



Partners Unlimited, Inc
PO Box 670
Asheville, NC 28802

WELCOME

Welcome to our first monthly newsletter, highlighting the growth and development of Partners Unlimited, Inc. We are hoping that this newsletter will allow us to better communicate with our sponsors, donors, volunteers, and families.

ABOUT US

Partners Unlimited, Inc. is a non-profit organization targeting undeserved youth and their families to build strong communication links and build the basic bonds of trust. We feel that there is an urgent and worldwide need for communication among youth, parents, and society. We here at Partners Unlimited, Inc. recognize that this lack of communication is the root of many serious social problems, therefore we have made it our goal to address this problem locally. Our volunteers and overall dedication to establishing open communication between parents and children is what gives Partners Unlimited, Inc. such remarkable success.

MEET THE DIRECTOR

Sometimes it takes someone who has been down the "wrong road" to know what it will take to prevent others from doing the same thing. Anderson Davis, founder and director of Partners Unlimited, Inc., knows firsthand the need for community involvement when dealing with children and teenagers who are headed down an unsuccessful path. The child Davis was once the same as the young people he targets today, but look at him now!

PROGRAMS

Parent Support Group - This unique program allows parents to meet and discuss issues regarding parenting in an open and casual environment. Staff will be available to watch children. *Sessions are held the third Tuesday of every month from 6pm-8pm.*

Tutoring - Success in school is vital and many times tutors are necessary for students to get that extra boost of confidence. Tutoring is available for grades K-12 in all subjects. It is our hope that working one-on-one with students will give them the jump and work ethic needed to be successful on their own. *Call to find out when tutoring sessions are offered.*

Computer Lab - In today's society, computers have become more and more vital and it is important that everyone be able to master basic functions and directions. We are fortunate to be able to offer computer usage to students right here in our office. Computers are also available for public use from 12:30 to 3pm. *Come on in!*

Computer Placement - Along with having a small computer lab, we also recycle old computers and distribute them to families who are in need. *If you have an old computer or computer parts that are not in use, or if you would like to help us assemble computers, please contact us!*

Children's Hotline - This program is a work in progress. If you are interested in lending a hand, give us a call! We'd appreciate your help!

IMPORTANT DATES *to remember...*

January 11 - Partner's Board Meeting at 5pm

January 12 - Report Cards are here!

January 17 - **NO tutoring** for Dr. Martin Luther King Jr.

January 18 - Parent Support Group 6-8pm at the Reid Center

DEAR PARTNERS

Problems? Questions? Concerns?

Ask Partners. Call or email. We're always here to help.

Dear Partners,

How do I find out what's going on in my child's life without feeling like a nagging, prying parent? I'm curious, but don't want to be overbearing and push them away.

Signed, Concerned Parent

Dear Concerned Parent,

It is sometimes difficult to find out what's going on with your children. In this case, it is important not only to play the role of parent, but also that of a friend; someone who can listen and give constructive advice. Try taking your son or daughter out to dinner or setting aside a few hours in the evening to have a casual, friend-to-friend chat. It's important not to come across as an angry parent, but as a concerned pal.

ONE LAST NOTE

We are always looking for volunteers so if you're interested, please call! We are seeking help in all areas, but are currently looking for:

* On-call Counselors

* Computer Technicians

* Mentors

* Paid tutors

Email us at partnersunlimited@juno.com or check us out on the web!

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KIDS CORNER

This month: A focus on History

HISTORY JOKES

Jokes that will make your history teacher proud.
(Answers are at the bottom of the next page)

1. Why were the early days of history called the dark ages?
2. What was Camelot?
3. Why did Robin Hood rob the rich?
4. Why does history keep repeating itself?
5. Who invented King Arthur's round table?

A LITTLE HISTORY ON HISTORY

King Arthur: Reality or Just a Movie???

Did you know that the movie, "King Arthur," is thought by some to be true? It's a story about a king and his Round Table knights- a group of brave, noble men who put their lives on the line for their country. Though it is a question as to whether King Arthur and his knights really existed, all the history behind the movie and "his story" really did occur.

In the year 420, England gained their independence from the Roman Empire. While it should have been a joyous time, it wasn't. England was in trouble. They were regularly being invaded by the German Anglo-Saxons and the Danes because they didn't have a very strong military.

At this same time arose a man by the name of King Arthur, the King of England. He and his Round Table of knights, and his magician helper friend named Merlin, alone, fought off the Anglo-Saxons and the Danes, and kept England civilized and unified.

Do you believe that King Arthur really existed? Is it possible that a handful of men could really take on an entire army of Anglo-Saxons? You decide! Research King Arthur and his Round Table and let us know what you think!

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BRAIN BUSTER

*Unscramble the letters to find the answers to these questions.
Correct answers can enter to WIN a prize! Hand in completed answers to Erin at the Front Desk.*

Q: Where, according to legend, was King Arthur was born?
I E T G N L A T T A C S E L

Q: What was the name of King Arthur's castle?
A L E C M T O

Q: What was the name of King Arthur's sword?
E R A C L B I U X

Q: Who was King Ruthor's favorite knight?
E A L C O L T N

All answers can be found at:

<http://www-personal.umich.edu/~merrie/Arthur/kids.html>

BOOKS AND MOVIES

"King Arthur and Camelot" by Gerald Morris

"The Sword and the Circle" by Rosemary Sutcliff

"Quest for a King: Searching for King Arthur" by Catherine M. Andronik

Disney's "The Sword in the Stone" is a cartoon story about King Arthur.
Check it out!

"King Arthur" IN THEATRES NOW! Rated PG-13

JOKE ANSWERS

1. Because there were so many knights!
2. A place where people parked their camels!
3. Because the poor didn't have anything worth stealing!
4. Because we weren't listening the first time!
5. Sir Circumference!

HEALTH BEAT

Sleep is nature's cure -- Getting the right amount of sleep allows the body to rest and rebuild itself for the next day's activities. Not getting an adequate amount of sleep will jeopardize the body's immune system, making it susceptible to viruses and even the flu; something nobody cares to catch. A good deep sleep allows the body to release growth hormones, which strengthen the body's immune system and aids in the growth and repair of foreign bodies looming around inside the body. It is recommended that everyone, including adults and children, receive 7-10 hours of sleep a night. Getting a good night's sleep will not only protect you and your child from the cold and flu season, but it will also enable your child to perform at his or her best in school, as well as allowing you to be the best parent you can be!

HEALTHY SNACK OF THE MONTH

Fruit 'n Cheese Snack Mix

Ingredients:

1 ounce Cheddar Cheese, cut into bite-sized pieces
 $\frac{1}{4}$ cup whole strawberries (or any other fruit in season), stems removed, quartered
 $\frac{1}{4}$ cup seedless red or green grapes, cut in half

What to do:

PLACE cheese in one side of a resealable sandwich-size plastic bag; loosely tie the pipe cleaner or twist tie around the middle of the bag. Place fruit in other end of the bag and seal. Then twist pipe cleaner tightly to separate cheese from the fruit

CURL ends of pipe cleaner to resemble antennae of a butterfly

REFRIGERATE until ready to serve. Untwist pipe cleaner, leaving bag sealed. Gently shake bag to mix fruit and cheese. Open and enjoy!

A huge **THANK YOU** to all those who have helped make Partner's Unlimited, Inc. what it is today!

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And a very special THANKS to all our students and parents who make this program possible! Keep up the good work!