



Of Special Interest

IL Class Dates:

March 21st 11-2

April 4th 11-2

Picnic May 23rd 11-2 at
Franklin County Rec Park



Virginia Code

Code 18.2-371. Causing or encouraging acts rendering children delinquent, abused, etc.; abandoned infant.

Any person 18 years of age or older, including the parent of any child, who (i) willfully contributes to, encourages, or causes any act, omission, or condition which renders a child delinquent, in need of services, in need of supervision, or abused or neglected as defined in code 16.1-228, or (ii) engages in

consensual sexual intercourse with a child 15 or older not his spouse, child, or grandchild, shall be guilty of a Class 1 misdemeanor.

What does this mean? If you are over the age of 18 and having sex with someone under the age of 18 you can be charged. Also, if you are under the age of 18 and having sex with someone over the age of 18 they can be charged.

Be careful with the choices that you make. Some charges like this can make it that you have to register as a sexual offender on the state registry for the rest of your life. Giving or receiving oral sex in a public place is an example of a crime that could result in you being a registered sex offender for the rest of your life. Make good choices!

Funding Changes for 09-10

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Budget cuts are happening all across the state of Virginia. These cuts will affect the Independent Living Program as well. The Demonstration Project which funds apartment set up and vehicle purchases will be reduced by 50%.

How does this impact you? We have already spent all of the funding from the Demonstration Project for 08-09 and with the funding being cut in half the funding will more than likely run out

even sooner. Funds will be dispersed on a first come first serve basis.

Possible local policy changes for these funds:

First--We will go back to the old vehicle purchase policy where the agency will match the youth on the purchase of a vehicle up to \$500— meaning you have to have \$500 to put towards your vehicle as well.

Second—Funds will be dispersed to youth that are

active participants in the program first. Meaning if you attend IL classes regularly, complete the IL assessment on time, and comply with other IL requests you will have first dibs on funding.

Third—Funds will be dispersed to youth that are living in areas where there is not access to public transportation first.

These are possibilities, not yet approved.



"Be one of the first 10 people to call Patti this month to request your prize for reading the newsletter! 540-483-6853"

How to Change a Flat Tire

by eHow Cars Editor

Replacing a flat tire requires only a few essentials. Know this easy (and all too common) automotive task, and you'll be rolling again in no time. After reading this eHow you'll be able to save yourself the hassle of waiting for AAA to come bail you out, you can just change the tire yourself.

Difficulty: Moderately Easy

Step One

Put the car in park on level ground and apply the parking brake. Place manual transmission cars in gear. Make sure you have pulled off the road. Turn the engine off and turn on the hazard lights. You may want to open the hood to indicate to other drivers that you are stopped for repairs.

Step Two

Place a wheel chock or a large rock behind (if facing uphill) or in front (if facing downhill) the diagonally opposing wheel to prevent the car from rolling. Do this even on a slight incline. Get out the spare, a lug nut wrench (tire iron) and the car jack.

Step Three

Remove the hubcap, if necessary.

Step Four

Loosen the lug nuts, which hold the wheel in place, before jacking up the car: Place one end of the lug nut wrench over a lug nut. Use a hollow pipe (about 2 feet in length) for leverage by slipping it over the end of the lug nut wrench. Turn the wrench counterclockwise to loosen the lug nut. Loosen the lug nuts in a star pattern, first loosen one a few turns, then loosen the one opposite. Work across the tire until all the lug nuts are loose and

unscrewed slightly.

Step Five

Carefully jack up the car (see 'Jack Up a Car Safely'). Check your owner's manual for the correct and safe place to put the jack. Jack the car up a little higher than is necessary to remove the old tire so there is room to put the new, full tire on.

Step Six

Remove the lug nuts all the way and set them aside in a place where you won't lose them and they won't roll away. The flat tire should be hanging from the threaded studs now.

Step Seven

Remove the flat tire and set it aside.

Step Eight

Lift the new tire onto the wheel studs. If you're confused about which is the right way to put the new tire on, check for the valve where you add air, it always faces out.

Step Nine

Replace the lug nuts. Tighten them the same way you loosened them: Give each nut a few turns, first one, then the one opposite, working around the wheel in a star pattern. Try not to tighten adjacent nuts consecutively.

Step Ten

Slowly lower the jack and remove it.

Step Eleven

Tighten the lug nuts again as much as you can.

Step Twelve

Put the hubcap back on.

Tips & Warnings

The best thing to have with your tire changing equipment is a strong, hollow pipe, about 2 feet long, to use for leverage.

If a lug nut sticks, squirt penetrating oil around its base and wait a moment, then try again. Repeat as needed.

Mind your hands when you remove a flat tire. Strands of steel may be sticking out of the back of the rubber (on a bald tire) and can cut you.

Check out all your tire changing equipment at home before you need it on the road!

Most people's spare tires are flat. Check the tire pressure once a month. Temporary spares (the small ones that have a "T" on them, require 60 PSI, regular sized spares need 32 PSI). A flat spare is useless.

Cars can slip off jacks. Be extremely careful. Never get under a car with only a tire changing jack holding it up.

To avoid bruised knuckles, pull rather than push when removing lug nuts.

To avoid a strained back, use your knees when pulling on the wrench and pipe rather than your back.

Overall Things You'll Need

[Pumps and Gauges](#)

[Car Jacks](#)

[Penetrating Oil](#)

[Tire Gauges](#)

[Lugnut Wrenches](#)

[Spare Tires](#)

SAT Dates—DSS Will Pay for Them!

U.S. Registration Deadlines
2008-09
Test Dates Test Regular
Registration Deadline
(postmark/submit by)
October 4, 2008 SAT &
Subject Tests September 9,
2008 November 1, 2008 SAT

& Subject Tests September
26, 2008 December 6, 2008
SAT & Subject Tests
November 5, 2008 January
24, 2009 SAT & Subject
Tests December 26, 2008
March 14, 2009 SAT only

February 10, 2009 May 2,
2009 SAT & Subject Tests
March 31, 2009 June 6,
2009 SAT & Subject Tests
May 5, 2009

Careers in the Health Field to Consider

[Emergency medical technicians](#) and **[paramedics](#)** respond to emergency calls as instructed by **[dispatchers](#)**. They arrive on the scene to address medical emergencies, which can require on-site treatment or transportation to a **[hospital](#)**.
2006 employment: 201,000*
Projected 2016 employment: 240,000
Mean annual wage: \$30,870

[Police, fire and ambulance dispatchers](#) answer 911 calls and decide what emergency personnel, such as **[paramedics](#)** or **[firefighters](#)**, need to respond to the situation.
2006 employment: 99,000
Projected 2016 employment: 113,000
Mean annual wage: \$34,060

[Chiropractors](#) treat patients who suffer from pain or conditions associated with their muscles and bones, most often the spine.
2006 employment: 53,000
Projected 2016 employment: 60,000
Mean annual wage: \$81,390

[Dental hygienists](#) perform examinations on patients' teeth and gums and assess overall dental health. They often prepare records and reports on patients for the **[dentist](#)**.
2006 employment: 167,000
Projected 2016

employment: 217,000
Mean annual wage: \$64,910

[Dental assistants](#) prepare the patient before meeting with the **[dentist](#)** and also prepare materials for the dentist to use during the appointment. They are not licensed to perform any dental procedures.
2006 employment: 280,000
Projected 2016 employment: 362,000
Mean annual wage: \$32,280

[Dentists](#) treat patients for conditions concerning their teeth and gums. They also perform routine checkups for patients in order to prevent any dental problems.
2006 employment: 136,000
Projected 2016 employment: 149,000
Mean annual wage: \$147,010

[Oral and maxillofacial surgeons](#) perform surgery on a patient's jaw or mouth. For many people, the first time they see an oral surgeon is for problems with wisdom teeth.
2006 employment: 7,700
Projected 2016 employment: 8,400
Mean annual wage: \$178,440

[Orthodontists](#) treat patients who need braces or retainers to straighten their teeth.
2006 employment: 9,200

Projected 2016 employment: 10,000
Mean annual wage: \$185,340

[Nursing aides, orderlies and attendants](#) work in hospitals or health-care facilities, helping patients perform routine tasks such as walking, bathing or eating.
2006 employment: 1,447,000
Projected 2016 employment: 1.71 million
Mean annual wage: \$23,920

[Home health aides](#) work with patients who are living at home and provide assistance with everyday tasks, such as eating and bathing. They also help patients follow doctor's instructions for routine exercise.
2006 employment: 787,000
Projected 2016 employment: 1.17 million
Mean annual wage: \$20,850

[Registered nurses](#) help patients by treating their conditions or ailments and teaching them how to properly care for themselves. They work in a variety of medical care facilities, including **[hospitals](#)** and **[clinics](#)**.
2006 employment: 2.5 million
Projected 2016 employment: 3.1 million
Mean annual wage: \$62,480



"The medical field continues to need workers—have you considered a medical career?"



“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Online Resource to Check Out

www.virginiamentor.com is a web-site that you need to check out. The Links include:

Online Test Prep which allows you to prepare for the SAT, ACT, or GRE’s.

Pay for College has financial aid information as well as other resources for paying for college.

Explore Colleges—check out what colleges are located in Virginia, you may find the perfect school for you right here in Virginia.

Plan for College helps you do just that.

Find Careers—free career assessments, career matching assistance, and lists of careers.

Your portfolio is where you can set up an account and store your information about your college and career searches. This site is free and a great resource whether you are planning for college or planning for a career. Let me know what you think!

How to Clean Your Oven

So your lasagna bubbled over and your soufflé exploded? Not to worry - cleaning your oven is not the all-day chore it used to be.

Difficulty: Moderate

Fast Cleaning

Step One: Remove oven racks and place them in soapy water to soak.

Step Two: Preheat oven to 200 degrees.

Step Three: Turn the oven off and spray the inside with oven cleaner.

Step Four: Allow to sit for 10 minutes.

Step Five: Wipe the cleaner and dirt away with a damp sponge, rinsing frequently.

Step Six: Dry with a soft cloth.

Self Cleaning

Step One: Remove oven racks and soak them in soapy water.

Step Two: Turn on your automatic oven cleaner; this usually entails locking the door and turning the function switch to "clean."

Step Three: Let the oven do its work; it will heat for several hours, charring off baked-on foods.

Overall Things You'll Need

- [Oven Cleaner](#)
- [Soft Rags](#)
- [Sponges](#)
- [Oven Cleaner](#)
- [Sponges](#)

Shepherd's Pie

1 pound [ground beef](#) or chicken or turkey
 1/2 cup [ground beef mix](#) or your favorite seasonings for [ground meat](#)
 1 cup white wine or water
 mashed potatoes (from 3 large potatoes)
 canned or creamed corn or peas (optional)
 1/2 cup Cheddar or Parmesan cheese, grated

Preheat the oven to 350. Brown the ground meat and drain. (Rinse if you want to get more **fat off**.) Add the seasonings and wine or water

and simmer for 15 minutes.

Meanwhile peel up the potatoes and cut into 1" chunks. Simmer until soft. Drain, mash, and add butter and milk.

Put the meat into a 9x9 [baking dish](#). Pour the corn or peas on top if using. Cover with the mashed potatoes. Sprinkle the cheese on top. Bake at 350 for 25 minutes.



"Sexting is a felony that could lead to jail time whether you are to one who sent it or received it."

Why is "Sexting" serious?

The practice of "sexting" - sending nude pictures via text message is common and serious. If the pictures are of someone under age 18 (even if you send the picture of yourself) you could be charged with distributing or receiving child pornography. Youth all over the country are

receiving similar charges for "sexting".

"This is a serious felony. They could be facing many years in prison," **CBS News legal analyst Lisa Bloom** said.

Roughly 20 percent of teens admit to participating in

"sexting," according to a [nationwide survey \(pdf\)](#) by the National Campaign to Support Teen and Unplanned Pregnancy.

Don't get caught up in the practice or "sexting" either through sending or receiving photos—delete these photos if you get them!

How to Unclog the Toilet

Flush only once. If it's not flushing the first time, don't flush again. This will cause more water to be pumped into the toilet bowl. If you let the water in the bowl sit for a while, it will usually drain at least a little bit, although it may be very slow.

Put on a pair of rubber gloves. Toilets are inherently unsanitary places to work, but a good pair of rubber cleaning gloves will protect you from the germs within.

Protect the floor. What's worse than a clogged toilet? An overflowing toilet. Prevent or stop overflow quickly to avoid a disgusting mess and damage to your house. Place newspapers on the floor. Minor splashes and spills are bound to occur when you're unclogging the toilet. Several layers of newspaper around the toilet will help protect your floor.

Try pouring a bucket of cold water into the toilet. Pour quickly, but not so fast that it rolls

up over the top. Don't fill it over the bottom of the rim in case you have to plunge again. If it's draining but slowly, let it sit and try a second bucket of water.

Make sure the water supply to the toilet is *off*. It should be located right behind the toilet, it looks like a regular faucet knob. Do not shut off the supply for the house, since this will prevent others from using water. If the water is off to at least the toilet, this will prevent the bathroom from flooding.

Find a plunger. (Note: If a known obstruction, such as a child's toy, is in the drain, skip to step 8.) It is important to use a large heavy-duty rubber plunger, either the ball-shaped type or one with a fold-out rubber flange on the bottom which forms a seal. Do not use the small cheap suction-cup type of plunger - these

will often not work with toilets. Remember, the larger the plunger the more force you can apply down into the clogged drain. Of course the plunger should have a shape which ensures that the water you force out of it when you push down does not shoot back up into the toilet bowl instead of pushing into the drain. If you can try to get an integrated pump plunger as this will use a jet of water rather air to dislodge the blockage and is therefore likely to be less messy. As the jet is more "focused" it is also more powerful. One or two pumps with this type of plunger is usually sufficient for your average blockage. Insert plunger into the bowl and press down firmly but slowly the first time making sure you're covering the hole completely.

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Toilet Continued...

The plunger should be submerged in water to be effective. It is important to be pushing and pulling with water not air. Add water to the bowl if necessary. Sharply pull up on the plunger to create suction in the drain, then push in to create pressure. It is the suction then pressure rocking back and forth in that way the clog is being constantly disturbed in both directions that will gradually cause it to be loosened. Beware! Pull first to back up the obstruction then push. Just pushing the plunger in only often results in just "packing" the clog in. Use a wire coat hanger. If plunging fails to unclog the drain, a wire coat hanger may clear the obstruction. Unravel the coat hanger. Twist the top ends of the coat hanger apart until they are no longer connected. Stick one end of the wire into the drain. Once the wire is in the drain, twist it, push it, and maneuver it in a circular motion to clear the drain. This will generally work if there is an

obstruction in the first few inches of the drain. Use a plumbing snake. A snake (also sometimes called a "flexible cleaning tool" or "auger") is a flexible coil of wire that can "snake" through the curves of a drain and get deeper than a wire can. Insert one end of the snake into the drain and push down, feeding the snake further into the drain until you feel an obstruction. Twist and push the snake through the obstruction until the water begins to drain. Flush the toilet. When the water seems to drain OK, flush the toilet to make sure it's working properly and to flush any remaining debris into the sewers. Snake in reverse. It may become necessary to remove the toilet and run the snake through in the opposite direction. This is especially true with hard obstructions that may

have been flushed by a curious child. If you suspect that there is a hard obstruction, DO NOT USE A CHEMICAL SOLUTION as is outlined in following steps. If a hard obstruction is known, and you are not comfortable removing and replacing the toilet, contact a plumber. Use a chemical drain cleaner. If nothing else works, you can try a drain-cleaning chemical. They're available at most grocery, hardware, and "big box" stores. These chemicals are harsh on the environment, so try to avoid using them if possible. Make sure to follow the manufacturer's instructions and to use only chemicals that are specifically listed for toilets. Call a plumber. If nothing works, you may have a problem deeper in the plumbing lines, and you'll probably need to call a plumber. You'll usually be able to clear the clog yourself, but even if you can't you at least fought the good fight.

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