



# Smoke Signals II

Smoke Signals is a Publication of the Kentucky Firefighters Association

## FEMA and National Volunteer Fire Council Announce New Health and Wellness Guide for the Volunteer Fire Service



Dressed in their full firefighting gear and breathing apparatus, competitors simulate the physical demands of real life firefighting by performing a linked series of five different tasks.  
**Photo credit:** Pte Dan Shouinard

Washington, D.C. - The Department of Homeland Security's Federal Emergency Management Agency (FEMA) and the National Volunteer Fire Council (NVFC) announced on May 3, the availability of a new guidebook providing comprehensive information on fitness and wellness for volunteer firefighters and fire departments.

"We are pleased to provide this life-saving information to the volunteer fire service in partnership with the NVFC as yet another example of the support Homeland Security provides to our important first responder community," said Michael D. Brown, Under Secretary of Homeland Security for Emergency Preparedness and Response. "Similar to the benefits of President Bush's Healthier US initiative, which helps Americans take steps to improve personal health and fitness, this guidance will encourage all firefighters to be in the best shape possible to improve their safety in a stressful public service."

The Health and Wellness Guide for the Volunteer Fire Service, developed by staff of the U.S. Fire Administration (USFA), provides detailed information and examples of health and wellness programs aimed at the volunteer firefighter. The guide addresses fitness and exercise, including aerobic, flexibility and strength training, diet, smoking cessation, and other important health areas. This publication also provides information on how volunteer fire departments can enhance compliance with appropriate National Fire Protection Association (NFPA) Firefighter Health and Safety Standards, such as NFPA Standard 1583 - Health Related Fitness Programs For Fire Fighters.

NVFC Chairman Philip C. Stittleburg said his organization "is pleased to partner with the USFA in this endeavor to reduce the primary cause of volunteer firefighter fatalities and at the same time contribute to the fitness and wellness of the volunteer fire service."

U.S. Fire Administrator R. David Paulison also expressed support. "Health and wellness issues are No. 1 cause of line of duty firefighter fatalities throughout the volunteer fire service," he said. "Effective firefighter wellness programs as a key effort in reducing this loss of life, will help this nation reduce the unacceptable number of line of duty deaths."

This manual was developed under a Volunteer Fire Service Fitness and Wellness Cooperative agreement between USFA and NVFC. The partnership aims to reduce loss of life among volunteer firefighters from heart attack and stress and involves both research and the development of examples of effective health and wellness programs. The new guide complements existing USFA firefighter wellness and fitness partnerships with the International Association of Fire Chiefs and the International Association of Fire Fighters.

Limited quantities of this publication may be ordered free of charge. It can be downloaded by visiting <http://www.usfa.fema.gov> (click on publications) or by calling (800) 561-3356 or (301) 447-1189 to order.

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## President's Letter

Greetings Firefighters of Kentucky,



Since the last Smoke Signals Kentucky had a line of duty death. Lt Brenda Cowan of Lexington fire department was shot as she and other firefighters were trying to help a lady that had been shot by her husband. Lt Cowan passed away not long after arriving at the hospital. In addition, one other firefighter was shot, treated and kept over night. Our thoughts and prayers are with the Cowan family and her fire department family.

Gerald and Smitty have been working many hours in Frankfort looking out for our best interest the past few years. They have recently notified the E-Board that this will be their last year and they are retiring. Without their help and involvement the Kentucky fire departments would not be getting the state aid and the incentive for paid departments. Thanks for all your hard work. Just look at what the fire departments get today compared to 20 years ago. It cost the KFA about 24,000.00 a year to have people in Frankfort. This is a necessity so that we do not lose any benefits.

It took a lot of work from many people to get this far. If we do not have someone

in Frankfort looking out for firefighter's interest then we could lose some of the benefits that we have worked so hard to acquire. This is why we need your help. We need all the Kentucky fire departments to be involved in KFA. If you are not paying dues or are late with paying dues we need your help. If we don't have the money to send people to Frankfort it will be a loss to all fire departments in the state.

Last month I had the honor of attending the Dixie fire school in E-town, their banquet and swear in their officers. They had a real nice school. I want to thank Charlie Shaw and Jamia for all the help in getting and setting up our booth. Thanks again to Jamia for greeting people when the E-board could not be there. At Green River Fire School I know I talked to over 200 firefighters across the state. Some of the VP's helped also.

State fire school is June 6th – 9th which is just around the corner. The fire school committee has been working hard planning this year's school. If you are planning on attending this year it is at the Marriott at the airport and rooms are filling fast. The committee has many exciting things planned for our entertainment.

At this time I am working on the committees for the year of 2004-2005. If anyone would like to participate on a committee please email (brobbins@kyfa.org) and let me know before June. If you are not sure what committees we have please visit our website at <http://www.kyfa.org/committees.asp>.

I want to thank all of you that were so kind to me during my dad's sickness and death. It has only been recently that I have started to be able to talk about it. I will always be grateful to my fire service family for their kindness. I know it has been several months but I recently have been able to thank people and talk a little about his passing. I want to thank my department Chief Reggie Morgan, the members of Bailey Switch and Richland Chief Alford Yeager for being there when I needed someone.

Thanks to all of you my KFA family.

God Bless

Yours in service,

Bill Robbins Jr.

President KFA 2004

*"I have no ambition in this world but one, and that is to be a firefighter..." – Chief Edward F. Croker FDNY circa 1910*

## Treasurer's Notes

Greetings from your treasurer. As of today March 20, 2004 there are 382 departments dues paid. This is short of the 400 departments that we had budget for. If your department or a neighboring department has not yet paid their dues, please encourage them to pay. I realize that only paid departments receive the Smoke Signals II, but everyone has a friend or Chief of another department they talk to.

Thirty Five vendors have sent in sustaining membership dues to our organization. This says a lot for our group. If your department is purchasing new equipment, please consider the list of sustaining members and at least give them the opportunity to bid. These fine business people support us, let's try to support

them.

Thirteen personal memberships have been received. This was a brain child of former treasurer Bryant Stiles, which was intended to increase the way we could get information out to some departments. Sometimes information slips through the cracks and does not get to all members. For Twenty-Five dollars (\$25.00) a year every firefighter can purchase individual membership and receive a copy of the Smoke Signals II.

I would like to thank the departments in the Green River area for another fine officers school. The time spent in Owensboro for the school and E-Board meeting is what our organization is all about. It does

the fire service good to have so many people come to one place to discuss the needs and wants of our profession. No one can ever realize the good from these type of meetings and schools. Many ideas are born and researched from these events.

The web page is up and running very well. Melanie has done a fine job in preparing this page. Check the information on the web site for upcoming events.

Keep up the good work and stay safe. Do not forget our brothers and sisters in the fire service and EMS, and by all means do not forget our service men and women.



*"Firemen are going to get killed. When they join the department they face that fact. When a man becomes a fireman his greatest act of bravery has been accomplished. What he does after that is all in the line of work. They were not thinking of getting killed when they went where death lurked. They went there to put the fire out, and got killed. Firefighters do not regard themselves as heroes because they do what the business requires."*

*— Chief Edward F. Croker, FDNY, speaking upon the death of a deputy chief and four firefighters in February of 1908*

## Fireman Joe Says: KFA Public Education Committee

I hope everyone has had the opportunity to check out the KFA Website and see the marvelous job Melanie has done with this vital life line to our members. Our Public Education Committee is excited about the upcoming events and activities which are coming to Kentucky. Special thanks to Natalie Taylor of Middletown Fire for hosting the first Train the Trainer Workshop for the teachers and participants of her district. I am excited about the prospects for Risk Watch in Jefferson County with the outstanding fire and life safety educators in those great departments who can make a tremendous difference for the safety of their communities. I have some news, we have received some very distressing news from NFPA, our Field Advisor and good friend, Peg Carson will be leaving her position with NFPA effective May 31st 2004. Ms Carson has been

instrumental in helping us bring Risk Watch to Kentucky, instructing at State Fire School on numerous occasions, conducting workshops and only a phone call when we needed advice and a shoulder to cry on. Peg has promised me she will stay in touch and always be a friend to the great folks of Kentucky. NFPA has advised me Linda Stuckey, a long time fire and life safety educator from Mississippi who I know well will be our new Field Advisor. I have been in constant discussion and negotiation with NFPA and the Fire Commission with obtaining materials and Curriculum books for our new county territories for 2004-2005. The following Counties have expressed and made a commitment to establish a Coalition Team and bring Risk Watch to their county; Kenton – Boone – Pendleton – Jefferson – Clark – Franklin – Hardin – Warren – Christian – Mercer – Letcher – Laurel and Rockcastle

Counties. We are making plans now to conduct workshops and train the trainer classes in these territories within the next three months. We are not done, we want Risk Watch in your county. We will be doing a Train the Trainer Workshop at Kentucky State Fire School, our entire statewide coalition team will be in Lexington during the Fire School Week June 6th thru 9th.

BE SAFE!

Joseph "Fireman Joe" Stambush,  
Chairman

KFA Public Education Committee

## REGIONAL EMBERS

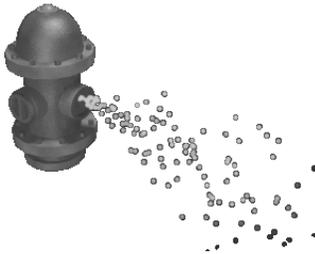
### NORTHERN KENTUCKY FIREFIGHTERS

Hello from Northern Kentucky I don't have a lot to report this writing as the deadline will pass before our next association meeting. Our last association meeting was held in Alexandria Fire Headquarters, sadly, none of us knew we would be back in Alexandria the following weekend to say goodbye to our brother Ken Tempe who passed in the line of duty returning from an auto fire at the station. We regret to inform Burlington

and Woodlawn both lost members suddenly. Our thoughts and prayers go out to the family of these brave and dedicated volunteers. Congratulations to Chief Bill Martin for his appointment as Chief to Hebron Fire Dept and to Tim Koenig for his appointment as Fire Chief for the Erlanger Fire/EMS. Our hard working Conference Committee has been meeting, planning and working diligently to bring an

exceptional conference to Northern Kentucky beginning with the Firefighter Olympics July 31st. We are excited and looking forward to seeing all our good friends at the conference. I hope you are planning on spending some extra time in our beautiful Northern Kentucky and Greater Cincinnati Communities, there is a lot to do and see. Till we see you **BE SAFE! GOD BLESS!**

Joseph Stambush, President



*When fire is cried and  
danger is neigh,  
'God and the firemen'  
is the people's cry;  
But when 'tis out, and  
all things righted,  
God is forgotten and  
the firemen slighted.  
-- printed in "The  
Fireman's Journal"  
October 18, 1879.*

### Pike County Firefighter's Association

Hello everyone! Hope this finds everyone for 2004. That sounds so weird. Here it is already 2004 and it just seems like it was the other day that everyone was wondering if we were going to be Y2K compliant.

We have been very busy here in eastern Kentucky. If you follow the FEMA Grants by now you know that the Pike County Fire Departments got the biggest grant to date from them (bragging) and we bought communications equipment for all

the firefighters throughout Pike County.

We have set the dates for our Regional Fire School. It will be July 16—18 2004 this year. Plan ahead now for one of the most enjoyable learning experiences you will ever encounter. I will have more about the classes in the next article. If you plan on attending or have a suggestion for a class please feel free to e-mail me at [pikecoffas-soc@yahoo.com](mailto:pikecoffas-soc@yahoo.com).

Well before I close I would like to thank Mr. Woody Will and Bryant Stiles for their contribution to the KFA web site, and Smoke Signals. But now we are entering a new year and new editor. Congratulations to Melanie Hilliard for taking this project on. I know she will do a great job, and I look forward to working with her.

Thanks again and stay safe.

s/Randy Courtney

## REGIONAL EMBERS

Hello from Northern Kentucky. At our First Association Meeting on Tuesday January 27th our new officers were sworn in by the Mayor of Edgewood John Link. President Joe Stambush received a big surprise by having the day January 27th proclaimed Fireman Joe's Day in Edgewood, in honor of his many dedicated years to Fire and Life Safety Education. It was a good evening of fellowship and excellent food, our next meeting will be hosted by Alexandria Fire Department on March 23rd with our friend Fire Chief Jeff Pohlman and the good folks from Alexandria providing the evening.

Congratulations to our friends from the Green River Firefighters Association for an outstanding officers school in Owensboro February 28th and 29th. It is always good to get

down to Owensboro for meetings, school and to see our many friends.

Some important dates to remember of upcoming Events; NK Regional Fire School will be held at Northern Kentucky University May 22nd and 23rd, Kentucky State Fire School in Lexington June 7th-8th-9th at the University of Kentucky. We are hosting the KFA Conference this year August 1st thru 4th. You won't want to miss this, our conference committee is preparing a special fun time for everyone.

The Northern Kentucky Firefighters Association supports the Champion Management Team Risk Watch Project throughout Kentucky. Our Fire Departments have long accepted this outstanding Fire and Life Safety

Program and have offered Risk Watch to our school systems. We encourage all Regional Associations to support this endeavor and help bring Risk Watch to all of Kentucky.

Many things of interest have occurred in the past couple of months. I am not prepared to comment or report at this time. When all the facts are clear I will give a detailed report and statement at that time. Please know that the Northern Kentucky Firefighters Association is well and will continue to support and protect our communities and our statewide associations. God Bless and Be Safe!

**Joseph Stambush, President**  
**Northern Kentucky Firefighters Association**

*"I used to work in a fire hydrant factory. You couldn't park anywhere near the place."  
Steven Wright (1955 -)*

### Jefferson County Firefighter's Association

The Jefferson County Firefighter's Association held their bi-monthly meeting at Middletown Station 1 on March 12, 2004. They had 24 people in attendance.

The first guest speaker was Darron Murrell from the Lincoln Heritage Council who spoke to the group about possibly holding

the Explorer's Advisor Meeting in conjunction with the Jefferson County Firefighter's Association meeting. The second guest speaker was a Magna who spoke about massage therapy and the importance of massage therapy as it relates to the firefighter. Our third guest speaker was Chief Jack Reckner who spoke on Weapons of Mass Destruction

and Area 6 Hazmat Team.

The next meeting of the Jefferson County Firefighter's Association will be on May 14, 2004 at Lyndon Station 1 starting at 7:00 pm. Our guest speaker for May will be Stat-Care.

Rhonda McDonald  
1st VP JCFFA

### Lake Cumberland Area FF Association

At our March meeting election of officers were held. Officers for 2004 will be:

President - T.J. Halcomb  
1st Vice-President - David Goad  
2nd Vice-President - Tiger Robinson  
Secretary - Ricky Haynes  
Treasurer - Deanna Rainwater  
KFA 1st VP - Allen Johnson  
KFA Director - Ricky Haynes

Members present at our March meeting were Bronston Vol. FD, Campbellsville FD, Eagle Sawyer Vol. FD, Faubush Vol. FD, Nancy Vol. FD, Somerset Fire/EMS, Tateville Vol. FD, White Lily Vol. FD and Woodstock Vol. FD.

We would like to thank all those who were able to attend this years spring fire school.

A reminder to all member of the Lake Cumberland Area the firefighters Olympics will be held

on Saturday July 10th at the Pulaski County Park with preregistration 0800-0900 and Olympics starting at 0900.(eastern time)

This years Olympics will be hosted by the 2003 State Champions - Nancy Volunteer Fire dept.

Our next scheduled meeting will be on May 13th at the Faubush Tri-County Vol. FD.



## In Memory



Lt. Brenda Cowen  
EMT/FF, Kentucky

Brenda Cowan, 40, was killed at a scene following a multiple shooting in Lexington. Cowan was the first African American female firefighter to serve the city of Lexington. Last week, she was promoted to a Lieutenant. Cowan was not married and did not have any children. She had been with the department for 12 years.

"You can't tell her story without saying that she loved her God," Gaines said. "Everything else in her

life was a byproduct of that; she touched lives." Cowan is the first female firefighter to die in the line of duty in Fayette County.



Firefighter Ken Temke

On Thursday March 25th 2004 at 7:46 am, Alexandria Fire District was dispatched to an unknown fire at Poplar Ridge and US 9 (AA highway). When the first unit arrived on the scene it found an abounded vehicle on fire. Engine 102 arrived on the scene with 4 personnel and the first arriving officer disregarded Engine 101

when it called enroot to the scene.

Engine 101 then returned in service to the station when Firefighter Ken Temke, age 45, suffered an apparent heart attack and collapsed at fire headquarters. EMS personnel transported Firefighter Temke to St. Luke East Hospital where at 8:50 he was pronounced deceased by the ER doctor.

Firefighter Temke was a 7-year volunteer veteran of the Alexandria Fire District. Ken was a very dedicated member to the fire district, providing time to emergency responses, Chairman for the Fire District Fair booth and always providing smiles for all of the members. Ken's wife of 12 year Rhonda is an EMT for the Fire District and is a Campbell County Dispatcher. His wife Rhonda and his twin children, 6 year old Andrew and Rebecca, survive Ken.

*"We are obliged to respect, defend and maintain the common bonds of union and fellowship that exist among all members of the human race."  
Cicero (106 BC - 43 BC)*



## Contact Us—Submit Your Story

If you have a story, article or other information that you would like to see published in the Smoke Signals then please send it to the editor. You may reach Melanie at [mhilliard@kyfa.org](mailto:mhilliard@kyfa.org) or snail mail at:

Melanie Hilliard  
287 Frontage Road  
Campbellsburg, KY 40011  
502-532-7279

I look forward to hearing from you.

If you have concerns about an article that has appeared in Smoke Signals then please contact me also. I would rather talk to my fellow firefighters any day.

Thanks for this opportunity.  
Melanie Hilliard

PRESIDENT - BILL ROBBINS  
Cell: 606-269-2926  
E-Mail: [brobbins@kyfa.org](mailto:brobbins@kyfa.org)

Visit us online at <http://www.kyfa.org/> for a complete directory list.



## Promoting Risk Watch In the Community: A Word From Fireman Joe

Your chances of long-term success will be greatly improved as awareness of the need for, and the benefits from, Risk Watch reach the target audiences and the community in general. The primary goal of promoting Risk Watch or any promotion strategy or effort is to increase the awareness of the target audience about Risk Watch, the need for the program, the benefits, the cost of providing the program, resources needed, etc.

This awareness may be necessary to:

Gain support for implementing Risk Watch in your local school system. Get the resources required to begin or maintain the program. Gain the support of internal decision makers, participants in the program, or community leaders. And heighten the community's under-

standing of the scope of the childhood injury problem.

Develop a promotion plan or strategy. Take some time to consider who it is you want to reach, the message you want to give them, and the best way to get the message to them.

### Ask these questions:

Who are the influential people within my organization that should know about Risk Watch?

Who are the people that will be providing actual support for the program?

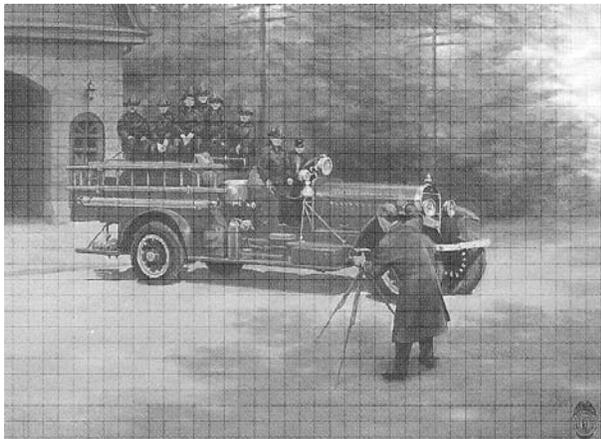
Who are the people that may resist change from the status quo?

Lastly, Why is Risk Watch necessary?

The message must make it very clear that childhood injuries are a problem in your community. Risk Watch is one solution to the problem, and your organization's involvement in the Risk Watch initiative is essential for success. Remember, Risk Watch is more than a program, it is a CAUSE! Recruit internal advocates and change agents.

Risk Watch is a solution to the problem. Make Risk Watch Your Community Cause.

**Joseph Stambush**



## KFA Award Scholarship

The Kentucky Fire Fighters Association has awarded three scholarships to Kentucky Firefighters. At the regular Executive Board meeting, during the Green Rivers Officers School at Owensboro, Kentucky on February 28, 2004, the board approved KFA scholarships for Nichole S. Mathis of Union KY., John P. Wiseman of Edgewood, KY. and Nathan B. Carter of Ashland, KY. Nichole and Nathan will attend Eastern Kentucky University at Richmond and John is attending Cincinnati State in Cincinnati, Ohio.

Congratulations to all three of these firefighters on being selected as recipients of KFA

scholarships. The entire membership of the Kentucky Firefighters Association wishes them the best of luck and success in their quest for higher education.

The KFA currently provides five scholarships for Kentucky Firefighters:

- James A. Downes      Buechel Fire Department
- John Zimlich Jr.      Buechel Fire Department
- Nichole S. Mathis      Union Fire Department

John P. Wiseman      Edgewood Fire Department

Nathan B. Carter      Westwood Fire Department

Support the KFA Scholarship Program and these young Kentucky Firefighters by purchasing your set of KFA Commemorative Fire Service prints today. Check out the scholarship link on the KFA Webb site for details.

## Ridge Addresses NVFC Conference

On May 6, Homeland Security Secretary Tom Ridge spoke at the NVFC Spring Conference in Arlington, VA and continued to assure America's fire service that the Assistance to Firefighters grant program will keep its focus on basic needs even though it has moved to the new Office for Domestic Preparedness (ODP).

Ridge also praised the efforts of the NVFC for working closely with the Department of Homeland Security.

"I'm honored to be here this morning with the men and women of the National Volunteer Fire Council -- an organization that continues to be a valued partner of our Department," he said.

Ridge went on to discuss the effort the Department of Homeland Security is

taking on with the National Volunteer Fire Council and other organizations to build a 'Fire Corps' program that will be part of the Citizens Corps effort.

"We will offer citizens in every neighborhood across America an opportunity to support their local firehouse," he said. "Citizen volunteers can have an impact in a variety of ways. Some may choose to spread the word about fire prevention or educate the community on fire safety or help with routine administrative tasks. But all in choosing to serve they will give firefighters more time and resources to pursue their critical, highly skilled responsibilities on the front lines of emergency response where they are needed most."

He continued, "Fire Corps will be another way in which we can harness the spirit of volunteerism in our nation

to empower citizens to make a difference in their communities and ultimately their country. The type of difference that those of you in this room make on a daily basis, the type of difference that generations of firefighters have made in constant, selfless service to others. The Department knows you'll play an instrumental role in establishing Fire Corps"

To view Secretary Ridge's comments go to: [http://www.nvfc.org/news/hn\\_2004\\_ridge\\_address.html](http://www.nvfc.org/news/hn_2004_ridge_address.html)

## NFFF And USFA To Honor 109 Firefighters 23rd Annual Memorial Weekend to be held October 2-3, 2004

Courtesy of the National Fallen Firefighters Foundation

Emmitsburg, MD -- The National Fallen Firefighters Foundation (NFFF) and the United States Fire Administration (USFA) have announced that they will honor 106 firefighters who died in the line of duty in 2003, along with three firefighters who died in earlier years. These brave men and women will be honored at the 23rd Annual Memorial Weekend to be held October 2-3, 2004. Most events will be held on the National Fire Academy campus, site of the National Fallen Firefighters Memorial, in Emmitsburg, Maryland.

"Every time a firefighter loses his or her life in the line of duty, all of us should stop and acknowledge the sacrifice, the loss of one more true American hero," declared NFFF Executive Director Chief Ron Siarnicki. "The Memorial Weekend is when our country pauses to remember what the brave men and women of our firefighting community do

for all of us."

The number of firefighters killed in the line of duty last year is slightly higher than the annual average of 100 firefighter fatalities per year. There were seven multiple fatality incidents which accounted for 20 deaths, or 19 percent of all 2003 fatalities. The state of Oregon suffered the nation's greatest number of line-of-duty firefighter deaths (13) followed by the states of Pennsylvania and Texas (8 fatalities each).

"All firefighters who made the ultimate sacrifice in 2003 will be remembered for both their contribution and their loss," said NFFF Chairman Hal Bruno. "We need to honor their memories by never forgetting them or those they left behind, and we do that by providing support to their families and friends."

"One of the saddest responsibilities as USFA Administrator is to participate in the remembrance of those firefighters who have

given their lives in service to their communities," said USFA Administrator R. David Paulison. "It is my sincere hope that the day will come when, regardless of the emergency, all firefighters go home safely."

For more information on the 23rd Annual Memorial Weekend or the NFFF, visit [www.firehero.org](http://www.firehero.org)



*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment

upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

## Inside Story Headline

This story can fit 75-125 words.

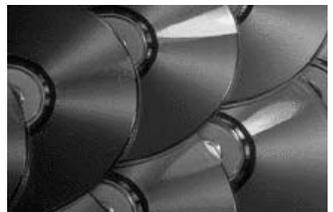
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from

which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

## Sustaining Members—Please remember these members when you have purchasing needs.

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**KFA Smoke Signals**  
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