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# CADC Central Newsline

**Our Mission: To Improve the Quality of Life and  
Build Strong Communities in Arkansas**

## Weatherization Day

On October 30, 2009, CADC's Executive Director Larry Cogburn received a \$2,500 donation to help the Weatherization Program from Centerpoint Entergy. Client Thomas Lee, of Tyrnza, AR was on hand at Weatherization Day to thank the Weatherization team. Lee stated, "It is a necessity." Lee is a retired Veteran and now Lee and his wife are employee of Wal-Mart, received many improvements, including attic insulation, caulking and weatherstripping, replacement of windows and doors, and installation of fluorescent bulbs, foam gaskets for the electrical outlets, a turbine vent, and a low-flow shower head. Lee looks forward to the winter months now because his family will be nice and warm and saving over \$40 a month due to a efficient home. CADC anticipates to weatherize more than 1,000 homes over the next three years.



[For more information about the Arkansas Weatherization Program](#)

## Leadership & Empowerment



## Letter from the Executive Director



During the cooler months, low-income families often have a hard time keeping their houses warm and providing warm meals each day. Because of this, many of CADC's programs become especially important during this season.

The Weatherization program offers low-income families a more efficient and cost effective way to keep their homes at a comfortable temperature.

Commodity food distributions help to ensure that low-income families will be able to enjoy meals. Senior Activity Centers allow elderly individuals to socialize and eat a warm meal nearly every day of the week.

SCAT provides public transportation to those who may otherwise be stuck at home. Spread the word of CADC's programs this season. Go forth and do good then email me at [lcogburn@cadc.cc](mailto:lcogburn@cadc.cc).

## Calendar of Events

The first set of Empowerment and Leadership classes for CADC employees began on October 29th, 2009 with a total of 24 participants. The class focused on learning to be leaders while working together and not being in a power frenzy. Brenda Fiser taught the class and focused on empowering each person so they could in return empower their co-workers in a positive work atmosphere. The idea of the class is to teach supervisors and staff how to work together. Fiser also initiated and demonstrated ways for staff to interact with their clients to keep them comfortable and allow them to set their own goals. Teamwork makes the dream work.

## First Time Homebuyer's Class



During the 8 hour course, participants will learn about finances, taxes, insurance, and other aspects of purchasing a home. Completion of this course is required to qualify for downpayment assistance through the Arkansas Development Finance Authority's American Dream Downpayment Assistance Program.

This event is co-sponsored with the Family Service Agency and will be held at CADC's Bryant Senior Activity Center on November 7th at 8:30 am. Participants will receive a certificate to assist with a downpayment or closing costs after completion!

## Get In The Game



The Arkansas Department of Workforce Services held a Get In the Game Conference event at the Verizon Arena in North Little Rock on Tuesday, November 3, 2009.

The Get in the Game conference provided people with the information needed to pursue entrepreneurial endeavors. Different Vendors provided valuable information to attendees. This information ranged from job training, organizational skills, education and counseling. The information that was offered at The event will not only help individuals meet daily needs but help them work towards a brighter future.

Over 120 people stopped by CADC's booth at the event. People wanted to find out more about CADC and the programs and services we offer. Many were small business owners who needed more information on saving and budgeting. Others were college students, looking for work and inquiring on how to start a small business when they were



### November 3

Get In The Game Conference Event  
Verizon Arena

### November 4

Commodity Distribution in Lonoke County  
9:00 am

### November 7

1st Time Homebuyers Class  
CADC Bryant Senior Activity Center  
8:30 am

### November 9

IDA Orientation Dallas County  
CADC Fordyce Office  
10:00 am

### November 11

IDA Orientation Clark County  
Family Enrichment Center  
Arkadelphia, AR  
5:30 pm

### November 17-18

Commodity Distribution in Dallas, Ouachita and Calhoun County  
9:00 am

### November 19-20

Commodity Distribution in Columbia County  
9:00 am

### November 20

Commodity Distribution in Union County  
9:00 am

IDA Orientation in Calhoun County  
CADC Hampton Office  
3:00 pm

### November 23

IDA Orientation in Pulaski County  
CADC Metro Office  
6:00 pm

## Employee Ads Wanted

If any employee has news (weddings, births, graduations, deaths, etc.) they would like to share in the newsletter, please send the information to Kenya Lewis at [cadcpr@cadc.cc](mailto:cadcpr@cadc.cc) by the 24th of the month.

## Welcome Aboard!!!



The following employees have joined the CADC team since the last newsletter. For job opportunities please visit our site at [www.cadc.com/jobs/php](http://www.cadc.com/jobs/php)

**John Fitzhugh**, Benton Admin.

finished with college. Many remarked about how grateful they were for the information, the CADC goodies and the friendly staff

## FRIENDS AND NEIGHBORS



**Name:** Tulani Amy Wesley  
**City of residence:** Camden  
**Birth date and place:** 01/28/1980 (Milwaukee, WI)  
**Position / Affiliation with CADC:** Community Development Specialist (Dallas Co.)  
**Family:** Donovan Wesley, SR (Married 11yrs/Husband), Donovan T. Wesley (8yr old Son), Haven Wesley (6yr old Daughter)  
**Community activities:** Competing in Pageants, Neighborhood Watch Meetings, City Council, Meetings, Youth Department Vice President at Spirit Led International  
**A book I recommend reading is:** The Holy Bible (NKJV)  
**If my life had a theme song, I'd choose:** "My Desire" by Jeremy Camp/ Album: Restored  
**The best decision I've ever made was:** Accepting my Salvation in Christ  
**One Thing I remember about my first crush:** He had an abnormally large nose!!  
**My favorite sounds are:** My husband's voice, My dad's voice and Praise & Worship Music  
**My favorite smells are:** Pearl Scented Home Interior Candles, My husband's cologne & my daddy's cologne  
**The best compliment I've been told was:** That I look like my cousin Aziza, she is GORGEOUS!  
**My favorite song in high school was:** Only You by 112  
**My all-time favorite movie is:** Trading Places with Eddie Murphy & Dan Aykroyd  
**My hobbies or interests are:** Pageants, politics, church, parenting, exercise, and continuing education.  
**When I was younger, I wanted to be:** A super model and a lawyer  
**The first vehicle I ever bought was:** 1979 Pontiac Bonneville  
**The best gift I ever received was:** My exercise equipment (2007)  
**My proudest accomplishment is:** My marriage.  
**People wouldn't expect that I would be interested in:** Christian Hip-Hop  
**My pet peeve is:** RACISM & HATE  
**My favorite meal includes:** Grilled Salmon with steamed broccoli and firecracker sauce.  
**The thing I fear most in life is:** Cats and Clowns  
**One thing I miss about childhood is:** My innocence & high metabolism.  
**I would like the following epitaph:** "Well done, my good and faithful servant." Matthew 25:23

## IDA Success Story

Laurie Foster began the IDA program on March 31, 2009 after she completed the Money Smart curriculum on March 9, 2009

Tony Ford, El Dorado  
 Catherin Morgan, Camden  
 Brian Beavers, Benton Admin.  
 Kathryn Cook, Benton Weatherization  
 Brannon Runions, Benton Weatherization  
 Crystal Looney, Benton Head Start  
 John Gibbs, Benton Admin.  
 Kenny Dyer, Benton-Edison St (One Stop)  
 Ashley Davis, Magnolia  
 J.W. Irwin, Malvern Head Start  
 John Spence, Benton SCAT  
 Lauren Ashley, Benton SCAT  
 Misty Wilson, Glenwood SAC  
 Amanda Spradlin, Benton Head Start  
 Julian Porta, Malvern SCAT  
 Robert Alexander, Malvern SCAT  
 Ricky Hush, Malvern SCAT

## November Anniversaries

Congratulations to the following CADC employees. These employees celebrated their employment anniversaries:

### 1 Year

Sandra McVoy  
 Yvonne Reed

### 5 Years

Teresa Harrison  
 William Bell  
 James Griffis

### 10 Years

Emma Hearitige  
 Karlie Buckley

## Pumpkin Carving With Dads Contest



Malvern Head Start invited all the dads out to Carve a Pumpkin with their child. Dads, stepdads, grandfathers and uncles were all in attendance to carve a pumpkin. All the pumpkins were judged for creativity by the staff at Malvern Head Start and the winners won Razorback memorabilia.

## Holidays

[CADC will be closed in observance for the following Holidays](#)

### Thanksgiving

Thursday, November 26, 2009

Friday, November 27, 2009



with the goal to accomplish an American dream, which is owning a home. She was approved for a Habitat Home in February of 2009 then referred to CADC where she learned about they Money Smart and IDA program. She has accomplished what she set out to do through the help of CADC and Habitat for Humanity and closed on a new home the 19th of October. Congratulations to Mrs. Laurie Foster.

[To learn more about IDA & Money Management click here.](#)

## Activity Boosting



you feel like you are chained to your desk all day, here are a few creative tips to be active and get in a little exercise between your heavy work load.

Park farther away and walk briskly to and from work.

Take the stairs instead of the elevator.

Get up every hour or so for a quick walk or a few stretches.

Walk over to talk to your coworkers instead of emailing or calling them.

Also bring healthy, portable lunches and snacks so the office goodies are less tempting. Visit the water cooler or keep a water bottle at your desk instead of sipping sodas and dedicate half of your lunch hour to a brisk walk or a quick workout.

## Raise Money with Every Internet Search and Online Purchase



What if you could raise money to support CADC's programs and services with every search or purchase you make online?

That is the concept behind GoodSearch.com, a search engine powered by Yahoo! GoodSearch donates 50% of its

### Christmas

Thursday, December 24, 2009

Friday, December 25, 2009

### New Year's

Friday, January 1, 2010

### Martin Luther King

Monday, January 18, 2009

## CADC's Inclement Weather Policy



If CADC worksites are closed because of weather conditions, employees must choose to either use annual leave or leave without pay.

## CADC's Public Hearing in NLR



CADC held a Public Hearing on October 20<sup>th</sup> at the Bethany Baptist Church in NLR. The public hearing was a meeting between CADC and the communities of North Little Rock, and surrounding areas including Scott, Lonoke and Cabot. Many issues were addressed and weatherization was the main focus for the group, especially with the winter months approaching. CADC staff shared the goals for the 12 county service areas for October 1, 2009 through September 30, 2010. Public hearings were also held in Clark, Calhoun, and Lonoke Counties to discuss how CADC can work with each community to better serve them and their different needs.

## Pike County Fair



Glenwood Head Start took their students to the Pike County Fair. They all got to pet and learn about different animals at the zoo that day.

revenue, approximately a penny per search, to the charities designated by its users.

You use it exactly as you would any other search engine and the pennies add up quickly – just 500 people searching four times a day will earn around \$7,300 in a year and it doesn't cost the users a thing!

Similarly with GoodShop.com, consumers are helping their favorite causes by shopping at hundreds of well known retailers including Amazon, Target, Apple, Macy's, Best Buy, Orbitz, Staples and many others.

The shopping experience and the prices are exactly the same as going to the retailer directly, but by going through GoodShop, up to 37% of the purchase price is donated the user's favorite cause!

## The Most Important Meal



Author: Cheryl Maxwell  
U of A Division of Agriculture Cooperative Extension

It's that time of year for those traditional foods we all love to prepare and eat during the holidays: green bean casserole, cookies, corn bread dressing, cranberry salad and Mother's jam cake! Often lost in this food frenzy is the first and most important meal of the day, breakfast.

The first meal of the day is called breakfast because it breaks the fast that has lasted ten to twelve hours, since the last meal eaten the day before. Without breakfast our energy stores are virtually depleted, so the body has very little quick energy available.

A good breakfast can help make the most of your day. Adult breakfast eaters have more energy, concentrate better, perform better at work, feel less tired, irritable and hungry. They also control their weight more successfully. Children who eat breakfast are healthier and have a better nutrient intake than breakfast skippers. Children also perform better in their school work, get along better with others and have fewer accidents.

Almost anything can be eaten for breakfast, but a good breakfast includes foods from an

## Arkansas Minority Health Commission



CADC set up an information table at the Community Health Fair in Fordyce, AR sponsored by the Arkansas Minority Health Commission at the Civic Center on October 24, 2009.

## Time Honored History



Thanksgiving Day, presently celebrated on the fourth Thursday in November, has been an annual tradition in the United States since 1863. It did not become a federal holiday until 1941. Thanksgiving was historically a religious observation to give thanks to God. Thanksgiving is still celebrated as such by some religious families, but to others it is now considered a secular holiday as well. Most Americans celebrate by gathering at home with family or friends for a holiday feast.

## About the Flu



Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal. A yearly flu shot is the best way to reduce the chances that you will get the flu. Tips to avoid the flu are, wash your hands often, use disposable tissues to wipe or blow your child's nose; teach your children 'cough etiquette', which the American Academy of Pediatrics describes as teaching children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if they don't have a tissue; and avoid close contact with people when you are sick.

[For more information about the flu and symptoms.](#)

individual's My Pyramid eating plan, and should supply about 1/4 to 1/3 of the daily calories recommended.

No time to cook breakfast? Keep some quick and easy breakfast food on hand, such as ready-to-eat cereal, peanut butter, fruit juice, cheese, bread, and low fat dairy products. Warm up last night's leftovers, have a sandwich or take time during the holidays to make Oatmeal Raisin Muffins and freeze the excess to eat another morning.

Oatmeal Raisin Muffins

Makes 12 servings

Serving size: 1 muffin

Ingredients:

- Non-stick cooking spray
- 1 1/2 cups all purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1 cup uncooked quick cooking oatmeal
- 1/2 cup raisins
- 1 egg
- 1 cup fat-free milk
- 1/3 cup applesauce

Directions:

1. Preheat oven to 400 Degrees.
2. Lightly spray muffin tin with no-stick cooking spray (or use paper liners).
3. In a large bowl, sift (or mix) together flour, baking powder, salt, sugar, and cinnamon.
4. Stir in oatmeal and raisins.
5. In a separate bowl, beat together egg and milk.
6. Add applesauce to milk mixture.
7. Pour milk mixture into flour mixture. Stir only until dry ingredients are wet. Batter will be lumpy.
8. Fill muffin cups 2/3 full of batter.
9. Bake at 400 degrees for 20-25 minutes.

Nutrition Information per Serving

140 Calories, Total Fat 1g, Saturated Fat 0g, Protein 4g, Total Carbohydrate 29g, Dietary Fiber 2g, sodium 312mg.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

[For more on the healthy eating pyramid click here.](#)

## Back Injury Prevention



Your backbone is made up of 24 individual bones called vertebrae that are stacked on top of one another. Your vertebrae are separated by soft discs of cartilage that perform as shock absorbers for your vertebrae, and also help your back to bend, twist and move around. Most of the support to your spine is maintained by your stomach muscles, as well as the many muscles and ligaments that run up and down the length of your back. Prevention is the best medicine for a healthy back. Here are a few basic rules about lifting, posture and proper exercise that can help keep your back in good shape.

- Exercise to strengthen your back and reduce stress with simple back-toning exercises. This strengthens your back, reduces stress and improves your appearance too! Ask your doctor for these types of exercises.
- Loosing weight can reduce strain and pain in your back. Your back tries to support the weight out in front by swaying backwards, causing excess strain on the lower back muscles, so a sensible diet plan and weight loss in moderation can help prevent back injury.
- Maintain a good posture while you are sleep and while driving. Sleep on a firm mattress or place plywood between your box springs and mattress for good back support. Drive with your back straight against the seat and close enough to the wheel so your knees are bent and are slightly higher than your hips.
- Plan your lift, position yourself correctly in front of the load, lift with your hands-not your back; set the load down correctly and always ask for help when lifting heavy loads.

## US Flag Etiquette



When planning a program, presentation of the US flag or posting of the colors should be one of the first items on your event agenda. When the flag is presented or carried in, everyone should stand and remain standing until the flag is placed in a stand positioned or after the National Anthem or Pledge of Allegiance is finished. The US Flag should be on the speaker's right side. The US Flag should always have the place of

honor; for example, the flag should be placed on the speaker's right side, or it should be first in line displayed on the tallest pole. The US Flag should never dip to honor another flag, nor should they be used for decorations. When a flag becomes unserviceable, it should be disposed of in a respectful manner.

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