

## Community Calendar

January 25

### Women's and Children's Self Defense Workshops

are being offered, free to the public and everyone is welcome to attend! Sponsored by Double Dragon JiuJitsu, Tri State Freestyle Martial Arts, Vets Serving Vets, Middlesboro Mall, and the Bell County Chamber of Commerce. The workshop will be held in Pineville on Monday, January 25th at Odies Family Fitness Center 112 E. Virginia Ave. (across from First State Financial) from 7-9pm. **FREE TO THE PUBLIC!** If you are looking to defend yourself and learn things that you would not normally learn in our class, please do yourself a favor and not only come by to check it out, but also pass the information along to everyone you know. For more info and to RSVP, contact Sensei-James Fortner at (606)521-8650 or via Facebook.

**Lighthouse Mission Center** located at 3609 Hwy. 119 in Pineville, KY. Phone: 337-1834, has a Food Give-Away the 3rd and 4th Tuesday of each month starting at 11:30 am. Emergency food boxes every Tuesday & Thursday from 10-3pm.

**Lifeline of Bell county non-residential support groups** are available. Men's and women's as well as youth (ages 10-18) on Tuesdays from 5:30-7:30 pm and on Thursdays at 1pm for men and women only. Contact Sharon Teaney at 269-2187 or Ules Baker at 606-LIGHTHOUSE.

**Lighthouse Medical Clinic** is open on Tuesdays and Thursdays from 10am-2pm for applications. \*Dr. visits are by appointment only. Phone: 337-9955.

**Lighthouse Ray of Hope Children's Advocacy Center** Hours are Tuesdays 9am-4pm, Wednesdays & Thursdays 9am-5pm. Phone: 337-9955.

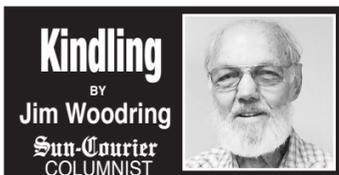
**Lighthouse Homeless Shelter** is located at 117 South Pine Street in Pineville.

Open 7 days a week. Phone: 337-9736.

**Lighthouse Thrift Store**

Closed January & February, reopens in March

## Can 13 Be Unlucky?



When a man slaps, kicks, punches, or head-butts his partner or wife, it is called "domestic violence". It is 4<sup>th</sup> degree assault, a misdemeanor. In simplest terms, a crime is committed and we would expect the criminal to be punished for his crime. Somehow it does not always work out that way.

In real life, we have a dual standard where if a man hits his wife, it is treated as an internal family affair, as if the law does not apply. If the same man hits his neighbor's wife, there will be big trouble. When men can keep on getting away with abusing their women, it comes to be seen as a "normal" way to treat them. We have all heard the excuse, "Well, everybody's doing it so it can't be wrong or bad, can it?" Some will go further and say, "What's wrong with keeping my woman in line. My daddy did it that way. He's my hero, my role model".

It is true that our parents are role models –daddies for little boys, mommies for girls. It happens in language. If our parents speak English, so do we, and it seems so normal. If at your house your mother cooks soup beans and corn bread, then you grow up eating the same and thinking that everybody eats that way. Then you grow up and go out into the world and meet Koreans who eat rice every day. What you thought was normal for all people now turns out to be nothing more than a local custom in this part of Kentucky. Some of us are challenged to live dangerously and learn to eat curry rice or Japanese sushi or German pancakes. We are not chained to the ways we were raised for we learn that some of those ways are bad, some good, and some don't matter.

I was reminded of all this by a couple I had for counseling a few weeks ago. He had become violent and his wife filed an Emergency Protective Order against him. By the time the case came to court, she had decided to drop the charges. The judge said, "You can't have the charges completely dropped unless you go to marriage counseling" and so they came to me.

They had what used to be called a "traditional marriage" meaning that the man was in charge as head of the household and his wife submitted to his authority and stayed home to take care of the kids. This man did not understand why his wife filed the EPO in the first place. He did not understand why he had to come and let me, a total stranger, tell him how to run his family. (Counseling does not tell people "how to run their affairs", but that's what he expected me to do.)

He said, "I don't know what I'm doing here. She got a little uppity, so I slapped her. She needed it. That's how I handled my first two wives, just like my daddy taught me. I'm getting a little older now. I'm sixty and this young one here is thirty one. They don't make women like they used to, but she'll learn. I have got a ways to go yet. I want to be like my grandfather. He was a real man. We always marry like good people should. We never have slept around in sin. My grandfather was 90 when he married for the fourth time. She was 13".

I said, "How did the girl feel about that?"

He said, "Who, the girl? Her family was happy with it. My grandfather had a lot of money. 13 was lucky for her."

### WHO ATE MY OKRA?

KINDLING: "THE BEST OF THE PINEVILLE SUN"  
Now available at:  
Sizemore Hardware  
Pineville Sun office on  
Walnut Street, Pineville;  
Eva's and Evan's Vendor's Mall,  
1901 Cumberland Ave in Middlesboro;  
Or By mail at:  
Jim Woodring 13124 Hwy 190  
Pineville, Ky 40977  
First Edition Special Price \$12.00



### TRAFFIC SAFETY CHECKPOINTS

The Kentucky State Police, Post 10, Harlan, which provides coverage for Harlan, Bell and Knox counties, will be conducting periodic traffic safety checkpoints at locations approved by the Kentucky State Police Policy and Procedures Manual. These checkpoints will be conducted in an effort to enforce the traffic laws of the Commonwealth of Kentucky. Special attention will be paid to occupant protection (seatbelt adherence), sobriety, insurance and registration violations.

## "A Penny Saved is a Penny Earned"



Pictured on left: Mrs. Casey Martin, of Commercial Bank, teaching the Kindergarten students how to budget their money to meet their needs and also purchase things they want. She gives them Froot Loops to represent money for things they will purchase.

Pictured on right: Baylee Layne (1st grade student) makes a deposit into her SMART CENTS Savings Account, while Mrs. Casey Martin is completing a deposit receipt for Baylee to take home to her parents.

## Teens for Jeans

1 in 3 homeless people in the U. S. is under the age of 18, and one of the first items they ask for when reaching a shelter is jeans. You can do something about teen homeless. From January 18 to February 29; you can join our 5th annual "Teens for Jeans" campaign; the largest jeans donation drive in the nation! You can drop new or gently used, youth and adult sized jeans off at the Bell County High School office or contact rosemary.jones@bell.kyschools.us or call (606) – 337 - 7061 ext. 169 for pick up! Bell County FCCLA's goal is to collect 300 pairs of jeans to be disturbed to local homeless shelters. To meet our goal, we need the community's help. Please donate, today!

Lone Jack Kindergarten and Fifth Grade students got a lesson in budgeting on Friday, January 8th. Casey Martin, from Commercial Bank, continued the economics lessons she previously began teaching during the first semester.

Ms. Candy Partin's fifth grade class put their financial skills to the test as they traveled through real-life scenarios of creating a budget. Mrs. Martin created family scenarios in which the students represented each member of the family. Some families had just four or five members, others included children in college, Senior Citizens, etc. Students were given a total income per year and asked to budget bills for needs and wants; for example, rent/house payment, electric, water, cable, health insurance, groceries, property taxes, transportation, maid, clothes, pets, repairs, savings, home owner issues (lawn mower, washing machine, car/motorcycle), and emergencies. As students worked through creating a budget, they were asked: Did you use your Savings? How much did you use? How much income, if any, do you have to start the new year? Would you change any decisions you made? Did your family work well together? What did they do well? not so well? What are the advantages of the decisions you made? Students participated in a hands-on activity that taught them what a budget is, the categories of a budget, planning a budget, applying budget skills to real-world scenarios, and understanding the concept of "pay yourself first." Upon completion of the lesson, students were left with "Try this at Home" Activities, in which they can apply what they have learned in class. One of the activities suggested is to allow your child to take the store flyer and shopping list with you as you purchase groceries. Give the child a specific amount of money (your budget) and ask him/her to help find the items you need while staying within the budget. After getting the receipt,

have the child to figure out whether you stayed within the budget, and if so, calculate how much money you saved.

Mrs. Brenda Ferguson's and Miss Chelsey Rivers' Kindergarten classes explored the concept of budgeting as well. Students were given Froot Loops to represent money. They were then given options to purchase items; for example, they could purchase a plain bed for \$10, a pirate bed for \$11, and a princess bed for \$12; a dollhouse or treehouse for \$5 or both for \$10; a fourwheeler for \$5, a trampoline for \$5, etc. Students had to budget their money in order to continue purchasing items that Mrs. Casey Martin, of Commercial Bank, would present before them. Some students learned to budget their money very well, and would settle for smaller things, so that they ensured they had money left in their banks. Kindergarten students were also presented with real-life scenarios in which they applied budgeting skills. The lesson also built upon previous lessons, in which students were taught to save money. Mrs. Martin rewarded students with an additional treat of Froot Loops upon completion of the lesson. Upon completion of the lesson, Kindergarten students were able to describe goal setting and how it relates to financial decisions and name personal goals with support.

While visiting the school, Mrs. Casey Martin, of Commercial Bank, also collected deposits from students who are participating in the SMART CENTS Savings program.

Students and teachers alike are so excited about the programs and opportunities that Commercial Bank and Casey Martin are bringing to our school, classrooms, and curriculum. Mrs. Holly Chavies, second and third grade Social Studies teacher, is also coming aboard with her classes, and will be beginning the lessons as well during Mrs. Martin's next visit on Friday, January 22nd.

## Fruit and vegetable plants for sale

The Bell County Cooperative Extension Office is taking orders for the following fruit and vegetable plants. If you are interested call the office at 337-2376. Payment is due when you place your order.

- Strawberry Plants (Allstar and Earliglow) \$13.00 per 100 (or \$3.25 for 25)
- Blackberry Plants (Triple Crown) \$3.00 each
- Blueberry (Blue Crop and Blue Ray) \$6.00 each
- Red Raspberry (Tulamagic) \$2.00 Each
- Black Raspberry \$3.00 each
- Asparagus (Jersey Knight) \$1.00 each
- Onion Transplants (Candy) \$4.00 per bundle of 60 plants

Plants are expected to arrive in early April.