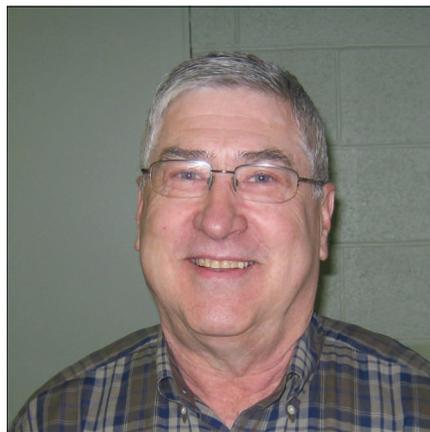




# LRC REALITY CHECK

## Sam Smith, RN is the LRC Employee of the Month for March 2011



Congratulations to Sam Smith, RN in Building #5, for being selected as the March 2011 LRC Employee of the Month. Since Sam was hired on May 5, 2009, he has proven himself to be a valuable employee. Sam's co-workers who nominated him state that he is highly dependable, professional, respectful, and that he is truly a team player. Sam is fair and just to staff and patients alike. He does whatever is asked of him without complaint and without the expectation of gaining something in return.

Sam provides a class for the patients on Men's Health during his shift. He is always willing to help out others without needing a prompt or being asked to do so. He leads his co-workers by example in providing consistency and Person Centered Care to LRC patients. Sam's positive, caring attitude towards the patients and towards his co-workers is a true example of PCC.

### KUDOS—Now That's PCC!

**Kudos to Cindi Hunter** for always making sure the supplies for the break rooms are ordered for 3rd floor of Building #14.

**Kudos to David Paz** for keeping the Compliance Specialists updated on the Risk Management reports every week.

**Kudos to Emily Claussen** for keeping the PCC Facilitators organized with the PCC workshops.

**Kudos to Gwen Duitsman, and Carol McDowell** for letting Human Resources know about a non-functioning Kronos reader.

**Kudos to the Maintenance staff** who quickly and tireless moved Building #5 annex staff and their offices to various places on campus prior to the annex demolition.

**Kudos to Marc Ostrander**, who coordinated the move out of the annex, and set everyone up in new locations. Marc was the ultimate "multi-tasker" during a very chaotic period of time.

**Kudos to the Facilitators of the PCC Workshops:** Darrell Gressley, Anne Regelean, Meryln Olsen, Emily Claussen, Amanda Cue, Randy Willey, Rachel Johnson, Courtney Hall, Melissa Doncheske. They have worked very hard in planning the PCC Workshops for all LRC employees. They are doing a wonderful job!

**Kudos to Liz Stebbins and her Canteen crew** for catering lunch for the PCC Facilitators during their training session with Gail Scott. They delivered timely, hot lunch items for each day of the training sessions!

**Kudos to Joanne Price** who performed the Heimlich maneuver on a patient in Building #14 who was choking.

**Kudos to Heidi Fahrnbruch** for always being helpful and positive. She is not afraid to present suggestions to her co-workers and supervisors, and does so in a positive manner. She is an asset to the Building #3 team.

**Kudos to Vicky Buchholz** for taking on the task of being the ADON for Building #3. She was uprooted from Building #5 but is doing an excellent job and takes on new tasks with a smile on her face. Positive changes are happening in Building #3, and the staff are grateful to have Vicky on their team.

**Kudos to all of the Security Specialists in Building #3** working with the current difficult population on the second floor. The staff are doing an excellent job working as a team, and keeping all patients and their co-workers safe, both emotionally and physically! Kudos also to the Security Officers who are assisting in Building #3. They work well in the Building #3 units and are considered part of the Building #3 team!

**Kudos to the Building #3 staff** who recently responded excellently with a patient in crisis, including Ryan Biermann, Rob Utecht, Carol McDowell, Sue Childress, Kerry Held, Tracy Prenosil, Tim Elario, Luanne Jones, Amanda Laurenceau, Dennis Derr, and Wendell Roberts. Everyone worked as a team and contributed to keeping everyone safe.

**We are Extraordinary**

Is It Spring Yet?

As I sit here writing this month’s article, I wish it was spring and I was playing a little golf. Alas, it is spring but it is snowing. Soon, however, the Bradfords along the main drive will bloom and the life cycle of the arboretum will begin anew. There are also many new things emerging in our business strategies from the winter months at LRC. This month I want to touch on a couple of those.

Probably the easiest to recognize and appreciate are the things that are most tangible. The ADA renovations to Building 5 which 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 are nearing completion. The front entrance is complete and Dave and the grounds crew will be putting in some landscaping this summer. The elevator is almost complete and should be operational soon. The bathrooms should be completed in the next few months. With the replacement of the windows last year and these upgrades, the appearance of Building 5 is looking much better. In addition, because of all of the things we have done to improve the efficiency of our operations over the years, we have enough money saved this year to finally replace the annex. The annex building behind Building 5 was a modular structure made to last for approximately 10 years. It has probably been there for over 20 years. The replacement structure should be completed by the 4<sup>th</sup> of July.

We are also finishing 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. The last several sets of cameras are being installed and digital upgrades are being added. Again, these improvements are being made with funding from operations. We are able to do this even when our appropriation has not increased because we have made changes to the way we do things over the years. Two major areas of expense are the cost of drugs and medical expenses. Initiating a contract two years ago with Blue Cross to manage the medical expenses incurred when our patients have to go to other hospitals for medical care has saved over 40% in this category. Continual review by the medical staff of our use of expensive psychotropic medications has kept our drugs costs down. Reducing overtime has also helped however this has been offset by filling almost all of our vacancies. Our FTE vacancy rate is relatively low right now compared to the last 6 years.

Some changes are not so evident. As all of you know, the Joint Commission surveyors were here in January. When it was all said and done, they had about two dozen citations which we needed to address. Some were quite simple while others are pretty complicated. We have submitted our plan of correction for the citations and will now begin auditing compliance with the changes to address the citations. In the next couple of months we will also be installing some upgrades to the Avatar system to improve our medical record documentation and management of patient care information. All of the changes being implemented as a result of the citations will help to improve safety and patient care at LRC. We remain fully accredited by the Joint Commission which is something we can all be proud of. I again want to recognize and thank all of you for your efforts during the survey. The surveyors commented time and again on the quality of the people we have working here. They were impressed with not only how friendly the folks in Nebraska are but how knowledgeable and dedicated you all are.

As I discussed last month, one of the citations had to do with not providing enough active treatment in our patient schedules on weekends and evenings. The surveyors recognized the work that we are doing in this area. Debbie Roberts and a group of program leaders are already working on this and have developed new programming schedules which are being implemented to address this citation. We also have some new supervisors in the programming area. Rich Schmidt is our new therapy supervisor in general psych and Tami Cervantes is our new social work supervisor. Rich has been here a little over six months and Tami is new on the scene. I am sure they will both bring fresh ideas to help us improve patient care. Also, Dr. Jennifer Cimpl-Bohn has agreed to direct our forensic work. Jennifer has worked here for several years and is now stepping into this leadership role.

Finally, we are well into the implementation of our Patient Centered Care initiative. You will be hearing a lot about this new idea in the coming months. Spring brings with it a new set of beginnings for the regional center in many ways. Some changes are pretty obvious and many are very subtle but all of them will be positive factors in improving this place where we all work and people heal.



**HR Spring Events:**

- ◆ The State of Nebraska Food Drives starts on April 4 and runs through April 15th. Look for the Food Barrel in your building and make a contribution (please also see article on page 9 of this newsletter).
- ◆ Zoo Membership enrollment in Payroll deduction for the annual membership ended March 20, 2011.
- ◆ The date for the Biometric testing at LRC will be Tuesday, April 26. Two sessions are being held: 0700 to 1100 hours and 1200 to 1400 hours. The Biometric screenings will be held on the third floor of Building #14 by the Staff Development Department. This is for State employees and/or their spouses who wish to enroll or remain enrolled in the Wellness PPO Health Insurance option.

**Watch your email for more upcoming news on Open Enrollment!**



The National Institute of Neurological Disorders and Stroke has a Spring campaign called Know Stroke. The NINDS developed the *Know Stroke* campaign to educate the public about the symptoms of stroke and the importance of getting to the hospital quickly. The campaign includes outreach to consumers and health care professionals using mass media, grassroots outreach, partnerships, and community education. The campaign also targets Spanish-speaking communities through a variety of Spanish language materials available throughout this site.

One of the key messages of the campaign is knowing the symptoms of stroke and identifying them. There is a brief interactive quiz to test your stroke knowledge. I urge everyone to go to the site and try it: Test Your Stroke Knowledge. <http://stroke.nih.gov/index.htm>.

The Policy Committee labors on, and like the green shoots of grass springing up in this season of renewal, the policy manual is also being rejuvenated!

EC-Security-07 Contraband List

PC-02 (LRC) Seclusion and Restraint

PC-08 (LRC) Cardiopulmonary Arrest

PC-08a (LRC) Code Blue

PC-27a (LRC) Supervision of Patients Outside the Building—Off Grounds with LRC Staff Supervision

PC-30 (LRC) Supervision of Patients Inside the Building

PC-32 (Bldg #5) Supervision of Patients During Medical Clinic

PC-16 (LRC) Treatment Planning Process

PC-03 (LRC) Transport Restraint

PC-03a (Bldg 14) Transport Restraint

R1-06 (LRC) Advanced Directives

R1-12 (LRC) Patient Concerns, Grievances, and Recognition

R1-38 (LRC) Consumer Advisory Committee

HR-45 (LRC) Scheduling Routine or Prescheduled Appointments

HR-46 (LRC) Staffing and Gender

MM-10 (LRC) Adverse Drug Reaction Reporting

MM-13 (Whitehall) Medication Aide Policy

MM-17 (LRC) High Risk Medications

MM-18 (LRC) Obtaining Medications Outside Regular Pharmacy Hours

SC-01 to SC-13: Several Whitehall/Morton School Policies were updated and placed on the shared drive!





# Bowling Night!

By Diana Walker



Thanks to all those that attended Bowling Night sponsored by the Wellness Committee on February 11, 2011.

We had a total of 21 participants!

**Congratulations to the following:** Highest Scoring Team: Courtney Hall, Jay Schmitz, John Weyer, Melissa Weyer, & Darren Arends. First, second, and third place teams each received a free game to Sun Valley Lanes! This was an LRC Elective Activity.

**\*\* A BIG thanks to all who continue to support the Wellness Committee! We look forward to seeing everyone at Bowling next year! \*\***

Additional  
may be found  
Wellness Com-  
ing 2011



*1st Place Team!*



*2nd Place Team!*

bowling pictures  
on the S Drive,  
mittee folder, Bowl-  
folder!



*3rd Place Team!*



*Last Place Team!*



*Billy*



*Perry, Lisa, and Joel Holmgren*



# Hockey Night!

By Nina Trumble Anderson



## STARS WIN 5-3!!!

Thanks to all LRC employees, family and friends who came out and supported the Lincoln Stars. We had over 80 tickets sold. Everyone had a great time. There was so much energy you couldn't help but get excited!!

The winners of the hoodies were Amber Stanard and Heidi Fahrbruch. Congratulations ladies!



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



Our February “Strut Your Wellness Stuff” winner is Linda DeVore! Linda was nominated for making a complete healthy lifestyle change! Linda started slowly about two years ago. It wasn’t until she received elevated lab numbers back from the doctor, that she decided to kick it into high gear! Linda has given up regular soda, pays close attention to portion sizes and has almost completely cut processed food out of her diet. She loves to cook so she has had fun experimenting with new recipes and new foods! About one year ago, Linda decided to add some exercise into her routine. She now attends Curves (that offers Zumba), five times a week. We are excited to report, that Linda has maintained her 68-pound weight loss for over a year now! She reports that she sleeps better and feels better than she has in years. Linda’s advice...”Everyone should know your numbers”...this information can improve your life! Congratulations Linda...keep up the great work!



Nina Anderson-Trumble has been chosen as our March “Strut Your Wellness Stuff” winner!! She was nominated for recently starting two new Fitness Programs! Nina just completed her second month of “Boot Camp” and says that she feels GREAT!! She has more energy and more strength than she’s had in a long time. The “Boot Camp” instructors make sure the exercises are being done correctly and they provide nutrition education. No workout is ever the same. Nina said, “I’ve worked muscles I didn’t even know I had!” She also reports that the support from the other Boot Campers, gives her the encouragement and accountability to always give her best. She’s stepping out of her comfort zone and pushing herself a little harder each time! Nina plans to continue her “Boot Camp” regimen and also continue doing yoga twice a week here at LRC. The next “new” thing she’ll be trying? She will soon be starting a Zumba class!! Congratulations Nina...wishing you much success!!

## 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 that you participate in in your home or community. When you sign up, you will receive a log book, information on walking and staying active. Once you have reached the goals outlined in the log recognized for your hard work in the newsletter. To sign up, contact Nina Trumble at 5279 or at [nia.andersontrumble@nebraska.gov](mailto:nia.andersontrumble@nebraska.gov).



exercise activity an LRC map, and book, you will be Anto-

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	1188 miles
Emily Rokusek	1221 miles



# Let's Celebrate Our Arboretum Next Month!



Anyone recognize these hard-working fellows? It's our LRC Arboretum Curator, Dave Nicklas, with then-grounds crew, Mike McCleary and Jeff McCain circa 1984.

Please join Dave Nicklas and our current grounds crew, Mark Townsley and LeRoy Dinslage as we celebrate Arbor Day on April 28, 2011. April is a wonderful month to celebrate our Arboretum. Our trees at LRC are in their glory in April and May.

The annual Arbor Day Celebration will be held on April 28 at 1:00 p.m. by Building #10. Several trees will be planted again this year.

This year, trees will be planted in honor of Lowell Gaither, Dave Wray, Roger Buhrmann, as well as for two long-term LRC volunteers, Marj Hartman and Verna Smith. In addition, two memorial trees will be planted in memory of the Hindman family and in memory of Jim Neal.

## Annex Demolition

The annex is gone! Demolition date was March 16th and 17th. Construction of the new module will begin soon and should be done by July 4th. Many thanks to everyone who assisted with moving folks out of their annex offices and relocating them to various places on campus. This was no easy task! Thank you to Jennifer Cimpl-Bohn and Mark Craft for sharing these photos.



*GOING.....*



*GOING.....*



*GONE!!*



# March Was National Social Work Recognition Month



*A big thank you to all Social Workers  
At LRC for all that you do!*

*Social Work is a profession for persons who assist others to cope with life changes. You do this by visiting with patients and their families, offering education and information, participating in assessments and assisting in the adjustments one must make to have a successful discharge and lead a fulfilling life.*

*You are an integral part of the multidisciplinary teams at LRC. Thanks for your dedication to the patients we serve by helping patients help themselves*

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



This month's trivia questions are regarding spring birds! Send your answers to Jane Ahl!

- 1) What's the best way to attract Orioles? a) imitate the oriole's song; b) build a nest made from mud and twigs; c) set out four parts boiled water to one part sugar; d) put out a bowl of dried squash.
- 2) Which of these is the most widespread in the West? a) Bullock's Oriole; b) Baltimore Oriole; c) Orchard Oriole; d) Scott's Oriole.
- 3) Bluebirds are the member of the: a) thrush family; b) robin family; c) warbler family; d) owl family.
- 4) Bluebirds will eat at a feeder with: a) peanut butter and cornmeal mixture; b) black eyed peas; c) coffee grounds and sugar; d) chopped figs and barley.

- 5) Which of these is true about robins? a) they remain during the winter; b) their eggs are blue; c) they are a member of the cowbird family; d) they eat only berries.

- 6) What are fledglings? a) an injured bird; b) a bird that has laid eggs; c) kid birds that are ready to fly; d) a bird that attacks squirrels.

- 7) Which of these is NOT true? a) female red-winged black birds are brown; b) blackbirds leave water hazards on golf courses, and wet roadslides; c) in winter, red-winged blackbirds are solitary; d) in the north, blackbirds show the arrival of spring.

- 8) Mourning doves are also called: a) western turtle doves; b) white doves; c) cooing doves; d) eastern fig doves.

- 9) Purple martins are a large kind of: a) canary; b) hummingbird; c) swallow; d) woodpecker.

- 10) Which of these is one of the worst enemies of the purple martin? a) cockatoo; b) robin; c) catbird; d) English house sparrow



# WELCOME New LRC Employees.....by Susie Brown

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

- ◆ Roberto Alves, Psychologist, Building #5
- ◆ Lisa Buchta, Psychologist, Building #3
  - ◆ Susan Utoft, SSII, Building #5
  - ◆ Dante Owens, SSII, Building #5
- ◆ Heather McKowen, SSII, On-Call
- ◆ Kevin Anderson, LMHP, Building #14
- ◆ Crystal Nagorski, LMHP, Building #3
- ◆ Nicole Reynolds, SSII, Building #10
- ◆ Tami Cervantes, Social Work Supervisor
- ◆ Lacey Meyer-Amavi, Social Worker, Building #10
  - ◆ Andrew Roberts, Housekeeping
- ◆ Mark Craft, Facility Maintenance Manager



## 2011 Food Bank Drive.....by Sharon Ziers



The Food Bank; of Lincoln's 2011 Campaign Against Hunger has begun with the Food Bank Barrels being dropped off this week to all the buildings. The barrels will be picked up on Friday, April 15<sup>th</sup>.

In 2008 LRC collected 385 inches of food and this was our best year. Last year, 2010, was our second highest year with 307 inches. As Scott Young, the Executive Director from the Food Bank reminded us at the Kick Off meeting, State Employees are awesome in their generous contribution to the Food Bank and greatly appreciated by our fellow Lincolniters in these tough times. Scott told us there are over 5, 000 children in Lincoln who now qualify for the subsidized meal programs and 20% of Lincoln's families are living below the poverty rate. AND

**STATE EMPLOYEES DONATE OVER 10% OF THE ENTIRE OPERATING BUDGET OF THE FOOD BANK!!!!!!!!!!!!!!!!!!!!!!**

### So, what does the Food Bank need:

- ◆ Non perishable food in cans is best-no glass. Paper products are always needed (paper towels, toilet paper). Diapers are always badly needed, and even empty egg cartons are helpful.
- ◆ New this year: "gently used" back packs for the "Back Pack" Program. School kids are sent home with a filled up back pack with enough food for the weekend.
- ◆ Money: I have tax receipts forms if you want to make a donation by personal check. The Food Bank gets a big "bang for their buck" with donated cash.

**OUR CHALLENGE**-Beat the 2008 total of 385 inches of food being collected.

Another category of competition is CASH donations. Last year we donated \$259.01. The Food Bank gets a very big bang for their buck, they can turn \$1.00 into \$7.00 worth of food. They really know how to shop! I have a mayonnaise jar on my desk for cash donation. I even took the mayonnaise out.

**If we all just donate ONE Can-We Can!!!!!!!!!!!!!!!!!!!!!!**



Gayle is submitting the following letter to show how much times have changed in 45 years of Therapeutic Recreation and Occupational Therapy at LRC!

September 20, 1966

Mr. Jack W. Cleavenger  
Assistant Director  
Department of Public Institutions  
State Capitol Building  
Lincoln, Nebraska

Dear Mr. Cleavenger:

I appreciate your concern and your effort to improve salaries paid to ward aides. I surely agree this is an area long overdue, a raise.

However, I would like to bring to your attention another payroll classification of aides, the occupational therapy and the recreational therapy aides who I feel should also be included in this blanket raise because employing personnel in this category, particularly capable personnel, is just as crucial. I am expected and it is necessary to employ people on this level who have some skills. They must be creative and imaginative, having leadership ability and a knowledge of tools in their field and their application. We have a shortage of workers and it is reasonable to assume that we may be shorter in view of the fact that there is stepped up competition in the community for recreation and arts and crafts people, due to the implementation of the Job Corps and expanded city recreation programs, both of whose starting wage is considerably higher than ours. For instance, a recreation leader starts at \$1.99 an hour, a Supervisor I starts at \$4,110, and a Supervisor II starts at \$5,280, and up.

Therefore, in view of this and the chronic problem that we have in employing activity workers at the \$220 salary range, I am requesting that you please consider granting the \$20 raise to activity aides as well as ward aides. Your consideration and your inclusion of this group of people in the pay raise will be greatly appreciated.

Sincerely,

(Mrs.) Louise Breckenridge  
Director of Activities

LB:gc  
CC: Mr. Morris  
Dr. Coats

**Lucky You Mint Pie**



**Ingredients:**

- 1 cup semi-sweet chocolate mini morsels
- 1 can evaporated milk
- 1 Tbsp. butter
- 1 prepared 9-inch chocolate crumb crust
- 1 package (3.4 oz) vanilla instant pudding and pie mix
- 1/3 cup water
- 1 tsp peppermint extract
- 3 to 4 drops green food coloring (optional)
- 1 container (8 oz.) frozen whipped topping, thawed, divided

Directions: Microwave 1 cup morsels and 1/3 cup evaporated milk in medium, uncovered, microwave-safe bowl for 45 seconds, stir until smooth. Stir in butter, pour into crust. Refrigerate for 20 minutes or until cool to the touch.

Meanwhile, beat remaining evaporated milk, pudding mix, water, peppermint extract and 3 drops of food coloring in medium bowl until combined. Gently stir in 2 cups whipped topping and additional drop of food coloring if desired. Spoon over chocolate layer.

Refrigerate for 2 hours or until set. Sprinkle with additional morsels. Spoon remaining whipped topping in center.

**Beef and Cabbage with Horseradish Cream**



**Ingredients:**

- 4 lb. lean raw corned beef brisket
- 1 medium rutabaga (turnip) halved and cut into wedges
- 1 1/4 lb. large fingerling potatoes
- 1/2 head Savoy cabbage, cut into wedges
- 3 tbsp. pickling spice (often included with brisket)
- 1 lb. large carrots, cut into 4-inch pieces
- 1 leek, white and light-green parts only, cut into 3-inch pieces

For horseradish cream: 1 cup sour cream, 6 Tbsp. prepared white horseradish, 1 Tbsp. finely chopped dill pickle, 1 Tbsp chopped fresh chives or green onion tops.

Directions: Prep the corned beef and vegetables. Place the corned beef in a large slow cooker and scatter the pickling spices on top. Layer the rutabaga, carrots, potatoes and leek in the cooker (in this order for even cooking). Add enough hot water (4 to 5 cups) to cover the meat by at least 1 inch, put the lid on the slow cooker and cook on high, 7 to 8 hours. Make the horseradish cream by whisking all the horseradish cream ingredients together in a small bowl to blend. Cover and refrigerate at least two hours. Make the cabbage: remove the meat and vegetables from the slow cooker and keep warm. Put the cabbage in a microwave-safe dish with 2 cups cooking liquid from the slow cooker, cover and microwave until tender, 7 to 10 minutes. Slice the corned beef and serve alongside the slow-cooked vegetables, cabbage and 1 1/2 cups horseradish cream.

**Easter Birds' Nest**



**Ingredients:**

- 2 cups butterscotch chips
- 2 cups chow mein noodles
- Any egg shaped Easter candy (I use M&Ms)

Cover a baking sheet or pan with waxed or parchment paper. Either melt the butterscotch chips in the top of a double boiler or in the microwave (heat 1 minute, stir, continue heating in 10 second increments until melted and smooth). Stir in chow mein noodles. With buttered fingers shape mixture into one big nest or individual ones. Place on prepared pan. Refrigerate until firm. Fill with jelly beans or other candy.



*LRC Reality Check Editorial Board*

*Linda Jiskra—Editor—479-5388*

*Audrey Kelly—479-5207*

*Tom Schmitz—479-5475*

*Jane Ahl—479-5464*

*Susie Brown— 479-5432*

**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 singled 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: Sharon Ziers, Anne Regelean, Gayle Resh, Diana Walker, Nina Anderson, Teresa Hansen, Dave Nicklas.*

**February Trivial Pursuit Answers.....by Jane Ahl**

1. **Louisiana** is the state that has the tallest capitol building.
2. **Goodhue** was the architect for the Nebraska State Capitol.
3. The Capitol was completed in **1932**.
4. The Capitol has **15** floors.
5. In the foyer, there are murals of **Native American and pioneer history**.
6. The Capitol is made from **limestone**.
7. **Churchill** is not one of the 10 great lawgivers on the exterior sculptural ornaments of the Capitol.
8. Governor Samuel McKelvie broke ground in the year **1922**.
9. Our current Capitol is Nebraska's **third** state capitol building.
10. The Capitol is **400 feet tall**.

