

July 2010  
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# Kayla's Village ~ The Newsletter

Tonya M. Logan, (202) 608-1266, [kaylasvillage@aol.com](mailto:kaylasvillage@aol.com)  
[www.kaylasvillage.org](http://www.kaylasvillage.org) AND [www.kaylasvillage.org/blog](http://www.kaylasvillage.org/blog)



03/31/1996 ~ 09/06/1996

## Trainings

(see "Calendar" at website  
for actual flyers)

### "Parenting"

August 12, 2010  
"Calgon...Take ME Away!"

October 7, 2010  
"Financial Literacy"

December 16, 2010  
"Parent/Child Communication"

Child Care Provided!

HSC Pediatric Center  
1731 Bunker Hill Road, N.E.  
Washington, D.C.

### "Professionals"

**CEUs approved!**

Please be sure to pre-register  
in order to save \$10.00.

July 6, 2010  
"Case Conceptualization"  
3 CEUs approved

August 13, 2010  
"Effects of Abuse/Neglect on  
Adoption"  
3 CEUs approved

September 10, 2010  
"Special Needs Advocacy"

October 8, 2010  
"Adoption Options"

Trinity AME Zion Church  
3505 16<sup>th</sup> Street, N.W., WDC

For additional trainings, visit  
[www.dcrptc.org](http://www.dcrptc.org)

## \$5.00 Exxon Gas Card Recipient

From our June newsletter, *Kadija Ash* of *D.C. Children's Trust Fund* received the prize for correctly answering the newsletter questions at 02:09:22 p.m.

**Congratulations!**

## Kayla's Village Blog!

It appears as though the bugs have been worked out of our blog! Please visit our weekday posts and leave your comments at

[www.kaylasvillage.org/blog](http://www.kaylasvillage.org/blog)

## FREE 2010 Outdoor Movies

Canal Park, M Street and 2<sup>nd</sup> Street, S.E., WDC, 8:45 p.m. rain or shine. Bring blankets and chairs.

July 8 - Star Wars      July 15 - Slumdog Millionaire  
July 22 - Cool Runnings      July 29 - Happy Gilmore  
August 5 - Rocky

Harrison Field Under the Stars, V Street between 13<sup>th</sup> and 14<sup>th</sup> Streets, WDC, 8:30 p.m.

July 13 - Buena Vista Social Club  
August 10 - The Soloist  
Sept 14 - Soul Power/Duke Ellington's Washington

Bethesda's Woodmont Triangle, the corner of Norfolk and Auburn Avenues, 9:00 p.m. Bring lawn chairs.

July 27 - When Harry Met Sally  
July 28 - The Maltese Falcon      July 29 - Sherlock Holmes  
July 30 - The Blind Side      July 31 - Chicago

18th and Bell Street, across from Arena Stage and the Crystal City Metro Station Crystal City, Virginia; sundown. Bring a picnic and a blanket. Rain or shine.

July 5 - Star Trek V: The Final Frontier  
July 12 - Star Trek VI: The Undiscovered Country  
July 19 - Star Trek Generations  
July 26 - Star Trek: First Contact  
August 2 - Star Trek: Insurrection  
August 9 - Star Trek Nemesis  
August 16 - Star Trek

## Door Prize Winners

During the June 4, 2010 training, "Calgon...Please take ME Away!," *Jill Carmichael* of *Community Council for the Homeless* won the Chesapeake Bay Candle Assortment as did *Paula Laudenberger* of *Board of Child Care* during the June 17, 2010 training on "Stress Management."

**Congratulations!**

## 2010 LEGO® Smart™ Creativity Contest

If you are a teacher, home educator, after-school program director, or otherwise working with students (K-12) within the education field, you are eligible to compete in this year's contest. Only pre-registered and pre-qualified contestants are eligible for the contest – deadline is July 30, 2010. Rules will be emailed to all pre-registered contestants on August 2, 2010.

<http://www.legoeducation.us/about/item.aspx?art=3465&bhcp=1>

## Help Kayla's Village Get on Oprah!

We are supporting Dr. Celeste Owens' efforts to get her show about success on the Oprah Network. Please vote at

[http://myown.oprah.com/audition/index.html?request=video\\_details&response\\_id=5259&promo\\_id=1](http://myown.oprah.com/audition/index.html?request=video_details&response_id=5259&promo_id=1)

## Two Dentists to Recommend

Dr. Alan Wolcott

[www.dentalhealthinfo.com](http://www.dentalhealthinfo.com)

Dr. Avionne Hill

[www.hillkidsdental.com](http://www.hillkidsdental.com)

Help us raise funds by registering at

<https://secure.escrip.com/jsp/supporter/registration/step1.jsp>

Group ID#500017420



**Advisory Committee**

- Fay Allen
- Margie Chalofsky\*
- Tamitha Christian\*
- Kenya Coleman
- Tawana Holland
- Vera Johnson
- Tonya Logan\*
- Nicole Mellonas\*
- Samuel Tramel

\*charter members



**Supports**

Send questions to

[kaylasvillagequestions@live.com](mailto:kaylasvillagequestions@live.com)

and expect a response within 48 hours. Note in the subject line the professional to whom the question is addressed.

Dr. Lorelle Bradley, pediatrician

Vera Johnson, MA prayer intercessor

Nicole Mellonas, educator

Chandricka Mose, clinical social worker



Children's Law Center  
Legal Help Line  
(202) 467-4900, opt 4



For accurate health information, visit

[www.medlineplus.gov](http://www.medlineplus.gov)

**July Themes**

- Bereaved Parents' Month
- Bioterrorism/Disaster Education and Awareness Month
- Black Family Month
- Blueberries Month
- Cell Phone Courtesy Month
- Child-Centered Divorce Month
- Family Reunion Month
- Family Golf Month
- Freedom from Fear of Public Speaking Month
- Grilling Month
- Hemochromatosis Awareness Month
- Herbal/Prescription Awareness Month
- Hot Dog and Ice Cream Month
- Independence Day
- International Group B Strep Awareness Month
- International Women with Alopecia Month
- Juvenile Arthritis Awareness Month
- Make a Difference to Children Month
- Purposeful Parenting Month
- Recreation and Parks Month
- Sandwich Generation Month
- Share a Sunset with Your Lover Month
- Smart Irrigation Month
- Social Wellness Month
- Substance Abuse Awareness Month
- Tour de France Month
- UV Safety Month
- Wheelchair Beautification Month
- Women's Motorcycle Month

**Highlights: Public Speaking and Irrigation**

Many are wrought with anxiety when it comes to public speaking, especially when the message to be delivered is negative. The stress of speaking in public can leave many visibly shaken, nauseated, and tongue-tied and may even lead to a self-fulfilling prophecy. A few small tips can relieve most of the stress many people feel.

- Challenge your fears. What is the worst that could happen? Usually, we let our fears grow from mole-hills to mountains. Keep your perspective.
- You do not have to be perfect, just able to deliver your message. Preparation and rehearsal will help to smooth out your delivery.
- Keep your message to a few key points as this is where a lot of pressure comes from. We want to share all of our information, but our audience does not need to be overloaded. A few key points with relevant examples and stories go a lot further than oodles of facts and statistics.
- Avoid caffeine. Coffee adds stress to our body and that is the last thing we need before we deliver our message. Try a couple of neck rolls and deep breathing exercises before you go to deliver your presentation which will help you to relax and focus on the most important goal, which is meeting the needs of your audience.



Automatic sprinklers offer convenience and control in protecting your landscape investment. Irrigation systems help you to enjoy your yard, and to keep it healthy and beautiful. Homeowners tend to overwater their lawn or waste water through inefficient habits. Adopting water-savvy habits is essential to maintaining and extending your community's water supply, especially during peak use.

The key to efficient outdoor irrigation is applying just enough water and only when necessary. Water-wise habits will result in a healthier lawn and landscape, in addition to conserving water and reducing your water bill.



**Frequently Asked Question – from kaylasvillagequestions@live.com**

*What are activities I can do with my young children now that school is out?*

Of course summer camps – there are some for four-year-olds – and day trips like museums and parks and family vacations. However, you can go outside and blow bubbles, color with sidewalk chalk, bake cookies, read, etc. Consider connecting with another parent you trust to watch your child for a few hours and you then watch theirs for a few hours. In reality, children want connections and to create memories more than they want material items although they talk about wanting “stuff.” Think back to your childhood and what was most important to you – the latest jeans that you discarded or the time when someone made you feel special.



Consider adding the *Kayla's Village* website link to yours. Thank you!  
[www.kaylasvillage.org](http://www.kaylasvillage.org)



## Testimonials

I can only imagine how hard you work, but I do know how much I value having you as a colleague in this work and a friend. I am sure I am just one of a very long list of people who are happy that God spoke encouragement to you.

KS

I do respect and appreciate the work you do.

CN

I think your emails are interesting.

BTL

Thank you for contacting me and letting me know about the wonderful service your organization has to offer. I will have my staff contact you so that we can identify and coordinate training opportunities.

GA

This is wonderful. I've passed this information on to my other staff. Please continue to keep us posted on Kayla's Village.

AMJ

You continue to amaze me. I don't know WHEN you have time to do all that you do. Just checked out your blog – congratulations! Your "4<sup>th</sup> child" continues to grow, and it does so much good in our community. I know you get tired, but so many now depend on you and the Village for what you do. I know you will be richly blessed for all of the good that you are doing.

BLS

Thank you for the information. What a wonderful organization. We WILL stay in touch.

CD

Well, I had not heard of Kayla's Village until now. Thank you for sending the info along. I will put this on our agenda.

LBS

Thank you for allowing me to present and it was a complete honor to meet you.

LC

## Did You Know?

Do not forget to wash reusable grocery bags after you have emptied them. Nearly every bag examined for bacteria by researchers at the University of Arizona and Loma Linda University found whopping amounts of bugs. Coliform bacteria, suggesting raw-meat or uncooked-food contamination, was in half of the bags, and *E. coli* was found in 12% of the bags. Running the bags through a washer or cleaning them by hand reduced bacteria levels to almost nothing, the study reported, but nearly all shoppers questioned said they do not regularly, if ever, wash their reusable bags. About a third said they also used their food-shopping bags to haul around non-food items.

*The Washington Post*  
 Health Section, June 25, 2010

## Four Ways to Help Build Reading Fluency

- 1. Break Down Big Words with REWARDS:** REWARDS is a research-based program designed for students in grades 4 through 12. It helps to solidify multi-syllable pronunciation, which is necessary before moving on to reading speed. Before you know it, pronouncing *disestablishmentarianism* will soon be a piece of cake with the REWARDS program.
- 2. Paired Reading with the Jamestown Fluency Series:** The Jamestown Fluency Series develops and strengthens oral and silent reading speed in older students. Tutors utilize this program to increase words per minute by using high interest paired reading exercises. Students will enjoy reading more and more as the flow and speed of reading increase.
- 3. Timed Reading Drills with Great Leaps:** The Great Leaps Reading Program for K-12 students is a program designed to build reading speed. Students complete one-minute drills in three areas: phonics, sight phrases, and short stories. Just 15 minutes per day makes a world of difference.
- 4. Encourage and Motivate Students To Read, Read, Read!** One of the best ways to develop reading fluency is to read more. By capitalizing on each student's personal interests, tutors help find books and authors that will transform reading from a chore to an enjoyment.



### How Many Words Per Minute Should Your Child Be Reading?

Grade Equivalent	Standard WPM
2.5	121
3.5	135
4.5	149
5.5	163
6.5	177
7.5	191
8.5	205
9.5	219
10.5	233
11.5	247
12.5	261

I get and APPRECIATE each of the monthly newsletters. I, selfishly, get a good feeling knowing that another one of my sisters is doing the blessed thing in the field. Your work is invaluable! You may not see many results or get a lot of feedback, but you are shouldering the burden of those who can't bear it themselves. Even if they can't say it, I tell you "thank you!" Thanks also for not giving up.

MT

I'm glad you had this divine intervention because I am so proud of the Village and all that you do. Great things are in store for the Village.

KC

Please keep me on the mailing list. I do want to connect with you and what you are doing.

KB

That is very inspirational. God gives us signs, but many are subtle and some people are too self-absorbed or ignorant to notice them. You are doing great things and are still making a big difference. You will be rewarded for your time and generosity at some point.

NM

Thanks for the information you sent me, and for the work you're doing with children in the area. I care a lot about their development as well. I will read the materials you sent and contact you right away.

RV

I think that all of the work you are doing is fantastic.

TMT



### My Haven

I believe there's a place within me that won't let me die, No matter what I say or do, it beckons me to try, And strive I do, on my daily path, To live victoriously without malice or wrath, With every step taken I courageously sigh, Knowing with self-confidence and faith my goals are satisfied, But when the challenges prove fierce and I feel I should cry, I turn back to that place that won't let me die!

Verlalia Lewis  
*Many Paths, Many Feet*

## Keeping Our Children Safe

In general, when you are with your children around water (pool, stream, lake, tub, hot tub, toilet, bucket of water, etc.), NEVER leave them unsupervised. No matter how shallow the water and no matter what skills your children have acquired in water safety, bath seats and flotation devices are not substitutes for parental supervision. When you are finished using a bucket that contains cleaning liquid or even plain water (inside or outside your home), do not forget to empty it immediately to avoid a potentially hazardous situation.

In recent months three children were killed on train tracks in the state of Maryland. Operation Lifesaver is a program that provides free rail safety presentations to people of all professions and age groups. The trainings emphasize the need to recognize the various signs on and near train tracks. They highlight the need to know facts and misconceptions about trains and speed. If you would like to invite Operation Lifesaver to your school or organization for a free presentation, please contact **Richard Ratcliffe at (410) 414-7315, rratcliffe@comcast.net, or www.oli.org.**

As the weather is changing, many people will be opening windows to enjoy the breeze. No safety device can take the place of active adult supervision, so never leave a child unsupervised near an open window. Never open windows higher than 4 inches from the bottom window sill. Utilize window guards and stoppers, which prevent a window from being opened wider than 4 inches. Move cribs, toddler beds, playpens, and other furniture away from windows so that children cannot climb out to the ledge. If you have double hung windows, those that open from the top and bottom, it is safer to open them at the top of the window. If a child appears to be seriously injured after a fall from a window, do not move a child yourself. Immediately call 911 for medically trained personnel to help you.

<http://www.infantandchildloss.org/>

## An Actual Letter to Miss Manners...

Dear Ms. Manners:

**Due to a gross miscommunication, word recently circulated on my mother's side of the family that she had passed away, when in fact she has not – an aunt of the same first name on my father's side of the family died. I received a sympathy card from one of my mother's college roommates who had been given the erroneous news. I have already written to let her know that her old friend is still alive, but do I return the card to her so that she can re-send it at the appropriate time? If I keep the card, has she acquitted herself of her obligation to send a card when my mother finally does return to her Maker?**

Do you have reason to think that your mother's college roommate hated her? Miss Manners can't imagine why else you would suppose this lady to be thinking, "So Emmeline's alive – and to think I wanted that card!" Or that when your mother does die, she will say, "Been there, done that?" Nor is the lady likely to think better of you if you send back the card. It would sound like, "Not yet, but on to this, we shouldn't have to wait much longer."

Teens looking for a job? Wegman's grocery store is coming to Prince George's County. They have great benefits and even a scholarship program.

**Woodmore Towne Center**  
9001 McHugh Drive  
Lanham, Maryland  
1-877-934-6267 (option 2)  
[www.wegmans.com/careers](http://www.wegmans.com/careers)

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