

# NEWS YOU CAN USE

OCTOBER 2009

Family Day Care Food Program, 611 7th Avenue Suite #201, Huntington, WV 25701

River Valley Child Development Services Annual Art Auction will be held November 6, 2009 at the Joan C. Edwards Arts Building across from Marshall Student Center 7-9 pm

## YOU ARE WHAT YOU EAT

**H**ealthy skin, hair, nails...they get their nourishment from the foods we choose to put in our bodies.

So, with that in mind let's try to choose foods that will do the most good for us.

Do you have dry skin, dry fly away hair, or brittle nails. You may be lacking protein in your diet. **P**rotein is the main building block in the cell. If you are not eating the

right foods you will not be able to put on enough lotion or conditioner to fix these problems.

**F**ats.... The good the bad and the ugly. There are some fats that are good for us. Without lubrication our digestive system does not work properly. Have you ever thought about why we use the cooking sprays? It makes things come out easier right? Try supplementing

olive oil for vegetable oil in your diet. Your hair and skin will thank you.



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## REMINDER

### ENROLLMENT FORMS WILL BE SENT OUT IN OCTOBER

Our new year will begin in October. All registrations for the children will expire September 30, 2009. We will begin to mail out at the new registration forms beginning in October. And, we need

them back in the office with your October menus. Or, you may not be reimbursed for those children that have expired and have no current form on file. We need this form signed by the parent. If

any of the information needs to be corrected please do so on the form. Any question feel free to call us we are here to help you. 304-523-3031 or call us toll free 1-800-581-3031.

## THERMOSTAT CONTROL

It is that time again when we turn off the air conditioner and turn up the heat. But before you do remember to check your pilot light, duct work, and change your filter.

2008-2009 Trainings are due by September 30, 2009. If you have not completed the New Training Manual Policy and the Build a Better body Questions let us know ASAP. We will mail it to you.

### GREEK CHICKEN

- 1/2 cup olive oil
  - 3 cloves garlic, chopped
  - 1 tablespoon chopped fresh rosemary
  - 1 tablespoon chopped fresh thyme
  - 1 tablespoon chopped fresh oregano
  - 2 lemons, juiced
- 1 (4 pound) chicken, cut into pieces
1. In a glass dish, mix the olive oil, garlic, rosemary, thyme, oregano, and lemon juice. Place the chicken pieces in the mixture, cover, and marinate in the refrigerator 8 hours or overnight.
  2. Preheat grill for high heat. Lightly oil the grill grate. Place chicken on the grill, and discard the marinade. Cook chicken pieces up to 15 minutes per side, until juices run clear. Smaller pieces will not take as long.

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

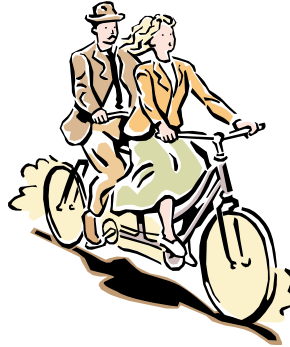
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by

accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



**Caption describing picture or graphic.**

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.



**Caption describing picture or graphic.**

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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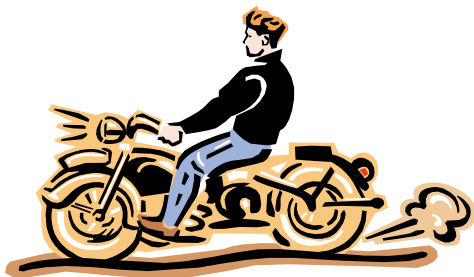
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## Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com



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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

**Your business tag line here.**

*We're on the Web!*

*example.com*

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## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.

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