

THE Leavenworth CONNECTION



SEPTEMBER 2015

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UNITED WAY 2015

By: Stan Schloer

The 2015 Hallmark United Way pledge drive runs October 5th through October 9th, at the Leavenworth Production Center. We will continue with tradition and have the 13th annual United Way Silent Auction for Action. The auction runs from Sept. 28th through Oct. 2nd. Look for more information on the CTV and announcements in your start up meetings. You may begin bringing in auction items to the front desk, Lisa Allen, Tory Gross, or Stan Schloer beginning September 8th thru Monday September 28, 2015.

We will be having a food and toiletries drive during the entire month of September. With the start of school and the holiday season approaching many of the food pantries in the community will need all the help they can get. There will be a container near the front entrance of the plant for your donations.

To help do the most good for people in our communities, pledges from new givers and increased pledges from existing givers are once again this year's goals. Our United Way team would like to encourage every Hallmarker to become part of the solution to our communities growing needs by making a pledge.

If you currently donate, consider an increase, if not consider starting with \$12 for 12—a \$12 donation for each month of the year. That's only \$6 per pay period if you're paid bi-weekly.

"Because of you" your \$6 donation per pay period will pay for the following:

- New shoes for six low-income children.
- 100 bus passes to transport people to job interview or medical appointments.
- 25 blankets for disaster victims.
- Two nights of shelter, food and advocacy for a victim of domestic violence.
- 10 HIV test kits.
- Two months of daily hot meals for a homebound senior citizen.
- More than 500 diapers for babies or toddlers.
- Curriculum materials to enable five young adults to participate in financial literacy and job training classes.
- CPR and first-aid training for two staff members working with youth.
- One month of weekly play-therapy sessions for a child who has experienced trauma.
- A one-month supply of paints, papers, storybooks, puzzles, hands-on science materials and other learning supplies for an early childhood classroom.

CARD SHOP



Have you started your itty bitty collection yet? There are more than 100 different characters from Disney, DC, Marvel, Peanuts, Star Wars and even a new "create your own" so you can unleash your creativity. Holiday Barbie and Star Wars itty bittys will be available in October. Any of the Itty Bitty characters would make a great Christmas gift, so stop in the Card Shop and see all the itty bittys available today and then continue to check for the new arrivals! 2015 Keepsake ornaments are also available in the Card Shop and are restocked daily.



Headaches

Almost everyone has experienced a headache - some more than others. While some headaches are nothing more than a nuisance others can bring you to a complete stop. Most headaches can be treated if you know the type of headache you are experiencing.

Tension-type headaches are the most common. They are dull and achy and brought on by stress, neck pain, missing meals along with several other things. Treatment: Tension headaches can often be treated by over-the-counter medication, such as aspirin, ibuprofen or acetaminophen. Alternative treatments include **meditation**, relaxation and **massage**.

Migraines should not to be taken lightly. The pain associated with migraines is often throbbing and severe. Migraines are often associated with nausea, vomiting or sensitivity to light and sound. Pain may become worse with increased activity. Untreated migraines can last between 4 to 72 hours. Treatment: If you know what triggers your migraines, then make sure to avoid these. Over-the-counter medication can sometimes help. Other treatments include prescription medications, resting in a quiet, dark room; or hot/cold compress to the head or neck.

Cluster headaches are rare and occur on and off for weeks. Cluster periods can last for days or months, and you may experience one or more cluster headaches a day. These headaches begin quickly and reach max intensity in minutes. They usually affect one side of the head. Sometimes tearing, redness or drooping of that eyelid may occur. A runny or stuffy nose may occur as well. Treatment: Over-the-counter meds won't help due to their short duration. Preventive medications, injections of Sumatriptan, inhalation of oxygen or prescription Triptan nasal sprays can help.

Chronic daily headaches are classified as 15 days or more a month and are characterized by the frequency and duration. The symptoms and time frame vary depending on the type of headache you have. Treatment: Treatment for chronic daily headaches focuses on underlying condition causing them. If underlying conditions are not found, preventive medication is used for treatment.

Seek Emergency Care

Occasionally a headache can be a symptom of something more serious such as a stroke, meningitis or encephalitis. Go to an ER or call 911 if you have the worst headache of your life or a sudden severe headache. Headaches accompanied by any of the following require prompt medical treatment. Confusion, trouble speaking, fainting, numbness on one side of body, high fever, stiff neck, trouble seeing, trouble walking, nausea or vomiting (if it's clearly not a hangover or the flu).

You should visit your doctor if you headaches are occurring more than usual, more severe than usual, don't improve with over-the-counter meds, or prevent you from doing your normal activities.

BIRTHDAYS

02	Tim Jackson
05	Mike Simmons
05	Peggy Tullis
06	Ed Seute
07	Becky Ard
07	John Pendleton
07	Cheryl Sullivan
07	Scott Widdice
08	Glinda Harris
11	Tory Gross
11	Anna Webb
14	Mark King
15	David Baugher
16	Linda McCown
16	Glenn Weller
16	Rick Zielinski
17	Andrea Lisowski
21	Don Dare
23	Rebecca Atkins
23	Diane Behne
23	Ken Brown
23	Carmelita Collins
23	Rick Meyersick
24	Rick McMillian
25	Paul Arel
26	Chris Darge
27	Beth Kelley
27	Nancy Trexler
28	Michelle Sims
28	Patty Walters



RENAISSANCE FESTIVAL

WEEKENDS – SEPT 5TH-OCT. 18TH
PLUS LABOR DAY, & COLUMBUS DAY.
RAIN OR SHINE
10AM – 7PM

TICKETS: ADULTS \$15.50
CHILDREN \$9.50

SEE LISA ALLEN TO PURCHASE

ANNIVERSARIES

25th Mark Christopherson
Sept. 10, Maintenance