

HRC NEWS & VIEWS

Volume 8, Issue 6

June 2012

ONE TANK TRIPS

BY SHERRY BLOCK & CORINNE JENSEN

Want to take a little get-away from home? Consider these one tank trips that are easy on the wallet and the gas tank!

HASTINGS

Aquacourt Family Water Park

Children's Museum of Central Nebraska

Hastings Museum/Lied Super Screen Theatre/JM McDonald Planetarium

KAM Raceway

Motorsport Park Hastings

KEARNEY

Classic Car Collection

Frank House

Fort Kearney Museum

Great Platte River Road Archway

KidZone—Kearney Area Children's Museum

Kearney Raceway Park

Museum of Nebraska Art

Nebraska Firefighters Museum & Education Center

Trails and Rails Museum

GRAND ISLAND

Island Oasis Water Park

Nebraska Nature & Visitor Center

Prairie Winds Art Center

Stolley Park

Stuhr Museum of the Prairie Pioneer

For more information on events and places to visit in the tri-city area, check out the internet!

Whatever you choose to do, be safe and enjoy your time!



SUNGLASSES DAY AT HRC—JUNE 27

June 27 is nationally designated as Sunglasses Day! What better way to celebrate than to sport your favorite and unique pair of shades at work!

Wear your wildest sunglasses to work to be part of a contest with judging for prizes in various categories.

Photos will be featured in the HRC News & Views July issue

Long ago, Inuit peoples would shape walrus ivory into flattened circles with narrow openings. They were able to see out of these tiny slits, while the rest of their eyes remained shielded

from the sun. In 1752, the first tinted sunglasses were made. In 1929, Sam Foster mass-produced the modern version.

Join in the fun June 27!



JUNE IS

Adopt A Shelter Cat Month

National Candy Month

National Fruit and Veggies Month

National Smile Month

National Drive Safe Month

National Safety Month

National Flag Week (week of 6/14)

National Sun Safety Week

Men's Health Week

Honor America Days (6/14 to 7/4)

6/14 Flag Day

6/14 (World) Blood Donor Day

6/15 Power of a Smile Day

6/16 National Fudge Day

6/17 Fathers Day

6/17 Eat Your Vegetables Day

6/20 First Day of Summer

6/23 Let It Go Day

6/25 LEON Day (Noel spelled backwards, Christmas is 6 months away)



CELEBRATING WHAT'S RIGHT BY MARJ COLBURN

I hope by now most of you have seen the two Dewitt Jones DVDs on loan to us from Scot Adams. The first - "Celebrate What's Right with the World" - was our kick-off on the series. The second—"For the Love of It" - follows up with more insights into remaining positive and taking a brighter outlook on our lives and relationships. Staff who have seen at least one of them report that they liked the videos and felt that Mr. Jones' message was important.

In challenging times, it's hard to remain positive and celebrate what's right. It's easier to complain and focus on what's wrong. Over the years, I have worked with several groups that have had issues with staying focused on what's right. Someone complains and finds excuses to not do things the right way, making it easier for others to start complaining and do what they want as well. Once the cycle starts, it's hard to get it stopped. Pretty soon the work environment is negative, no one wants to come to work and deal with the negativity, no one knows "the right way" anymore and productivity for the whole area is affected. Doesn't sound like an environment where anyone could thrive!

What would it take to change the scenario? Putting the focus on work that needs to be done might help. Leaving personal problems and issues at home would be a plus. Accepting the fact that we are all different, and we all do things in slightly different ways. Finding what is "right" with what others are doing rather than focusing on what they are doing wrong. Having honest dialogues to help others understand why things are done the way they are. Supporting others and helping them learn but not assuming responsibility for their work. Having positive communication that encourages others to maintain a positive attitude would help everyone.

One thing that helps me get out of my own personal pity-parties is thinking about someone who is worse off than I am. I can complain about having to come to work, but at least I am employed. I can complain about my bills, but I have a paycheck coming in to pay those bills. I can complain about how my kids act, but I think of some young men in our program and am grateful I don't have to address those issues. I can complain about having to go to the doctor, but I have insurance to cover that visit. I can complain about the heat, and I know I will be complaining

about the cold this winter. The truth is most of my complaints are petty compared to the circumstances of others. So why complain? What have I changed by complaining?

One thing that Dewitt Jones talked about in both videos is gratitude. I think it's kind of funny to hear him yell "Thank you" after he has taken photographs, but maybe he's right. Maybe by being grateful for what we have and putting a positive spin on events rather than complaining about them we could change our outlook. Maybe changing our outlook into a more positive one would role model for others that it's OK to be positive - it's OK not to complain.

I think of the colored pigeons flying in Dewitt Jones' DVD "For the Love of It". I'm guessing that there are people who could complain that those poor birds are in captivity, that they are being dyed against their will, that they have no freedom of choice. For me, watching them fly free in all of their bright colors makes me smile.

Are you smiling?????????

NEWS FROM THE KITCHEN BY MINDY BLAIR

Everyone knows the importance of getting fruits and vegetables in your daily diet. But how many of us really incorporate the right amount? Well, this month is National Fresh Fruit and Vegetable Month. They recommend that you make at least half of your plate fruits and vegetables. It's easy to incorporate these foods into your daily life by adding

vegetables to pasta, salads, casseroles or simply by eating them raw such as carrots, broccoli, or cauliflower. A quick, grab-n-go snack would be to keep small individual bags of fresh fruit such as grapes or cherries in the refrigerator or bananas or grapes in the freezer. If you keep fresh fruits and vegetables visible, you're more likely to grab

them and your kids are more likely to eat them instead of chips or cookies. Fruits and vegetables contain many vitamins and nutrients that are vital to a healthy diet. Increase the amount of fruits and vegetables in your daily diet along with exercise and you will be on the right track to a healthier lifestyle.

SPARK PLUG FROM JOE TYE, VALUES COACH

Having just celebrated National Nurses Week, it is a wonderful time to reflect upon the life and work of the woman who more than anyone else can be credited with starting it all. While she is widely remembered as The Lady with the Lamp who more than any other person defined what it means to be a nurse and established nursing as a legitimate profession, Nightingale was also the first professional hospital administrator who did more to define that role than any other. She was also in a very real sense the architect of the modern hospital. With the exception of high-tech medicine that has evolved over the past half century, virtually every department in today's hospitals can trace its roots back to innovations first introduced by Florence Nightingale. Today I'll share seven lessons from the work of Florence Nightingale - lessons that she herself would more likely have described as calls to action.

Lesson 1 - Mission

Florence Nightingale something more than just a job to do - she was on a mission. She did not inquire about pay and benefits before leading her team of young nurses off to the Crimea, and endured working conditions that would be considered intolerable in today's world. Yet she never experienced "burnout," and through devotion to her calling she changed the world of healthcare forever. Some of the problems in today's healthcare system stem from the fact that too many hospitals focus more on their business plans rather than on their missions, and too many healthcare professionals have jobs rather than a calling. Nightingale would encourage a re-commitment to the things that really matter, those things that hopefully attracted our

idealistic younger selves into healthcare in the first place.

Lesson 2 - Courage

Nightingale was courageous and she was unstoppable. She did not allow opposition from the British aristocracy or the antiquated views of military leaders to prevent her from doing her work. When she ran into a brick wall, she found a way around or over, even to the extent of going directly to the English public for funding support and to the Queen for political backing. I think the most important three words in my book *The Florence Prescription* are "Proceed Until Apprehended" because that was Nightingale's attitude about getting things done. And in most cases you will find, as she did, that if you proceed fast enough, by the time anyone tries to apprehend you, you've already accomplished what you set out to do.

Lesson 3 - Discipline

Less well-known than Nightingale's contributions to hospital and nursing practice was her pioneering work in the field of medical statistics. Her painstaking efforts to chart infection and death rates among soldiers at Scutari gave weight to her demands for improved sanitary conditions first at military hospitals, and later in civilian institutions. She demonstrated that if you want to be effective, it's not enough to know that you're right - you must be able to demonstrate that you're right with the facts.

Lesson 4 - Empathy

Long before Daniel Goleman coined the phrase "social radar" in his book *Emotional Intelligence*, Nightingale appreciated that awareness and empathy are central to quality patient care (and to effective leadership). In *Notes on Nursing* she wrote: "The most important practical lesson that can be given to

nurses is to teach them what to observe - how to observe... If you cannot get the habit of observation one way or another you had better give up being a nurse, for it is not your calling, however kind and anxious you may be." In today's fast-paced hospital environment, it's important that caregivers stop for a moment outside each patient's doorway for a quick mental reminder to really be in that room with the patient, and not mentally off on the next chore. And in the same way, it's important for managers to apply the "social radar" principle when interacting with the people for whom they are responsible.

Lesson 5 - Respect

Nightingale cared passionately about the nurses under her wing and the soldiers under her care. As one example, she was adamant that in her hospital triage would be performed on the basis of the patient's medical condition and not his rank in the military, social standing, or religion - a precept that was quite radical in Victorian England. Many of the specific techniques in her ground-breaking work *Notes on Nursing* are now outdated, but her absolute commitment to patient dignity and a spirit of mutual respect in the workplace still rings out with crystal clarity. One thing is certain: she would never have tolerated, much less condoned, the gossip and the complaining that is so prevalent in hospital hallways today.

Lesson 6 - Encouragement

In her quiet and dignified manner, Nightingale was a cheerleader devoted to encouraging qualified young women to enter her profession - even though the work was hard and the pay was low. One suspects that she would have had harsh words indeed for doctors and

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SPARK PLUG FROM JOE TYE, VALUES COACH

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nurses of our era who are telling the next generation to stay out of healthcare because they themselves are working too hard, not making enough money, and not having enough fun.

Lesson 7 - Aspiration
Nightingale never rested on her laurels, but rather continuously raised the bar. After proving that a more professional approach to nursing care would improve clinical outcomes, she helped found the first visiting nurses association, char-

tered the first modern school of professional nursing, created a blueprint for the modern hospital, and through her writing helped establish professional standards for hospital management. She remained active virtually until the end of her life at the age of 90. Her commitment to never-ending improvement shines like a lamp across more than a century, inspiring us to work our way through the challenges of today and never lose sight of the better world we need to create for tomorrow.

A concluding thought
Charles Dickens was a contemporary

of Florence Nightingale; the opening line he penned for his classic novel *A Tale of Two Cities* certainly applies to our world today - it is the best of times, it is the worst of times. Were she alive in our era, Nightingale no doubt would have focused on the best-of-times side of the ledger, and implored us to remember that we can transcend every obstacle, that we can create a better world, if we confront the challenges with courage and determination and refuse to make excuses or to quit trying.

HUMAN RESOURCES NEWS BY CAROLYN BROWN

By the time the News and Views is published, Open Enrollment will be completed. The new program seems to be much more user friendly. As I am writing this article, I have had a lot of contact from you and I hope it was as pleasant for you as it was for me. I am always glad to have the opportunity to help you, and if our office does not have the answer, we are always glad to find the answer or guide you where you can find the answer to your questions. I feel so honored to work with such an awesome group of co-workers!!

I would like to share with you something I had the privilege to learn in a conversation last week. May 17th was Randy Coil's birthday. In talking to him a few days later, I learned some exciting things that I wanted to share with you with his permission. I had heard on the KHAS TV Early News Program that Randy had turned 43 years old as was announced with many other folks from the Hastings area. I had

planned to come to work and "sing" to Randy. Well, he had already left the office for Geneva that day. The next day he was on vacation so I didn't see him until the first of the next week. Normally he takes his birthday off, but this year with some meetings he took the following day off. On his birthday (for the past 4-5 years) Randy has made a pledge to himself to ride his bicycle the number of miles that he is old. This year he rode 43 miles!!! That was to Roseland and back to Hastings. **43 miles!!!!** In questioning him, he stated that last year, he rode his bike 500 miles. Normally he rides about 25 miles on a given ride. He does this on early mornings and weekends. He said that he sees wildlife a lot on his rides. On May 18th, when riding his bike, he saw a skunk walking with its head down and it would have crossed right in front of the bike. Randy didn't want to get sprayed so, he whistled and the skunk looked up and saw him delaying his trip across the road. Randy proceeded on his way.

I just am so proud of Randy for having such high standards for himself. What a wonderful way he is teaching his children to set goals and to reach out to meet those goals. He has made me really think about reaching for my goals. I cannot ride a bike for 43 miles, but I sure plan on using this as setting some goals in my life and reaching for them. I plan on improving my life style and I have set some goals for me to reach by my next birthday. Thanks for sharing this Randy. You have helped me and I am sure a lot of others by your fine example!!! Proud to be a co-worker with you, Randy!

YOU'RE A WINNER!

- Special thanks to Gary Peisiger for stepping up and helping two ladies put up a new "paper screen" in Room 002. *Cheri*
- Thanks to Gary, Terry, Sandra, Shelly, and Mary Ann for taking care of the "getting ready" and "cleaning up" of Building #7 after the State Troopers used it for a week. *Marj*
- Special thanks to Sandra Warford for your diligence and perseverance in finding a "refill" for a special stamp at a cost of \$23 so we did not have to order a brand new stamp at a cost of \$80. Good job! *Cheri*
- Thanks to the PVC Crew for making BAGS of popcorn for the State Troopers when they were on campus. *Marj*
- Thanks to the Wellness Committee for the delicious snack and cold drink during Walk Out on Work! *Corinne*
- Thanks to Gary for getting water out to the new plants in the cemetery beautification project. *Marj*

HRC: HEALTHY RESOLUTIONS CLUB

BY TONY MARTIN

We are into our fourth week of our exercise commitment; and the exercise teams are all doing an excellent job. Team One has led the pack by exceeding their goal by at least 5 hours each week. Team Two has done well, working hard on their goals, and are starting to get on track to exceed their goals each week. Stop by the copy room in building 3 and see how the teams are doing and cheer on the team members when you pass them in the hallways. Your support is always welcome and appreciated. I have noticed that we are having a nice side effect to our efforts. People are smiling a little more and just look a little happier than they used to. I don't know if they feel healthier or that they feel like they are working together as a team. It is nice to see

and with some luck I hope it becomes contagious. So please feel free to join us in our efforts. You don't have to feel like an outsider by not being on a team, take that first step towards a happier healthier lifestyle and commit to exercise at least two and a half hours a week.

Here are 10 tips to help you get into your exercise routine:

1. **Make it convenient** – Try scheduling your workout session first thing in the morning, or on your way to or from work. A lunchtime workout can be convenient, as well as provide an energizing break in your day.
2. **Make it social** - Connect with people who share your interests. For example, join an exercise group, or

workout with a partner.

3. **Share and discuss what you are learning** – about fitness, your body, nutrition, how you feel when you do and don't exercise or eat healthier. This can be done with a friend, a group, a Health and Fitness Professional, or even in a blog.

4. **Chart your progress** – Keep an exercise log, write in a journal or blog, mark your completed exercise sessions on a calendar, have a fitness assessment and schedule reassessment dates, or track distance goals for walking and running.

5. **Make it fun** – Do something different. Train for an event. Take a swim lesson. Workout by using kettle bells, Kick up your heels and

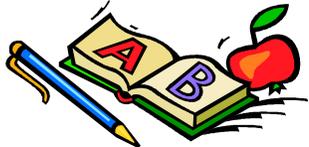
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MAINTENANCE NEWS BY CHERI DELAY

Maintenance Supervisor Gary reports that general maintenance and mowing are never ending in the good old summertime and this year will be no exception. So far the air conditioning units are operating as expected with no major breakdowns at this point. We continue to wait for the tree removal project

to begin.

Wishing you the best, Teresa Brown, in your future endeavors!



SAFETY TIPS FOR GRILLING BY JEAN LUTHER

June is National Safety Month. With more Americans lighting their grills it's important to keep your barbecue safe. The following tips are designed to guide you through the grilling process.

Gas Grills:

Each year about 30 people are injured as a result of gas grill fires and explosions. Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container. To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks:

- Follow manufacturer's instructions to check the tubes that lead into the burner for any blockage, cracking, brittleness, holes or leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill until the leak is fixed.
- Keep lighted cigarettes, matches, or open flames away from a

leaking grill.

- Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport, porch, near the deck railing or under a surface that can catch fire.
- Never store a spare gas container or other flammable liquids indoors, under or near the grill or in a hot car.
- Grease that collects in your grill builds up over time and can cause flare-ups. This is why you need to keep your grill clean.

Charcoal Grills:

Charcoal produces carbon monoxide (CO) when it is burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments. Each year about 30 people die and 100 are injured as a result of CO fumes from charcoal grills and hibachis used inside.

- Never burn charcoal inside of

homes, vehicles, tents, or campers even if ventilation is provided. The charcoal produces carbon monoxide fumes until the charcoal is completely extinguished.

- Use only charcoal starter fluid and never add to a lit fire.

Food tips:

Before you fire up the grill, did you know that cooking meat and fish over sizzling heat forms cancer-causing carcinogens? You can easily make grilling healthy and tasty by using these tips:

- ⇒ Go heavy on the veggies.
- ⇒ Use a marinade every time, no excuses. It lowers the amount of carcinogens.
- ⇒ Keep heat low and cooking time short.
- ⇒ Ditch the charred bits.

Have a fun time grilling and BE SAFE.

HRC: HEALTHY RESOLUTIONS CLUB BY TONY MARTIN

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swing your hips in a Zumba class. Participate in a fitness challenge, or just take time to play.

6. Avoid all or nothing thinking – Use whatever time you have available to be active. Even a 10-minute brisk walk is sufficient to get the blood flowing, increase energy, and improve mental acuity.

7. Make your exercise session YOU time! – Think of your exercise session as something special you are doing

just for you rather than something you have to do.

8. Reward yourself – for the effort, not just the outcome. Celebrate the daily or weekly accomplishments, which are just as important as the big goals. I like to reward myself after a workout with a relaxing soak in the tub.

9. Engage your brain – Learn more about fitness and nutrition. Read success stories about people like you. Learn new exercises. Join a healthy cooking class or take a

dance lesson.

10. It's all in the Attitude – Focus on how good you will feel when you are done rather than focusing on all the other things you could be doing. Think about the progress you are making rather than how far you are from your goal. Motivation is truly a state of mind.

SPRING CLEANING TO KEEP PERSONAL DATA SAFE

SUBMITTED BY NANCY KINYOUN

Planning to spring clean your home or office? One of the biggest parts of spring cleaning is getting rid of clutter you no longer need. In the past, this meant tossing junk like a broken typewriter or planning a garage sale to recoup a few bucks for an old television. But in today's digital age, the adage "when in doubt, toss it out" could actually put you in harm's way. Identity thieves make a career seeking out discarded sensitive documents or digital devices loaded with personal data.

Whether an unwanted digital device or document is headed for the trash, a garage sale, storage, or Goodwill, here are some helpful tips to keep your data safe:

1. Don't toss documents - Shred or incinerate them. The saying "one person's trash is another person's treasure" rings especially true for identity thieves. Fraudsters look for any documents containing Social Security numbers, financial account numbers, your driver's license number, and health insurance account information. Savvy criminals will dig through your trash, hunting for data that can be used to steal your identity. Always use a cross-cut, diamond-cut, or confetti-cut shredder. Unlike strip-cut models in which the pieces can potentially be put back together, these shredders will produce much smaller pieces.

2. Consider a shredding facility. If you have a large amount of shredding and are not able to handle it at home, consider taking it to a shredding facility that guarantees and certifies that your documents are fully destroyed. If you have a large amount of papers to destroy (this can occur, for example, when

an elderly family member passes and the family must dispose of decades of documents), there are services that will send a shredding truck to your home. Fees are charged for both types of services.

3. Keep sensitive documents under lock and key. "Old fashioned" physical security still has a place by discouraging opportunistic thieves. Centralize sensitive paperwork and invest in a locked filing cabinet. Or you can simply take advantage of a locking desk drawer. Another option is to scan such documents and save them securely.

4. Physically destroy old flash drives. Flash drives are different than hard drives. A [2010 study by the University of California](#), San Diego found that applying hard drive data sanitization methods to flash drives was unreliable. Open the drive and smash the circuit board and chips. Read Campus Technology's [How—and Why—to Destroy Old Flash Drives](#) for detailed instructions.

5. Wipe old computer hard drives. Often, computer files continue to exist on the hard drive, even after you've deleted them using keyboard and mouse commands. Use specialized software such as [Eraser](#) to remove specific files. To delete an entire hard drive's data, use software like [Darik's Boot and Nuke](#). Before recycling or selling your old computer, make sure you've successfully destroyed all personal data. You may be better off physically destroying the hard drive and taking the computer and destroyed drive to an electronics recycling center. For more details, read [Popular Mechanics: How to Absolutely, Positively Destroy Your Data](#). Do not

toss any digital devices into your trash bin, and don't take them to the municipal waste center. By taking both intact and destroyed digital devices to an electronics recycling center, you are ensuring proper disposal regarding both your privacy and environmental protection.

6. Wipe data from cell phones. Cell phones are like computers in that deleting data using the user menus may not truly delete it from the hardware. Always wipe your phone by deleting the data using menu settings and then performing a factory reset. Every phone has a different process, so check the phone's manual to restore the phone to its factory settings, or search YouTube for an instructional video. [According to PCWorld](#), no wipe solution is perfect. The only way to totally guarantee old cell phone data is gone for good is to take the phone apart and physically destroy the memory chip. If you're wondering what to do with your wiped phone, we recommend donating it to a nonprofit that provides used cell phones to [soldiers](#), [domestic violence victims](#), and others. Unless the phone is truly a relic, there are many who would appreciate the donation.

7. Erase the hard drive on unwanted digital copiers. Nearly every digital photocopier since 2002 contains a hard drive. The hard drive stores an image of each document processed by the machine. Check your machine's manual for instructions on how to clear the data from the hard drive before getting rid of the copier.

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SPRING CLEANING TIPS TO KEEP PERSONAL DATA SAFE

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8. **CDs and DVDs should be physically destroyed by breaking them into many pieces.** A pair of [Wiss Tin Snips](#) (scissors that can cut through tougher materials) will help you easily cut your CDs and DVDs into four or more pieces. Some shredders can do this, too. If you are destroying older media, such as floppy disks and tapes, remove the film and cut it into small pieces.

9. **Know the law when disposing of business documents.** If you work from home or operate a small business out of your home, data destruction should be especially rigorous. There may even be industry standards and federal and state laws that you must comply with regarding proper disposal of business-related documents. As a small business, you certainly don't want the negative publicity that comes with having to notify individuals of a data breach, [the law in 46 states](#).

Spring cleaning should lead to a more organized home and office, not make you the victim of identity

theft. We hope these tips will help you keep your personal data safe.

Resources:

PRC's Fact Sheet 12: Checklist of Responsible Information-Handling Practices:

<http://www.privacyrights.org/fs/fs12-infhandling.htm>

PRC's Fact Sheet 12a: Personal Data Retention and Destruction Plan:

<http://www.privacyrights.org/fs12a-personal-data-retention-and-destruction-plan>.

CNN's YouTube video "Copy Machines, a Security Risk?" shows how digital copiers are a potential gold mine for identity thieves:

<http://www.youtube.com/watch?v=iC38D5am7go>.

2011 University of California study, "Reliably Erasing Data from Flash-Based Solid State Drives"

http://static.usenix.org/events/fast11/tech/full_papers/Wei.pdf

Campus Technology: How—and Why—to Destroy Old Flash Drives: <http://campustechnology.com/Articles/2011/09/29/How-and-Why-To-Destroy-Old-Flash-Drives.aspx?Page=1>.

PCWorld: Your Old Smartphone's Data Can Come Back to Haunt You: http://www.pcworld.com/article/235276/your_old_smartphones_data_can_come_back_to_haunt_you.html

TechNewsDaily: How to Wipe Personal Data from Your Smartphone: <http://www.technewsdaily.com/2542-how-to-wipe-personal-data-from-your-smartphone.html>

National Conference of State Legislatures: State Security Breach Notification Laws: <http://www.ncsl.org/issues-research/telecom/security-breach-notification-laws.aspx>

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My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys." *Harmon Killebrew*

HOUSEKEEPING UPDATE BY MARY ANN KOCH

I can't believe that we are into June already. In May we have managed to get one office, and the exam room cleaned and waxed.

We spent a lot of time during May chasing millers (moths) down and disposing of the bodies. Many areas on the west side of Bldg. 3 have a lot of remains in between the win-

dows and screens that we will be working to get cleaned out. 180 gallons of water from the tunnel has been picked up this month from our heavy rains.

Plans for June include progress on the west dining room. Curtains are down and washed, and have started on the windows. We do have a

few projects also lined up for when the youth are out of school, more on that next month.

Have a great June!

IN ORDER TO WIN SUBMITTED BY PAM SCHWABAUER

For each question, score 5 points for each answer in the correct position. Each question has 3 answers. Submit your answers to Pam Schwabauer by June 15. Highest score will win a prize!

1. Which detective author was born first?

- A. Raymond Chandler
- B. Dashiell Hammett
- C. Kenneth Millar

Your answer:

2. Which famous bird was created first?

- A. Big Bird
- B. Daffy Duck
- C. Donald Duck

Your answer:

3. Which food delivers the most energy?

- A. Carrot
- B. Apple
- C. Banana

Your answer:

4. Which spider is the deadliest?

- A. Black widow spider
- B. Tarantula
- C. Banana spider

Your answer:

5. Which has the most species?

- A. Birds
- B. Fish
- C. Insects

Your answer:

6. Which sport is America's favorite?

- A. Baseball
- B. Football
- C. Basketball

Your answer:

7. Which animal has the biggest eyes?

- A. Elephant
- B. Ostrich
- C. Horse

Your answer:

8. Which movie came first?

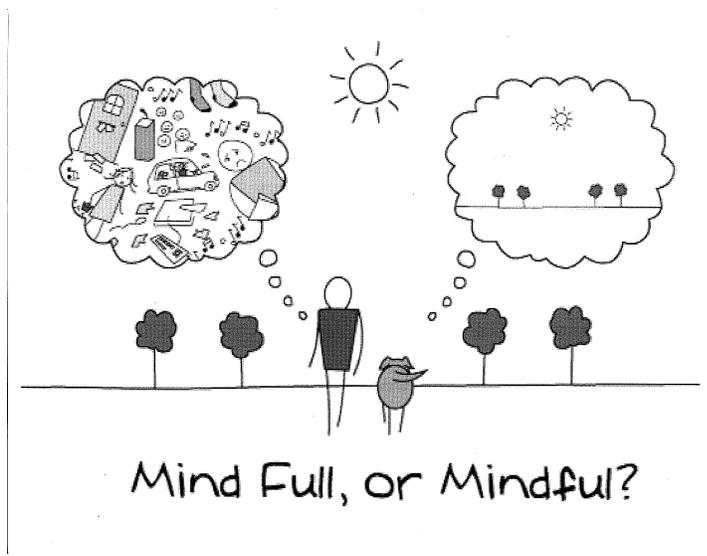
- A. Back to the Future
- B. E.T.
- C. Ghostbusters

Your answer:

MIND FULL, OR MINDFUL? BY MARY LOU HABERMAN

Another word for mindfulness is "awareness". A cluttered (mindFULL) mind often clouds awareness. A clear mind (awareness) can be achieved (in the moment) by ceasing to attach to our desires (e.g. relationships, money, things), our ideas, thoughts, feelings, expectations of ourselves and others and/or our self talk (e.g. "I should...." "they should..." "we should...."). For example, a monkey desires the banana which is in a cage. S/he puts a hand into the cage and grasps the banana. Now, the monkey is trapped. When the monkey lets go of the banana, s/he is free again. Similarly, when we attach to thing(s) we desire, we are trapped and the mind becomes cluttered. Letting go of the banana frees us to experience peace and calm - momentarily.

Diagram at right provided by Brian Crouse



WORD SCRAMBLE BY MARJ COLBURN

Find the vertical/horizontal/diagonal path to a 25-letter answer. Use each letter only once and don't skip over any letters!!! Print this page with your answer to Corinne Jensen by June 15 to be entered in a drawing for a prize.

CLUE: Why we come to work each day.



T	U	O	U	S
H	E	Y	P	P
+	A	C	E	O
R	O	H	H	R
E	H	T	T	T

S - - - - -
 - - - - - R!

NEW EMPLOYEE

Carol Staple returns to the HJCDP team as a Youth Security Specialist.
 Welcome back, Carol!



Three-seater swing, new in box. Asking \$100. Contact Cheri Delay.



'Life Line' medical alert system for people who want to stay in their homes, but may need immediate medical assistance. It costs \$19.95 / month for the service. I can deliver the system to you. If interested contact Kris Sorensen ext. 3298 or cell is 402-469-2385

WHO AM I?

The photos included in the May issue were as follows:

- #1 Carolyn Brown
- #2 Carolyn Johnson
- #3 Janet Schueler
- #4 Mary Ann Koch
- #5 Nancy Horsham
- #6 Ruth Jeremias
- #7 Heather Sidders

Robin Adams was the winner of the Stick plant!

Thanks for playing!

WINNER!

Thank you to all who participated in the May contest of matching a mother animal with the baby. Joann Stromer was the winner of the contest.. Congratulations, Joann!!! Joann will receive a prize for her participation.

HRC Health & Wellness Committee

THANK YOU!

Thank you to everyone who participated in the "Walk Out On Work" activity on May 22nd! We served 6 bottles of water and 53 granola bars to participants. It was a great turnout and it's nice to see people coming together and promoting healthier lifestyles while socializing with co-workers.

Mindy Blair

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It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA