were teenagers.

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Home Repair

How to Hang a Shelf from EHow.com: Adding storage or display space in your home can be a snap. Here's how to mount a simple wooden shelf and two brackets to a wall.

1. Buy a wooden shelf from a home-improvement store. Buy shelf brackets - simple L shapes or something more decorative - making sure that the top leg of the bracket is no longer than the shelf is deep.
2. Buy screws if you don't have a supply at home or if they don't come with the brackets (see Tips).

3. Find the wall studs; you'll fasten the brackets to them (see 'eHow to Locate Wall Studs').
4. Find the wall studs; you'll fasten the brackets to them (see 'eHow to Locate Wall Studs').
5. Line up the top of each bracket with the pencil line and mark the attachment holes on the wall. Set the bracket aside.
6. Test-drill the holes to make sure they are going into wood rather than wallboard. If there is no stud in a convenient place and the shelf is not going to carry more than a few pounds,

you may be able to settle for using hollow-wall anchors (see 'eHow to Install Screws and Anchors in Walls').

7. Attach the brackets to the wall, lay your shelf on top, and screw the bracket into the shelf.

Tips and Warnings:

Choose screws that will penetrate the wallboard and go into the stud about 1 inch. Choose shorter screws for mounting the shelf on the bracket, so they won't penetrate the top of the shelf.

Sex and Relationships

How to Use a Condom from About.com:

Condoms are the **ONLY** form of birth contraception that protects against STD's and HIV. Use every time you perform a sexual act that involves a penis. It takes 5 minutes maximum to put on a condom and it's pretty easy. Well worth preventing pregnancy, disease, and death.

1. Take the condom out of the wrapper carefully. Do not rip it. Do not use your teeth. Do not use a knife or scissor.
2. Take out the condom and put it on as soon as there is an erection.
3. Always handle the condom with care, if it tears it is useless.
4. Cup the condom between your fingers to put some lubricant or spermicide inside. This helps stop breakage.
5. Put the still rolled up condom on the tip of the penis and pinch the

end. Gently unroll it up the shaft.

6. Make sure there is room left at the end of the condom, that is why you pinch it as you unroll it.
7. After ejaculation you hold the condom from the top (the part that is closest to the body) as you withdraw it.
8. Remove the condom right away after ejaculation.
9. Remove the condom firmly at the top and pulling down and keep it open like it is still being worn.
10. **DO NOT** roll the condom down the shaft to remove it. Pull it off carefully and intact.
11. **DO NOT** let the condom be turned inside out while you remove it and avoid spillage by holding the top.
12. Dispose of the condom as soon as you are done.
13. If you have sex again right away

or try oral sex, use a new condom.

Tips:

1. Do not store condoms in your wallet, glove box, or in other places where it can be damaged by heat or "wear and tear".
2. **DO NOT** use a condom that has expired.
3. **DO NOT** use spermicidal condoms for oral sex—**DO** use some sort of condom during oral sex.
4. **DO NOT** use a condom more than once.
5. **DO NOT** double up, use one condom at a time and use a new one for each sex act.

Cleaning House

How to Clean a Toilet by EHOW.com:

This will probably never be your favorite household chore, but you have to admit, it's one of the most important!

1. This will probably never be your favorite household chore, but you have to admit, it's one of the most important!
2. Put on rubber gloves and lift the toilet seat. Flush the toilet to wet the sides of the bowl.
3. Apply a generous amount of powder or liquid toilet cleaner to the bowl, focusing on getting

it along the sides, not just in the water. Be sure to follow the directions for your type of toilet bowl cleaner.

4. Let the cleaner stand for a minute.
5. Let the cleaner stand for a minute.
6. Flush the toilet to rinse. As the water in the bowl is replaced, thoroughly rinse the toilet brush in the incoming water.
7. Notice if the toilet bowl has developed a ring. If it has, scrub the stain with a wet pum-

ice stone. Be sure the pumice remains wet throughout the process.

8. Notice if the toilet bowl has developed a ring. If it has, scrub the stain with a wet pumice stone. Be sure the pumice remains wet throughout the process.
9. Wipe down the base, lid and tank top with disinfectant.
10. Allow the disinfectant to dry before using the toilet.

Never mix cleaners. The fumes could be deadly.

Life Strategies

How to Plan Your Career and Your Life by EHOW.com:

1. **Develop a Personal Mission Statement**
The time and effort it will take to do this will be well worth it. Your mission statement will need to be updated every couple of years as new ideas and opportunities become apparent to you.
2. **Educate yourself**
Learn everything you can in your job. Take seminars, courses and join professional associations.
3. **Learn to roll with the changes**
Do not allow yourself to be catalogued as a whiner or complainer. Even if you are reluctant to accept change, do your best to adapt.
4. **Be your own agent and learn to sell yourself and your skills**
Before embarking on a new op-

portunity, research and prepare. Match up your skills with the job and explain how you will contribute to the new position.

5. **Do not jump jobs too often but know when it is time to move**
Companies are much more forgiving of employees who have had many jobs, but only if there are compelling reasons for the changes.
6. **Network with others in your field**
Hearing what is happening in your industry and sector from other people like yourself is the way most people stumble onto job opportunities.
7. **Embrace a challenge and do not be afraid to take a calculated risk**
Accepting a promotion to a higher level job is scary and you may have doubts about your ability to handle it, but accept

it anyway.

8. **Never take a job for the money**
Enjoying what you are doing and liking the people you are working with means so much more than the dollar value on your paycheck. Set your priorities and the money will follow.
9. **Be open-minded**
Especially when economic times are tough, look outside the box. Maybe this is the right time to start your own business or write the book you always dreamed of writing.
10. **Stay True to Your Heart and Your Principles**
Your job should make you feel good about yourself. You should not be ashamed of what you do. Finding the right career opportunity will help you realize your true potential in life. Good Luck on your personal journey to greatness.

Job

How to Write a Resume by About.com:

A resume can make or break you in your job search. It is particularly difficult to do this when you have little or no job experience. Here's how to write a great starter resume:

1. Select a simple format, nothing too fancy.
2. Use heavy weight plain white paper and avoid flashy fonts or scented sheets.
3. Make sure your contact information is accurate and up to date (primary contact number, cell phone number, email address—if your email address is inappropriate consider opening

up a free account for job purposes).

4. Include an introductory paragraph of 2 to 3 sentences telling the employer about your most desirable personality traits. Tailor this to highlight the traits most applicable to the job. This is sometimes called an objective statement.
5. If you have no job experience, don't lie. Instead write down your volunteer experience. Maybe you did this through a class at school or church. Don't forget if you did odd jobs like babysitting or mowing lawns. Include this here and get letters of reference.

6. Next list coursework at school that is relevant to the job. Make note of academic achievements and awards. Get a letter of reference from a teacher from one of the mentioned courses.
7. List non-volunteer extracurricular activities: sports, youth group, school committees and clubs. Describe your duties if you have a position of authority in any of these activities.
8. Make a list of your skills, personality traits, and special talents.

It should be less than a page. Regular resume rules don't all apply to your first resume. Don't lie!

Car Repair

How to Check Your Tire Pressure by www.dmv.org:

PSI is measured by the notches on a tire air pressure gauge or with a number reading on digital gauges. To find out what PSI is right for your tires, look on the tires themselves. In the raised writing on the side of the tires, you should find "recommended PSI" or "PSI recommended at ..." or similar, with the proper figure for your tires. When buying new tires, or getting a rotation, it's a good idea to ask what the right pressure is.

Recommendations may vary, but you should never inflate the tires five PSI more or less than what is recommended on the tire. Under-inflating wears out the sides of the tire, and is actually a driving hazard. Over-inflated tires will wear

more quickly, and are also dangerous because of the increased possibility of a blowout. If you are unsure about the PSI for your tires, or it is unclear or worn away on the side of your tires, ask your mechanic or someone who knows about vehicles what PSI you should have for your tires.

Smaller compact and mid-size sedans typically have PSI levels between 30 and 40 PSI. Larger vehicles with larger tires, including bigger sedans, usually have higher pressure, around 45 PSI. These are general PSI figures, and the most accurate PSI for your tires is the number listed on the side. Tires should all be inflated to the same PSI for safety, proper vehicle function, comfort, and fuel efficiency.

Also, check your vehicle's tire pressure when the tires are cold. This means the tires should not have been

driven on for at least three hours. If you need to drive to get air, try to drive less than a mile. Or, slightly under-inflate the tires to compensate for the warmer air inside them, and then check the pressure again when you can get a cold reading.

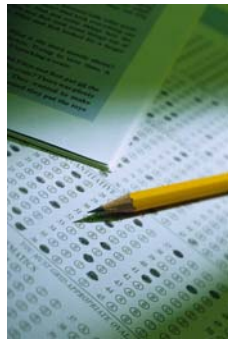
To get a PSI reading on your tire, place the air pressure gauge onto the tire's valve stem, the pencil-width air nozzle on the side of the tire. Try to place the gauge evenly onto the valve stem. This will allow air to escape, but once you firmly press the gauge down on the valve stem, it will stop the flow of air and give your gauge a reading, either by blowing out the metered stick with a traditional gauge, or a reading with a digital model gauge.

ACT/SAT

Frequently Asked Questions from www.collegeboard.com:

How do SAT officers use my SAT scores? Your SAT scores can tell officers how you compare with other students that took the test. All scores are reported on the 200 to 800 scale. A 500 average score would mean that you scored about as well as half of the people that took the test. Because no single score can tell everything about how you tested, percentiles and score ranges are also included on the score reports sent to colleges. Admission

officers use these tools to evaluate the scores. Remember your scores are not the only information colleges use in the admission decisions. They may also consider your high



school record, essays, recommendations, interviews, and extracurricular activities.

Tip from Patti:
Take the test at

DSS PAYS FOR YOUR SAT FEES!

least twice! The best score for each section is then taken into consideration by the colleges and gives you an option to improve without the chance of a lower score being used instead. Your best score is always used! You'll know what to expect the second time around!

Dating and Relationships

Can Cheaters Change? From About.com:

All people can change if they really want to. Some people cope with downtimes in their relationship with outside excitement. If cheating is a coping mechanism for a cheater then it may take therapy for them to overcome. Some cheaters are

just immature and grow out of it. This is very common in teens and young adults since the peer pressure to be in a relationship can make them enter into a commitment before they are truly ready. Other cheaters cheat because they can, and will not cheat if they are with another partner. If they have re-

peatedly cheated and been forgiven chances are good that the cheating won't stop because it has become a part of conflict resolution in the relationship. When it comes to entering into a relationship with an admitted cheater you need to examine the facts and trust your instincts!

Occupational Outlook Handbook

Registered Nurses:

Constitutes the largest health care occupation, with 2.5 million jobs.

About 59% of the jobs are in a hospital.

The three major paths to registered nursing are a bachelor's degree, an associates degree, and a

diploma from an approved nursing program.

Registered nurses are projected to generate about 587,000 new jobs over the 2006-16 period, one of the largest numbers among all occupations; overall job opportunities are expected to be excellent, but may vary by employment setting.

You must pass a licensing exam.

From Patti:

Want more info? Let me know and I will send it to you!



Want more information?

How to Fit In At a New School—About.com

A new school is scary and intimidating. It doesn't have to be overwhelming, though. With these strategies, a positive attitude, a few hours a day, and some effort will have you fitting in at your new school in no time.

1. don't be shy. Easier said than done, but essential. If you were shy at your old school it's okay b/c nobody at your new school knows that! Put on that smile and be friendly!
2. Introduce yourself to people when you find a seat in class. Take a seat where you are comfortable and greet those around you. "Hi, my name is Patti and I am new here. Do you know if this teacher is any good?".
3. Find your group. Look for the type of people that you were friends with at your last school or that you'd like to be friends with if you are making a change at this school and approach them. Ask if you can join them at lunch or try to pair up with one of them in class. Believe it or not most teens want to meet a new friend.
4. Join a club or a team. This is the easiest way to meet new people

Strut your talents....Hiding them only hurts You!

- (at a new school or at your current school if you're not changing schools). These events are less formal than class which allows you to spend time with people that have similar interests as you and gives you a chance to bond in a more laid back atmosphere.
5. Don't be afraid to stand out. If you are good at something don't be afraid to strut yourself—sports, a school subject, appropriate strengths. People are drawn to people with talent, so use it to your advantage rather than hiding it.
 6. Be mindful of prosocial norms at your school. This just means try to fit in by observing the positive norms at your school (stay away from the negative ones even if it helps draw acquaintances). If your school is big into football, then attend some games. If your school is more into academics then join a study group. Find out what makes your school tick and join in the fun!

Activities at Franklin County High School:

African American History Club
Animo
Art
Band
Chess Club
Choir
Color Guard
DECA
Drama
Envirothon Club
FBLA

FCA
FCCLA
FEA
FFA
Foreign Exchange
Freshman Class Officers
Governor's School
HOSA
International Club
Junior Chamber of Commerce
Junior Classical League
Junior Class Officers
NHS
ROTC
SCA
SCAEL
Senior Cabinet
Senior Class Officers
Skateboard Club
Sophomore Class Officers
Telecommunications
The Eagle
TSA
Upward Bound and Talent Search
VICA
VPS
YOU
YOVASO

Are you involved in your school? It helps to be! You can meet new people and it helps out with job applications and college applications!

Foster Care

The Franklin County Independent Living Program has been working hard on tracking down past foster care graduates from our county. We're hoping that our graduates will give us information to help improve our services to current and future foster care youth. So far the graduates all wish they had an independent living program when they were in foster care. They wish they have money for their first car and first apartment. They wish that they had money for college. They wish that foster parents were better and that they had been matched with their forever family.

Many of our graduates that had participated in independent living classes through the agency appreciated the classes now that they looked back on them even if they didn't appreciate them then. They provided ideas for independent living classes that would have been helpful if they had been offered. They appreciated having rules in foster care now that they looked back on it, even if they



Do You Know Your Rights? You Should!

did not appreciate the rules when they were being restricted by them.

Would you like an opportunity to rate the independent living program? This is something we're considering. Would you participate in the evaluation? Let me know at

pav067@piedmont.dss.state.va.us

Laws

Guide for the Employment of Teenagers in Virginia:

In Virginia, every teenager 14 or 15 years of age must have an employment certificate (work permit) to work at a job. Youth under age 14 are not permitted to work most jobs. Work permits may be obtained at most public high schools and many private schools.

The forms that you can get from the local school are:

- (1) Intention to Employ: filled out by the employer. It discusses the type of jobs the youth will perform, hours per day, number of days a week, amount of time given for lunch.
- (2) Permission for Employment: This form is filled out by the parent. The form should be signed by the parent in front of the Issuing Officer.

You must also bring evidence of age (birth certificate baptismal record,

insurance policy that is at least a year old, school record, or passport).

Permits may be revoked or refused.

If you are sixteen or seventeen years old there are no restrictions on the number of hours you can work.

Teens age fourteen or fifteen who are not working in an agricultural setting are not allowed to during school hours, more than 40 hours a week when school is not in session, more than 18 hours a week when school is in session, more than 8 hours in a given day when school is not in session, more than 3 hours a day when school is in session, before 7am or after 7pm except between June 1 and Labor Day when they may work until 9pm, or more than 5 hours straight without a 30 minute lunch break.

Teens cannot work in settings where there is

danger to their health, safety, or well-being. They cannot work in environments deemed hazardous by the Commissioner of Labor and Industry.

There are also certain machines that teenagers cannot operate according to the Commissioner of Labor and Industry.

Youth twelve and over are allowed to deliver newspapers, referee some sporting events, work on farms, gardens, or orchards with parental consent.

For more information on restrictions and permissible jobs for teenagers go to:

[Www.doli.virginia.gov](http://www.doli.virginia.gov)

A link to these guidelines will soon be added to the FCDSS IL web-site for easy reference.



Are you working within the law?

Featured Job Without a Degree

Truck Drivers from Occupational Outlook Handbook Online:

Overall job opportunities should be favorable.

Competition is expected for jobs offering the highest earnings or most favorable work schedules.

A commercial driver's license is required to operate large trucks.

Routes vary from daily/local to cross country and some go all the way to Canada. You may be gone for a few days, a week, or 3 weeks at a time. Time home varies from a day to several days. Some truckers drive alone

and others run in a team with another driver. Truckers sleep in their trucks while on the road. They are responsible for fueling up their truck, checking the truck for safety, and ensuring their load is the proper weight and secured. Some truck drivers load and unload their trucks while others don't. Trucks are expected to drive for up to 11 hours straight and then take 10 hours off to rest.

You must have a commercial driver's license (CDL). You can study on your own or take CDL classes. The test is through the DMV. Taking a short truck driver's training program is

helpful and required in some states to take the CDL. Some on the job training is also offered.

To qualify for a CDL you must have a clean driving record, pass a written test on rules and regulations, and demonstrate that you can operate a commercial truck safely. Some states allow trucks to driver within their borders starting at age 18, but to drive from state to state the federal guidelines require that you be age 21 or over.

There are truck driving schools in South Eastern Virginia and Wytheville!

Cookbook

Laura's Cheap Chicken and Dumplings from www.aboutcollege.com:

1 can Cream of Chicken Soup
1/3 cup of Bisquick

Heat Chicken soup in pot adding water according to directions on can. Mix bisquick with a couple tablespoons of

water until mixture becomes slightly runny. Drop spoonfuls of mixture in soup. Allow to cook until soup is heated and dumplings are cooked. Makes one serving of cheap, easy chicken and dumplings.

Add some of your favorite vegetables to this recipe or a salad on the side to round out the meal!

Organize Your Homework With Color!

From About.com:

Incorporate a color coded system into your homework routine.

1-Gather a set of inexpensive color coded supplies (sticky notes, folders, highlighters, colored labels, flags, or round stickers)

2-Select a color for each class (orange=world history, green=math, red=biology, yellow=health and PE, blue=geography, pink=literature)

3-Make a mental connection between the color and the class to remember your system (green=money=math)

4-Folders: use your folders to keep your homework in.

5-Sticky Notes: for research, writing down books, reminders, etc. If you can't carry a bunch of sticky notes around then use white sticky notes with colored pens.

6-Colored Flags: for marking pages,

reading assignments, put a flag at the beginning and the end of the reading assignment from a teacher. Use them to mark important dates in your planner.

7-Highlighters: for reviewing notes and reading. If notes get separated from your notebook you'll know which subject they go to by the color.

8-Labels/stickers: for your wall calendar to mark due dates.

Franklin County DSS

453 South Main St.
Rocky Mount, VA 24151

Phone: 540-483-6853

Fax: 540-483-6851

Email:

pav067@piedmont.dss.state.va.us



Recipe

Mir's CinnaCranDelicious

2 large apples (I prefer golden)
1 can of crushed cranberries
1 large casserole dish
sprinkle of cinnamon spice

Preheat oven to 375. Slice apples until in a desirable size. Mix apples in a bowl with cranberry sauce, and pour into casserole dish. Sprinkle cinnamon spice on top. Bake for 35 minutes. Let cool and then serve!

Featured College

Did you know that the Roanoke Higher Education Center located in downtown Roanoke offers you the opportunity to take classes from several 4-year colleges without having to leave the Roanoke area? Check out what colleges are available:

Averett University: www.averett.edu

Bluefield College: www.bluefield.edu

Ferrum College: www.ferrum.edu

Hampton University:
www.hamptonu.edu

Hollins University: www.hollins.edu

James Madison University:
www.jmu.edu

Jefferson College of Health Sciences: www.jchs.edu

Mary Baldwin College: www.mbc.edu

Nova Southeastern University:
www.nova.edu

Old Dominion University: www.odu.edu

Radford University: www.radford.edu

Roanoke College: www.roanoke.edu

University of Virginia: www.uva.edu

Virginia Tech: www.vt.edu

Check out more about the RHEC at
www.education.edu



A video of this college is available by contacting the admissions director!