



**ASHTABULA COUNTY  
HEAD START**

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This Newsletter is published during the program year, by and for the parents and staff of Ashtabula County Head Start 2009 - 2010  
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**THOUGHTS**

Alone we can do so little,  
Together we can do so much!  
*Helen Keller*

# The Head Starter

February is National Children's Dental Health Month  
*Submitted by: Debbie Budy, Health Coordinator*



**WHY BOTHER? THEY'RE JUST BABY TEETH!**

By Dr. Harry W. Bickel, Jr.

"Why bother? They're just baby teeth!" I cannot tell you how many times I have heard that statement over the past 30 years. I do not usually hear it from the parent of a child, because I have limited contact with parents. Most likely, I hear it secondhand, from a health coordinator or family service worker. They, however, have heard it repeatedly from parents. "Why bother? They're just baby teeth. The child is gonna lose them anyway."

My usual response to this question involves a detailed explanation of the development of the teeth, accompanied by a series of poorly drawn sketches (I am a dentist, not an artist). My idea here is to provide people with all the ammunition they will ever need to counter these statements. This is a dentist's approach: use knowledge to prove your point. While I feel that teaching the consequences of untreated disease is important, that is not what I plan to do here. Instead, I will start at a much more basic level and will begin with a story.

Many years ago, when I was a Head Start dental consultant for the U. S. Public Health Service, I worked with a program in the mountains of Eastern Kentucky. Part of my work involved visiting the centers and examining the children for evidence of dental treatment. I will never forget my visit to one very rural center. As I walked into the classroom and began talking with the staff, one of the staff members pointed to a little boy who was sitting at a table playing quietly. The staff member said that this child had been their number one behavior problem from the very first day of school. In fact, they had completed six mental health referrals on the child, all to no avail. Nothing worked until they fixed the child's severely decayed teeth. From that point on, the child behaved like all the other children.

That small incident made an indelible impression upon me. It caused me to realize how much pain some of these children experienced. Even though I have had children come to me, crying from the pain of a toothache, I never understood until then how much it affects their entire life, particularly if it is allowed to drag on. I cannot imagine children that small having to face that much pain every day of their life.

I could continue describing all the problems that might occur if we fail to deal with a child's dental problems. The child cannot eat properly. The child has trouble speaking. The child has infections that are draining into the mouth. The child's permanent teeth may come in crooked or jumbled-up, because we have lost the baby teeth too early. All of these are valid reasons why we should deal with dental problems. They are overshadowed, however, by one very important reason; the child may be in pain or, at the very least; susceptible to pain.

Dentists may not know everything, but we do know one thing: decayed teeth do not get better. What looks like a small hole today could become an extraction three months from now. If teeth simply decayed and disappeared, the consequences of non-treatment might be far less. Unfortunately, however, this is not the case. As decay worsens, the likelihood of developing an abscess increases dramatically. An abscess is a serious infection that can spread throughout the jaw and cause extreme pain. If a child came to us with open sores, or visible injuries, we would do something about it immediately. Because it is in the mouth, however, we often allow much more serious conditions to persist. Maybe it is because they are "baby teeth" and they are going to be lost anyway. Maybe it is because they are in the mouth, and we do not have to look at them as often. Whatever the reason, ignoring the problem is not the right thing to do. Pain is pain, regardless of where it occurs in the body. If we in Head Start are truly child health advocates, we need to make sure this pain is dealt with properly and quickly.

*From the National Head Start Bulletin*

## OHIO'S CHILD PASSENGER SAFETY LAW CHANGING



*Every child younger than 8 or less than 4 feet 9 inches must use booster seats effective Oct. 7*

COLUMBUS – Ohio’s roadways are about to become safer for children. Effective Oct. 7, children younger than 8, unless they are at least 4 feet 9 inches tall, must use a booster seat. This new law – combined with existing law requiring children younger than 4 years and less than 40 pounds to use a child safety seat; and children 8 to 15 to use a safety seat or seat belt – will make traveling safer for Ohio’s children, said Ohio Department of Health Director Alvin D. Jackson, M.D.

“Seat belts were designed for adults – not children,” he said. “Now, children in vehicles will be better protected from the hazards of the road.”

At least 34 Ohio children between 4 and 7 died in motor vehicle traffic crashes between 1999 and 2006 and traffic is the leading cause of death for this age group. And, in 2007, only 18 percent of Ohio children ages 4 to 8 used a booster, according to Partners for Child Passenger Safety.

Law enforcement will issue warnings only beginning Oct. 7. Full enforcement will begin April 7, 2010, with fines ranging from \$25 to \$75 per violation.

“This has helped Ohio take a significant step toward ensuring all of our young motor vehicle passengers are safe on our roads,” said Ohio Department of Public Safety Director Cathy Collins-Taylor. “The six-month warning period is a critical time for education regarding this new law and we are encouraging all of our safety partners to help educate the public about the law, where to purchase a booster seat and what to do if you are unsure.”

“Don’t wait for a warning or a ticket,” Jackson said. “Help protect your children today by buying a booster seat.”

NOTE: The Ohio Buckles Buckeyes (OBB) program provides child safety seats to eligible low-income Ohioans and has distributed more than 20,000 child safety and booster seats in the past five years. Call 1-800-755- GROW (4769) to find the OBB program nearest you. In October, some 2,300 high-back, belt-positioning booster seats will be available for distribution to eligible low-income families.

Ohio’s child restraint law is defined in Ohio Revised Code 4511.81  
<http://codes.ohio.gov/orc/4511.81>.

**Contact: Ohio Department of Health – Office of Public Affairs (614) 644-8562**

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**Ohio Highway Patrol at Ashtabula Post on Route 20 in Saybrook township will properly install a child safety or booster seat. Call 969-1155**

**Northwest Ambulance District in Harpersfield Township also provides free child safety seat inspections and installation. To make an appointment...call 466-4900.**

**MEET OUR MENTAL HEALTH PROFESSIONAL  
FOR HEAD START  
CAROLA. MURRAY**

Assistant Professor, Human Development & Family Studies  
Coordinator of Human Services Program  
Kent State University Ashtabula Campus

I received my B.A. in Psychology and my M.A. in Rehabilitation Counseling from Kent State University. At Kent, I had the distinct honor of being a research assistant to my mentor, Dr. Clyde Hendricks. Subsequently, I began my career in Human Services. My primary responsibilities in the public sector were multiple. I performed in the roles of counselor, evaluator and supervisor. I was the Director of Friendship Home, a non-residential facility for persons of Ashtabula County experiencing severe emotional disorders. I was employed in private sector at Murray's Psychological Services and served as a counselor, consultant, evaluator and researcher. Within the past 30 years, I counseled, evaluated, consulted, researched, partnered and wrote grants for the Human Service populations of children, adolescents, adults, elderly, families, offenders, persons with spinal cord injuries, brain trauma, ATL, DD and M.S. I am a Licensed Professional Clinical Counselor, (LPCC) and a Qualified Mental Retardation Professional, (QMRP). In 1991, I joined Kent State University, Ashtabula Campus in the capacity of adjunct professor and in the fall of 1994, I was hired full time. For the past eleven years, I coordinated the Human Service Program and taught the various courses required for this program.



**Attention Parents & Staff:**

We are in need of any left over craft materials that you may no longer need.

We can use the following:

Felt	Pom-poms	Buttons	Craft foam squares
Fabric	Silk flowers	Lace	Ribbon

We can also use items that you might think to recycle; for example:

Paper towel holders	Card board	Egg cartons
Clean Yogurt containers	Magazines	Old greeting cards
Styrofoam pieces from packaging		

We can also use items from nature, like:

Pine cones	Beach glass (smooth pebbles)	Larger rocks	Shells..etc.
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We call those items "Beautiful Stuff" because in the hands of your children they are transformed into their creative masterpieces.

Thank you in advance for your donations to our resource center. If you have any questions, please call me at 993-7716. (ext. 1017)

Debby Ennis, *Program & Community Manager*

## POLICY COUNCIL MEETING MINUTES

Tuesday, November 17, 2009

Quorum count - 10

Meeting was called to order at 5:15 by Chairperson, Keri Bankston. Family/Community Coordinator, Tina Wright introduced our Mental Health Professionals. Carol Murray, Assistant Professor at Kent State University spoke on her credentials and background. Mary Roth, Therapist for Signature Health spoke on the DECA program and her background.

### Elections:

Mini training by Stephanie for all parents at the meeting:

#### Issues covered and handouts:

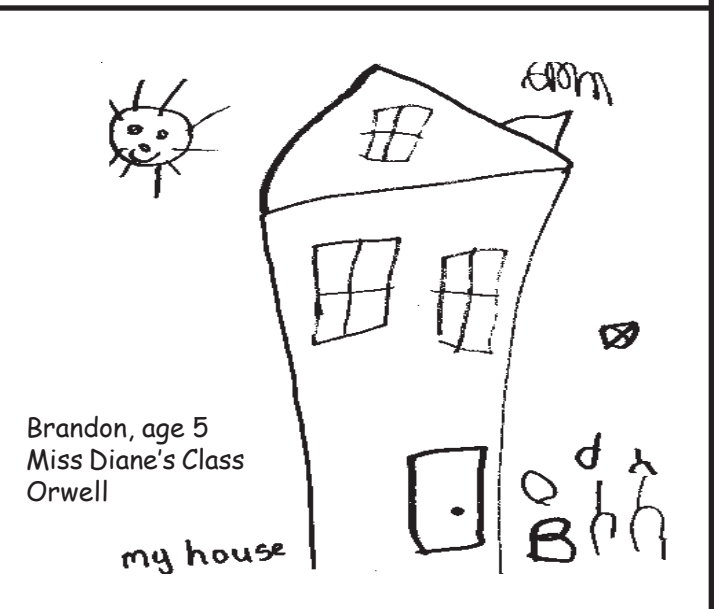
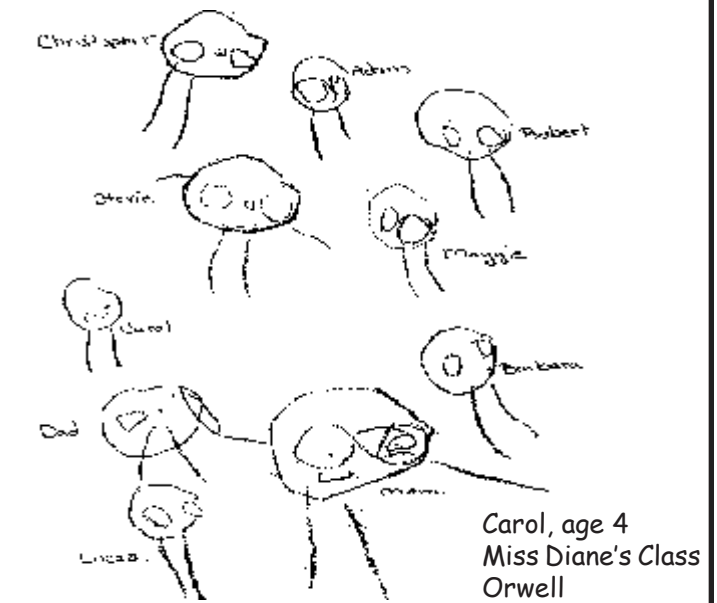
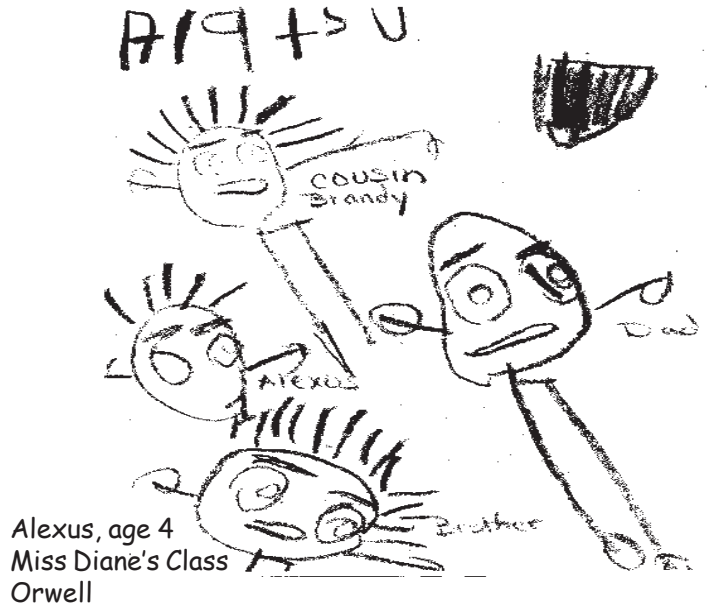
- Procedures of a meeting
- Making motions
- Elected Position responsibilities
- Policies and Procedures of Policy Council

October is usually when the Policy Council elections are held, but due to outbreaks of Flu and illness, October's Policy Council had to be cancelled. Stephanie explained each position and their responsibilities and Keri Bankston asked for nominations for the position of Chairperson. Chairperson nominations were: Jeff Baker and Jennifer Patrick- Congratulations to Jeff Baker Vice-Chairperson nominations were: Jennifer Patrick and Abby Watts - Congratulations to Abby Watts- Secretary nominations were: Lisa Snodgrass, Kim Johnson, and Melanie Kirk- Congratulations to Lisa Snodgrass Assistant Secretary nominations were: Kim Johnson and Melanie Kirk- Congratulations to Melanie Kirk.

### Director's Report:

Stephanie thanked outgoing Chairperson, Keri Bankston for her service and help during the past year. Stephanie informed the Policy Council that the Federal Review Team arrived this week and has been doing interviews with Policy Council, Head Start parents and Head Start staff. They have also been visiting our Head Start sites. At our next meeting in December she will review the findings. Stephanie had Head Start staff that were present introduce themselves. A box of food that was donated by Save-A-Lot was won by Kim Johnson. Newly elected Chairperson, Jeff Baker spoke briefly about his expectations for the coming year. The next Policy Council meeting will be December 15, 2009 at 5:00 P.M. at the Head Start main office. Jeff Baker adjourned the meeting at 6:00 P.M.

## CREATIVE CHILDREN:



The Ashtabula Area College  
Committee, Inc.  
and



proudly present

Free Gas  
Cards!

## ECONOMIC SURVIVAL 101

A series of FREE WORKSHOPS on everything from financial literacy & savings to resume writing and social media networking.

### Register today and win!

The first 150 families to register and attend 1 workshop will win a **\$10 gas card!**

The first 150 families to register and attend 3 workshops will win an **additional \$10 gas card!**

Come to five workshops and be entered into a drawing to win one of three **\$500 scholarships** to Kent State University at Ashtabula!

**All workshops are FREE and open to the public!**

Please register in advance by calling Sandy at 415-1529, e-mailing [sbeebe1@kent.edu](mailto:sbeebe1@kent.edu), or visit us at [www.ashtabula.kent.edu/funds](http://www.ashtabula.kent.edu/funds).

Win  
Scholarships!

Funding generously provided by

United Way of Ashtabula County



## Economic Survival 101

### Housing and Weatherization Program

Learn how to save money on heating and cooling by making changes that will weatherize your home. Your family may qualify for a free weatherization.

Date	Time	Location	Presenter
Wednesday 1/20/10	2:00pm	KSUA Main Hall, Room A221	Community Action
*Monday 1/25/10	7:00pm	KSUA Main Hall, Room A221	Community Action
*Saturday 1/30/10	11:00am	KSUA Main Hall, Room A221	Community Action

### Ohio Benefit Bank and Free Tax Filing

Would you like to find out if you are qualified for State benefits?  
Please call 211 to determine eligibility and receive a list of what documents you will need.

Date	Time	Location	Presenter
Monday 1/25 through Thursday 1/28/10	TBD	Mobile van-call 211 for details	Ohio Benefit Bank
Wednesday 2/24 and Thursday 2/25/10	TBD	Mobile van-call 211 for details	Ohio Benefit Bank
Thursday 3/11/10	2:00pm	KSUA Main Hall, Room A221	Certified Benefit Bank Trainers
*Tuesday 3/23/10	5:30pm	KSUA Main Hall, Room A221	Certified Benefit Bank Trainers

### Exploring Your Relationship with Money

Tired of your love/hate relationship with spending and saving?  
This workshop explores your relationship with money by looking at your attitudes and how to adjust them to make your money work for you!

Date	Time	Location	Presenter
*Saturday 1/23/10	1:00pm	KSUA Main Hall, Room A221	Joan Steidl
*Tuesday 2/09/10	7:00pm	KSUA Health and Science Building, Lecture Hall	Joan Steidl
Saturday 4/24/09	10:00am	Grand Valley Library	Joan Steidl

Funding generously provided by

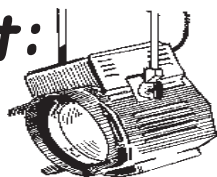
United Way of Ashtabula County



\* Indicates simultaneous children's programming is available.

Register by calling 415-1529, e-mailing [sbeebe1@kent.edu](mailto:sbeebe1@kent.edu),  
or visiting us at [www.ashtabula.kent.edu/funds](http://www.ashtabula.kent.edu/funds).

## Staff Spotlight:



### Meet Teacher:

**Name:** Christina Church

**Family:** I've been married for 19 years. I have 2 children. Ashley who is 16 years old and Adam who is 13 years old. We also have a Rottweiler named Kota.

**Hobbies & Interests:** I love shopping, reading when I have time and spending time with my family.

**Favorite part of job:** Being able to work with children. There is nothing more rewarding than seeing a smile on their faces when they accomplish something!

**Goals:** To earn my Bachelor's Degree and become a Kindergarten Teacher.



### Meet Transportation Monitor:

**Name:** Fannie Hanna

**Family:** Consists of my late husband, 9 children, 5 grandchildren and 2 great-grandchildren

**Hobbies & Interests:**

I love to shop on QVC, and on The Home Shopping Network

**Favorite part of job:**

My favorite part of my job are the children and the wonderful staff I work with. I love them all.

**Goals:**

To work as long as I can so I can continue shopping!!

## Nutrition Station:



### Snack Attacks- The Chef Combo Way

Bananas don't grow in Boston and oranges don't grow in Ohio. We all depend on planes, trains, trucks and vans to transport a wide variety of food to our local grocery store. And Chef Combo has been talking to your child about where the food we eat comes from.

At times, getting your child to eat healthy snacks may seem impossible. But don't worry. Your child will go for the nutritious snack ideas in this newsletter.

### Fascinating Food Fact

Children watch an average of 2 and 1/2 hours of television per day. TV commercials often feature low-nutrient snacks. How can parents compete with TV? Keep lots of healthy snacks handy for snack attacks!

### Featured Recipe

This snack is so easy your child can help make it!

#### Nacho Cheese Tortillas

1 tortilla (flour or corn)

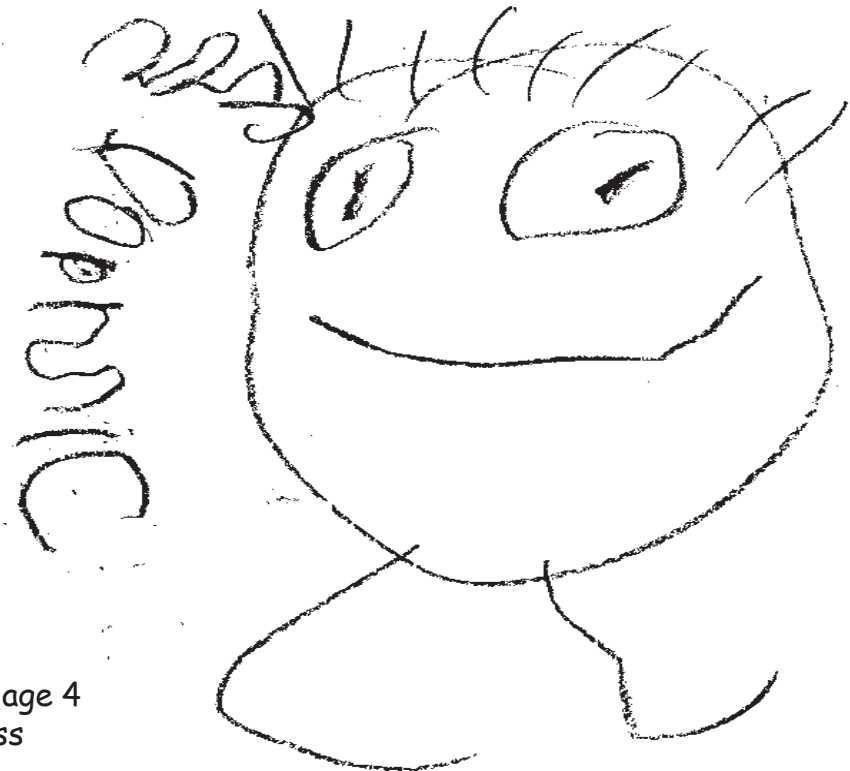
2 tablespoons cheese spread

Salsa (optional)

Spread the cheese over the tortilla. Roll up the tortilla. Microwave on high for 1 minute or heat in the oven until the cheese bubbles. Serve with salsa if desired.

*Submitted by: B. J. Roosa,  
Nutrition Svs Manager*

**CREATIVE CHILDREN:**



Picture by Dominic, age 4  
Miss Lisa's AM Class

**Ashtabula County Head Start**  
Ashtabula County Community Action Agency  
4510 Main Avenue  
Ashtabula, Ohio 44004-6988