



# Grapevine News

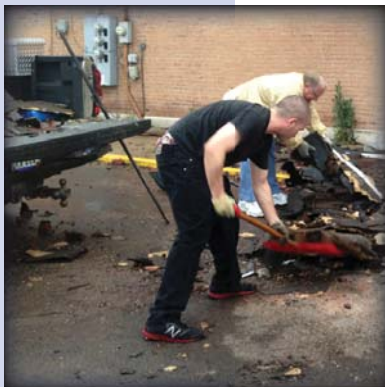
News from Licking/Knox Goodwill Industries, Inc.

Summer 2012

## Recovering from the Storm

The strong storm that swept through Licking County in late June drastically impacted Licking/Knox Goodwill. Many of the agency's buildings were damaged including the Administrative campus in downtown Newark and the Union Street retail store.

Almost every Goodwill building close to Wilson Street was damaged. The worst damage was to a building which provides housing to homeless veterans, located at 47 South 5th Street. The roof to this building was "peeled" back and dropped in the middle of the street. Fortunately, no one was home at the time of the storm. Within minutes of the storm passing, Goodwill employees with the assistance of the Newark Police were cleaning up. Thanks to the staff of our downtown County Commissioners contract, and a few helpful citizens passing by, we had the manpower to pick up the fallen roof and reopen the street before nightfall. The next day presented even more challenges. What do we do with the piece of roof dangling above the sidewalk? With thanks to Paisley's Rental Company, for loaning a very large lift, we were able to safely cut down the debris and begin repairs.



The huge power outage closed all nine Goodwill retail stores. For days it left the Union Street Store, housed in the "Old Warehouse" located at 101 Union Street in Newark with holes in the roof and inches of water flooding the entire store. The fire suppression system had malfunctioned, leaving the store flooded. The fixtures, carpeting, and many donations were damaged from the water leaving the store closed while it undergoes repairs and restorations. *Until the store reopens please take donations to Goodwill Unlimited at 550 Hopewell Drive, Heath, (the former Scott Lumber Building).*

Licking/Knox Goodwill is in need of donations to help restock the Union Street Store. All donations are appreciated and may be dropped off at any of our remaining eight retail stores in Newark, Heath, Pataskala, Johnstown, Buckeye Lake, Utica, and our two locations in Mt. Vernon at Coshocton Ave. & Parrott Street.



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### Our Mission:

Licking/Knox Goodwill Industries, Inc. provides training, employment, and support services to individuals with disabilities and other barriers to employment.

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## Ready for Vacation

written by Timothy J. Young, Executive Director



If your family is like most, now is the time you are planning that family vacation, the time to get away from it all and enjoy the company of others.

Of course, costs associated with taking a vacation often determine the extent, activity, and location of the trip. An elaborate travel destination isn't necessary to relax and enjoy yourself. In

fact, an expensive excursion will add stress, if not on the trip itself, once you return and the credit card bill arrives! Simple long weekends can be just as enjoyable and rejuvenating as a week or two at an expensive resort.

There are many fun opportunities in Ohio the entire family would enjoy, all well within a three hour drive. If getting out of state is the goal, Kentucky is one area I would recommend. Again, within an easy drive from central Ohio, Kentucky parks offer some of the cleanest and most beautiful parks in the country. And, in my experience, they have excellent food for all to feast on! The computer is your friend when it comes to finding interesting and fun places to visit.

If you are taking the children on your excursion, make sure you ask them what activities they would enjoy. Remember, it's their vacation, too! In all probability, any location with a pool would be a safe bet.

Most of all, do what you love doing. Just sitting back and relaxing can become a bit monotonous after a while. There is nothing better to relieve stress, regain energy and release tension than to spend time performing the activity you most enjoy.

## Choose Your *Employee Appreciation Day*

Don't forget the Licking/Knox Goodwill Industries Employee Appreciation Day activities! Employees are able to choose their favorite event on us. We hope Licking/Knox Goodwill can add a little enjoyment to your summertime fun.

Keep in mind the important thing is to just get away from the day-to-day grind and spend time with family and friends. Be flexible with your schedule and listen to your fellow travelers requests. You can't possibly plan ahead for everything, so keep an open-mind and be easy going... there isn't any deadlines or meetings looming!

I hope you all have an enjoyable and safe summer vacation!

Any questions or comments may be sent to [tyoung@goodwillnewark.com](mailto:tyoung@goodwillnewark.com).

Licking/Knox Goodwill Industries, Inc



## Youth Explore Post Secondary Education

written by Bethany Bennett, W.I.A. Youth Works Coordinator

The Youth Works Program has engaged in a series of post secondary education workshops coordinated by Mary Fox from the OCCC AmeriCorps\*VISTA program at Central Ohio Technical College.

The workshops have introduced the youth to the "in's and out's" of post secondary education. All of the information has been presented in a fun and interactive fashion which has really helped the participants process all of the knowledge being handed to them.

The youth have discovered all the facts about the different types of certificates and degrees that are available to be achieved. They learned all about how long it takes to obtain each certificate and degree, what types of careers require which type of degree, and how much they can expect as a yearly salary in a specific career.

It is great to see how the information they are receiving is producing new questions and ideas about how the youth think about college and their future careers.

The youth also had the opportunity to become acquainted with the financial aspect of college and what the difference is between grants, scholarships, and private and government loans. They were introduced to the process of filling out a FAFSA, and discovered how the qualifications for certain grants, scholarships, and loans are determined.

On one specific occasion, the participants were transported to the COTC/OSU-Newark campus where a lunch was provided for them and, following their meal, were given a formal tour of the campus grounds and buildings.

For many of the participants, these workshops were the first face-to-face exposure to college they have received. Many youth are not certain what the first steps are in pursuing a college education and they are not sure where to get the answers to their questions.

Being afforded opportunities like these, helps the youth gain an understanding about applying for, paying for, and attending college. With this knowledge, the youth are empowered with the opportunity to better themselves and empowering our local youth is what the Youth Works Program is all about!

## Youth Works Graduates

The annual C-TEC GED Graduation Ceremony took place on Wednesday, June 13th, and the Vocational Rehabilitation staff were happy to celebrate with some of our Youth Works Program participants who accomplished the goal of obtaining their GED during the 2011-2012 academic year.

The ceremony was held in the C-TEC auditorium and included beautiful live music and testimonials from both previous and current graduates. Each graduate was honored by having their name read as they walked across the stage and received their diploma. What an amazing milestone for those participants who graduated this year.

## *Congratulations Grads!*



# Summer Safety Tips

Whether traveling to amusement parks, grilling out at home, heading to the beach, or working in your yard, summer can be a great time to enjoy the outdoors with family and friends.

Summer weather and activities can also bring hazards to those who don't follow some basic summer safety tips. To have a safe and happy summertime this year, consider some of the following safety tips as you enjoy the season.

## C.A.R.E. About Safety

- C**ommitted to safe work practices
- A**ccountable to the safety of ourselves & fellow employees
- R**esponsible to recognize and report unsafe conditions
- E**ncourage compliance to safety rules and regulations

## Summer Travel Destinations

### Amusement Parks

Amusement park rides can be thrilling and really fun, and they can also be terrifying and dangerous for people with certain conditions such as pregnancy, back or neck injuries, and even high blood pressure.

The website [www.saferparks.org](http://www.saferparks.org) has safety information on rides, including risk factors and how injuries often occur, safety tips, overview of US regulations and industry standards, and public accident records from participating state agencies.

For those that have witnessed something unsafe or are concerned, there is information on how to report this information.

### Parks

The Midwest and entire U.S.A. are blessed with hundreds of national parks that highlight the natural beauty of our country. Many of these national parks also allow us to spend time in a natural setting, which means we are sharing space with the native inhabitants-plants, animals and even unique geological features that can be dangerous such as natural hot springs.

Visiting [www.nps.gov](http://www.nps.gov) and selecting the park you want to visit is a great way to plan your trip! The website offers incredible information on things you should know including geography of the park, climate, animal and plant life, and accessibility. Don't forget there are many wonderful local and state parks too!

### Beach Safety

A day at the beach can be a great way to spend your vacation. Some beaches have professional lifeguards, but even if the beach has lifeguards it is important to be aware of the hazards that exist. Ocean tides, including dangerous riptides, can turn a great summer day into disaster. Educating yourself about the conditions of the water and tides is important.

The National Weather Service has a great website that offers safety tips, [www.ripcurrents.noaa.gov/tips.shtml](http://www.ripcurrents.noaa.gov/tips.shtml). In addition to water dangers, remember to wear sunscreen and drink lots of water!

While spontaneity may be the spice of life, it doesn't hurt to do your research on activities before you go. You'll be better aware of risks and able to make choices that will provide safe and fun entertainment for the whole family.

### Drink more fluids (nonalcoholic), regardless of your activity level.

Don't wait until you're thirsty to drink. Warning: If your doctor limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

# Everyday Summer Fun

## Sunny Days with the Kids

It is now well known that exposure to sun puts people at risk for skin cancer and premature aging and that most of that exposure comes during childhood (80% of a person's lifetime sun exposure occurs before they are 21). Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%.

There are many sunscreens available for safe use in children over six months old. Pick one that offers UVA and UVB protection and that has a SPF 15 or higher (especially if your child has light skin). Apply the sunscreen as directed before going outside and reapply every two hours (or more often if he is swimming or perspiring heavily).

- Limit exposure to the sun when it is at its strongest (10am-4pm).
- Protect your child's eyes with sunglasses that protect against UVA and UVB radiation.
- Use sunscreen daily, even if it is cloudy, since most of the sun's radiation penetrates clouds and can still cause sunburn.
- Consider using a sunscreen with ingredients (such as zinc oxide or titanium dioxide) that physically block the sun's radiation if your child has sensitive skin.
- DEET lowers the effectiveness of sunscreens, so use a higher SPF if you are using a combination product that has both a sunscreen and an insect repellent.
- Don't forget sunscreen should be used by adults too!

## Backyard Swimming Pool Safety

According to the U.S. Consumer Product Safety Commission, an estimated 260 children under five years of age drown each year in residential swimming pools and spas. The Commission estimates another 3,000 children under age five are treated in hospital emergency rooms following submersion accidents each year. Some of these submersion accidents result in permanent brain damage.

Nationally, drowning is the fourth leading cause of death to children under five. In some states such as California, Florida, and Arizona, drowning is the leading cause of accidental death to children under five.

- Never leave a child unsupervised near a pool.
- Instruct babysitters about the need for constant supervision.
- Completely fence the pool. Install self-closing/latching gates.
- Do not consider young children "drown proof" because they have had swimming lessons.
- Never use a pool with its pool cover partially in place.
- Remove steps to above ground pools when not in use.
- Keep emergency numbers at the poolside telephone.
- Learn CPR.
- Keep rescue equipment by the pool.

## Grilling and Cookouts

Like many of us, you are probably planning on firing up the gas or charcoal grill many times this summer. Maybe you grill year round like many of us. Here is some common sense advice to make sure you always have a safe and tasty grilling experience.

- Always use your grill in a well-ventilated area, away from buildings or combustibles.
- Make sure your grill is stable and that it cannot be tipped over.
- Secure any loose clothing.
- Never grill inside your garage or on an enclosed porch. Even though it seems like common sense, many people get sick from carbon monoxide each year because they try to grill inside.
- Never try to move a hot or lit grill.
- Never leave a lit grill unattended.

## BE SAFE IN THE HEAT

Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid.

Wear lightweight, light-colored, loose-fitting clothing.

NEVER leave anyone in a closed, parked vehicle.

Limit your outdoor activity to morning and evening hours.

Try to rest often in shady areas.



## RETAIL STORES

# Goodwill Unlimited

550 Hopewell Drive ■ Heath  
740-522-1212

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

### Newark

927 N. 21st Street ■ 740-364-0804

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

101 Union Street ■ 740-345-8191

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.  
740-345-8191

### Mt. Vernon

855 Coshocton Avenue ■ 740-392-9991

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

60 B Parrott Street ■ 740-393-0081

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

### Utica

41 Columbus Road ■ 740-892-9123

Monday - Saturday 9 a.m. to 7 p.m.,  
Sunday 11 a.m. to 7 p.m.

### Buckeye Lake

10933 Hebron Road ■ 740-928-0199

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

### Johnstown

715 Coshocton Street ■ 740-967-2926

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.

### Pataskala

78 Oak Meadow Drive ■ 740-927-2500

Monday - Saturday 9 a.m. to 9 p.m.,  
Sunday 11 a.m. to 7 p.m.



## Pony Express Horseback Riding

written by Lisa Baker, Director of Communications

Horseback riding can be both therapeutic and fun! Just ask any of the participants in Licking/Knox Goodwill's Pony Express Program.

For six weeks in the spring and six weeks in the fall, children with disabilities are invited to join Goodwill at the Licking County Equestrian Center, off Flint Ridge Road, for horseback riding, crafts, and fellowship.



Children take turns riding horses and ponies around the arena. They stop to play games like basketball and ring toss. They even line up in the middle of the arena to play Simon Says while on their horse.



The program would not be possible without volunteers. Time at the arena is donated by Attorney Vicky Christiansen and the Stable Mates 4-H Club provides both people and horse volunteers for the evening.

Fall session for Pony Express begins September 4, 2012 with registration opening in August. Individuals interested in participating should contact Lisa Baker, Director of Communications at 740-345-9861 or by email at [info@goodwillnewark.com](mailto:info@goodwillnewark.com).

## New Administrative Staff



Tammy Rakoczy has joined the Goodwill team as Director of Corporate Compliance. She has a Master's Degree in Social Work from The Ohio State University and is a Licensed Social Worker. Before coming to Goodwill, Tammy worked at Excel Academy as their Clinical Director. Tammy enjoys hiking and yoga. She is married with four children, two boys and two girls.

Jennifer Specht has joined the Goodwill team as Administrative Assistant to the Executive Director. She has an Associate's Degree in Business from Zane State College and is currently working towards an Accounting degree from Mount Vernon Nazarene University. Jennifer spends her time volunteering with her children as a soccer and basketball coach, 4-H Club advisor, and is involved in Christian education at her church. Jennifer is married with two daughters and a son.



# NISH Honors Goodwill and Area Manager

Established in 1974, NISH ([www.nish.org](http://www.nish.org)) is one of two national, nonprofit agencies designated by the U.S. AbilityOne Commission™ to support nonprofit agencies (NPAs) participating in the AbilityOne Program.

NISH provides employment opportunities for people who are blind or have other significant disabilities by procuring Federal contracts for goods and services. Headquartered in Vienna, Va., NISH supports a network of more than 1,200 NPAs as well as Federal customers by providing legislative and regulatory assistance, communications and public relations materials, information technology support, engineering and technical assistance, and extensive professional training needed for successful contract management.

Licking/Knox Goodwill was honored in reaching the Quality Work Environment (QWE) Bronze Level of Achievement. This level of achievement is obtained when CRP staff have completed a QWE self-assessment and submitted their QWE Strategic Action Plan to NISH.

Licking/Knox Goodwill's personal involvement with QWE is an initiative that keeps NISH continually conscientious of the need to take an extra step to systematically approach the issues surrounding employees in the AbilityOne Program.

"You are being recognized for your dedication to your employees with disabilities through your participation in the Quality Work Environment initiative. I hope you will display this plaque proudly in your CRP as a symbol of your commitment to individuals with disabilities. You and your staff have much to be proud of, and I salute you for your outstanding efforts." - E. Robert Chamberlin, NISH President/CEO



Licking/Knox Goodwill Area Manager, Marlynn Crabbin has had an amazing year. First, in March she was honored as the 2011 Pat Wolfe Award of Excellence Winner at the 2012 Awards of Excellence, Goodwill's highest award. Recently, Marlynn was presented with an award from NISH, one of two national, nonprofit agencies designated to support the AbilityOne program.

At the 2012 NISH National Training and Achievement Conference in Indianapolis, Indiana, Marlynn Crabbin received the Management Excellence Award. Presented by the NISH National Counsel of Work Centers, the Management Excellence Award is presented each year to an outstanding individual who has gone above and beyond to recognize and promote quality work environments to individuals with disabilities.



Marlynn Crabbin and her fiancé at the 2012 Awards of Excellence

Marlynn has shown consistent dedication to Goodwill's mission. As an employee of over 15 years, she has held many different positions within the organization and touched hundreds of lives with her enthusiasm, humor, and "tough but fair" management style. Marlynn is well respected by her staff and continues to play a valuable role as Area Manager to our largest federal contract at Defense Supply Center Columbus.

## GOING GREEN

### Save Energy and Money...

If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4° with no reduction in comfort.



# Grapevine News

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3. Enter your email address to sign up or to update your profile.



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Email:

Privacy by SafeSubscribe<sup>SM</sup>

Email [info@goodwillnewark.com](mailto:info@goodwillnewark.com)  
to be removed from  
the paper mailing list.

## Sign Up with Kroger for Community Rewards

**You can help out Goodwill  
just by shopping with your Kroger Plus Card.**

Register your card @ [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com).  
Don't forget to choose Licking/Knox Goodwill as  
your charity. You can look us up by name or  
use NPO #81731.

Every time you shop with your Plus Card a  
percentage of your purchase is donated back  
to Goodwill. You still get all the fuel  
points and discounts Kroger normally  
provides. Plus, Goodwill gets a  
donation every quarter.

Help make a difference in the  
lives of the people we serve!

