

# SHRIVER NEWSFLASH

## Newsletter

### WORLD BOOK NIGHT COMES TO SHIRVER

What is “World Book Night”?

World Book Night is an ambitious campaign to personally give out thousands of free, specially printed books across America. In 6,000 towns and cities 25,000 volunteers give away half a million free books on one day: April 23, 2012. Ms. Ellen Harasamowicz is a avid book lover who signed up to take part in World Book Night. Ms. Harasamowicz thought of Shriver Job Corps. Ms. Harasamowicz is a local citizen who see’s Shriver as a vital part of the community, and wanted to take this opportunity to connect with students.



The Shriver Book Club met in the conference room and were unaware they had a special guest. Ms. Harasamowicz introduced her self and explained why she was there. The students were delighted to hear what she had to say and also thankful for the books she brought. Ms. Harasamowicz is also a illustrator of children books. When a student showed interest in one of her books she promptly autographed it and gave it to the student. Shriver is grateful to have people like Ms. Harasamowicz in our community!



*DREAM CHASER*  
By Jonathan Tong

*DREAMS*

*DREAMS I CHASE*

*DREAMS TO BE*

*DREAMS TO BECOME*

*DREAM CATCHER TO CATCH ALL THE TROUBLE*

*DREAMS TO BE CAUGHT*

*DREAMS IN TIME OF THE FUTURE*

*DREAMS I HOLD*

*DREAMS I SEE*

*DREAM CHASER*



### Career Corner

**Corporate Office**

Corporate Academic Manager  
Corporate Social Development Manager

**Atterbury**

Associate F&A Director

**Gadsden**

Dorm Supervisor

**Glenmont**

Center Director  
Associate F&A Director  
Safety & Security Supervisor

**Joliet**

Assistant Food Service Manager

**Little Rock**

Finance Manager  
Dorm Supervisor  
Wellness Manager

**Treasure Island**

Property Manager  
Student Records Manager

**Woodland**

Dorm Supervisor

**Woodstock**

Associate F&A Director  
Dorm Supervisor



If you are interested in any of the listed positions, please contact Walter Carino, Shriver Job Corps Center Human Resources Manager at (978) 784-2606 or [carino.walter@jobcorps.org](mailto:carino.walter@jobcorps.org)

# Congratulations Achievement Dorm!

## Cleanest Dorm! Dorm of the Month!



Achievement Dorm Staff:

Mr. Holloway, Ms. Smith and Mr. Machado.



Achievement Dorm with Success Team members Mr. Holloway and Mr. Machado

## Shriver's Defense Not Enough to Get the Win

The Shriver Basketball Team lost a hard fought game to Grafton Monday night losing 48-38. Shriver has struggled all season to pull out a win. Shriver led at the half by 10 points. Grafton came back scoring 6pts back to back off Shriver mistakes. Shriver never gave up. The team played strong defense only holding Grafton to 48pts. Computer Tech student, Dierick Shephard, led the team with a game total of 13 pts., 2 rebounds and a block. Angel Camacho, Cement student, contributed 9 pts., 1 rebound, and 3 assists.



## Whittier Technical School Tours Shriver

Recently a group of seniors from Whittier Technical High School in Haverhill toured Shriver Job Corps. The senior class came to Shriver with their teacher Michelle Touma, who teaches English at Whittier. Ms. Touma wanted her senior class to tour Shriver because part of her curriculum is to discuss post-secondary education options with her students, and Michelle believes that Job Corps would be a perfect fit for some of her students. Ms. Touma and her class stated that the tour was "a wonderful occasion to meet many students and staff members, and a good opportunity for Whittier students to get a feel for how Job Corps runs." Ms. Touma also stated that her students had "an energetic and hospitable staff member patiently give them a tour of the entire facility and treat them to lunch." Ms. Touma and her students were happily surprised when they saw a former Whittier student who currently attends Job Corps and is in the Automotive Program. Michelle and her class enjoyed speaking with the former Whittier student about his experience at Job Corps, which was all positive. Ms. Touma and her class had a wonderful experience touring Job Corps and look forward to more of Whittier's students attending Shriver after graduating from high school.

## FINANCE DEPTARMENT

Hours: M-T 7:30 AM – 8:15 AM (8:00AM-8:15AM Staff)  
11:30 AM – 12:30 PM  
3:30 PM – 4:30 PM  
Friday 3:00 PM – 4:00 PM  
(Except Payline Friday we are closed.)

**COME AND GET IT!!**



Monies/Gift Cards to be picked up at Finance

Elizabeth King

Melissa Lewis

Dierick Shephard

Yanisha Velazquez

William Peters

Emely Ramirez

Jose Maldonado

Kenneth Chenevert

Luis Arias

### PAYLINE SCHEDULE

FRIDAY–5/11/12

FRIDAY–5/25/12

FRIDAY–6/08/12

TUESDAY–6/26/12- DOUBLE

FRIDAY–7/20/1- DOUBLE





## The Benefits of Physical Activity

### What's it all about?

Young adults need their own type of physical activity for optimal health. Some young adults enjoy and participate in team sports. Others may feel awkward about their bodies, and don't want to look clumsy in front of their peers. Alternatives to team activities include weight training, jogging, biking, rollerblading, skateboarding, dancing, and swimming. The U.S. Surgeon General recommends participating in moderate and vigorous physical activity each week. Young adults should strive to meet the following recommendations:

- Moderate physical activity, equivalent to brisk walking, 30 minutes a day, at least 10 minutes at a time, 5 or more days a week.
- Vigorous physical activity—such as jogging—for at least 20 minutes a day, 3 or more days a week.
- The U.S. Centers for Disease Control and Prevention (CDC) reports that social support from family and friends has been “consistently and positively related to regular physical activity.” According to the 2002 Washington State Healthy Youth Survey:
  - Older students are less likely than younger students to engage in vigorous cardiovascular exercise. About 80% of 6th graders say they participated in vigorous physical activity meeting the Surgeon General's recommendation compared to about 65% of 12th graders.
  - Generally, boys are more likely than girls to engage in vigorous physical activity. For instance, among 12th graders, about 70% of boys engage in vigorous physical activity 3 or more days a week as compared to about 55% of girls.
  - Only about a third of students in 8th, 10th and 12th grade say they participated in moderate physical activity meeting the Surgeon General's recommendation.
  - Older students are less likely to report attending physical education class. About 70% of 8th graders attend physical education classes in an average week as compared to about 40% of 12th graders. About a quarter of adolescents surveyed were overweight or at risk of becoming overweight.

### Why does it matter?

- The habits formed in youth **do** make a difference when we get older. Staying fit lowers the risk of heart disease, stroke and diabetes—the leading causes of premature death.
- Physical activity helps self-esteem and reduces stress. It promotes a positive self image and a sense of achievement.
- Regular physical activity helps young adults learn to meet challenges.
- The benefits of physical activity are remarkable:
  - weight control
  - lower blood pressure
  - lower cholesterol
  - improved cardiovascular system
  - increased energy and stamina
  - stronger immune system
  - increased suppleness and flexibility
  - stronger, more toned muscles stronger bones

### What are the details?

- According to the 2002 Washington State Healthy Youth Survey:
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  - About a quarter of adolescents surveyed were overweight or at risk of becoming overweight.
  - Requirements” developed as part of Washington's Education Reform Act.