

2010 Notable Children's Books

Each year a committee of the Association for Library Service to Children (ALSC) identifies the best of the best in children's books. According to the Notables Criteria, "notable" is defined as: Worthy of note or notice, important, distinguished, outstanding. As applied to children's books, notable should be thought to include books of especially commendable quality, books that exhibit venturesome creativity, and books of fiction, information, poetry and pictures for all age levels (birth through age 14) that reflect and encourage children's interests in exemplary ways.

The following list is for Younger Readers the entire list is available at www.ala.org.

All the World. By Liz Garton Scanlon. Illus. by Marla Frazee. Beach Lane,

The myriad joys of the world are reflected with warmth and affection in this look at a day in a small community near the ocean. (A 2010 Caldecott Honor Book.)

Benny and Penny in the Big No-No! By Geoffrey Hayes. Illus. by the author. TOON,

Siblings Benny and Penny encounter trouble when curiosity about a mysterious neighbor leads them into unexpected adventures. (The 2010 Geisel Award Book.)

Big Wolf and Little Wolf. By Nadine Brun-Cosme. Illus. by Olivier Tallec; Trans. by Claudia Bedrick.

Big Wolf lives alone until Little Wolf appears. Bit by bit, Big Wolf allows Little Wolf to join him in daily activities. Only when Little Wolf goes away does Big Wolf realize how much he cares for his new friend. (A 2010 Batchelder Honor Book.)

Birds. By Kevin Henkes. Illus. by Laura Dronzek. Greenwillow,

An young unseen narrator explores colors, shapes, and sizes as she watches red, blue, yellow and green birds outside her window. Perfect for the youngest.

A Book. Mordicai Gerstein. Illus. by the author. Roaring Brook,

Part of a family who live inside a book, a young girl travels through fairy tales, mysteries, adventure yarns, and historical novels in search of a story of her own.

Book Fiesta!: Celebrate Children's Day/Book Day; Celebremos El día de los niños/El día de los libros.

By Pat Mora. Illus. by Rafael López. Rayo,

Latino children invite children of other cultures into their book fiesta, leading the reader on a visual journey that shows how reading sparks the imagination and unites us all. (The 2010 Belpré Illustrator Award Book.)

The Curious Garden. By Peter Brown. Illus. by the author. Little, Brown,

Liam discovers a patch of lonely plants in an elevated train track and encourages them to grow into a magnificent garden that spreads throughout the drab city.

Gracias * Thanks. By Pat Mora. Illus. by John Parra. Lee & Low,

Small pleasures of Latino family life and experiences are captured in nostalgic folk art illustrations. (A 2010 Belpré Illustrator Honor Book.)

Higher! Higher! By Leslie Patricelli. Illus. by the author.

Candlewick, With Dad pushing her higher and higher in the swing, a little girl soars into the realm of fun and fantasy.

I Spy Fly Guy! By Tedd Arnold. Illus. by the author. Scholastic,

A disastrous ending to a game of hide and seek finds Fly Guy hauled away to the local dump in this new take on a lost pet. (A 2010 Geisel Honor Book.)



Date: May 6, 2010

Hodac

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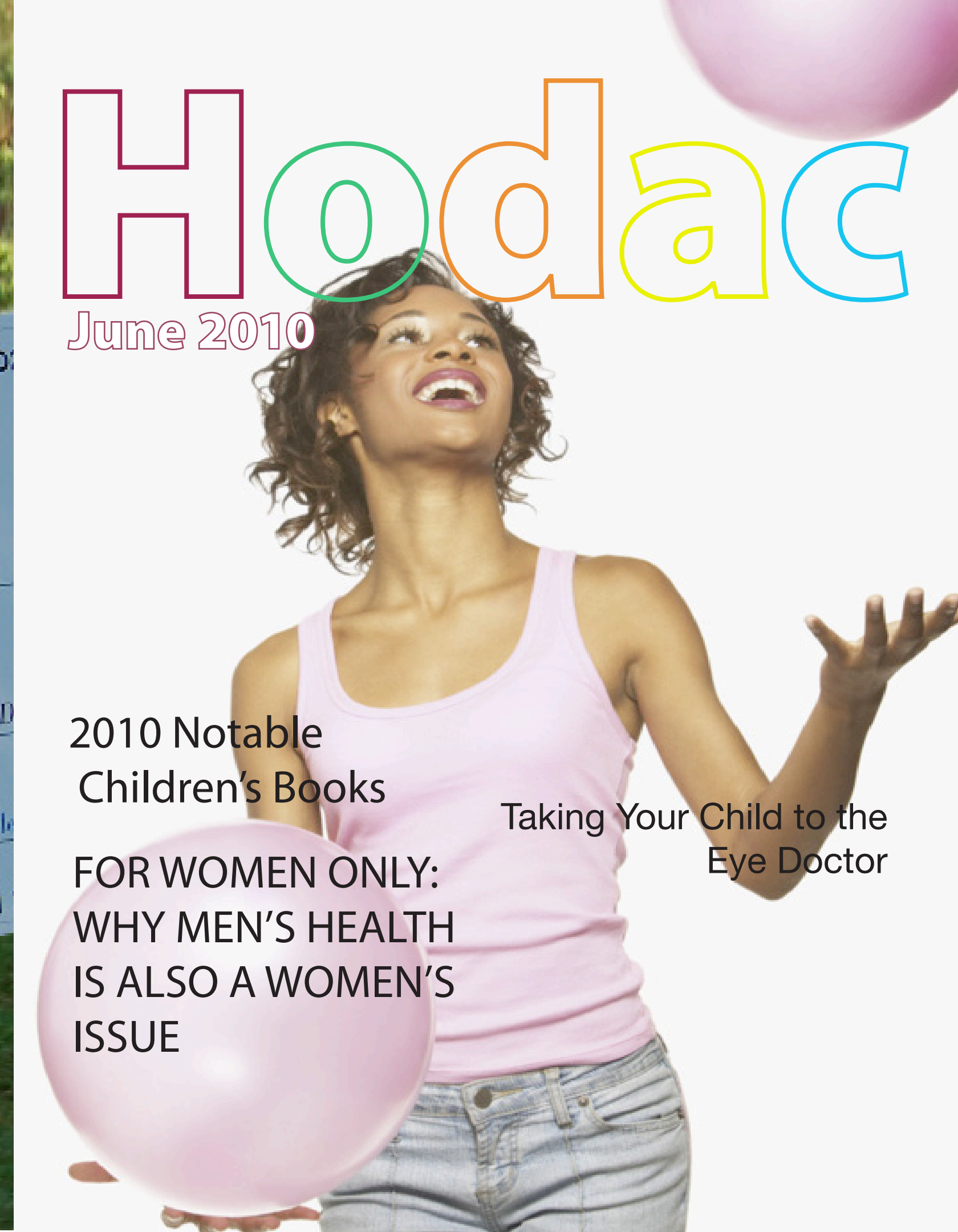
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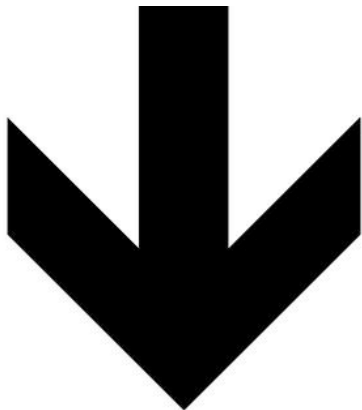
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June 2010

2010 Notable
Children's Books

Taking Your Child to the
Eye Doctor

FOR WOMEN ONLY:
WHY MEN'S HEALTH
IS ALSO A WOMEN'S
ISSUE



This Way Inside Hodac

Our mission is to extend a helping hand to make a difference in the lives we touch in Georgia, through education, advocacy, prevention and intervention.

DUI Risk Reduction

A DUI Risk Reduction Course, offered by Hodac, is required by the state of Georgia for reinstatement of a driver's license for those convicted of DUI, possession of illegal drugs, underage possession of alcohol while driving, or BUI (Boating Under the Influence). Course participants must complete an assessment before attending the class. This assessment measures a driving student's involvement with alcohol or drugs.

This 20-hour course is designed around an intervention curriculum.

To ensure timely completion of the course, participants should enroll well in advance of the end of their suspension period.

- You must have an assessment prior to attending class.
- Assessments can be scheduled by calling the office Monday – Friday from 8:30am – 5:00pm.
- \$82.00 Payment for assessment is due in CASH or MONEY ORDER before taking assessment.
- \$210.00 balance MUST be paid in CASH or MONEY ORDER before you will be scheduled to attend the 20-hour intervention class.

NOTE: Taking and paying for the assessment does not guarantee you a place in the next scheduled class. A place will not be reserved for you until you have paid the \$210.00 for the class.

Assessment:	\$ 82.00
20-Hour Class:	\$210.00
Total Due:	\$292.00

You must attend all 20- hours of class to receive your Certificate of Completion

Upcoming Class Schedule

July 10th, 11th, 12th and 13th

Saturday (10th) & Sunday (11th) from 9am – 5pm with one-hour lunch break

Monday Night (12th) & Tuesday Night (13th) from 6:30pm – 9:30pm

also

August 7th, 8th, 9th and 10th

Saturday (7th) & Sunday (8th) from 9am – 5pm with one-hour lunch break

Monday Night (9th) & Tuesday Night (10th) from 6:30pm – 9:30pm

Letter From the Editor

Hodac has had an extremely busy few months planning our first ever Youth Summit event. This event was created especially for Houston County youth to provide information and tools for healthy living.

This free event was made possible by support and sponsorship from the following donors; COX Media, Flint Energies; Operation Round-up. CLCP, Centerville PD, Houston Healthcare, Houston County Health Department, Phoenix Center and North Central Health District. With Marc Fomby, and his team from FTC Prevention Services the workshops and Keynote speakers were both engaging and educational.

City Conquest, Kingdom Impact and the Party Man Shawn Hill all helped to create a really great day.

A big thank you goes out to all of the staff and volunteers who made this day such a tremendous success, to Jae and Teddy from Exodus Photography who captured the day on film ... a hearty thanks!!!

Bryetta Calloway

Editor,

Senior Marketing Specialist

Defensive Driving

Substance abuse and poor driving habits threaten individuals, families, businesses and communities. Hodac offers Defensive Driving Training that results in responsible driving behavior. Developed by the National Safety Council, the course helps lower insurance premiums and reduces driver's license points. The course is appropriate for traffic offenders seeking reinstatement of their driving privileges and for driving instruction in general.

Upcoming Class Schedule

June 5th and 26th

(Must attend both classes)

SATURDAY 9AM-4PM

1-Hour Lunch Break

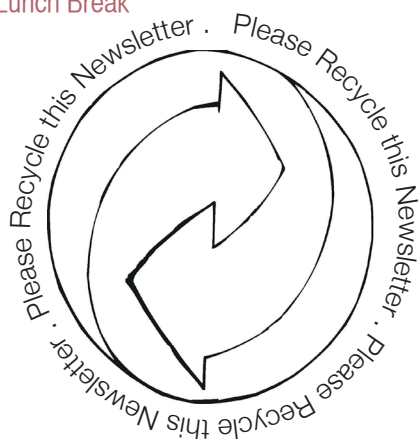
also

July 3rd and 17th

(Must attend both classes)

SATURDAY 9AM-4PM

1-Hour Lunch Break



FOR WOMEN ONLY: WHY MEN'S HEALTH IS ALSO A WOMEN'S ISSUE

By Armin Brott and the Blueprint for Men's Health Advisory Board

What does men's health have to do with you? Plenty! Men's health issues don't affect only men; they have a significant impact on everyone around them. And because women live longer than men, they see their fathers, brothers, sons, and husbands suffer or die prematurely.

"More than one-half the elderly widows now living in poverty were not poor before the death of their husbands."

Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, U.S. Administration on Aging

At this point, you're probably thinking, "I already do more than my share of the laundry, the cooking, and the childcare. Can't he do anything for himself?" Of course he can. But there's a good chance that without some gentle pushing from you, he won't. So it may be up to you.

More than half of premature deaths among men are preventable. By educating yourself about potential male health problems and passing that information on to the men you love, you may be able to save a life. And by encouraging all the men in your life to realize that even the smallest symptoms can sometimes be serious and may need to be discussed with their doctors, you'll be helping them take a more active role in their own health care.

IDENTIFYING THE PROBLEM

In 1920, women outlived men by an average of one year. Today, that difference is more than five years. Why? It's because men:

- Die younger—and in greater numbers—of heart disease, stroke, cancer, diabetes, and many other diseases.
- Don't take care of themselves as well as women do.
- Are more likely to engage in unhealthy behavior.
- Don't seek medical attention when they need it.
- Are less likely than women to adopt preventive health measures.
- Are less likely to have health insurance.
- Are more likely to work in dangerous occupations.

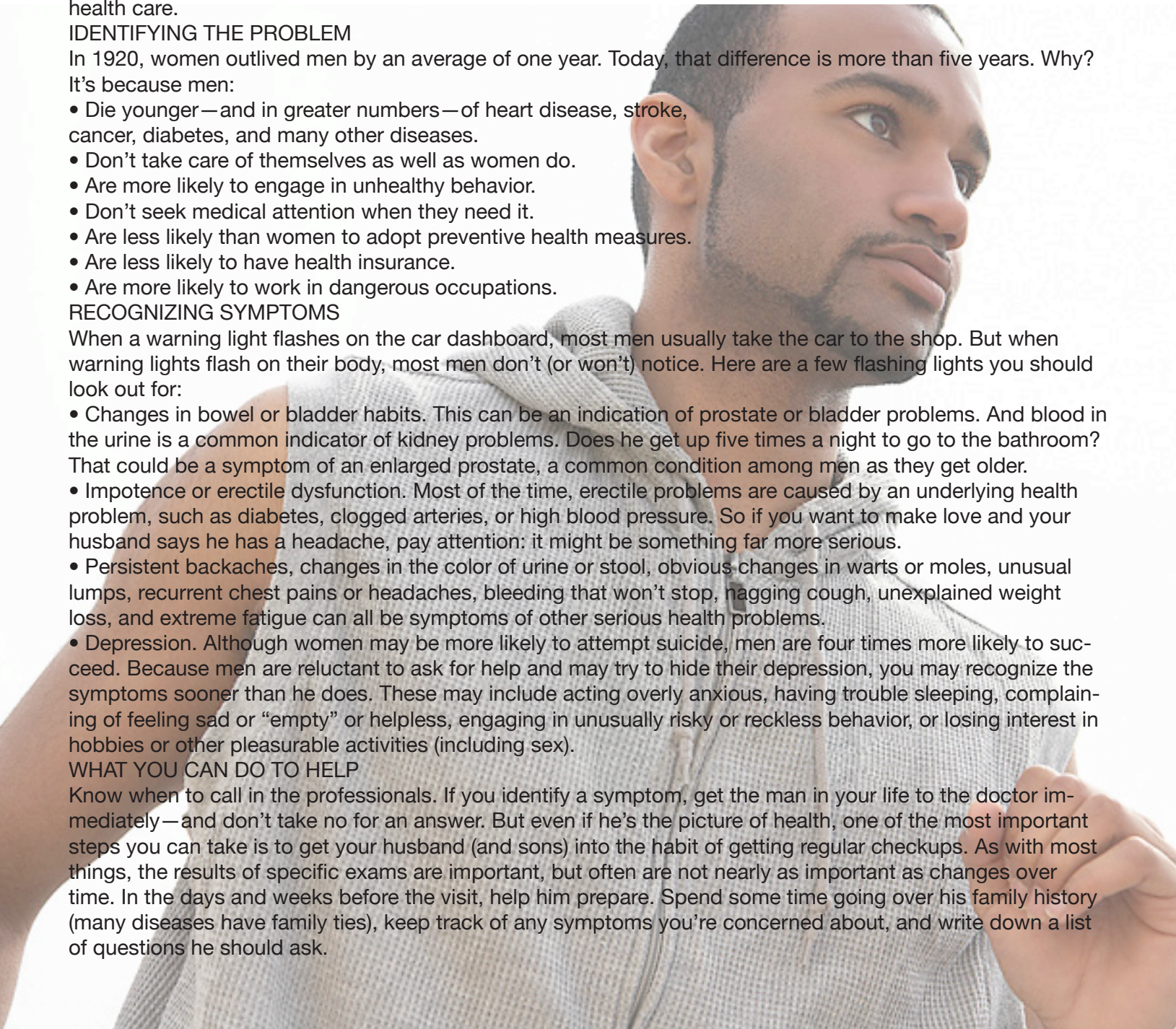
RECOGNIZING SYMPTOMS

When a warning light flashes on the car dashboard, most men usually take the car to the shop. But when warning lights flash on their body, most men don't (or won't) notice. Here are a few flashing lights you should look out for:

- Changes in bowel or bladder habits. This can be an indication of prostate or bladder problems. And blood in the urine is a common indicator of kidney problems. Does he get up five times a night to go to the bathroom? That could be a symptom of an enlarged prostate, a common condition among men as they get older.
- Impotence or erectile dysfunction. Most of the time, erectile problems are caused by an underlying health problem, such as diabetes, clogged arteries, or high blood pressure. So if you want to make love and your husband says he has a headache, pay attention: it might be something far more serious.
- Persistent backaches, changes in the color of urine or stool, obvious changes in warts or moles, unusual lumps, recurrent chest pains or headaches, bleeding that won't stop, nagging cough, unexplained weight loss, and extreme fatigue can all be symptoms of other serious health problems.
- Depression. Although women may be more likely to attempt suicide, men are four times more likely to succeed. Because men are reluctant to ask for help and may try to hide their depression, you may recognize the symptoms sooner than he does. These may include acting overly anxious, having trouble sleeping, complaining of feeling sad or "empty" or helpless, engaging in unusually risky or reckless behavior, or losing interest in hobbies or other pleasurable activities (including sex).

WHAT YOU CAN DO TO HELP

Know when to call in the professionals. If you identify a symptom, get the man in your life to the doctor immediately—and don't take no for an answer. But even if he's the picture of health, one of the most important steps you can take is to get your husband (and sons) into the habit of getting regular checkups. As with most things, the results of specific exams are important, but often are not nearly as important as changes over time. In the days and weeks before the visit, help him prepare. Spend some time going over his family history (many diseases have family ties), keep track of any symptoms you're concerned about, and write down a list of questions he should ask.



Taking Your Child to the Eye Doctor

The eyes of newborn infants should be evaluated in the hospital nursery. This examination can help detect several congenital eye problems, some of which can be very serious.

Between six months and one year of age, infants should be checked for good eye health by a doctor or other appropriately trained health care provider during routine well-baby care or other doctor's office visits.

Similarly, children's vision should be tested between 3 and 4, either during a well-child visit to the doctor, a visit to an eye doctor, or at a vision screening conducted by trained personnel

Prevent Blindness America recommends a continuum of eye care for children that can include both vision screening and comprehensive eye exams*. All children, even those with no signs of trouble, should have their eyes checked at regular intervals. Any child who experiences vision problems or shows symptoms of eye trouble should receive a comprehensive eye exam by an optometrist or an ophthalmologist.

If you are planning to take your child to the eye doctor, here are some helpful tips.

1. Ask your relatives, friends and neighbors if they know the name of an eye doctor who is good with children.
2. Schedule the appointment when your child is not likely to be sleepy or hungry. If your child has a "cranky" time of day, schedule around it.
3. Make a list of your questions and bring it with you. Take notes when speaking to the doctor, so that you can refer to them later.
4. Have a plan ready in case you need to spend time in the waiting room. Bring a favorite storybook, coloring book or small toy that your child can play with quietly. A snack can also help to pass the time.
5. Let your child watch a family member get an eye exam. Have the doctor explain what is being done, step by step, and encourage the child to ask questions.
6. Bring your child's favorite cuddly toy. The doctor can "examine" the bear or doll and holding a toy may keep little hands off of expensive equipment.
7. Relax. Children look to adults for cues: if you seem nervous, your child may become anxious. A trip to the eye doctor should be fun for both of you.

*A comprehensive eye examination includes an evaluation of the refractive state, dilated fundus examination, visual acuity, ocular alignment, binocularity, and color vision testing, where appropriate.

