

**** MORALE & WELLNESS NEWS ****

Fun News for CAO Staff
June 2, 2000

Life before the computer:

- An application.....form for employment
- Program.....TV show
- Cursor.....used profanity
- Keyboard.....a piano
- Memory.....you lose with age
- Log on.....add to the fire
- Hard drive.....long road trip
- Mouse pad rodent's nest
- Virus.....the flu

I guess I'll stick to my pad and paper and memory in my head.

I hear nobody's been killed in a computer crash , but when it happens they wish they were dead !

Well everyone, I am down to my last couple of interviews and one of them is mine, now isn't that an ironic situation. Luckily, this is also my last M&W News for this school year. So kids, when I get back in September you will all be given interview forms to fill out in order for me to be able to subject you to total embarrassment for the whole CAO staff's entertainment, okay ! We're counting on you.

First off this week our personality is Jennifer Choban, ECE Specialist. Jennifer, who has been with CAO since Feb. 1999, feels the job has been pretty stressful this year. She states,

"I really like my co-workers so I try to find time to enjoy them".

They try to lunch together and discuss problem issues. What works, what doesn't. Sharing the load, having others for support is a big part of relieving her stress at work. At home, she says by getting up early so she can get chores done before work has helped her to relax when returning home. At work, Jennifer says she doesn't really have time to exercise, but when the weather is nicer her co-workers and her preferred walking to lunch. At home, thanks to her early morning cleverness, she has time to walk, swimming when she can and the row/ski machine when she can't. When asked to share her favorite healthy snack she quipped,

"Chocolate healthy ?" She settled for apple slices and sharp cheddar cheese.

To pamper herself Jennifer has a no fail system; hot bath, yummy dinner and good movies.

Here are a few of the top excuses for being found asleep at your desk:

"This is one of the seven habits of highly effective people !"

"This is in exchange for the six hours last night when I dreamed about work !"

"They told me at the blood bank this might happen".

"Someone must have put decaf in the wrong pot".

"Oh, Hi, I was trying to pick up my contact lens without my hands".

And the #1 response if found asleep at your desk:

"...and I especially thank you for my excellent boss, Amen !"

Most of you who didn't already know me from working with me, probably know me from Secret Pals, T-shirt sales or these M&W News pages. I got aquatinted with CAO Head Start after my daughter Sunni was enrolled in September 1980. Her bus driver Lulu (Walker) Lamping would come into my house in the mornings while she was picking up Sunni and continuously hound me to get dressed and come into the center (Cornelius) for the day. Sunni's teachers were Monica (Dunn) Barrett who would play guitar throughout the day while we all joined in singing and Elva Lamb who was a virtual warehouse of knowledge and experience. After taking a trip to Boise in the spring of 1981 for Regional Conference along with then AMA Portland director Ron Herndon and Karen Gorden, I was hooked. I saw Head Start as a grass roots organization dedicated to promote education and wellness skills in our young children by administering to the whole family and it worked ! It still works, from Sunni's humorous little bus driver, now a Family Advocate, to the now National Director, these people are committed to their jobs. I'm so happy to be a part of it all ! Sandie K.

Speaking of bus drivers, like all teams that work for CAO, we drivers need to keep a clear line of communication open with other drivers, our supervisor and of course our mechanics. All problems must be in writing so that communication doesn't break down. Here are a few examples;

Problem: Left inside dual tire almost needs replacement.

Solution: Almost replaced inside left dual tire.

Problem: Something loose in dashboard.

Solution: Something tightened in dashboard.

Problem: Evidence of small leak in air breaks.

Solution: Evidence removed.

Problem: Number 2's engine is missing.

Solution: Number 2's engine found under hood, after brief search.

Problem: Number 8 handles funny.

Solution: Number 8 warned to straighten up, drive right and be serious.

Teachers and parents alike have become quite knowledgeable in children kitchen terms such as:

Napkin: any kind of clothing worn by a child.

Jelly Bean: the only vegetable all kids will eat.

Last Cookie: an item that must be eaten in front of one or more siblings.

Crust: part of the sandwich which must be saved for starving children somewhere.

Lollipop: a treat provided by people who do not pay your dental bills.

Kitchen: the only room not used when eating a crumbly snack.

Kernel: also known as KFC or grampa.

Measuring Cup: a utensil usually found in the sand box or covered with playdough

Natural Food: food eaten with unwashed hands.

Macaroni: material for an art collage or making jewelry.

Yucky: half the meal conversation of a child.

Yummy: the other half of the conversation by the same child.

Head Start Secret Pals; Monday, June 5th @ 12:30 - 1:?? in the CAO cafe. See everyone who hasn't finished up this year there. Bring a yummy desert if you can. Sandie K.