



MORALE & WELLNESS NEWS

February 14, 2001

Your M/W News is fun, informative news for all CAO employees. Please feel free to share any information with us to relate to your fellow employees.

Our meetings for Wellness Day are up and running. We're offering a lot of returning workshops due to their popularity. We are still extending an open invitation to all staff interested in joining Morale/Wellness Committee. Next meeting will be February 27th at 3pm in CAO café.

Evaluating your psychological responses to stress. Circle the number that best describes the frequency of the following symptoms. Then total your score.

Seldom (less than once a month), Infrequent (once a month), Occasional (more than once a month), Very often (more than once a week):

	Never *	Seldom *	Infrequent *	Occasional *	Very often *	Constant
Gum chewing	0	1	2	3	4	5
Teeth grinding	0	1	2	3	4	5
Procrastinating	0	1	2	3	4	5
Irregular eating	0	1	2	3	4	5
Clinching fists	0	1	2	3	4	5
Nail biting	0	1	2	3	4	5
Rapid/loud talking	0	1	2	3	4	5
Overreacting	0	1	2	3	4	5
Incomplete projects	0	1	2	3	4	5
Several projects simultaneously	0	1	2	3	4	5



Stress evaluation score: Total _____. 0-7 Comfortable handling stress. 8-15 Could sharpen stress-reducing skills. 16-25 Time for changes. 26-50 Take stress management action now!

A college student writes to his parents.....

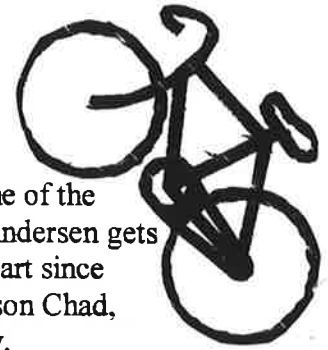
Dear Mom and Dad,

I feel miserable because I have to keep writing for money. I feel ashamed and unhappy. I have to ask for another hundred, but every cell in my body rebels. I beg on bended knees that you forgive me.

Your son, Marvin

P.S. I felt so terrible, I ran after the mailman who picked this up from the P.O. box at the corner. I wanted to take this letter and burn it. I prayed that I could get it back, alas, I was too late!

A few days later he received a letter from his father, it read; Dear son, Your prayers were answered. Your letter never arrived !



Wonder Woman works in the main kitchen most of the time, but some of the classrooms at Hillsboro H.S. are also in need of her 'Super Powers'. Terry Andersen gets it all done with a smile most of the time! Terry's been working with Head Start since 1997 after several years of volunteering. Starting in North Plains where her son Chad, now 10yrs. old was in Head Start with teachers Donna, Margaret, and Tracy.

Terry and Chad are joined at home with pets Jack, Fatso and Tiger. Family members not residing with them are her daughters Monica 21, Jenny 22 and granddaughter Sara 4.

When asked what she does about stress at work Terry says, "When Vicki yells at me I usually laugh!" Then adds "Just kidding, Vicki".

At home her form of relaxation is the same as her exercise; bike riding, gardening and sports with her son Chad. Terry's exercise at work is obvious, she's always in overdrive! Her favorite fuel for that are M&M's

Deep Thoughts, by various aged students:

I believe you should live each day as if it were your last, which is why I don't have any clean laundry. Come on, who wants to wash clothes on the last day of there life? Age 15

Whenever I start getting sad about where I am in life, I think about the last words of my favorite uncle: A truck! Age 15

For centuries people thought the moon was made of green cheese. Then the astronauts found that the moon is really a big rock. That's what happens to cheese when you leave it out. Age 6

Often, when I am reading a good book, I stop and thank my teacher. That is, I used to, until she got an unlisted number. Age 15

February is 'Healthy Heart' month. Here is a lo-cholesterol meat loaf dish for a party of 6 or mix all together in a loaf pan.

Individual Loaves of Love:

Makes 6 loaves. Prep. time 10 min. Pre-heat 400.

- 2 egg whites
- ½ Lb. grnd. beef
- ½ Lb. grnd. Turkey
- ½ Cp. uncooked oats
- 3 Tbsp. Bbq. Sauce
- 3 Tbsp. Worcestershire sauce
- 1 Tbsp. Dijon mustard
- ½ Tsp. garlic pdr.
- ½ Tsp. seasoning salt
- ¼ Cp. diced onion
- 2 bx. (10 oz.) frz. mx. veg. (thawed & drained)
- 1 ½ Cp. shredded lo-fat cheese (mozzarella or cheddar)



1. Beat egg whts. in lrg. bowl
2. Add meats, oats, sauces & spices
3. Mix veg., cheese & onion in small bowl
4. Divide meat into 6 balls & pat to 7" on wax paper
5. Spoon ½ cp. veg. mx. on top. Bring sides up & seal
6. Repeat w/ remaining meat
7. Cook on jelly roll pan for 20 min. sealed side down.

The shortest blues song: "I didn't wake up this mornin' "