

HRC NEWS & VIEWS

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DECEMBER 2010

2010 EMPLOYEE OF THE YEAR IS

Linda Weber, IST Technician was recently presented the 2010 HRC Employee of the Year award. Congratulations, Linda!

Linda was selected based on comments made by her peers in regard to her professional manner and her willingness to help wherever she is needed. "It doesn't matter if she has incomplete projects on her desk or a new program to install she never hesitates to assist with computer problems when they arise. She definitely puts her co-workers first, and goes above and beyond to make things work easier. On those few occasions when the problem is above her level of exper-

tise, she will seek to find the answer to accommodate the needs of the worker. She is prompt to get back to the requestor with an answer. In addition, detailed instructions are provided after the problem is solved. You can also rely on her to help with special projects or events when assistance is needed. She is committed to meeting the needs of not only staff, but also the youth's work towards their education using the computer. Her pleasant demeanor makes a sometimes frustrating and difficult situation less stressful."

Way to go Linda!



Congratulations, Linda!

PIPELINE IS COMING THROUGH BY MARJ COLBURN

Maybe you have noticed all the trucks and activity going on to the North of the facility. Kinder Morgan is replacing and enlarging a 60 year old natural gas line. Prior to starting on this project,

representatives from Kinder Morgan stopped at HRC to double-check on the location of our cemetery and other landmarks to be sure they weren't going to run into any problems putting the

pipeline through.

Other than a little traffic congestion when trucks and materials are being moved around on the road, we haven't had any problems with this activity.

For more information, check out the story and photos on Page 4 of this edition.

ANOTHER YEAR 2010 BY MARJ COLBURN

We are ending 2010 and moving into 2011. None of us know what the New Year might hold, but I want to thank everyone for all the progress and changes we have made in the HJCDP program to make it a better, safer place for our youth and our staff during this past year.

I've also decided not to spend this last article of the year talking about Joint Commission, Medicaid, the Legislature and whatever else might come down the road during the next year. I just want to thank everyone for sticking together, keeping our program top-notch, and continuing to work together to face the challenges that come our way.

Recipe for Christmas All Year Long

Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life –
Each day a sweet surprise.

Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.

Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
Improves our attitude!)

Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.

If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.

By Joanna Fuchs

Happy Holidays to everyone! Looking forward to a wonderful 2011!



GOOD NEWS TO SHARE

BY SCOT ADAMS, PHD, DIRECTOR

December holidays can bring hustle and bustle to our lives as we shop for presents and prepare big meals. Families get together to celebrate. Soon, it will be a new year. As we draw close to the end of 2010, I'd like to look back on some accomplishments.

The Division of Behavioral Health is about ready to put finishing touches on its strategic plan for 2011-2015. This plan serves as a call to action for all parties involved in the system. It addresses accessibility, quality, and effectiveness. It urges on a person-centered, recovery-oriented system of care. It supports collaboration between provider and consumer to empower consumers to make informed decisions about their own care. I expect the plan to be finalized before 2011.

The Chapter 206 regulations are nearly complete and will define "trauma-informed services" and "trauma-informed system." This will mean that services will be based on an understanding of the triggers that traditional services may not recognize, so that re-traumatizing the survivors can be avoided.

There is good news to be shared. There have been no immediate jeopardy situations at any of the regional centers this past year. That means patients are being cared for according to state and federal standards. I know that you provide good care and services to our patients, and thank you for that.

Another piece of good news is that staff turnover has stabilized. This means good things for our patients. It means, one, that the current staff is knowledgeable because they have been around awhile. Two, current staff are familiar with patients. And three, having long-term staff around provides more stability for our patients. It also means that fewer resources have to be used training new people and it reflects higher job satisfaction overall. Mandatory overtime is rare.

For civil commitments, in the past year, the readmission rate for certain hospitals—specifically, patients discharged from the Lincoln Regional Center and then readmitted to any of the hospitals under contract with the behavioral health regions within 180 days of leaving LRC—was 2.6 percent. Nationally, in the previous year, the readmission rate to state psychiatric hospitals was over 20 percent.

This low readmission rate reflects well on our behavioral health system. It indicates quality care at the Lincoln Regional Center, the effectiveness of the system of patient handoff from LRC to regional behavioral health authorities and their providers, and the growing involvement of peers. It shows that behavioral health reform is working to the benefit of the consumer.

The Norfolk Regional Center celebrated its 125th anniversary. It's come a long way from when it was the Norfolk Insane Asylum. This year has seen the closing of the general psychiatric beds at the NRC. Now, it is totally committed to the treatment of sex offenders.

Good news for HRC's Youth Academy students. Ninety percent of students who complete their GED testing while they are at HRC pass the test. So far in 2010, students at HRC have completed 257 classes and earned 1,265 credits!

I hope that you will take a moment to give thanks for all that is good in our work lives. Thank you for your service!

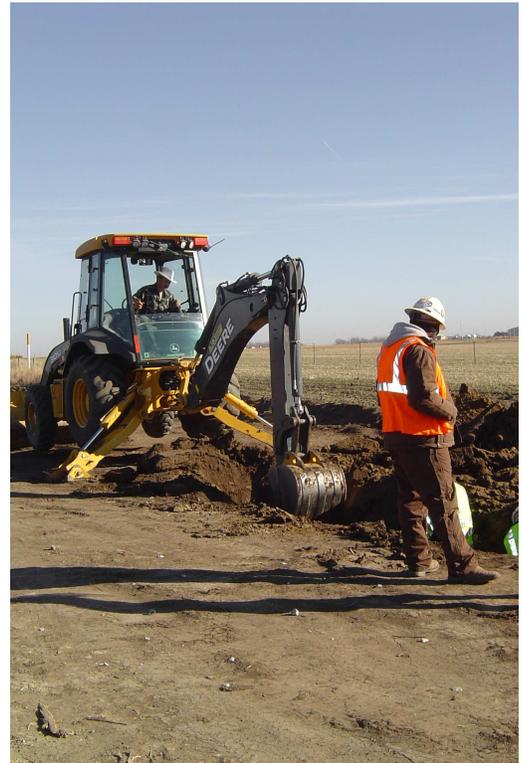
May your days be merry and bright!

PIPELINE FACTS BY SHERRY BLOCK

Have you seen those lights in the fields near the Regional Center? They burn bright across the west airport approaches and on north over the horizon. No, they're not grounded UFOs or a convoy of combines. They're huge banks of flood lights that allow a pipeline crew to work late into the night. During the day we've seen huge cranes, earth movers, trenchers and truckloads of pipe. This Kinder Morgan project is to replace 60 year old, 16 inch natural gas pipe with a 20 inch pipeline. The men on the crew come from Texas, Mississippi and Louisiana. The line cut across the northwest corner of Regional Center grounds. It serves Missouri, Kansas, Nebraska, Colorado and Wyoming.

The youth have been curious about all the activity, so we decided to check it out. Youth CK interviewed 2 foremen. Here is his report:

- ⇒ There are 75 men working on the site.
- ⇒ The pipeline runs 11 miles in total.
- ⇒ They should be done by the beginning of January, 2011.
- ⇒ The pipe is made of carbon steel.
- ⇒ When the workers are done with this project, they will move on to somewhere else.
- ⇒ Professional welder says they are "running pipeline that will help the community with power resources".



Nebraska Electronic Behavioral Health Information Network (eBHIN) by Nancy Kinyoun

The State of Nebraska is leading the nation in development of a network which will enable behavioral healthcare providers in Region 5 to share patient information electronically. This project has been in the works for several years and participants are looking forward to implementing the network as early as March, 2011. This health information exchange differs from others being developed and implemented throughout the US in that it only deals with behavioral health information. Understandably, one of the major focuses of the project has been to ensure the privacy and security of the information. This is

evidenced by the group's decision to utilize an opt in model, which allows the patient to decide whether or not their information will be available to other network providers.

Some key stakeholders that have been involved with the development of the network include: Magellan Behavioral Health, Heartland Community Health Network, The UN Public Policy Center, NAMI, Bryan LGH Medical Center, Lutheran Family Services, SE Rural Physicians Alliance, Community Mental Health Center, Blue Valley Mental Health Center, and Region V Systems.

While the project is currently centered in Region 5, the eBHIN is a new kind of private not for profit organization that is independently operated and not part of Region V Systems. The long range plan is to eventually include other Regions within the State of Nebraska. See the attached link to a recent Lincoln Journal Star article:

[State network for behavioral health info captures attention Lincoln Journal Star](#)

NEW EMPLOYEES BY BETH BARTELL



Chad Keezer returns to work in HJCDP as a MHSS II. Chad's past experience includes working with youth at Epworth Village and Mid-Plains.



Chip Volcek joins the HJCDP afternoon staff as MHSS II. Chip comes to HRC from North Platte where he worked on the North Platte Fire Department for 21 years.

NEWS FROM HJCDP BY HEATHER SIDDEERS

Tracy Polage interviewed and accepted the Youth Counselor Position in the PVC room to provide some additional leadership in that area of the program. This position will start after January 3rd.

Pam Sawicki recently put in for Teresa Mullen's vacant day shift position. Teresa's last day was December 1st. We wish her good luck in any future endeavors. Pam will be starting her day shift rotation on December 20th.

Alison Worrell interviewed and was offered the vacant Youth Counselor

position. She will start in her new position on December 20th.

We are currently looking for a recreation specialist and a compliance specialist for the program. We hope to do those interviews soon.

We hope to finalize plans for the new Clubhouse that will be on 81 South in the big dayhall area. We are currently looking for recreation equipment to complete that process. We plan to open it before Christmas. We are also looking to move the current program rooms into three areas instead of five. We will be using Rooms 148 and

149 on 81 South down the West hallway for most of the groups and Mary Lou's Recovery Group will continue to be held where it is now upstairs on 2nd floor. This plan is to go into effect on December 13th. I'm sure with both these new ideas, there will be bumps in the road, so please be patient and send any questions or concerns to Sherry Block or Heather Sidders.

We want to thank the maintenance department and the housekeeping department for all their hard work to get these new areas up and ready to use!

PANIC IN THE AISLES!!!!

By Cheri Delay

BLACK FRIDAY --- the term was originally used to describe the stock-market panic in 1864 set off by dropping gold prices. In the 1960's, the phrase was used to describe the rush of crowds at stores on the Friday after Thanksgiving. Later, the term was tied to accounting balance sheets where black ink would represent a profit and the retailers would go into the black (instead of the red) showing a profit for the first time in a given year. It had become an unofficial retail holiday nationwide by the 1990s.

My son in Colorado reported that someone actually tried to steal his cart and my son had to run after the guy to get it back. My friend in Florida reported that people were tearing the saran wrap off of the pallets at their Walmart and threatening Walmart employees by asking them what they were going to do about it. While I personally chose to stay home and babysit so my daughter could go out and be a part of the crowd of "happy campers," some of the other HRC staff made other choices and had other experiences:

Suzi Newsome reported that some school group, she didn't know which one, raised money by selling hot chocolate to the early bird shoppers waiting to get into Best Buy in Grand Island. A very innovative idea on their part!!

Lois Simcox spent it with her daughter, her husband and 3 grandchildren who live in Hayes Center Ne. Watched the football game and ate, ate and ate!

Not wanting to risk another head injury, Dave Baisinger stayed home, watched football and worked in his shop. Excellent decision, Mr. B.!!

Dr. Wyse did not do any shopping and had feelings of satisfaction compared to the turbulent turmoil of the shoppers.

Mary Lou Haberman stayed home in her pjs all day, putzied, read and slept.

Chris Martin went to Walmart on Thanksgiving night to be there for the sales at 12:01 a.m. and reports it was crazy with lots and lots of people. They did manage to get the two items they were looking for. The worst part though was standing in the checkout line for what seemed like forever. Then on Black Friday they made their way out again to Menards which was really busy.

Kathy Stack feels that insanity is being up in the wee hours to stand in line at Walmart (the old Walmart here in Hastings) to make sure you get the bargains you want. She did it. Satisfaction is actually getting your hands on the items you want before they are all gone (Yippee!). Health hazard is the little old women who stand a foot taller than the shopping cart they are pushing and hit you in the heels with their shopping cart, apparently thinking you will move out of their way and let them go first (yes, it happened to Kathy). She did not see it, but her daughter related going shopping with her then sister-in-law and mother-in-law and the sister-in-law's daughter who was probably 10 at the time. A little old woman kept hitting the daughter in the heels with a shopping cart. Her daughter relates she finally grabbed the cart, pushed it back towards the old woman and told her to knock it off. Kathy wonders if we have invented a new health dilemma... shopping rage? Seems to affect small women over 65 to 70 years of age! Stay safe while you are shopping and enjoy the holidays. Merry Christmas from Kathy!

Suzane Swanson took a gamble and didn't stay up until midnight to go to Walmart to get the Wheel of Fortune game for the Wii for \$10. Missed out. But she got up at 6:15 that morning and headed to Walmart and got a printer!!!!!! She also bought her dad a gift at Menards, buying her Jeopardy game for the Wii for \$15 at Kmart, followed by heading to GI to ShopKo to get an ornament for a friend and her spouse. Headed back to Hastings and hit Herberger's for some bed sheets. She was done by 1:00 pm. Not a bad Black Friday, but since she missed the Wheel of Fortune game for \$10, she had to splurge and buy it for \$30 at Gamestop in Hastings. She feels it was SOOOO worth it!!

Heather Sidders reports: "I arrived at the Hastings Walmart around 1150pm on Thursday night for the door busters starting at midnight. The parking lot was completely full and I had to park by the road. When I got into the store, it was complete mayhem as people were standing around pallets of toys, electronics and other items and grabbing handfuls of everything. Most of the men were standing off to the side with the carts and trying to stay out of all the womens' way. There was one lady almost in hysterics because she was "just trying to buy groceries" another woman was yelling at a manager for opening some of the electronic pallets at 1130am so everything she wanted was gone.

I went for some of the games, videos at midnight, but I also went to pick up a couple hand held game systems for my daughters called DS lites. I went to electronics and asked where they were located. The DS's were located down the detergent aisle. So, I went to the detergent aisle around 1am and the Walmart employee told me that he would give me two tickets, one for each DS for each of my older two daughters, but once he did, I had to stand or sit in line til 5am as they weren't giving them out til then. So, I took my tickets and got in line behind about 12 people and started to wait. At about 146am I had to use the bathroom, so I called over one of the Walmart employees. They gave me a bathroom pass for 15 minutes and I had to be back by 201am. I had to give him my tickets for the DS's and if I wasn't back by 201am, I forfeited my tickets for the DS's. Wow, it was a tough crowd. I did my bathroom thing, came back and got my tickets and resumed my place in line. I got to know more personal information about those in line with me than I ever wanted to know in those 4 hours waiting with them. Walmart employees did come through on 3 occasions, once to bring us 5 hour energy, once with cracker jacks and once with granola bars. A couple gals next to me went and got some magazines for us to read while we were sitting, but most of the time we sat on the hard and very cold cement floor and visited while we waited.

At 5am I got my DS game systems, did a little more shopping and then had to wait 30 minutes to check out!

If I had to do it again, I would bring a crazy friend with me so we could take turns shopping and sitting in line and so I had someone I knew to talk to. I would also bring a chair, maybe a blanket and a good book to read. After all of this, I think I got some pretty good deals, the worst part was dealing with all the obsessed women who were determined to get the good deals!"

Alison Worrell was awake and at Herberger's working the lovely world of retail at 2:30am. They opened at 3:00am and had a flood of crazy shoppers! She stated she must admit, on her way in to work, she was one of the crazies and stopped at Wal-Mart for some of their after midnight specials! She did get to go home at 11:00am, took a quick nap and reported to work here at HRC at 2:30pm! The funny thing was, she worked two 2:30 -11 shifts in one day!

Robin Adams slept in till 9 AM, as she had no desire to go out shopping at an ungodly hour. Early afternoon she made stuffing and gravy for her husband and three sons so they could have hot turkey sandwiches. As soon as the Nebraska football game started she told them all goodbye and took herself to Grand Island to shop. She spent a couple of hours trying on clothes and finally came home with a new outfit. The game was over by the time she returned home – which is the way she likes it. She can't imagine getting up to go shopping at 4 AM – in her opinion no item at WalMart or Kohl's – or anywhere else is worth that. And you can probably tell she is not a football fan either. She also reports that while shopping there was hardly anyone in the stores because they were all watching the game – it could not have been better!

Susan Kotas goes out for a little while on Black Friday each year mostly for the "fun" of it (and of course to get some great deals!). What she pays the most attention to is how (mostly) polite, orderly, and kind rural Nebraskans are as compared to the video we see on the evening news and the horror stories we read about where people fight, run, and trample one another. There is no way she would go out if she lived in a big city – she said she would feel safer running with the bulls in Spain! Ole'

Kelly Hoelting's daughter ordered a Christmas gift online from Shopko Thursday night for the Black Friday deals, and she was charged 5 TIMES the amount on her banking account. Why go out and maybe get knocked down or trampled to death when you can do shopping online and get the discounts with free shipping!!! Kelly was back home with her family in the western part of Nebraska on the home farm, and they had lots of fun playing the game- Apples to Apples. They really enjoyed being together and had so much fun.

PAYROLL CONTACT CHANGE by LaDene Madson and Carolyn Brown

As a result of a reorganization and to facilitate budget reduction, the payroll function for the entire DHHS began moving to the Human Resource and Development office in the Nebraska State Office Building in Lincoln on October 7, 2010. As has been shared in previous notes, this means your payroll/benefit contact will be out of Lincoln.

The purpose of this communication is to address the changes this will bring for you as an employee. It will be a different way of doing business from what we've been accustomed, but it's doable. In fact, it's already being done for other areas of the DHHS. It's important that staff have means to communicate with their payroll/benefit contact. Therefore, their phone numbers will be posted on bulletin boards throughout the facility/offices. Also, they are available by email. Listed below is your payroll/benefit contact and their phone number and email. Christine will be your contact effective the week of November 29, 2010.

Christine Silvey 471-4629
Christine.silvey@nebraska.gov

For some areas, the change that will take place is instead of stopping to see them in person, you will be calling or emailing them. It is a different way for some areas of DHHS to do business; but for other areas, they already utilize phones or emails to communicate with their payroll/benefit contacts.

In the past, Diann Schmidt has accepted benefit changes, address changes, or other documentation related to payroll. In the future, if you have documentation to send to payroll for changes to benefits or other needs, those documents can be, **faxed to your contact at 402-471-6682**, or, if you have access to a scanner, **documents may be scanned and sent via email, or mailed to :**

Christine Silvey
Nebraska State Office Building
PO BOX 95026
301 Centennial Mall South
Lincoln, Nebraska 68509

Envelopes already addressed to Christine will be available in the Building 3 and Building 5 mail-rooms. It is acceptable to use the DHHS mail to deliver payroll/benefit

information to Christine Silvey, your payroll contact at no cost to you. I recommend if you mail information to Christine, that you send her an email note, or leave a voice mail message telling her that you have mailed information and when you mailed it, so she can confirm receipt through email. Again, using your state email account to send this note or the phone to place the call, is an acceptable use of state resources.

HR&D's goal is to provide you with the best service possible so that questions about pay/benefits can be answered promptly and accurately. Feel free to call me with questions.

We could learn a lot from crayons...
 Some are sharp; some are pretty; and some are dull.
 Some have weird names; and all are different colors; but they all have to live in the same box.

SPECIAL DECEMBER OBSERVANCES BY LINDA WEBER

- Drunk and Drugged
- Driving Prevention Month
- Hi Neighbor Month
- Safe Toys and Gifts Month
- Read a New Book Month
- Prevent Blindness America
- Stress Free Family Holiday Month
- Hand Washing Awareness Week
1st Week
- Coats for Kids Days – 2nd Week
- Hanukkah – 5th through 12th

- Dec 1st
Eat a Red Apple Day
- Dec 3rd
International Day of Disabled Persons
- Dec 5th
Volunteer Day
- Dec 7th
Pearl Harbor Day
- Dec 10th
Human Rights Day
- Dec 13th
Ice Cream and Violins Day

- Dec 15th
Bill of Rights Day
- Dec 24th
Christmas Eve
- Remember To Read The Instructions
First Night
- Dec 25th
Christmas Day



GUESS THE WEIGHT WINNER



Pat Adrian's guess of 6 lbs. 8 oz., was the closest to the actual weight of 7 lbs. 4 oz. Pat was awarded a gift certificate to the PVC Concessions. Thanks to everyone who participated. Look for future games and prizes in upcoming issues.



27 inch color TV with remote, nothing wrong, we just graduated to High Def. Asking 85 bucks. Contact Phil Parker, ext. 3298

'98 Red Pontiac Bonneville with 164K miles. Good gas mileage, clean and lots of miles left. New tires & windshield. Call Jean at ext. 3383 for information.



Small folding/card table. Willing to pay for it. Contact Suzanne Swanson by email or ext. 3217

Good used car with a reasonable price for my daughter. Heater in her car is going out and she has a 10 month old. (my precious grandson) Please call Micki Schamens @ 3482.

Stuffed dog sitting on its haunches, about 12 - 18 inches tall (or taller). Contact Marj @ 3166.

Good Bye!

By the time that you read this in the News and Views, I will no longer be employed here at HRC. It is with mixed emotions that I bid everyone farewell. I have enjoyed working with each and every one of you. My future is still uncertain. I have been looking for other employment, but time will tell where that leads or if I retire. For now I will enjoy the time at home. Thank you for all the good wishes. I appreciate each one. I will miss you all (especially the timekeepers, who have been my biggest help over the years), and will be thinking of everyone and your future here at HRC.

Sincerely, Diann Schmidt

Winter Readiness for Your Automobile

If you plan to travel during the winter, the Nebraska Emergency Management Agency (NEMA) and the National Weather Service recommend you stay abreast of local weather reports. When the forecasters are predicting threatening weather, the best bet is to seek shelter and wait out the storm.

The Nebraska Department of Roads provides up to the minute road conditions at <http://www.511nebraska.org>. Knowing the road conditions can mean the difference between arriving on-time or not arriving at all. You can also get road information by dialing 511 from any phone.

Those who travel even during the worst of times are advised to carry a winter storm supply kit in their vehicle. Assemble a separate disaster supplies kit for the trunk of each car used by members of your family that includes:

- Blankets or sleeping bag.
- Extra sets of dry clothing.
- A windshield scraper.
- A shovel.
- A container of sand or cat litter.
- Tire chains.
- Tool kit, compass and road map
- Battery booster ("jumper") cables.
- A tow chain or rope.
- First aid kit.
- Flashlight or emergency light with extra batteries.
- Transistor radio with extra batteries.
- A brightly colored cloth.
- Candles & small can for melting snow to drink.

If Your Vehicle Becomes Stuck...

- Stay with your car. Do not try to walk to safety.
- Tie a brightly colored cloth to the antenna for rescuers to see.
- Start the car and use the heater for about 10 minutes each hour. Keep the exhaust clear of snow and crack a window on the downwind side. Beware the silent killer - carbon monoxide.
- Leave the overhead light on when running the engine so you can be seen.
- As you sit, move your arms and legs to keep blood circulating and to stay warm.

The following recipes are some of the various pancakes served at the "WE FLIP FOR YOU" breakfast served by the Employee Recognition Committee and were frequently requested. Enjoy them at home!

Pumpkin Pancakes

- | | |
|----------------------------|-----------------------------|
| 2 cups all-purpose flour | 1/2 teaspoon salt |
| 3 tablespoons brown sugar | 1 1/2 cups milk |
| 2 teaspoons baking powder | 1 cup pumpkin puree |
| 1 teaspoon baking soda | 1 egg |
| 1 teaspoon ground allspice | 2 tablespoons vegetable oil |
| 1 teaspoon ground cinnamon | 2 tablespoons vinegar |
| 1/2 teaspoon ground ginger | |

1. In a separate bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt, stir into the pumpkin mixture just enough to combine.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Chocolate Chip Pancakes

- | | |
|-----------------------------|------------------------------------|
| 2 cups all-purpose flour | 1/4 cup vegetable oil |
| 1/4 cup sugar | 1/2 cup miniature chocolate chips |
| 2 tablespoons baking powder | Cinnamon honey syrup |
| 1 teaspoon salt | 1 cup honey |
| 2 eggs | 1/2 cup butter or margarine, cubed |
| 1 1/2 cups milk | 1 teaspoon ground cinnamon |

1. In a bowl, combine the flour, sugar, baking powder and salt. Combine eggs, milk and oil; add to dry ingredients and mix well. Stir in chocolate chips. Pour the batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown. Keep warm.
2. Combine the syrup ingredients in a 2-cup microwave-safe bowl. Microwave, uncovered, on high until butter is melted and syrup is hot, stirring occasionally. Serve with pancakes.

Good Old Fashioned Pancakes

- | | |
|-------------------------------|------------------------------|
| 1 1/2 cups all-purpose flour | 1 1/4 cups milk |
| 3 1/2 teaspoons baking powder | 1 egg |
| 1 teaspoon salt | 3 tablespoons butter, melted |
| 1 tablespoon white sugar | |

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Christmas Activity for Kids

Need something to keep your kids busy before they open gifts.

1. Write Christmas, Hanukkah, Kwanzaa vertically on a piece of paper.
2. Have the kids create a greeting, a sentence, or a poem using the first letter as the beginning of the phrase.
3. Have holiday books handy so they locate words in them.

Example:

Cheery greetings,
 Holiday ribbons,
 Real mistletoe,
 Ice and snow,
 Santa is coming,
 Trumpets sounding,
 Merry days,
 Almost here,
 Shouts of joy

Here are some great ways of dealing with the burdens of life:

** Just accept that, some days, you're the pigeon: and, some days, you're the statue.*

** Drive carefully. It's not only cars that can be "recalled" by their maker.*

** If you can't be kind, at least have the decency to be vague.*

** If you lend someone \$20 and never see that person again, it was probably worth it.*

May Peace, Joy,

Hope and Happiness

Be yours during this Holiday Season

And throughout the New Year

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AA/EOE/ADA