



# LRC REALITY CHECK

## David Fricke is the August Employee of the Month.....



Congratulations to David Fricke, for being nominated as the LRC Employee of the Month for August 2010. David's co-workers who nominated him state that David has a positive, caring attitude. He handles challenges well, and always has a smile on his face. David treats all staff and patients with respect and dignity. He cares about the quality of his work performance and it shows in all that he does.

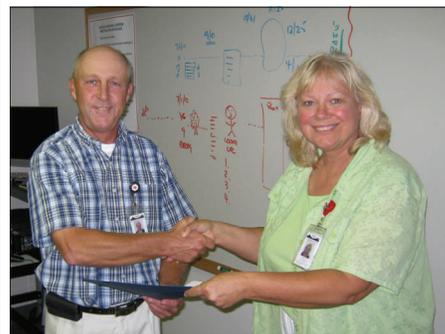
David is a team player and is always willing to help out others. David is a long-term employee in the Dietary department, working in Dietary since 1988. He has always done a great job. Everyone knows that they can count on David for help, understanding, and as a great team player.

David is very dependable. He is caring, and always willing to go the extra step. He has great communication skills and a real people person. David gets along great with everyone and truly cares about the service he performs here at LRC!

David will receive a gift card to Lowe's in appreciation of his hard work. Congratulations again, David, and thank you for all that you do!

By the way, in this photo, David is holding a Husker birdhouse that he made! More of David's birdhouses and many other crafts and goodies will be for sale at the annual Dietary craft and bake sale in early October!

## Cheryl McMurry is the DHHS/LRC Manager of the Year



Congratulations to Cheryl McMurry for being selected as the 2010 DHHS/LRC Manager of the Year. Bill Gibson presented Cheryl with a letter announcing her selection as the DHHS/LRC Manager of the Year during the July 21, 2010 Groundswide Nurses Meeting! Cheryl is described as an exceptional manager by employees she manages. She demonstrates a level of knowledge and expertise in nursing care that has helped LRC successfully pass CMS A and B-tag surveys as well as Joint Commission surveys. Cheryl was instrumental in ensuring Nursing Service coverage during the December 2009 blizzards and in other weather related emergencies.

Cheryl has come in on her time off to assist in coverage, help arrange for coverage, and to ensure that our patients and staff were cared for during weather related crises. Her organizational skills played an integral part of ensuring the campus was staffed during the winter storms. Cheryl is a fair manager and always tries to see both sides of an issue. She is tough when she needs to be but is also empathetic. She has a great sense of humor which is a huge plus when working in the mental health field. Cheryl listens to what employees have to say.

Cheryl encourages those she supervises to step out of their comfort zone and try something new. She has brought vision and structure to the role of Nursing Services at LRC, which has enabled the hospital to successfully transform into one work unit and provide consistent care to the patients we serve. Cheryl assists the hospital in planning for growth. She brings forth new ideas and thoughts that keep LRC from getting stuck in a "business as usual" rut. She has been instrumental in helping the Leadership Team develop the new Team Leader positions and in finding ways for employees to have a means to advance in their role at the hospital. Cheryl's commitment to the patients at LRC goes above and beyond what is expected, and her loyalty to employees is outstanding. Her positive attitude and humorous personality is contagious among her co-workers. Employees state that they are proud and honored to work with such a caring and committed nurse. She is a huge asset to LRC.

**After the Change**

Last time, I talked at length about the transformation taking place in our organization. I also talked about revitalizing our plan of care and what the focus of our patient care should be in the future. This would include rethinking the role of the patient in their care and how all of the different disciplines contribute to that experience. Work has begun on this transformation and I want to share with you some things that are happening.

We have updated our Mission and Vision statements to reflect where we want to go as an organization, who we want to be and what we want to do. We have also developed new Principles of Care that support our Vision and define what kind of care we want to provide.

**MISSION**

The Lincoln Regional Center helps people manage their mental illness through person-centered care.

**VISION**

Helping people rebuild their lives.

**PRINCIPLES OF CARE**

**Person-centered Care** Individuals and their treatment team create a plan of care that addresses each person’s needs, strengths, and goals, and is sensitive to each person’s experiences, traumas, and cultural background.

**Empowerment** Individuals are supported in making choices and encouraged to speak for themselves.

**Holistic** We value wellness for each person that includes the mind, body, spirit, and relationships.

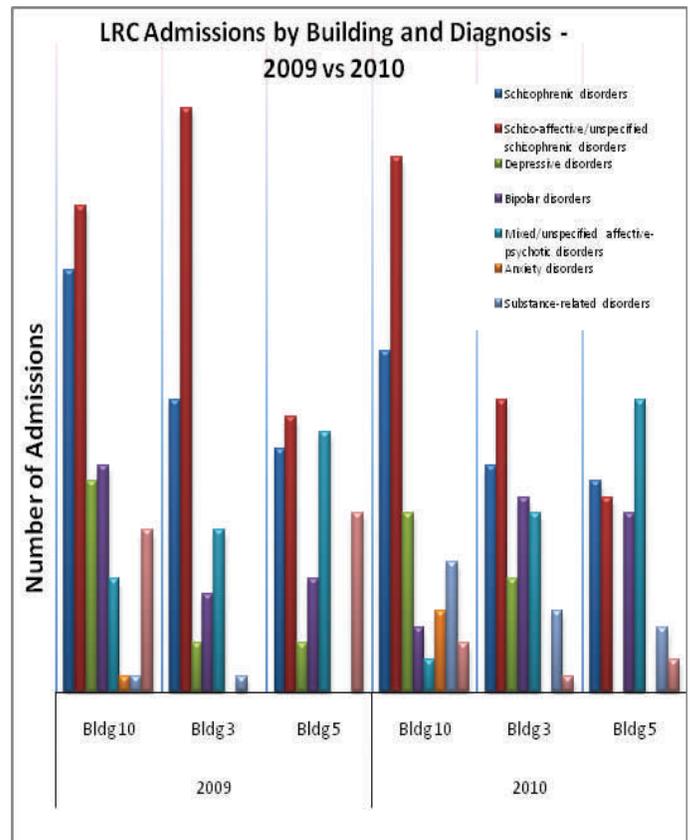
**Non-linear** Recovery is based on continual growth, occasional setbacks, and learning from experience.

**Hope** Hope’s message is that individuals can live, work, learn, and fully participate in a better future.

**Responsibility** Individuals are personally responsible for the decisions they make to live a healthy, safe, and productive life, which includes making choices to actively engage in treatment and recovery.

**Education/Knowledge** It is important that the individual and caregiver learn as much as possible about illnesses, best treatment practices, and available resources to make informed treatment choices.

These ideas are to the point, fit on one page and should be posted conspicuously in each building. Having developed the Mission and Vision Statements and the Principles of Care, we’re now ready to develop strategies to optimize the care we provide. This will include taking a close look at our programming policies and practices to maximize the patient experience. That will involve an analysis of who does what when. Debbie Roberts has taken over the direction of the programming aspects of our operations in Building 3, 5 and 10. Debbie has assembled a steering committee comprised of Jennifer Cimpl-Bon, Patty Sullivan, Kathleen Barrett, Kim Kilgore, Don Holmquist, Ann Alberico, Christy Rupe, Jennifer Bennetts, Gayle Resh, Kerry Miller-Loos, Stacey Werth-Sweeney, Rachael Johnson, Vicky Buchholz, Cheryl McMurry, Dr. Dewan and Dr. Chaturvedi to look at how we provide patient care in Building 3, 5 and 10. One of the things this committee has starting looking at is the admission diagnosis of patients in the last couple of years:



Using this information, the committee has developed goals to include:

- ◆ Develop LRC programming model using Osawatomi State Hospital as an example
- ◆ Determine number of hours patients would be expected to be involved in programming activities
- ◆ Determine number of hours each program staff should be involved in provision of group activity
- ◆ Determine how “active treatment” will be provided by programming staff evenings and weekends.
- ◆ Establish method to measure patient participation in programming
- ◆ Develop treatment tracks
- ◆ Ensure that programming is consistent across Buildings 3, 5, & 10 (LRC Psych Services)
- ◆ Establish a timeline for implementation of new programming

I also mentioned last month that Cheryl McMurry will assume leadership of nursing for Building 3, 5 and 10. The four Associate Directors of Nursing (ADONs), Barry Beruman, Vicky Buchholz, Craig Cooper and Melinda White are now reporting to Cheryl. Three new additional ADON positions have been approved to replace the nursing supervisor positions. Along with the creation of the Team Leaders, this change will allow for better staffing management and more efficient communication between these three buildings. Cheryl and the ADONs have been working on:

- ◆ Relationship building with programming to enhance nursing staff participation in programming activities
- ◆ Collaborating with programming to promote consistency of processes in Building 3, 5 and 10, and
- ◆ Developing leadership skills and relationships within nursing management including the new Team Leaders

Again, our goal is for nursing and programming to work more collegially and cohesively in taking care of the patients. Some of you have heard me describe this as “the battle of the Wii.” It seems that in the past, activity therapy would lock up the Wii on the weekends when only nursing staff were here and thus, the patients couldn’t use the Wii. I am sure there are good reasons for things we have done, but we need to get past some of

the territorial issues that have plagued our growth in the past and move on as a united front.

I also mentioned last month that another area that is growing in volume and complexity is the legal court order patient census. These are individuals who are sent for competency restoration, insanity evaluation or because they have been found Not Responsible by Reason of Insanity (NRRI). Given the events of July 21<sup>st</sup> and the elopement by Mr. Tilley, this area will be getting a lot more attention. We need some major changes in the way these patients are handled on a State policy level and will be meeting with interested parties over the next several months about how to make changes in this area.

Marc Ostrander and Drs. Hartmann, Moore, Cimpl-Bohn, and Murney are primarily responsible for this area, and I will be working closely with them over the next couple of months on these issues.

On two final notes, we made a major decision as an organization to implement the Team Leader role this spring and we are still rolling out that effort. We have hired and are training the second group of Team Leaders which will bring our total number to eighteen.

And, we have been advised that the conversion of the PT staff at Whitehall to SSII has been approved. State personnel did not use the same classification as the staff on West Campus. Instead, they used the classification of Youth Care Specialists which is the same classification used at HRC and is in the same pay grade.

So now that we have the reorganization in place, the Team Leaders all hired, everyone classified in the same pay grade as an SSII or a YCSII, what’s next? Well, sometime between now and next July, we expect a visit from the Joint Commission and who knows what else will happen. It seems it is always something. But don’t forget, it’s almost time for Go Big Red.



## Admiralships Awarded to Three LRC Employees.....by Linda Jiskra

On August 11, 2010, Lieutenant Governor Rick Sheehy presented Admiralships in the Great Navy of the State of Nebraska to DHHS Employees who assisted their fellow Nebraskans after this year's flooding in the Norfolk area. Three of the DHHS employees were LRC's very own, Jennifer Cimpl-Bohn, Amanda Longwell, and Jodi de la Concha. Dr. Cimpl-Bohn, Amanda, and Jodi were available to assist emergency workers after the flood, and provide behavioral health services to people in need.

You may be asking, "just what exactly is this Admiralship award?" Being appointed an Admiral in the Great Navy of the State of Nebraska is Nebraska's highest honor. It's an honorary title bestowed upon individuals by approval of Governor Heinemann. With Nebraska being a landlocked state, the award certificate describes the honor like this: "And I, Governor Heineman, do strictly charge and require all officers, seamen, tadpoles, and goldfish under your command to be obedient to your orders as Admiral—and you are to observe and follow, from time to time, such directions you shall receive, according to the rules and discipline of the Great Navy of the State of Nebraska.

The Great Navy of the State of Nebraska was created in 1931. The Lieutenant Governor of Nebraska at that time, Theodore W. Metcalf, was serving as Acting Governor of Nebraska while Governor Charles W. Bryan was outside of the state. At the urging of some of his friends, he appointed 20 to 25 prominent Nebraskans as Nebraska admirals. Since then, Commissions in the Nebraska Navy have been given to prominent citizens both inside and outside of Nebraska.

Here are LRC's newest Admirals in the Great Navy of Nebraska!! Posing with them are Lieutenant Governor Rick Sheehy, DHHS CEO, Kerry Winterer, DHHS Behavioral Health Director, Scot Adams, and DHHS Chief Medical Officer, Joann Schaffer.

*Thank you, Jodi, Amanda, and Jennifer, for volunteering to serve Nebraska's flood victims with the emergency response team. Your commitment to helping others is exemplary!*



*Amanda Longwell, LRC Nurse Photo: Bill Wiley, DHHS*



*Jodi de la Concha, LRC Social Worker, Photo: Bill Wiley*



*Jennifer Cimpl-Bohn, PhD., LRC Psychologist, Photo: Bill Wiley*



*Amanda, Jodi, and Jennifer with Director Adams*



## Kudos

- ◆ *Kudos to Steve Urban and Ed Yeager* for fixing the Wii machine in Building #3.
- ◆ *Kudos to Rachel Johnson*, for the work she has done to coordinate the 2010 Charitable Giving Campaign at LRC!
- ◆ *Kudos also to Sharon Ziers and Rhonda Chubbuck* for their hard work in getting out the Charitable Giving Campaign pledge cards.
- ◆ *Kudos to all Building #5 staff* for tolerating the construction project, and dealing with changing schedules in order to hold groups as units are shut down to accommodate the construction. You are doing a great job!
- ◆ *Kudos to Deb McTee* for recreat-
- ing the LRC Phone Directory on an Excel spreadsheet, making it much easier to read!
- ◆ *Kudos to Todd Falter, RN Supervisor*, for changing his work schedule to help out with staffing and other issues on the 3-11 shift.
- ◆ *Kudos to Ellie Friesen, RN Supervisor*, for coming in early and helping out with staffing and other responsibilities to assist with covering the second shift since Shelly Potter resigned.
- ◆ *Kudos to Marilyn Olsen* for updating all patient identification books for all buildings on campus for the Security Center. She completed this Critical Incident Review action time accurately and in record time (within one day)!
- ◆ *Kudos to the Security Officers* for their help in Building #3. They are a valuable addition to the Building #3 team. The Security Officers work well with the staff, and do a great job with the Building #3 patients.
- ◆ *Kudos to Paul Day* for assisting with new electronics in Bldg. #3.
- ◆ *Kudos to Billie Thompson and Karen Brocksmith* for the exceptional job they did on August 24 discussing a patient's needs during a placement interview. These two nurses were helpful and knowledgeable with the interviewer, who was very impressed. *Kudos also to Angie Hayter and Corey Diaz* for preparing this patient for the interview to help him "put his best foot forward."

**Charitable Giving Campaign Pledges are Due August 27.....by Rachel Johnson**



### **We're all heroes.**

What we do together everyday changes lives and bring health and wholeness to our patients and even to each other.

This year's Charitable giving campaign is another opportunity to let our caring spirit shine.

Whether you give a little or a lot, whether you support

The Lincoln Children's Museum or The Food Bank the act of giving nurtures our spirit and enriches our community.

Please take time to fill out your pledge form today.



# ADA Project Begins in Building #5.....By Stacey Werth-Sweeney

Building #5 is in the process of going through a major upgrade to become ADA compliant. Walt Broer and Company have been on campus to begin what seems now to be a very overwhelming and complex project! The first phase they are working on involves constructing an elevator tower on the south end of the building, while at the same time, completely renovating the front entrance. In addition to this, they have gutted the bathroom and showers on S3. Progress is plagued with jack hammering, dust, heat, and a lot of contractors in and out of the buildings. Please keep your eyes out and be vigilant. Inform your supervisor if you see or hear something of concern!



*Okay, where'd the front steps go?*



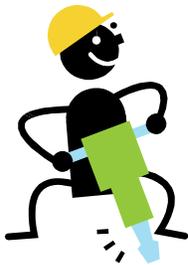
*Hmm, how do I enter?*



*This way to the front door*



*Dayhall becomes construction headquarters*



*Future site of remodeled bathroom on S3*



*More photos on next page.....*



## Elevator Tower in the Works



*Big gaping hole in the outside wall*



*Big gaping hole in the ground*



*Outside looking in*



*Inside looking out*



*Bottom of the elevator shaft?*



*The S3 hallway like we've never seen it before*

### **LOST AND FOUND!!**

Anyone missing this pair of eyeglasses should contact Audrey in Admin. at 5207. They were found in the Administration Reception Office this summer.





## Back to School Tips.....Submitted by Susie Brown

It's here, the new school year!! The beginning of a new school year can be a stressful time for children, with new teachers and classmates, bigger classrooms, new routines and more schoolwork. This can be particularly unnerving and overwhelming for children facing major transitions such as starting elementary school or entering middle school. As a parent, there are proactive steps you can take to support your child as he or she heads back to school.

Be interested and enthusiastic about the start of the school year. If you are confident and excited, your child will be too.

Visit your child's school. Take a walk around the school with your child and locate his or her classrooms, lunchroom, playground and restrooms. This will help keep your child from feeling lost on the first day.

Take time to listen to your child and discuss aspects of the new school that he or she is worried about. Remember to let your child know that it is normal to feel nervous about the start of school. For parents of younger children, suggest that your child take a family photo or special object to school to make his or her surroundings more comfortable.

Spend time each day talking to your child about what happened in school, and give your child positive feedback on his or her experiences.

Praise and encourage your child to become involved with school activities and to try new things.

Attend school functions and stay involved in your child's education.

Make a point to learn about how your child develops, not just physically, but socially and emotionally, as well.

Anxiety and stress about starting school is normal for a child and usually passes within the first few days or weeks. If your child continues to seem anxious or stressed, it may be time to seek help. Talk to your child's teacher and/or a family physician to see what you can do as a parent. Resource: <http://www.nmha.org/go/information/get-info/children-s-mental-health/back-to-school--tips-for-parents/back-to-school-tips-for-parents>

## StepUp.....by Randy Willey

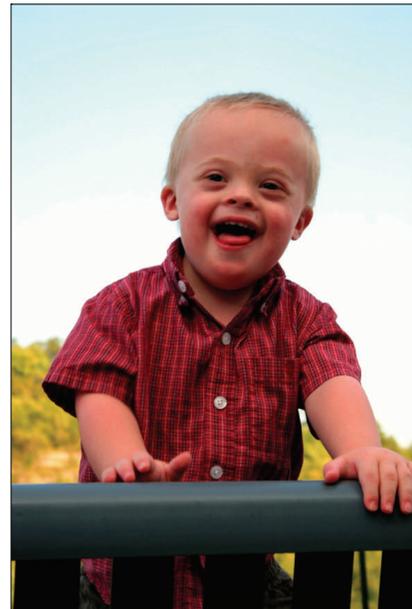
I want to introduce you to Ben. As you can see in most ways he is just like any other little boy. He also happens to have Down's Syndrome.

Once a year the Down Syndrome Association for Families of Nebraska (D.S.A.F.) raises money with the StepUp for Down Syndrome Walk. The walk will be held this year on Saturday, October 2, 2010 at Antelope Park in Lincoln.

You may wonder why the interest in Ben. Ben is my youngest son and he is a very special little boy. If you would like to help the D.S.A.F., please contact me at extension 5244 so I can tell you how.

Thank you for your support!!

-Randy W., Building #9



## Off The Record.....by Audrey Kelly

**INTRODUCING  
HARPER EDWARD WATHEN  
BORN TO ROBIN WATHEN  
ON JULY 22, 2010 AT 1:36 P.M.  
Weight: 8lbs 1oz  
Length: 20 1/2 inches**



### Please join us in welcoming these new employees to LRC!

- ◆ Stephanie Pinkston, SSII, Bldg. #10
- ◆ Mary Seeling, SSII, Bldg. #5
- ◆ Dana Volk, Data Processing Specialist II, Bldg. #14
- ◆ Marvin Knoop, SSII, Bldg. #3
- ◆ Nikki Gollner, SSII, Bldg. #10
- ◆ Amanda Lichtenberg, SSII, Bldg. #5
- ◆ Adam Holly, SSII, Bldg. #5
- ◆ LeRoy Dinslage, Temporary Groundskeeper, Grounds
- ◆ Andrea Welch, PTII, Whitehall
- ◆ Katherine Brech, SSII, Bldg. #5
- ◆ Joy Buchanan, SSII, Bldg. #5



## More Policies for Your Perusal.....by Linda Jiskra

It may be the dog days of summer but there is no rest and relaxation for the LRC Policy Committee! They kept busy in July reviewing and revising the following policies!

### REVISED POLICIES:

- ◆ PC-28 (LRC) Home Visits/Community Passes
- ◆ LD-06 (LRC) Tarasoff Duty to Warn and Protect
- ◆ EC-Life Safety-01 (LRC) Code Red Fire Safety
- ◆ EC-Emergency-02 (LRC) Code Orange Emergency Weather Policy

- ◆ IM-38 (LRC) Amendments/Addendums/Corrections to the Electronic Medical Record
- ◆ PC-04a (LRC) Highly Restrictive Status
- ◆ PC-06 (LRC) Suicide Prevention
- ◆ MM-03 (LRC) Physician Orders
- ◆ MM-06 (LRC) Medication Storage
- ◆ MM-08 (LRC) Medication Reconciliation
- ◆ MM-15 (LRC): Metabolic Panel

### NEW POLICIES

- ◆ PC-17 (LRC) Behavior Improvement Plans

### DELETED POLICIES:

- ◆ CC-05 (LRC): Off Grounds or Discharge Related Work or Day Activities
- ◆ PC-47 (LRC) Suicide Smock



## Sand and Sun.....by Diana Walker



And sun there was! The start of the day began with nice cloud-covered shade, but as the tournament began the clouds gave way to a very steamy day of intense sun for sand volleyball. A total of five teams signed up for the event. The tourney consisted of a round robin pool play and single elimination tournament with teams guaranteed a minimum of five games. Congratulations to the winning team; Heath Wilcox, Amanda Timm, Amanda Modlin, Adam Lathrop, Jarrod Walker, and Diana Walker. Each winning member chose between an outdoor volleyball net set or a ladder golf set for the winning prize. In addition, all participants were entered in door prize drawings for a \$2 coupon to Playmakers or bag chairs. Thanks to all who participated in the fun and in Wellness. \*This event was an LRC Elective Activity.

As always, watch for fliers and emails for future Wellness Sponsored LRC Elective Activities.



## Strut Your Stuff Award.....by Anne Regelean

Our LRC Wellness Committee would like to congratulate Becci Olander, for being the August Strut Your Wellness Stuff Winner!! Becci volunteered her time to help out with the National Special Olympics! Becci has always wanted to volunteer with them, but has never had time. She said that once she heard the National Games were going to be held in Lincoln, she couldn't turn down the chance to help with such a good program. Becci spent 8 hours volunteering at the "Olympic Village" down at Pershing Auditorium. She did a variety of tasks including working at the craft tent, handing out bandanas, helping the Green Team (trash crew) and performing health screens. LRC is proud to have Becci represent us! Congratulations Becci!!



If you'd like to learn more about volunteering with the Special Olympics program, you can visit their website at: [www.sone.org](http://www.sone.org)



## Walk This Way.....By Nina Anderson-Trumble

*Do you take walks on campus during your breaks? Why not join the Walk for Wellness Walking Program located on the LRC campus! Get a group together and become each other's motivation. You can also count any healthy exercise activity that you participate in in your home or community. When you sign up, you will receive a log book, an LRC map, and information on walking/staying active. The first 30 people to sign up will receive a free LRC pedometer. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the LRC newsletter! To sign, up contact Nina Trumble at 5279 or [Antonia.andersontrumble@nebraska.gov](mailto:Antonia.andersontrumble@nebraska.gov).*

Julie Valencia	50 miles
Sharon Ziers	150 miles
Lisa Holz	204 miles
Jennie Schmidt	214 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Susie Brown	794 miles
Emily Rokusek	801 miles
Crystal Buhrmann	1500 miles



So clip on your pedometer and report your "mileage" to Nina Anderson or Courtney Hall. Get your feet movin' and get your name on the milestone achievement board! Good luck catching up with these folks!



The LRC Wellness Committee is excited to bring to all LRC employees the Farmer's Market. The Market will be open Thursdays until Mid October from 11:00 a.m. to 3:30 p.m. in the Building #3 Green Space. Please come by and support our local producers! Building 3 Green Space



# LRC FARMERS MARKET



Larry Kallemeyn from Porter Ridge Farms in Ceresco will be providing fresh veggies, fresh fruit, and flowers. Selections will vary throughout the season.



Mary Helen Peters will be providing homemade pesto, baked goods and flowers (as available).



## Interview with our Larry and Mary Helen, Our Farmer's Market Vendors:

The LRC Reality Check Editorial Board thought it might be fun to talk to Larry and Mary Helen, our Farmer's Market Vendors, think of our campus and find out how this venture has fared for them!

Sharon Ziers, Wellness Committee Roving Reporter, interviewed Larry Kallemeyn. He says that the amount of LRC customers he has had varied each week, but on average, he usually saw 25 to 35 people stopping at his stand. Larry noted that his overall experience at LRC has been good, stating that the people and the surroundings are very nice. Larry said that he would be willing to return next year unless he decides to retire.

Mary Helen Peters was also interviewed. Mary Helen says that her experience at the LRC Farmer's Market was a pleasant one. The people who came were friendly and she has enjoyed talking with them. The majority of the customers were repeat customers which is always a plus. She said that it would be nice to have more people. Mary Helen is deciding whether or not to do a Farmer's Market next year but would certainly consider returning to LRC.



Larry



MaryHelen

## Around the Web.....by Tom Schmitz



According to a new study just released last week, it may be possible to lower the incidence of dementia by reducing rates of diabetes and depression, boosting education, and increasing fruit and vegetable consumption. Although the exact cause of dementia hasn't been pinpointed, but several modifiable risk factors have been identified, including a history of depression, type of diet, level of alcohol consumption, education level and vascular risk factors (heart disease, stroke, high blood pressure, obesity, diabetes and high cholesterol). The researchers concluded that eliminating depression and diabetes and increasing fruit and vegetable consumption would lead to an overall 21 percent reduction in new cases of dementia. Eliminating depression alone would lead to a 10 percent reduction, although researchers caution that a causal link between depression and dementia is unclear. To learn more about this latest research, please go to this website:

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_101928.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_101928.html)

## Check Out These New Books.....by Tom Schmitz

- |  |  |
|--|--|
| 1) The Twelfth Angel by Og Mandino                         | 6) Idiots at Work by Leland Gregory                          |
| 2) Further Along the Road Less Traveled by Scott Peck      | 7) The Complete Guide to Anime Techniques by Chi Hang Li     |
| 3) Too Good to Leave, Too Bad to Stay by Mira Kirschenbaum | 8) A Pocket Guide to Rocks and Minerals by James Lagomarsino |
| 4) Caring for the Mind by Diane Hales                      | 9) The Stones of Summer by Dow Mossman                       |
| 5) Contemporary Nutrition by Gordon Wardlow                | 10) The Actor's Brain by Sean Spence                         |

The LRC Resource Center is open Monday through Friday, 8:00 a.m. to Noon, and 1:00 p.m. to 5:00 p.m.



## LRC Reality Check Trivial Pursuit.....by Jane Ahl

We are all trying to keep cool this month with temps well into the 90s and heat indexes over 100 degrees F! Here is some heat wave trivia!

1. What was the name of an international 1970s funk/disco musical band that had hits called "Boogie Nights" and "Always and Forever?"  
a) Rolling Stones; b) Ohio Players; c) Heat Wave; d) Bee Gees
2. The Dust Bowl, drought and blowing dust, brought record extremes in heat and cold. What year set the record for being the hottest year? a) 1921; b) 1936; c) 1945; d) 1959
3. Red Cloud, Nebraska had the highest recorded temperature in Nebraska on August 13, 1936. What was the high? A) 101 b) 111; c) 108; d) 113 degrees.
4. The heat began in late June in 1937 in Lincoln NE. How many days in a row did highs exceed 90 degrees, finally peaking at a record 115 degrees? A) 10 days; b) 25 days; c) 35 days; d) 19 days
5. Prior to 1936, which city had experienced only 7 days of 100 degree temp or higher in the 63-year history of official weather records when on the afternoon of July 9, the mercury hit 102 degrees F, causing the pavement on Livernois St. to buckle. The deformation raised a concrete hill four feet high, halting all traffic at the intersection. A) Detroit, b) Chicago, c) Minneapolis; d) Green Bay.
6. On which day did the heat melt asphalt roadways in New York, killing 7 people, and expanding metal joints on bridges over the East and Harlem rivers, freezing the bridges in open position. A) May 31; b) July 9; c) August 20, d) September 8.
7. The next day, Phoenixville, Pennsylvania melted at 111 degrees. Which other state roasted at 110 degrees? Both of these state records still stand. A) New Hampshire, b) New Jersey, c) Rhode Island; d) Maine
8. August saw the center of heat slip to Altus, Oklahoma whose highs averaged 109.8 degrees for the month, peaking on August 12 at: a) 110, b) 114, c) 118, d) 120.
9. 15 states, all east of the Rockies, recorded all-time highs that still stand. Eight states recorded highs of 120 F. How many states did not have high temperatures in excess of 100 degrees? A) eight, b) thirteen, c) three, d) ten
10. The maximum temperature records of 1936 were in which town? A) Plain Dealing, Louisiana, b) Martinsburg, West Virginia, c) Minden, Nebraska, d) Steele, North Dakota.



**Blue Ribbon Corn Relish—Rhonda Chubbuck**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 8 cups of corn                     | 2 cups water                     |
| 3 cups chopped celery              | 1 1/2 cups of chopped red pepper |
| 1 1/2 cups of chopped green pepper | 1 cup chopped onion              |
| 2 1/2 cups vinegar                 | 1 3/4 cups sugar                 |
| 4 tsp dry mustard                  | 2 tsp. pickling salt             |
| 2 tsp celery seeds                 | 1 tsp ground turmeric            |
| 3 tbsp cornstarch                  |                                  |



Cut corn from the cob and place in a heavy pot with two cups of water. Bring to a boil, reduce heat, and simmer for 5 minutes, drain. In the same pot, combine cooked corn, celery, peppers, and onion. Stir in vinegar, sugar, mustard, pickling salt, celery seed, and turmeric. Bring to boiling, boil gently for 5 minutes, stirring occasionally. Stir together cornstarch with 2 Tbsp. water; add to corn mixture. Cook and stir until lightly thickened and bubbly.

Meanwhile, prepare jars, ladle hot relish into hot, clean half-pint or pint jars, leaving 1/2-inch head space. Wipe jar rims and top with lids. Process jars in boiling water canner for 15 minutes (start timer when water returns to boiling) Remove jars and cool on wire racks. Makes about 10 half pints or 5 pints.

**Heirloom Tomato Salad with Grilled Garlic Bread ~Susie Brown**

- |  |   |
|--|---|
| 1 medium red onion, very thinly sliced, separated into rings | 1/4 tsp each salt & freshly ground pepper                     |
| 1/4 cup white balsamic vinegar                               | 1/2 cup torn fresh basil leaves                               |
| 4 oz. feta cheese, crumbled                                  | 8 slices (one-inch thick) from a round loaf of semolina bread |
| 3 lb mixed heirloom tomatoes, cut into chunks                | 1 large garlic clove, peeled and halved                       |
| 1/4 cup plus 1/2 tsp. extra-virgin olive oil                 | Crosswise   |



- In a large serving bowl, combine onion, vinegar, and feta cheese. Let stand until onions have softened, about 10 minutes. Meanwhile, heat grill.
- Add tomatoes, 1/4 cup oil, salt, pepper and basil to onion mixture; toss.
- Brush bread slices with 1/2 tsp. oil and grill until lightly toasted. Spear garlic-clove halves onto end of form, and immediately rub over hot bread slices. Serve with tomato salad

**Tabbouleh Salad ~Linda Jiskra**

- |                                 |   |
|---------------------------------|---|
| 1 cup bulgar wheat              | 1 1/2 cups boiling water                          |
| 1 cucumber, diced               | 1/2 cup olive oil                                 |
| Juice of two lemons             | 1 cup flat leave parsley, chopped                 |
| 2 cups grape tomatoes, halved   | 1 cucumber, seeded and diced                      |
| 1 cup chopped fresh mint leaves | 1 bunch chopped scallions (green and white parts) |
| Crumbled feta cheese            | 2 tsp. salt                                       |
| 1 tsp ground pepper             |   |



Place bulghar wheat into a bowl and pour boiling water over it. Add olive oil, lemon juice, and 1 tsp. salt. Let stand at room temperature for one hour. Add diced cucumber, tomatoes, parsley, mint, scallions, remaining salt and pepper. Chill for a couple of hours, and serve with crumbled feta cheese on top.



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Reality Check Mission Statement:

Publish an employee-generated newsletter that is interesting, entertaining, and promotes open communication at LRC.



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 and content. Articles sent to the Editorial Board must be signed but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

Special Thanks to this month's contributors: Nina Anderson-Trumble, Diana Walker, Anne Regelean, Becci Olander, Randy Willey, Robin Wathen, Rhonda Chubbuck, Stacey Werth-Sweeney, and Rachel Johnson. Special thanks to Larry Kallemeyn, and Mary Helen Peters, Farmer's Market vendors, and to Bill Wiley, DHHS Public Information Officer for the Admiralship award photos.

July Reality Check Trivial Pursuit Answers.....by Jane Ahl

1. Homestead National Monument is in **Beatrice**.
2. The **Winnebago Pow Wow** is the 4-day dancing attraction that draws people from all over the country and celebrates the return of Chief Little Priest.
3. If you drove to Crawford and spent the day on a horse drawn tour, an open air jeep ride, and then a horseback ride, you'd be in the 22,000 acre **Fort Robinson State Park**.
4. The **Big Blue River** is not a canoeing opportunity in the Nebraska Sandhills.
5. **Scottsbluff National Monument Park** in Nebraska has tunnels to drive through, the Oregon Trail Museum, and lunch in a covered wagon.
6. The tallest waterfall in the Niobrara River Valley is **Smith Falls**.
7. The Happy Jack Chalk Mine is found in **Scotia**.
8. The **SAC Air Museum** is a multi-million dollar facility with military aircraft and a 200-seat theater.
9. Miracle Hill Golf and Tennis Center is in **Omaha**.
10. A canopy tower tree house 50 feet above the forest can be found at **Arbor Lodge in Nebraska City**.

