



I'm proud to be an *American*
 Where at least I know I'm free
 And I won't forget the men who died
 Who gave that right to me
 And I'd gladly stand up next to you
 And defend Her still today
 'Cause there ain't no doubt
 I love this land
God Bless the U.S.A.



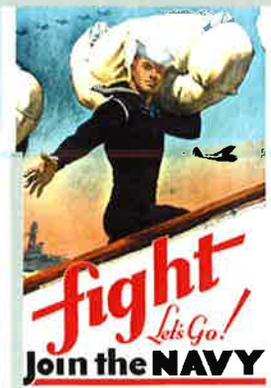
Just a reminder ... Be checking your mailbox around the middle of this month for your next **Family Self-Sufficiency Update Appointment Letter** and mark your calendars for the first week of August. I will be conducting those appointments during **August 3rd through the 6th, 2015.**



- Be prepared for your appointments by bringing in your
- Current ID
 - Car Insurance Card/verification
 - Job & Family Services verification
 - Child Support verification
 - Paycheck Stubs
 - School verification (such as Recent Student Loans/Grants, Class Schedules and Grades)
 - Diplomas or Certificates
 - Childcare Verification

Whether you accomplished something big, are still forging ahead with your goals or there haven't been any changes since our April Update Appointment - I still need to see you in August.

See you then,
Jenni Jones



JULY 1, 2015

VOLUME 3, ISSUE 7

Family Self-Sufficiency Newsletter

How to step forward when you're scared to death

SPECIAL POINTS OF INTEREST:

- Opportunities don't happen, you create them.
- Chris Grosser
- I have not failed. I've just found 10,000 ways that won't work.
- Thomas A. Edison
- No one can make you feel inferior without your consent.
- Eleanor Roosevelt
- What seems to us as bitter trials are often blessings in disguise.
- Oscar Wilde
- When you stop chasing the wrong things, you give the right things a chance to catch you.
- Lolly Dascal
- Happiness is a butterfly, which when pursued, is always beyond your grasp, but which, if you will sit down quietly, may alight upon you.
- Nathaniel Hawthorne
- Success is the sum of small efforts, repeated day-in and day-out.
- Robert Collier
- The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.
- Mark Caine
- Don't let the fear of losing be greater than the excitement of winning.
- Robert Kiyosaki

Fear is the most powerful single factor that deprives you of being able to achieve your full potential. You experience it most often as a result of your own thoughts and emotional visions, rather than actual real world causes. In other words, you become fearful of a fantasy - something that doesn't exist. Fear is a cloaked enemy that whispers negative thoughts into your mind, body & soul. It tries to convince you that you will not succeed and that you cannot achieve your full potential. The road you are traveling may be a bit scary at times, but don't lose faith. Don't listen to your fears and the fears of those around you. Don't let old setbacks work their way into your present thinking.



And most of all, don't give up on what's important to you. It's fine to feel a bit uncomfortable. It's okay if you don't know exactly what's going to happen next, or how much you can handle. As long as you gradually step forward you will learn what you need to know. You will let go of the scary things that might happen and start to see all the great realities unfolding around you.

- **Envision & declare what you want ...** *Keep your eyes open and focused specifically on what you want . It's simply impossible to hit a target you haven't declared or get anywhere worthwhile with your eyes closed and your vision blurred.*
- **Know the consequence in staying where you are ...** *What would your life be if you had no courage to attempt anything? Don't be satisfied reflecting on what could have been.*
- **Believe ...** *Believe in yourself!*
- **Take it slow, but GO! ...** *Begin moving in the right direction. Every step will get easier & easier, until what once seemed light years away is now standing right in front of you.*
- **Accept that failure is possible and necessary ...** *Failures are simply stepping stones that slowly uncover the path forward, one slippery step at a time. If you fail today - pick yourself up ... tomorrow is a new opportunity to try again & build upon what you've learned.*

Don't be afraid of facing your fears. They're not as scary as you think, and they're not here to stop you. They're here to let you know that what you want is worth fighting for.

Motivational Message for the Month

In every detail

Whatever you're doing, put your passion, love, full attention and awareness into it. Give all you have to even the smallest of acts. The richness of life is created in the living of it. Fulfillment comes not from getting, taking, having or keeping, but from being and becoming. In every detail of your life there is the opportunity for greatness. The more of yourself you put into all you do, the more successful you will be. Always remember that this moment, this day is not a practice or preparation. Now is when real life happens. Give your energy, your attention, your thoughts and your love to what you are doing right now. Put yourself fully into what you do, and whatever you do will be of much value. There is no task too small or too large to ignore. Make life rich by living every moment, by thinking every thought, and by performing every act with all the greatness that is in you.

— Ralph Marston

In the spirit of celebrating the 4th of July this month, while you're enjoying a cookout & fireworks ... keep in mind why we celebrate Independence Day. This beautiful story puts everything into perspective.

Did You Stand?

I was sitting the other day in a crowded airport, waiting for a boarding call on my flight to Arizona. As I sat there, I noticed an old man sitting across from me facing the large picture window that gave passengers a view of the runway. The history of a life of hardship traced the old man's eyes as they stared into the twilight of his years, and as I watched, I saw tears rolling from those ancient steel gray eyes, leaving a trail of sadness that tore at my heart. I got up and walked to him and asked if I could join him. Without even looking up to identify me, he nodded, and I sat down, feeling awkward but intensely drawn to him in compassion for his quiet tears.

"I'm sorry, but I couldn't help but notice you sitting here alone. Are you ok?" I asked.

There was a deafening silence suddenly between us, for what seemed a long time, and finally he spoke in a voice that was worn and weary with age. "Did you stand when she walked by?" he asked.

I was confused by his question, and a bit taken off guard by the tone of his voice that sounded almost accusatory. "I don't understand sir, I answered. "Did you stand when she walked by?" he asked again, staring straight into my eyes. "Who?" I asked him. But he turned away from me, staring again at the tarmac just outside our window.

I waited for an answer, but there was not going to be any. Our conversation was over it seemed, and I got up to leave, hearing the call to board that by this time, was welcome as an excuse to get out of an awkward situation. I started walking away, but was troubled and torn by his question. I boarded my plane after clearing the gate, found my seat, and settled into it, looking back at the terminal I had just left. He was there as I had left him, sitting alone facing the tarmac.

I watched for several minutes, and in that time I noticed a number of people stop to visit with him, presumably to ask if he was ok, and then walk away, some of them shaking their heads, others just gone from view at a brisk pace. And still he sat, fixated on a plane that was resting about 300 yards away, surrounded by military personnel.

As I watched, a small procession of 6 men carried a flag draped coffin away from the plane to a waiting hearse, where they stood after the rear door of the black car had been closed and they offer a salute as the car slowly drove away. I looked back toward the window of the terminal, and instantly my tears nearly blinded me when I saw the old man I had been talking to also offering a salute, but from his wheel chair now parked next to the window.

Since our craft had used a rolling stair gantry for passenger access, I got up, and made my way to the door of the plane, and got off. I walked deliberately, heading for the terminal, making my way through the crowds to the old man at the window. I walked up beside him, faced the plane as yet another coffin draped with Old Glory was placed in a waiting hearse, and I slowly raised my hand in salute, allowing my hand to drop only when the hearse rolled out of view around a security fence.

I turned slowly to the old man who by now was looking solidly into my soul with eyes of countless memories. "I know her name now sir, and I stood when she walked by."

He was visibly moved, and he said to me in quavering voice, "Thank you sir . . . for what you did. My greatest wish these days is to stand again for her, but I can't."

I gave my legs in '43 and my oldest son in '67 to that Lady, so she could keep walking. It hurts when no one cares that she walks by.

I missed my flight that day, but my heart and soul found wings to the heavens on the words of an 90 year old man who dared to share a heart full of memories with me and dared to remind me why Old Glory stills waves as the beacon of Hope in a lost world.

By Robert VanDerslice



Firecracker Dipped Pretzel Rods

You'll Need:

- ◆ Pretzel Rods
- ◆ White Chocolate Candy Melts
- ◆ Red, White & Blue Candy Sprinkles

Heat up the Candy Melts according to package directions. Dip the Pretzels about 2/3 of the way into the melted chocolate and roll onto a surface lined with sprinkles. Lay them on wax paper & allow to harden and set-up. Store in an airtight container to maintain freshness.



Patriotic Taco Layer Dip

You'll Need:

- ◆ (4) Cans of French's Bean Dip
- ◆ A Large Container of Light Sour Cream
- ◆ A Package of Taco Seasoning
- ◆ (3) Diced Green Onions
- ◆ A Package of Finely Shredded Sharp Cheddar Cheese
- ◆ (4) Diced Roma Tomatoes
- ◆ A Small Can of Sliced Black Olives (Drained)

Mix together the Bean Dip with 1/2 a packet of the Taco Seasoning - spread evenly on the bottom of a 9x13 Casserole Dish. Mix together the Sour Cream with the remaining Taco Seasoning - spread evenly over the bean dip. Sprinkle the Green Onions over the sour cream. Sprinkle the Cheese over the onions. Arrange the Tomatoes over the cheese to make the stripes. Then, arrange the Black Olives over the cheese in a square in the upper left corner of the flag for the stars. Chill & serve with Scoop Tortilla Chips.



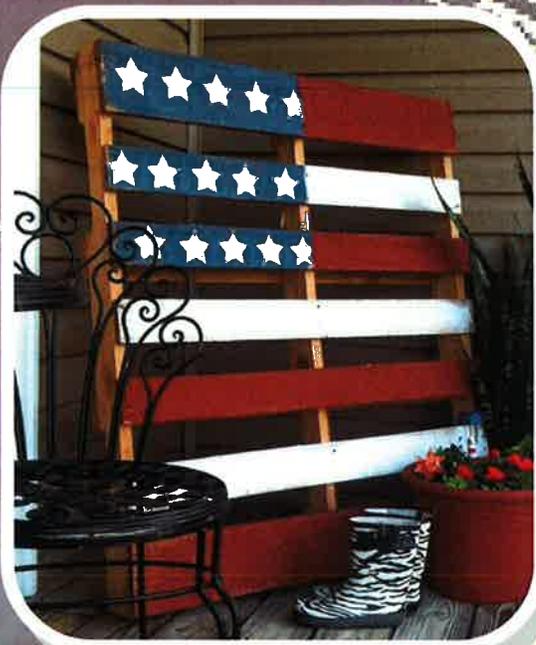
Patriotic Popsicles

You'll Need:

- ◆ 1 1/2 cups Strawberries (green tops removed)
- ◆ Blueberry Yogurt
- ◆ A can of Coconut Milk
- ◆ 6 inch Popsicle Sticks
- ◆ Standard-size Styrofoam Cups
- ◆ Aluminum Foil
- ◆ Blueberries
- ◆ 1/2 a Banana

Puree the Strawberries & pour into the Styrofoam Cups a 1/3 of the way, cover with foil & freeze for an hour. Blend 1/2 a can of Coconut Milk with the Banana - pour over the layer of Strawberries 2/3 of the way, cover with foil & insert Sticks and freeze for another hour. For the final layer, add some Blueberries & the Blueberry Yogurt, cover & freeze overnight. Pop the Popsicles out of the cups & Enjoy!





Pallet Flag

Find an old Pallet & Clean it really good. Buy small containers of a good Outdoor Paint in Red, White & Blue. Then, simply paint the pallet as shown in the picture to make a pretty American Flag. Place it in the corner of your Front Porch and decorate by placing Potted Plants around it.



Patriotic Porch Pillows

Adorn your porch swings & outdoor chairs with festive pillows and cushions. It's the easiest way to change the look of your porch instantly and add a splash of color. If you don't want to buy new sets of pillows, simply make slipcovers!

Patriotic Clothespin Wreath

You'll need a Wire Wreath Frame, Clothespins, Spray Paint in Red, White & Blue, a small bag of Craft Stars, Glue (a Hot Glue Gun would work great) and either Rope or Ribbon to tie the wreath onto a door hook. Begin by deciding how many clothes pins of each color you will need. Place the clothes pins on the wire wreath to be sure you get a good fit. Then, simply spray paint them accordingly. Placing the clothes pins on something like a magazine helps so you can easily turn them and paint the opposite sides. Once the clothes pins are dry you can put them back onto the wire wreath, Alternating between the two middle wires as well as red and white sections. Then, fill in one big section with the blue clothes pins. Lastly, glue the Stars onto the Blue Clothespins and attach the rope or ribbon - hang it & you have a beautiful wreath to add to your decorations. Plus it's a great conversational piece "Wow, how cute - are those clothespins?"



New Truck Driver Training Program Offers Free Tuition and Job Opportunity! *Southern State Community College joins forces with Schneider*



To help encourage and promote careers in truck driving, Schneider - one of the nation's largest truckload carriers - is offering a Contract Training Program in conjunction with Southern State Community College's Truck Driving Academy (TDA). This new program is offered at Southern State's 17 TDA training facilities across southern Ohio. Schneider will cover the program's cost for students seeking a Class A commercial driver's license (CDL). The program covers instruction, behind-the-wheel driver training with instructors, licensing, and all endorsements. Candidates will go through a preapproval process and Schneider will cover the tuition upon successful completion of the program. In total, the program takes 160 hours to complete in a standard Monday through Friday, four-week schedule. "Schneider has enjoyed a long-standing relationship with Southern State Community College and we've hired many of their graduates over the years," said Rob Reich, senior vice president at Schneider. "Their training meets the highest standards and prepares graduates for the industry." SSCC's Truck Driving Academy offers driver training facilities in Athens, Clinton, Hamilton, Jefferson, Meigs, Perry, Pike, Ross, and Warren counties. "We have a strong Truck Driving Academy, and providing this opportunity with Schneider will only make it stronger," said John Joy, SSCC Dean of Workforce Development and Community Service. "Offering these incentives up front puts students on the fast-track to a long and successful career." Schneider employs and leases more than 795 drivers and owner-operators throughout the state of Ohio and is currently hiring statewide. "We are committed to investing in the residents of the area and providing new careers," said Reich. "Schneider's business is growing, especially in Ohio. We are putting our money where our mouth is to develop and hire new drivers to meet our customer's needs." Successful graduates will find many different career opportunities at Schneider to meet any new driver's work/lifestyle balance needs. Graduates can choose from opportunities in Schneider's Van, Dedicated, Team Expedited, Tanker and Intermodal divisions. More than 90 percent of Schneider's Regional drivers get home weekly and 70 percent of the entire fleet gets home weekly or more. Graduates can earn up to \$51,000 in their first year with Schneider and over \$71,000 per year within three years. In addition to the Contract Training program Schneider offers to SSCC and select other community college graduates, it also offers a Tuition Reimbursement program for graduates at truck driving schools.

Look for the Monthly *Family Self-Sufficiency Newsletter* now on the Fayette Metropolitan Housing Authority's Facebook!

The Monthly Family Self-Sufficiency Newsletter will now be posted on the Fayette Metropolitan Housing Authority's New Facebook in beautiful color for you to read. If you don't have access to Facebook, let me know and I will continue to send you your Newsletter in the mail. Otherwise if you have Facebook, I will discontinue sending you a copy in the mail.

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