**WV STARS Is Providing Benefits for All Early Care and Education Practitioners in the State**
by Natalie Snider

When WV STARS, West Virginia’s State Training and Registry System, was developed eight years ago, the goal was to implement a professional development system for all early childhood programs across the state. Since its beginning in 2000, WV STARS has grown significantly, not only in the number of individuals being served, but also the benefits that can be provided. Many providers working in the field of early care and education recognize WV STARS and are familiar with some aspects of the program, such as the Career Pathway Credential, but are unaware of all of the benefits that WV STARS can offer all early care and education practitioners. All individuals working in the early care and education field, working directly with children or families or in an administrative position, can apply for a Career Pathway Credential by submitting a completed Career Pathway Application either online or by mailing in an application to the WV STARS office. Once approved on the Career Pathway, participants will receive a credential that shows the Career Pathway Level. This level is based on their education (both formal and informal) as well as experience. Having a Career Pathway Credential presents a professional image to parents and employers by showing that the individual views their position as a career and is interested in continued learning to grow in that career.

Along with the credential, Career Pathway participants also have access to their WV STARS Professional Development Record, a transcript that lists all WV STARS Registered Training taken while the participant holds an active Career Pathway Credential. This record assists early childhood practitioners in keeping up with their training requirements and setting goals for professional development. The record can be accessed online by individuals who have an active Career Pathway Credential on the WV STARS website at www.wvearlychildhood.org. Not only does participation on the Career Pathway benefit providers on an individual level, but it also benefits the early care and education workforce in West Virginia. WV STARS has the capability of gathering and providing information about the education, experience, employment, and training in the early care and education field. Reports that have been provided for policy makers in the past have included reports showing the levels of education and experience of participants working in various programs across the state and information about training being offered in different regions. WV STARS as a system will continue to grow in the upcoming years. With that growth will come new ways for WV STARS to assist early care and education practitioners. Your input regarding WV STARS and the services provided is always welcomed and can be heard by contacting the WV STARS office by phone at (304) 529-7603 or by e-mail at tcr@rvcds.org. Individuals working with the WV STARS program are available to answer any questions and provide assistance in completing forms and applications.

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**Exciting changes are coming soon for child care providers and families of WV**

Below is a excerpt from a letter recently sent to West Virginia Child Care Providers from the West Virginia Department of Health and Human Resources:

Effective May 1, 2009, child care centers and family child care homes and facilities will be paid more to serve children whose parents receive financial aid for child care while the parents work or attend school. The new payment rates are based on the results of a market rate survey completed last year and will more closely match what parents pay privately for child care services. Providers will see the increase on the check they receive in June.

<table>
<thead>
<tr>
<th>Type of Care</th>
<th>Birth to 24 Months</th>
<th>25 to 36 Months</th>
<th>37 to 59 Months</th>
<th>60 Months &amp; Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Home (4 - 6 Children)</td>
<td>Current: $17 per day</td>
<td>New: $20 per day</td>
<td>Current: $16 per day</td>
<td>New: $20 per day</td>
</tr>
<tr>
<td>Family Facility (7 - 12 Children)</td>
<td>Current: $19 per day</td>
<td>New: $25 per day</td>
<td>Current: $18 per day</td>
<td>New: $20 per day</td>
</tr>
<tr>
<td>Center (13 or more Children)</td>
<td>Current: $25 per day</td>
<td>New: $28 per day</td>
<td>Current: $20 per day</td>
<td>New: $24 per day</td>
</tr>
</tbody>
</table>

Effective July 1, 2009, the eligibility guidelines for parents will be increasing to reflect the new FY 2009 Federal Poverty Level. The increased guidelines will allow more families to be eligible for the child care program, easing the financial burden for West Virginians in this difficult economic environment. For a 2 person family the new monthly income limit will be $1,821 at entry and $2,246 at exit, for a 3 person family it will be $2,289 at entry and $2,823 at exit, for a 4 person family it will be $2,756 at entry and $3,399 at exit, and for a 5 person family it will be $3,224 at entry and $3,976 at exit.

A more detailed chart with the new provider payment rates is available online at www.wvchildcare.org. The new eligibility guidelines will be available online after June 30, 2009. Providers and parents should contact their local child care resource and referral agencies for further information.
Behavior Consultant Corner, by Shannon Taylor

Hello, friends!

In times when the world can seem like a big and scary place, it’s comforting to be surrounded by people who care. It is well-known that children who feel safe tend to behave better than those who do not. Maintaining your own composure and being consistent with children is a good starting point for creating a safe and loving environment. This is the key toward building a connection with any child, but especially those who are exhibiting some challenging behaviors. Traditionally it was thought that the way to avoid conflict was with bribes, threats, manipulation, and control. We now know that conflict is an opportunity to teach and to connect with children. My grandmother used to say, “You can catch more flies with honey than with vinegar!” The same principle applies… children will be more cooperative if you use love instead of fear to govern your classroom or home. Making a connection with children requires that you offer empathy, encouragement, choices, support, compassion, positive intent, and understanding. This will go so much further than punishment, blame, and showing your power. Children who feel safe and connected construct, while children who feel unsafe and disconnected destruct! Creating this type of environment for a child helps his or her brain function at its best by making the shift from feeling that someone else has control to learning self-control. This shift naturally brings with it the skills of problem solving, anger management, conflict resolution, communication, pro-social skills, and assertiveness. There are literally hundreds of ways to create a safer and more loving environment. Here are just a few suggestions to get the ball rolling: Sing songs together, give hugs freely, have a secret handshake, read books that are special to each child, spend one on one time each day with each child, have techniques in place to help children calm down or relax, have rituals for different events – good morning, good-bye, birthdays, etc., have a daily schedule and a few simple classroom or home rules – post each visually (with pictures) Integrating these ideas can give your classroom or home a more positive energy while making the children in your care feel safe and connected with you! Please feel free to contact me if you would like additional suggestions or resources to try with the children in your care.

Warmest Regards,
Shannon

..children will be more cooperative if you use love instead of fear to govern your classroom or home.

Directors Council Meetings and Trainings

The next Director’s Council Meeting and one hour Training will be held on August 10 at 5:30 at Link
Training Topic: Everything you wanted to know about subsidy.
Meeting to follow immediately after training.

Directors Toolbox Module will begin on August 24

The sessions can be taken individually for four hours of credit or as a whole for 20 hours of credit. All sessions will be from 4:00—8:00 at Link. The sessions will be offered as follows:
August 24 September 7 September 21 October 5 October 19
Implementing Shared Decision Making and Participative Management; The Power of Reflection and Self-Awareness; How Effective Directors Get Things Done; Making the Most of Meetings; and Recruiting, Selecting, and Orienting Staff. Each session will be registered with STARS and count toward the required training hours needed for Directors.
Director’s Council Meetings will take place during the months this training is not offered.

Please Contact Nikki Rabel at 523-9540 or 1-800-894-9540, Ext. 106 or nikki.c.rabel@wv.gov for more information or to register for either training session.

 único administración de medicamentos

El siguiente se llevará a cabo en el 1er piso de la sala de conferencias de Link:

- **July 16th**: 2 PM-6:30 PM
- **August 11th**: 9 AM-1:30 PM
- **September 23rd**: 1 PM-5:30 PM

**You must be on the STARS pathway in order to take the class.**

Si su centro necesita ser capacitado en Medication Administration, así como en State Regulations, o cualquier otro taller de seguridad y entrenamiento, por favor póngase en contacto con Brenda Helper, Nurse Health Consultant con West Virginia Early Childhood Training Connections and Resources, en 529-7603 o 1-888-983-2827 Extensi 402 para solicitar más información.

**SAVE THE DATE! Annual Child Care Center Directors’ Meeting**

**October 8, 2009**

Bridgeport Conference Center, Bridgeport, WV

**please note:** This meeting is mandatory for all center directors to attend. Failure to attend will result in an ineligibility to participate in the tiered reimbursement program and the associated grants. If you cannot attend, please send a designee in your place.

**For more information Contact:**
Brenda Helper at 304-558-4683.
Infant/Toddler Corner by Sue Knisely

Social Emotional Development in a child is the foundation to all other types of development. The first thing a baby needs in order to develop a healthy social emotional development is to feel secure. In order to feel secure, the caregiver must respond to the baby’s needs. A relationship will be formed when the baby’s needs are met. If the baby cries, it is the job of the caregiver to wait a few seconds to see if the baby can calm and comfort him/herself. If not, then you will need to pick him/her up and give comfort. If they continue to cry, you need to figure out what they are crying for. When they are left to cry for extended periods of time, they are actually destroying brain cells caused by the production of cortisol produced during stress. Excessive stress in infancy will inhibit brain development. In order to reverse the effects of the cortisol, a child care provider needs to help a baby feel secure through touch. Touch releases a calming hormone called oxytocin into the body. We’re all born with a great need for touch. To thrive, newborns must be fed touch as much as food. Children instinctively initiate and seek out touch when they need it. If a child does not do this, it raises a red flag that there could be abuse or neurological damage. Babies need to be held and cuddled. This nurturing sends a message to the baby’s brain that they are important, and they have the power to make things happen. A result of the feeling of having that power to make things happen, is a healthy social emotional development. A baby needs to be protected and comforted. You cannot spoil a baby. If their needs are ignored, the message to their brain is that their needs are not important and they have no control and in response, their social-emotional development will be inhibited. Once the baby becomes mobile, it is important that they be allowed to explore in a safe place. The caregiver should stay in close proximity to the child though, because they will still need to feel secure. The best place for you to be when a child is playing is on the floor with them. Show the babies in your care that you love them. Touch them as much as possible. Give them massages. Rub their little feet. Let them know that being with you is a safe place to be, and in return the child will be happy, content, and able to develop socially and emotionally.

Sue Knisely is the Infant Toddler Specialist at LINK. You can reach Sue at 1-800-894-9540 ext 228 for information about WVIT, or any other Infant/Toddler training or questions.

Early Care & Education Modules by Kerry Carnegie

Providing care for young children is more than just watching children, it’s a profession. Participating in the Components of Quality Care & Education (CQCE) modules puts you on the right track to becoming the type of child care provider that you would want caring for your own children. The CQCE modules can offer learning opportunities from room arrangement to conflict resolution strategies, from building partnerships with families to including children with special needs. Participating in the CQCE modules is the perfect opportunity for providers to become better child care professionals.

The CQCE Modules are being offered by Link CCR&R. This training is an eight week course for child care providers working with children ages 2 ½ to 5 years of age. Each module is a 4 hour training in which participants gain knowledge in several core competencies. The modules are designed to provide resources to providers and to enhance their knowledge and skills in child development. Upon completing the eight week course, providers will receive thirty two (32) hours of professional development and resources to be used in their early childhood programs.

Requirements for these training modules include a pre and post on site visit by the training specialist and every participant must be registered with the West Virginia State Training and Registry System (S.T.A.R.S.).

This time the series will be hosted by Growing Places Children’s Center in Hamlin (1st street, Hamlin). Registration deadline is Thursday, July 9. Participants must attend every session and no walk in or stand by participants will be accepted and there will be no waiting list for individual sessions.

<table>
<thead>
<tr>
<th>Training Modules</th>
<th>When</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme Makeover: Space &amp; Furnishings</td>
<td>Thurs., July 23</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>Not Just Routine</td>
<td>Thurs., July 30</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>For the Love of Literacy</td>
<td>Thurs., Aug. 6</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>Implementing Your Curriculum</td>
<td>Friday, Aug. 14</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>Recipe for Relationships</td>
<td>Thurs., Aug. 20</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>Building Block: A Program’s Structure</td>
<td>Thurs., Aug. 27</td>
<td>4-8 PM</td>
</tr>
<tr>
<td>Including all Children: Providing for Children with Special Needs</td>
<td>Thurs., Sept. 3</td>
<td>4-8 PM</td>
</tr>
</tbody>
</table>

Communication is the Key                          | Thurs., Sept. 10 | 4-8 PM |

Providers interested in attending these sessions need to call Kerry Carnegie at 523-9540 ext. 229 or 1-800-894-9540 or email at Kerry.L.Carnegie@wv.gov.
Training Calendar & Training Information

IMPORTANT TRAINING INFORMATION

1. All trainings begin promptly at the scheduled time. We expect you to arrive before the session begins. If you miss 15 or more minutes during the course of any training session, you will not receive credit for that training.
2. If you are disruptive during any training session, or prevent the Trainer from staying on task, you will be asked to leave and your monitor will be notified.
3. If you sign up for a training and do not call to cancel at least 24 hours in advance, your monitor will be notified.
4. No cell phones or electronic devices may be used during the training sessions.
5. You may not bring children to any Link training session.
6. You must bring a picture ID to all Trainings.
7. You are responsible for keeping your training certificates on file. All trainings are registered with WV STARS.

Family Child Care Providers must complete eight (8) hours of training in at least two (2) different core competency areas (see box on right) each year according to the date on your individual certificate of registration.

Please call Link at 523-9540 or 1-800-894-9540 at least 24 hours in advance to register for a training or to cancel your registration.

For additional Training Opportunities in our region and throughout the state check out the WV Early Childhood Training Connections and Resources (WVECTCR) Training Calendar at http://www.wvearlychildhood.org

*Codes for Training Chart*

- *Core Competency*
  - CGD: Child Growth and Development
  - HSN: Health, Safety and Nutrition
  - PIR: Positive Interactions & Relationships
  - COA: Child Observation and Assessment
  - PM: Program Management
  - FC: Family and Community
  - C: Curriculum
  - P: Professionalism

- *Tier*
  - Tier I: Beginner level
  - Tier II: Intermediate
  - Tier III: Advanced

- *Targeted Age/Area*
  - IT: Infant/Toddler
  - PRE: Pre-School
  - SAC: School Age Care
  - FCC: Family Child Care Providers
  - CB: Center Based
  - ADM: Administration
  - ALL: Targets All Areas

Cabell and Wayne Counties

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th><em>Core Comp</em></th>
<th><em>Tier</em></th>
<th><em>Targeted Age/Area</em></th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning in July</td>
<td>West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.</td>
<td>All</td>
<td>I</td>
<td>IT</td>
<td>Link Office 611 7th Ave., Huntington</td>
<td>Varies</td>
</tr>
<tr>
<td>Tues., July 21</td>
<td>All You Need is Love</td>
<td>PIR</td>
<td>II</td>
<td>All</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Wed., July 22</td>
<td>Family Child Care Environments</td>
<td>PIR</td>
<td>III</td>
<td>FCC</td>
<td>Link Office</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Tues., July 28</td>
<td>Child Abuse, No Excuse!</td>
<td>HSN</td>
<td>III</td>
<td>All</td>
<td>Barboursville Library 728 Main St. Barboursville</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Beginning Mon., Aug. 24</td>
<td>Director’s Toolbox Modules (See page 2 and/or 5 for more details)</td>
<td>Varies</td>
<td>III</td>
<td>All</td>
<td>Link Office</td>
<td>4:00—8:00</td>
</tr>
<tr>
<td>Mon., Aug. 3</td>
<td>How to Tier II for FCC</td>
<td>PM</td>
<td>III</td>
<td>FCC</td>
<td>Link Office</td>
<td>9:00—11:00</td>
</tr>
<tr>
<td>Mon., Aug. 3</td>
<td>How to Tier II for FCC</td>
<td>PM</td>
<td>III</td>
<td>FCC</td>
<td>Link Office</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Tues., Aug. 18</td>
<td>The ABC’s of Early Literature</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Link Office</td>
<td>9:00—11:00</td>
</tr>
<tr>
<td>Tues., Aug. 18</td>
<td>Once Upon a Time: Storytelling</td>
<td>C</td>
<td>I</td>
<td>All</td>
<td>Link Office</td>
<td>11:00—1:00</td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Time</td>
<td>Location</td>
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<tr>
<td>Wed., Aug. 26</td>
<td>Let's Get the Lead Out: Lead Poisoning</td>
<td>11:00—1:00</td>
<td>C-K Library</td>
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<tr>
<td>Thurs. Sept. 10</td>
<td>Let's Get Organized</td>
<td>3:00—5:00</td>
<td>C-K Library</td>
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<tr>
<td>Tues. Sept. 29</td>
<td>Love Me Tender: Infant Toddler Social Emotional Dev.</td>
<td>12:00—2:00</td>
<td>Link Office</td>
<td></td>
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<tr>
<td>Tues. Sept. 29</td>
<td>All You Need is Love</td>
<td>2:00—4:00</td>
<td>Link Office</td>
<td></td>
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<tr>
<td>Tues., July 14</td>
<td>SIDS: Sudden Infant Death Syndrome</td>
<td>5:30—7:30</td>
<td>Mingo County DHHR</td>
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<tr>
<td>Thurs., July 16</td>
<td>Family Child Care Environments</td>
<td>12:00—2:00</td>
<td>205 E. 3rd St, Williamson</td>
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<tr>
<td>Thurs. Aug. 6</td>
<td>Environments that Educate</td>
<td>11:00—1:00</td>
<td>SWVCTC—Logan</td>
<td></td>
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<tr>
<td>Tues. Aug. 25</td>
<td>Once Upon a Time: Storytelling</td>
<td>1:00—3:00</td>
<td>Boone Madison Library</td>
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<tr>
<td>Wed. Sept. 16</td>
<td>Child Abuse, No Excuse</td>
<td>1:00—3:00</td>
<td>Mingo County DHHR</td>
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<tr>
<td>Wed., Sept. 23</td>
<td>School Age Environments</td>
<td>11:00—1:00</td>
<td>Logan County Library</td>
<td></td>
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<tr>
<td>Lincoln County</td>
<td>Components for Quality Care and Education Modules.</td>
<td>4:00—8:00</td>
<td>Growing Places II</td>
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<tr>
<td>Mason County</td>
<td>Make Music With Me</td>
<td>1:00—3:00</td>
<td>Mason County Library</td>
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<tr>
<td>Putnam County</td>
<td>How to Handle Your Fury</td>
<td>10:00—12:00</td>
<td>Winfield Child Dev. Center</td>
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<tr>
<td>Sat., July 18</td>
<td>Let’s Get Organized</td>
<td>12:30—2:30</td>
<td>Winfield Child Dev. Center</td>
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</tr>
<tr>
<td>Tues., Aug. 4</td>
<td>Early Childhood Positive Behavior Support</td>
<td>6:00—8:00</td>
<td>4345 Teays Valley Rd. Scott Depot</td>
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<tr>
<td>Wed., Sept. 16</td>
<td>Professional Ethics in the Workplace</td>
<td>1:00—3:00</td>
<td>Putnam County Library</td>
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<td></td>
</tr>
</tbody>
</table>

**Director's Toolbox Modules**

- Director's Toolbox Module 1: The Right Fit—Recruiting, Selecting and Orienting Staff
- Director's Toolbox Module 2: Circle of Influence—Implementing Shared Decision Making & Participative Management
- Director's Toolbox Module 3: From the Inside Out—The Power of Reflection & Self-Awareness
- Director's Toolbox Module 4: Leadership in Action—How Effective Directors Get Things Done
- Director's Toolbox Module 5: Making the Most of Meetings—A Practical Guide

**Logan, Mingo and Boone Counties**

- SIDS: Sudden Infant Death Syndrome
- Family Child Care Environments
- Environments that Educate
- Once Upon a Time: Storytelling
- Child Abuse, No Excuse
- School Age Environments

**Lincoln County**

- Components for Quality Care and Education Modules
- SIDS: Sudden Infant Death Syndrome
- Hurry to Handle Your Fury

**Mason County**

- Make Music With Me

**Putnam County**

- How to Handle Your Fury
- Let’s Get Organized
- Early Childhood Positive Behavior Support
- Professional Ethics in the Workplace
Family Child Care Food Program

DID YOU KNOW?
June is National Dairy Month....
Dairy foods, like milk, cheese, and yogurt are naturally rich in nutrition. They help provide nutrients such as protein, vitamin D, calcium, and potassium. Which will build strong bones and healthy bodies. Compare the cost to other food and beverages and see the value they provide.

It’s never too early or too late to develop lifestyle habits for healthy bones. Find out how 3 servings a day of low-fat or fat-free dairy foods play an important role, in a healthy diet, to help reduce the risk of osteoporosis. For more information visit http://www.nationaldairycouncil.org

GIVE US A CALL: LET US HELP

River Valley Family Day Care Food Program
Serving Cabell, Wayne, Lincoln, Putnam, Mason and Mingo Counties
304-523-3031 or 1-800-581-3031

Central Child Care
Serving Boone County
304-382-0797

Pride of Logan County
Serving Logan County
304-752-6868 or 304 752-1047

Frosty Pine-Orange Yogurt Smoothie
Prep time: 5 minutes Yield: 2 servings

Ingredients:
12 ounces orange juice
1/2 cup pineapple chunks, drained
1 1/4 cups low-fat vanilla yogurt

Preparation:
1. Combine all ingredients in a blender or food processor.
2. Blend on high speed for 2-3 minutes, or until frothy. Serve immediately.

Nutritional Information:
Per serving: 233 calories, 9 g protein, 45 g carbohydrate, 2 g fat (1 g saturated fat), 7 mg cholesterol, 30% Daily Value of calcium, 153 mg sodium.

In accordance with the Federal Law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, gender, age or disability. USDA is an Equal Opportunity Employer. The Child Care Food Programs funded through the U.S. Department of Agriculture and are administered by the West Virginia Department of Education.

Would you like to Improve the Quality of your Program & Earn More Money?

To learn more about ACCREDITATION log on or call:
Family Child Care Provider can log on at www.nafcc.org or call 1-800-359-3817.
Child Care Centers can log on at www.naeyc.org or call 1-800-424-2460.

Contact WVETCR to inquire about financial support for the application process at 529-7603 or 1-888-983-2827.

ACDS Corner
By Sherrie Barrett

The Apprenticeship for Child Development Specialist (ACDS) will soon begin fall classes.
If you currently work in the field of early care and education at least 20 hours per week with children birth through eight, you may want to consider this educational opportunity. ACDS is a rewarding program at a minimal cost to the participant. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks. You can also earn training hours toward licensing requirements as well as college credit. If you are interested in ACDS or have questions about the program, please contact Sherrie Barrett at 304-523-0433.

Family Child Care Information

Family Child Care Provider Grants

Family Child Care Providers are eligible to apply for grants of up to $250. Grants can be used to purchase resources required in regulations or curriculum materials. We also have the following items in stock: First Aid Kits, Fire Extinguishers, Flash Lights, Digital Ear Thermometer, Carbon Monoxide and Smoke Detectors. You must turn in receipts for the money you spend. Failure to do so will make you ineligible for future Family Child Grants and other grants that may become available through Link. Contact Mary Bridge at Link (523-9540 or 1-800-894-9540) with questions or to request an application.

Are you a Family Child Care Provider Interested in Meeting Other FCC Providers?

If you are, then the Family Child Care Association is for you. This group meets bi-monthly to discuss issues that affect children and providers who care for children in their homes. Trainings related to Family Child Care Provider needs are also offered. If you would like more information or are interested in joining the Cabell Wayne Family Child Care Association, feel free to contact Kathy Baker at 529-6246. If you are in the Boone, Logan or Mingo Area, contact Paula Stewart at 1-800-894-9540, Ext. 430.
First Aid and CPR Classes

This list of agencies offering First Aid and CPR is made available to you for resource purposes only. Link is not responsible for the following trainings or registration for these trainings.

Boone County First Aid and CPR available at Kanawha Co. Red Cross (see below) or by request at Charleston 340-3650.

Cabell County First Aid and CPR available at Triad Tech 431 5th Ave. Huntington—529-7020. Cost is $20 each.

CPR with First Aid available at American Red Cross. 1111 Veteran’s Memorial Blvd. 304-526-2900.

First Aid and CPR available at Salt Rock Fire Dept. Instructor—Darrell Ennis. 733–9040.

Logan County First Aid and CPR available at LEASA County Public Rescue 26 1/2 Main Ave, Logan—752-0917.

Classes also available at Logan Regional Medical Center 831-1556.

Lincoln County For First Aid or CPR Contact Dorothy or William Frazier 778-3873.

Mason County Pleasant Valley Hospital offers First Aid and CPR Classes. Call 675-4340 to make an appointment.

Mingo County Williamson Memorial Hospital—Contact Tracey Booth at 235-2500, Ext. 147.

Putnam County First Aid and CPR available at Red Cross Building in Kanawha Co.—1605 Virginia St. E. 340-3650 or www.redcross.org. Evening classes are available.

Classes also offered at Red Cross Building in Putnam County—3268 Winfield Rd. (Rt. 35) — 586-0238 or 340-3650 CPR and First Aid is offered by Tina Kyle. 561-4674.

Wayne County First Aid and CPR available. Instructor Kathy Parsons. 486-5991.

You can contact local Hospitals or Fire Departments for other options.

Remember all of these fees are tax deductible.

T.R.A.I.L.S. Corner
by Paula Stewart

Studies show that during the summer, children often lose loose skills they learned during the previous school year. MSNBC reports many students loose more than two months worth of knowledge over the summer. Help keep these skills in check with fun, inexpensive Science and Math skills built into your summer activities. The TRAILS Van has several new resources to help you keep those brains working. With the help of a soda bottle have your children observe the density of air when it is heated or cooled. They can also build a model submarine or test Newton’s first law of motion. These easy Hands on activities are in Soda Bottle Science, by Steve Tomecek. In his book Coffee Can Science your students can build a barometer, create sound effects and investigate inertia. Cooking with children is a wonderful way to enhance literacy, social, language, math and science skills. How about making a refreshing Island Smoothie from the Caribbean Islands, Sweet Potato Cookies from Zimbabwe, Chicken Curry from India or even throw an International Cookout! Learn how from Deanna F. Smith’s The Kids’ Multicultural Cookbook. Don’t forget, we also have a wide variety of books for children from birth through school age.

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Date Time Location Training
July 1 8:30 - 2:00 Link Office
August 1 8:30 - 2:00 Link Office
August 18 1:00 — 3:00 Mason County (Point Pleasant Library) Make Music With Me for Mixed Age Groups
Sept. 1 8:30 — 2:00 Link Office
Sept. 10 3:00 — 5:00 C-K Library Let’s Get Organized

Paula Stewart is the TRAILS Specialist at LINK. You can reach Paula or TRAILS Associate, Virena Elkins, at 1-800-894-9540 or (304) 523-9540 for more information about any TRAILS Services or to schedule a visit.