



# LRC REALITY CHECK

## Kerry Held is the December Employee of the Month



Congratulations to Kerry Held, Social Worker in Building #10, for being selected as the December 2010 Employee of the Month. Since Kerry was hired on July 7, 1997, she has proven yourself to be a valuable employee. A patient who nominated Kerry stated that she knew Kerry believed in her based on the actions she took on her behalf. Kerry suggested to the treatment team that this patient was suitable for independent living. Kerry realized this person was eligible for a rental assistance program, which this patient stated will help her pay for rent, gas, and electrical utilities, all of which will help her get back on her feet after being homeless.

Kerry is described by this patient as having a cheerful, positive demeanor, and as someone who is hard-working, competent, and diplomatically skilled. Kerry listens very carefully to patients assigned to her, and then fearlessly jumps in and helps advocate for them regardless of whether the concern is medical, legal, financial, or an issue related to the living environment. Kerry takes on several challenges and works side by side with patients to resolve issues.

Kerry's supervisor states that the Employee of the Month award is a well-deserved honor for her. What a nice testament to Kerry's work to be nominated by someone she has served!

## Kudos to These Employees for Showing Person Centered Care!

**Kudos to Sandi Waldron!** Sandi does a wonderful job helping families understand the patients' progress. She goes above and beyond to track down the simplest things to make visits more comfortable, like pop, menus and food from the café, and appropriate seating. She locates appropriate staff to explain patient issues, and furthermore does an excellent job of advocating for the patient to representatives from community agencies during patient interviews and assessments. Hats off to her!

**Kudos to Dale Brondel** who was able to perform the Heimlich maneuver on a patient who was choking on some food during breakfast. Dale was able to clear the air way with his alertness and quick response to the incident. Great Job Dale!

**Kudos to the Holiday Planning Committee for Sex Offender Services in Building 14** for the wonderful job they did organizing the Holiday Party for patients and families held on Saturday, December 11<sup>th</sup>. This group also coordinated activities to take place for the patients over the holiday season and decorated the units. **Members include: Chair, Bill Jennings, Diana Walker, Caitlin Sabatka, Marilyn Bailey, Kathy Ogle, Jenny Jennings, and Roly Bretos.**

**Kudos to Andy Miller** for working hard to keep the elevator in building 14 functioning.

**GREAT JOB EVERYONE AGAIN!!!**

**Once again for the month of November, Building#5 only had 9 cases of Seclusion and Restraint.** All of the staff are doing a great job to

keep the patients engaged in activities as well as occupying their time and intervening when needed, which is why 5 of those incidents were only Mandt Holds.

**Kudos to all the staff who assisted with the December 14th Holiday parties in Building #3 and #10—they were very successful!**

**Kudos to John Andreini and Diana Walker and their families** for their willingness to open their homes to the new CTRS staff, Ryan Armstrong, his wife and new baby daughter, as they move from Utah to Lincoln.

**Kudos to the Security Team for their assistance in Building #3.** They are always "on their toes" responding quickly to protect patients and staff. Their demeanor with the patients is excellent and they make sure everyone is safe. They do a great job!

**Kudos to Dietary staff** for volunteering to cut the meat for the meat trays for the Leadership Team's Holiday Reception for LRC employees! You did a wonderful job!!

**THANK YOU TO ALL OF THESE LRC STAFF FOR COMPLETING THESE ACTS OF KINDNESS AND PERSON-CENTERED CARE!!**



## It's That Time of the Year Again

As sure as there is cold weather and snow outside, it's almost Christmas and then the end of another year. It seems like every year when I sit down to write my last article of the year I say to myself, "I can't believe how fast this year has gone and that it is Christmas time already." It seems like the years go by faster and faster as I get older especially since this month I turned 55. This year marks my sixth Christmas as CEO at LRC.

This month, my message will be brief. As every previous year, I want to take a minute to list some of the major activities that have happened at LRC. This past calendar year, we:

- Finished the renovations to the security center in Building 5 which allows for all of the security cameras across campus to be monitored in one place
- Began the ADA renovations to Building 5 to include the installation of an elevator to the second floor, renovations to the patient living units and renovation of the front entrance to make the building ADA handicap accessible
- Filled the 18 Team Leader positions
- Prepared for our next Joint Commission survey which will take place in the next month or so
- Improved upon how we provide active treatment in all of the programs, and
- Continued to improve safety.

This is an abbreviated list of the many things that have occurred. There are many, many more things that have happened during the past twelve months that are equally important. Each one of the things listed above has many complicated and interconnected parts and activities. The culmination of these and the many other things we have accomplished this past year require thousands upon thousands of decisions. If you think about it, with nearly 250 patients and 500 employees, there are thousands of decisions that are made every day. I am involved in only a very few of these decisions. Not all of the decisions are popular or readily accepted. Many are debated for hours until a best choice is concluded upon. But taken all together, all of these decisions have made LRC a better place to work for our employees and a better place to heal for our patients.

You have heard me say before that the thing about being the CEO that is especially important is that I don't single-handedly make any of the changes happen. Just like a football coach, I never put my hands on the ball. I hope to call the right plays on each set of downs, but it is all of you who have to run the plays.

Some of you have heard me say that sometimes I wonder why I do this job. Some days the frustrations can be really depressing. You have also heard me say that it seems like at that time when I am really frustrated, someone does something unexpected and I am reminded why I do this job. Last month I had one of those frustrating days and then I looked out my window and there was Rachel Johnson on her hands and knees in the parking lot painting a labyrinth on the ground. I was instantly reminded of why I do this job. And it seems like each week there are more positives than negatives. Each day when I leave now, I look at my office and I am grateful for where I am in life.

I want to conclude this year with again thanking all of you for your contributions to LRC this past year. Every day you come to work and all of the things you do each day do make a difference in the world we live in. We all have the choice to do something else or work somewhere else, but all 500 of us come to LRC five days a week and spend the better part of our day here. Why we do it is up to each of us individually to decide. But the thing we all contribute each day, no matter what we do while we are here, is we spend our time here. That is something that once we as individuals decide to do, we cannot take back or get back.

As I said at the beginning of this column, I can't believe where the year has gone. While some of my days are stressful, many are filled with the knowledge that something good happened. I know the same is true for you, otherwise, why would you keep coming here every day. So thank you for contributing to our organization this year. I hope you take some time to reflect and be thankful for everything we have. I greatly appreciate all the great work you do and I consider it a privilege to know and work with all of you. I hope all of you and your families have safe and happy holidays.



# Director's Corner .....by Scot Adams



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 125<sup>th</sup> 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! Peace, Scot L. Adams, Ph.D., Director Division of Behavioral Health



## We are Extraordinary

## Human Resources Information: Expansion of Sick Leave.....by Sharon Ziers

Just a quick note to make sure everyone knows that the Nebraska Department of Health and Human Services expanded the definition of immediate family to include **siblings (brothers and sisters)**. You can read more about it on page 18 of the DHHS "Work Place Policies, Revised January, 2010".

Also, if you are needing to use Sick Leave for an immediate family member for more than 3 days, please complete the "Nebraska Health and Human Services Sick Leave for Family Member" form. This form can be found on the "S" Drive/Human Resources/Forms/Sick Leave/Family Sick Leave document.

Additional questions about the use of Sick Leave for an immediate family member please direct your questions to Susie Brown, Personnel Assistant, 479-5432.

Thanks and hope Santa is good to all of us.

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

With the holidays quickly approaching, it promises to be a time of merriment and over-indulgence. It is, therefore, best to be aware of any food allergies that you or your family may have and be prepared for any emergency. An expert panel sponsored by the National Institute of Allergy and Infectious Disease (NIAID), part of the National Institutes of Health, has issued comprehensive US guidelines to assist health care professionals in diagnosing food allergy and managing the care of people with the disease.

The Guidelines for the Diagnosis and Management of Food Allergy in the United States: Report of the NIAID-sponsored Expert Panel, developed over two years, are intended for use by both family practice physicians and medical specialists. Published online by the Journal of Allergy and Clinical Immunology, the guidelines and summary recommendations are freely accessible on the NIAID food allergy portal at <http://www.niaid.nih.gov/topics/foodAllergy/clinical/>. NIAID expects to make a lay language synopsis of the guidelines available there in early 2011.

The guidelines serve to establish consistency in terminology and definitions, diagnostic criteria and patient management practices. They are designed for both generalists and specialists in areas such as allergy, pediatrics, family medicine, internal medicine, dermatology, gastroenterology, emergency medicine, and pulmonary and critical care medicine.

Additional topics covered by the guidelines include the prevalence of food allergy, natural history of food allergy and closely associated diseases, and management of acute allergic reactions to food, including anaphylaxis, a severe whole-body reaction. They also identify gaps in what is known about food allergy.

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

### New Books for December

- 1) *Treasured Stories of Christmas* by Guideposts
- 2) *The Spirit of Christmas* by Leisure Arts
- 3) *Touched by an Angel: A Christmas Miracle* by Martha Williamson
- 4) *Silent Night* by Mary Higgins Clark
- 5) *Santa & Pete* by Christopher Moore
- 6) *A Christmas Carol* by Charles Dickens
- 7) *A Treasury of Christmas Carols* by J. Silverman
- 8) *Country Christmas Crafts* by Better Homes and Gardens
- 9) *El Regalo de Navidad* by Francisco Jimenez
- 10) *The Coldest Christmas or How Do You Start a Reindeer* by William Kloefkorn





## LRC EMPLOYEE HEALTH FAIR

LOCATED IN THE BALLROOM IN BUILDING 3

*Wednesday, January 26th, 2011*

Over 30 Vendors Including:

Foot Specialist      Best Care EAP      Larson Lifestyle Center  
Open Harvest      Capital Humane Society      BCBS      YMCA  
Barkley Center      Akins      Midwest Myotherapy      Ameritas  
LRC Resource Center      Nebraska Nursery and Color Gardens  
Bryan LGH Center for Sleep      Community Blood Bank  
Community Crops      Nebraska Diabetes Prevention and Control

\* Please note Sugarberry Lane will be closed for staff parking to allow for vendor parking day of health fair!

*Wednesday, January 26th, 2011*  
*From 11:00-4:00*

Sponsored by your LRC Wellness  
Committee

LRC Elective Activity

And Much More In-  
cluding:  
Free Massages and  
Blood Pressure  
Screenings!

## Strut Your Stuff Winners for December.....by Anne Regelean

Two staff members are being recognized as our December Strut Your Wellness Stuff winners. They are Courtney Hall and Stacey Wiltshire! Both ladies were nominated for their dedication to yoga classes offered here on campus.

Stacey attends Dr. Roth's free yoga classes on Fridays. Stacey has done Jazzercise but this is the first time she has taken a yoga class. She loves learning the techniques that Dr. Roth has been teaching. She has become more flexible and likes how the class makes her feel. Her favorite part is the relaxation portion of the class. Stacey says, "it is refreshing."



Courtney attends the yoga classes offered on Tuesdays and Thursdays that are taught by Liz Mery. She has been attending the classes since April 2009. Courtney enjoys how the calm, relaxing atmosphere of the class helps with everyday life stresses. She enjoys how yoga has improved her balance, flexibility and energy level throughout the day, and states, "it's a time of day that I really look forward to!"

## Walk This Way.....by Nina Trumble Anderson

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 and staying active. Once you have reached the goals outlined in the log book, you will be recognized for your hard work in the newsletter. To sign up, contact Nina Trumble at 5279 or at [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
Laurel Hadley	330 miles
Lori Wieneke	263 miles
Amber Stanard	375 miles
Kevin Crable	325 miles
Barb Rebentisch	498 miles
Susie Brown	794 miles
Emily Rokusek	1221 miles
Crystal Buhrmann	2000 miles





## Meet Our New Patient Advocates.....by Jane Ahl



Lisa Alexander is one of our new Patient Advocates whose office is in Building #10. When asked what she likes about LRC, Lisa states that she has enjoyed meeting the staff at LRC and states that working with consumers has been incredibly rewarding. Previous to LRC, she worked as a Regional Consumer Specialist at Region V

Systems. Lisa has a very diverse background. She has worked as a Diversity trainer, as an apprentice at an organic farm, and as a groomer for Arabian horses. Her goal here at LRC is to provide peer support for persons with lived experience of mental illness and promote the idea that they can recover, encourage persons with lived experience to take personal responsibility in their recovery, and continue to foster a culture of inclusion and recovery throughout the LRC community.

Lisa loves animals, has a 12 year-old son, three cats and a dog. She and her son enjoy hiking and riding horses.



Melissa Doncheski is a new Patient Advocate, sharing an office with Lisa A. and Sandy O. in Building #10. When asked what she likes about LRC, Melissa states that she likes the campus and the ability to have a schedule that allows her to do groups in all of the buildings. Before coming to LRC, Melissa worked for the

Mental Health Association as a Benefits Specialist. While at LRC, Melissa hopes to help create an environment that fosters recovery and promotes person-centered care. She believes that all persons with mental health issues can and do recover, and that they can live full and productive lives in the community with a future driven by their own goals, strengths, and dreams.

Melissa has two cats named Tuxedo and Pumpkin. She likes to fish, roller blade, and likes to frequent local coffee shops. For an entertaining story, ask Melissa about her first WRAP presentation at the Norfolk Regional Center.



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

Let's see how good your memory is on these trivial facts from Christmas movies! Send your answers to Jane Ahl!

- 1) In the 1988 film, "Scrooged," the character played by Bill Murray is: a) a cold-hearted banker; b) a cold-hearted TV executive; c) a cold-hearted police officer; d) a cold-hearted politician.
- 2) What's the name of George Bailey's guardian angel in "It's a Wonderful Life?" a) Ariel; b) Henry; c) Clarence; d) Frank.
- 3) In "It's a Wonderful Life," George Bailey as a boy suffers an injury to a) his foot; b) his arm; c) his eyes; d) his ear.
- 4) "The Nightmare Before Christmas" is written by: a) Tim Burton; b) Martin Scorsese; c) Jimmy Stewart; d) Danny DeVito.
- 5) "White Christmas" is set in a) Colorado, b) Montana, c) New Hampshire; d) Vermont.
- 6) Who plays Bing Crosby's Army buddy in "White Christmas?" a) Jimmy Stewart; b) Dean Martin; c) Danny Kaye; d) Bob Hope.
- 7) The little girl who is skeptical about Santa Claus in "Miracle on 34th Street" is played by: a) Natalie Wood; b) Audrey Hepburn; c) Anne Bancroft; d) Sharon Stone.
- 8) "Miracle on 34th Street" revolves around which department store? a) Bloomingdale's, b) Macy's, c) Parisian; d) Neiman Marcus.
- 9) In "Home Alone," a young boy is abandoned when his parents rush to a holiday vacation in: a) Vermont, b) London, c) Paris, d) New York.
- 10) The 1982 Barry Levinson film, "Diner," is set in which city? a) New York, b) Cleveland, c) Baltimore; d) Boston.
- 11) Which of the following actors was NOT in "Diner?" a) Kevin Bacon, b) Ellen Barkin, c) Matt Dillon, d) Mickey Rourke.
- 12) What happens to the character played by Tim Allen in "The Santa Clause?" a) he gains weight, b) grows a beard, c) gets fired; d) all of the above.

## Lincoln Regional Center Circle of Compassion

**When: Tuesdays at 2pm**

**Where: Chapel of Building 10**

**Who: You (ALL LRC Staff) are Invited!**

**Hosted by: Carol Coussons de Reyes & Rachel Johnson**

My first day at work with Dan Powers, I went off on a tangent about compassion and the Dalai Lama. Dan asked me, “Why are we talking about the Dalai Lama? Merriam Webster defines compassion as the *“sympathetic consciousness of others' distress together with a desire to alleviate it.”* The Dalai Lama spends much time sharing compassion with others, as this is what he was born to do. From this he has developed friendships with people like Mother Theresa and received a medal from our former president. It is also the reason he developed a partnership with Emory University and I was lucky enough to see him speak at Centennial Olympic Park in Atlanta. In my short experience of listening to the Dalai Lama, I see compassion as simple **love, faith in, and respect of** others. Parents rely on compassion in raising their children. Peers rely on compassion in supporting other peers. People that provide *behavioral healthcare provide compassion* in assisting people get to a stable place in their journey of recovery. Each perspective here is very different and yet has commonalities.

Many of us learn about compassion in our faiths, as varied as they are. This basic experience of compassion allows for *forgiveness and acceptance* of others and ourselves. It is the force that leads to washing the feet of the homeless or donating canned goods to a food pantry. It is the energy of hope that is renewed in the individual that decides to quit blaming themselves for being sexually abused as a child and to be a better friend to themselves.

Many of us come to work in mental health by trying to understand great obstacles in relationships with our loved ones. This was my road. I studied psychology in a desire to understand how my grandfather could have abused so many women in our family, why my parents decided to divorce, and eventually assist me in understanding why I was so sad and emotional.

There are great obstacles that people have experienced in relationships that give them the power to try to understand and accept others more. Many staff that work at the Lincoln Regional Center come to work and remember that a person was killed at work by another person they were trying to assist. It is with great compassion that the most fearful come through the door each day to serve people experiencing severe emotional health conditions.

The work of the **compassion circle** is to make opening the door a little lighter at the Lincoln Regional Center, to share the burden you carry with others, and accept what is human inside us. It is a place to discuss how we stand with compassion in difficult places and situations in our own lives and at work. It is a journey of self-discovery and a place to lead others to *focusing on a common ground* of important compassion. - **Written by Carol Coussons de Reyes, Administrator of the Office of Consumer Affairs**





# December 16th Holiday Reception Photos

*On December 16th, the LRC Leadership Team hosted a Holiday Reception for all LRC employees. Good food was provided and fun was had by all who attended!*



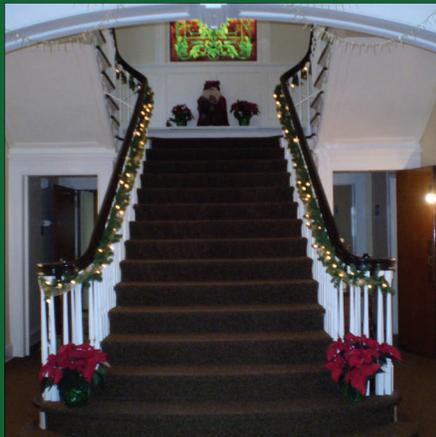


# Friends of Whitehall Holiday Party



*On December 5th, the Friends of Whitehall held a Holiday Open House in the Whitehall Mansion for Whitehall staff, youth, and family members. The Friends of Whitehall Board Members pictured here are (Left to right): Gail Anderson, Charles Wooldridge III, Coleen Seng, Stacey Blizek, Treasurer, Ken Sieg, Vice President, Stephanie Wolf, President, and Clara Williams .*

*As you can see, they did a beautiful job of decorating this beautiful mansion for the holidays!! If you are interested in knowing more about the Friends of Whitehall, go to [www.whitehallmansion.org](http://www.whitehallmansion.org).*



**Thimble Cookies/Thumbprint Cookies—Submitted by Teresa Hansen**

- 1/2 c. butter softened
- 1/2 c. shortening
- 1/4 c. brown sugar
- 1/4 c. sugar
- 2 egg yolks
- 2 c. sifted flour
- 1/2 tsp. salt
- 2 tsp. vanilla extract
- 2 egg whites lightly beaten
- Crushed nuts – I use walnuts



Preheat oven to 375° F. Cream together butter, shortening, sugar, egg yolk and vanilla. Sift flour and salt; mix well. Roll into 1" balls. Dip in slightly beaten egg white. Roll in finely chopped nuts or coconut. Place about 1" apart on ungreased baking sheet. Bake 5 minutes. Remove from oven, quickly press thumb (or thimble) gently on top of each cookie. Return to oven and bake 8 minutes longer; cool. Fill imprint with jam. Makes approx. 4 doz. cookies

**Pistachio Covered Cheese Log: Serves 8 (Submitted by Teresa Hansen)**

**Ingredients:**

- 1 bar (8 ounces) cream cheese, room temperature
- 1 cup coarsely grated sharp white cheddar (4 oz)
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- Coarse salt and ground pepper
- 1 cup shelled unsalted pistachios, coarsely chopped
- Crackers, for serving



**Directions:** In a medium bowl, using an electric mixer, beat cream cheese, cheddar, Dijon, and Worcestershire until well combined; season with salt and pepper. Cover, and refrigerate until slightly firm, 1 to 2 hours. Meanwhile, in a medium skillet, toast pistachios over medium, stirring frequently, until fragrant and golden, about 7 minutes. Transfer to a plate; let cool. Transfer cheese mixture to a piece of waxed paper; using paper, shape into a 6-inch-long log. Cover with pistachios, pressing to adhere. Wrap log in a fresh piece of waxed paper; chill until firm, 1 to 2 hours (or up to 1 day). Serve with crackers.

**Fudge: 48 servings (Submitted by Teresa Hansen)**

- 3 cups granulated sugar
- 1 12 oz. can evaporated milk
- 1/4 cup butter or margarine
- 1/2 tsp. salt
- 4 cups miniature marshmallows
- 4 cups or two 12 oz. packages semi-sweet chocolate morsels
- 1 cup chopped pecans or walnuts
- 2 tsp. vanilla extract



**Directions:** Line 13- x 9-inch baking pan or two 8-inch-square baking pans with foil. Combine sugar, evaporated milk, butter and salt in 4- to 5-quart heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly. Boil, stirring constantly, for 4 to 5 minutes. Remove from heat. Stir in marshmallows, morsels, nuts and vanilla extract. Stir vigorously for 1 minute or until marshmallows are melted. Pour into prepared pan(s). Refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into pieces. Store tightly covered in refrigerator.



*LRC Reality Check Editorial Board*

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**DHHS - STATE OF NEBRASKA**

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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 contributions go to: Director Scot Adams, Carol Coussons de Reyes, Sharon Ziers, Anne Regelean, Diana Walker, Nina Anderson, Courtney Hall, Stacey Wiltshire, Lisa Alexander, Melissa Doncheski, Stephanie Wolf, Teresa Hansen, and the Friends of Whitehall. Happy Holidays, Everyone!!*

## November Trivial Pursuit Answers.....by Jane Ahl

- 1) The first Thanksgiving celebration was held in **1621**.
- 2) The turkey was first domesticated in **Mexico**.
- 3) A female turkey is called a **hen**.
- 4) A male turkey is called a **tom**.
- 5) **Benjamin Franklin** was the Statesman who lobbied to make the turkey a national symbol.
- 6) A female turkey makes a “**cluck**” sound.
- 7) A male turkey makes a “**gobble**” sound.
- 8) A turkey has **3,500** feathers.
- 9) The state of **Minnesota** produces the most turkeys annually.
- 10) Turkeys can run **25** miles per hour.

