

Life Lines

Let's Get Moving

It has been a rough winter with lots of cold weather, wind and snow but Spring is just around the corner. Do you need some motivation to get out and enjoy warmer weather?

Walking groups are forming to create fun and active ways to lead a healthy lifestyle. CEOS and WVU Extension are sponsoring a free six week walking challenge that begins April 10 and ends May 21. To find out how to join a group or if you have a group that would like to participate in the challenge, contact me at 304-728-7413 Ext. 3 before April 1.

Walking groups are a great way to get to know others, get healthy, and have a fun time doing it. Adults need at least thirty minutes of physical activity a day but many adults are not active enough. The good news is that walking is a simple, low cost and easy way to become more active. Call me to join before April 1!



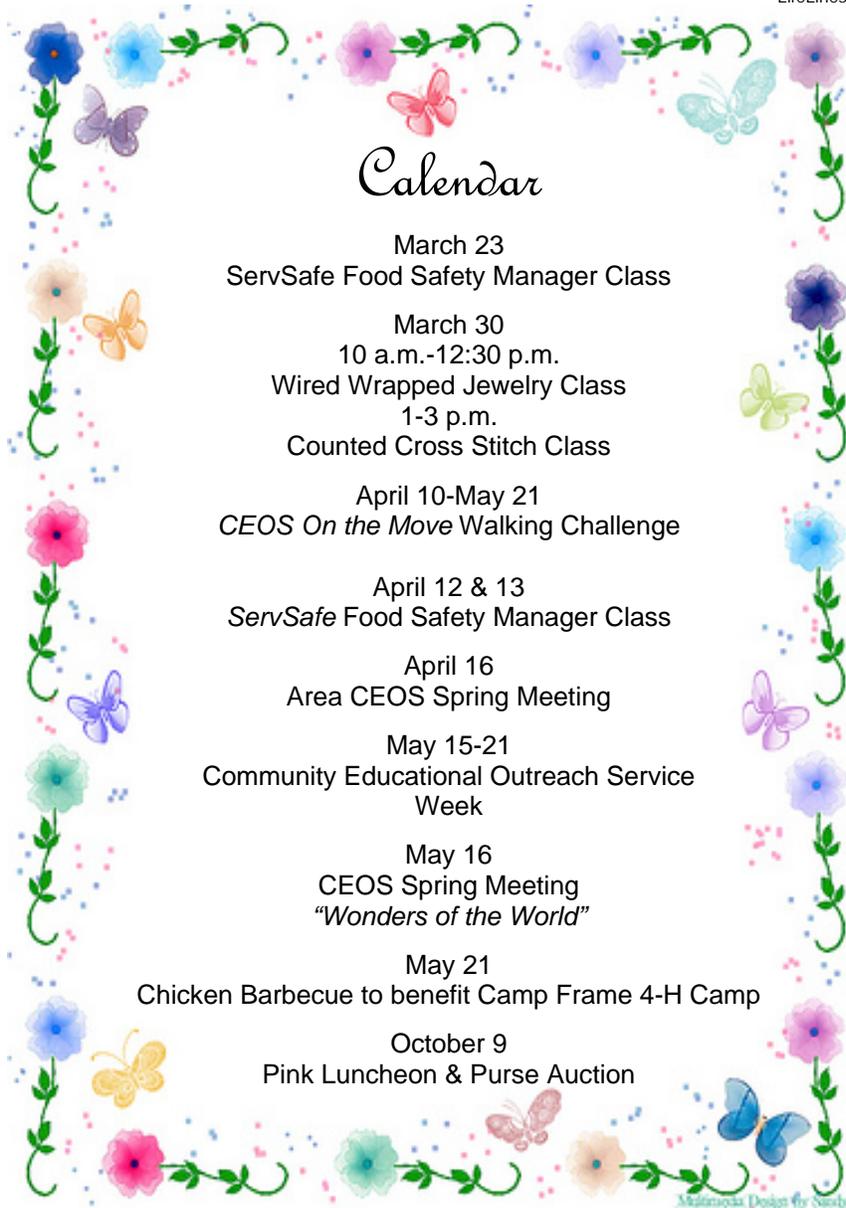
Looking forward to hearing from you.

Judy Matlick

March 2011

Calendar	2	ServSafe Classes	4
Craig Yohn Retirement	3	CEOS Bus Trip "Smoke on the Mountain"	5
CEOS Keyser Area Spring Meeting	3	Web-based Wellness Site	6
CEOS Community Service	4	Workshops	7

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Calendar

March 23
ServSafe Food Safety Manager Class

March 30
10 a.m.-12:30 p.m.
Wired Wrapped Jewelry Class
1-3 p.m.
Counted Cross Stitch Class

April 10-May 21
CEOS *On the Move* Walking Challenge

April 12 & 13
ServSafe Food Safety Manager Class

April 16
Area CEOS Spring Meeting

May 15-21
Community Educational Outreach Service
Week

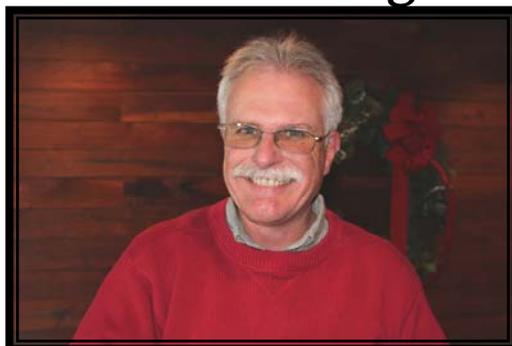
May 16
CEOS Spring Meeting
"Wonders of the World"

May 21
Chicken Barbecue to benefit Camp Frame 4-H Camp

October 9
Pink Luncheon & Purse Auction

For further information: Contact Judy Matlick at 304/728-7413 ext. 3 or
Judy.Matlick@mail.wvu.edu

Farewell Craig



Congratulations and best wishes to WVU Extension Agent Craig Yohn as he retires and moves to the next phase of his life. Craig began his career as a WVU Extension Agent in 1978 in Wyoming County, WV and moved to Jefferson County in 1981. He retired February 28, 2011.

We wish him well!



Frankfort High School, Short Gap, WV, April 16, 2011

Mineral County CEOS members invite all CEOS members and friends to the 2011 Keyser Area Spring Meeting for a "CEOS Caribbean Style" celebration. This will be a day of fellowship and learning. A wide variety of classes are being offered. A sampling include Create a Potato Necklace, Winter Tree ID, Herb Gardening-Spice It Up!, Chair Aerobics, Wine Making 101, Whole Grains for the Whole You, E-cycling Update, and many more.



Contact the WVU Extension Office at 304-728-7413 ext 0 for complete registration information.

CEOS Community Service:

Jefferson CEOS Club has made 100 pillow cases for the “Heads at Ease” project. The goal for the project is 5,000 pillow cases. Contact the WVU Jefferson County Extension Office if an individual or club would like more information.



Jefferson County Community Outreach Service reported **13,500 certified volunteer hours in 2010!** Using the national estimated value of volunteer time which is \$20.85 per hour, that’s at least \$281,475 of volunteer time for our community.

“The work of volunteers impacts on all our lives, even if we are not aware of it.” Anthony Worrall-Thompson

2010 CEOS Pink Luncheon & Purse Auction

Thank you to **Patty Dorsey** for her purse donation to the auction. We inadvertently omitted Patty’s name from our donor list.

ServSafe Classes

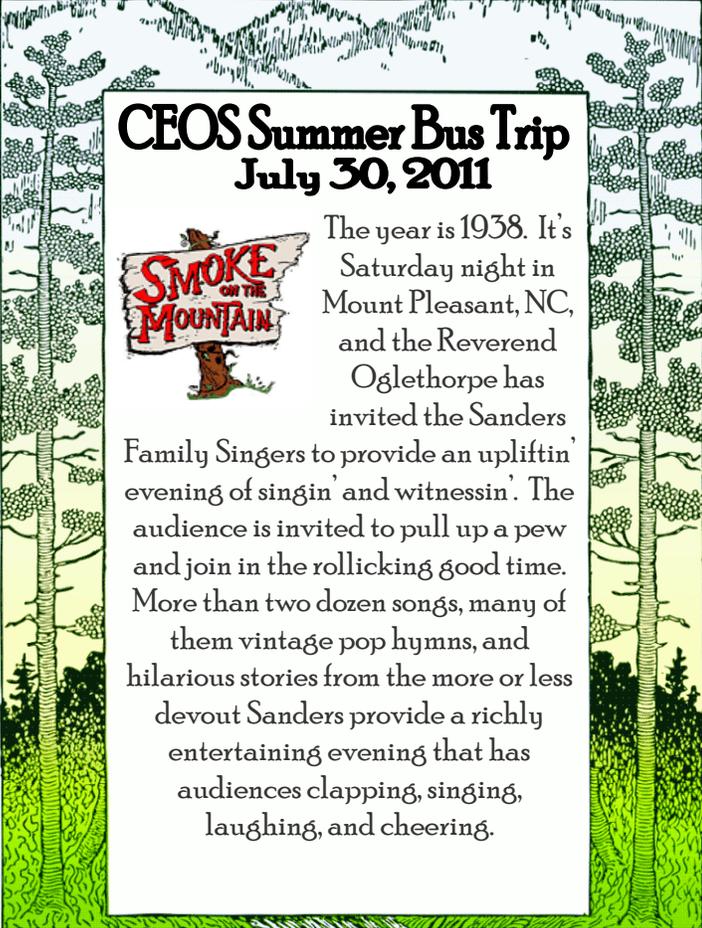
The following ServSafe Food Safety Manager classes are scheduled:

March 23: 1-day class for persons who need to renew their certification.

April 12 & 13: 2-day class for persons who do not currently hold a national food safety certification.



Call Judy at 304-728-7413 ext. 3 for information or for registration information.



CEOS Summer Bus Trip July 30, 2011



The year is 1938. It's Saturday night in Mount Pleasant, NC, and the Reverend Oglethorpe has invited the Sanders Family Singers to provide an uplifting evening of singin' and witnessin'. The audience is invited to pull up a pew and join in the rollicking good time. More than two dozen songs, many of them vintage pop hymns, and hilarious stories from the more or less devout Sanders provide a richly entertaining evening that has audiences clapping, singing, laughing, and cheering.

*Join the Jefferson County CEOS Clubs as they head to Allenberry Playhouse on **July 30, 2011.***

Your reservation of \$80 covers transportation on a late model coach equipped with restroom, overhead storage compartments and adjustable seating; a bountiful buffet; and the play. The bus will leave Food Lion Parking Lot in Charles Town at 9 a.m. and return at approximately 6 p.m.

Call the Extension Office for more information or registration form. 304/728-7413 Ext. 0

WVU Extension Launches Web-based Wellness Site

Simple challenges that can lead to healthier lifestyles for West Virginians, that's the concept behind West Virginia University Extension Service's new website: the **Wild, Wonderful Wellness Challenge**. The site offers a weekly health challenge, healthy recipes and participant blogs. Links to other community-based WVU and WVU Extension resources are also provided.

The goal is to create a place where visitors can set their own goals to improve their well-being. "Wellness isn't about weight-loss," Emily Murphy, WVU Extension Specialist, said. "This challenge is focused on helping participants improve their emotional, social and physical health." Murphy suggests that a main barrier to changing bad habits is that people set unrealistic goals when it comes to improving health.



"We understand that if you set an unrealistic goal then you're setting yourself up for failure," she said. "Our challenge focuses on simple and realistic steps that you can incorporate into your daily routines." Challenges might be something like replacing one can of soda a day with a glass of water or taking a 15-minute walk on your lunch break.

"You don't have to move mountains to make a change," Murphy said. "Not every challenge will be easy for every person. We know that from research and personal experience. This is a site that lets you set your own pace for progress."

In addition to the wellness challenge, WVU Extension delivers practical health and nutrition information to all 55 West Virginia Counties through programs like Dining with Diabetes and the 4-H Health Planner. The goal is to provide research-based resources from the university and create easy-to-use programming for people in communities. The site will be updated each Monday in 2011.

For more information on healthy lifestyle programs in your community, contact Judy at 304/728-7413 Ext. 3 or email Judy.Matlick@mail.wvu.edu or visit www.ext.wvu.edu

Workshops

Wire Wrapped Jewelry March 30, 9:30 a.m.-Noon, \$25 fee



Instructor Florence Ann Vickers will use rounded gemstones called Cabochons to create a wire-wrapped pendant using the appropriate wire.



Each person will create a pendant to take home.
Call 304-728-7413 ext 0 to register by March 23.

Counted Cross Stitch March 30, 1-3 p.m. \$3 fee

Counted cross stitch is just a fancy name for cross stitch, the process of making little x's of thread into a picture. It is known as counted cross stitch because you count the number of squares of each color to form the pattern. Counted Cross Stitch is an easy, versatile craft that a person of any age can learn to do.



Cross-stitch is one of the oldest forms of embroidery and can be found all over the world. Many folk museums show examples of clothing decorated with cross-stitch, especially from continental Europe and Asia.

Other workshops planned for summer and fall:

- ◆ Painting workshop
 - ◆ Double fleece blankets
-



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A handwritten signature in cursive script that reads 'Judy Matlick'.

Phone: 304-728-7413 ext. 3 Fax: 304-728-4101

The word 'SPRING' in a large, pink, serif font. A small, colorful butterfly is perched on the top of the letter 'P'.

If you would like to save paper and energy and receive this newsletter by email, please contact me at

Judy.Matlick@mail.wvu.edu. This would also save us mailing expenses and would get the info to you a little quicker. The email copy is also much prettier in color!
