

MORALE & WELLNESS NEWS

March 23, 2001



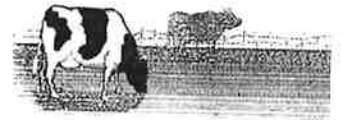
Your M/W News is fun, informative news for all CAO employees. Please feel free to share any information with us to relate to your fellow employees.

All of our workshop slots are full for Wellness Day 2001. We are sending out pre-registration fliers this year to ease the Wellness Day rush for certain more popular slots. Our next meeting will be April 3rd due to March 27th falling in Spring Break week.

Points to Ponder

Why is phonics not spelled the way it sounds?

- *Why don't sheep shrink when it rains?*
- *Why do they put Braille on drive-through bank machines?*
- *How do they get deer to cross the road at the yellow signs?*
- *If a cow laughs, does milk come out it's nose?*



Beth Dasher is Family and Community Resource Program Assistant. She is always ready to help with knowledge and a smile.

Beth relieves stress at work, Hillsboro main office, by walking around the building. For exercise at work and home she does the stairs! At home Beth like to get into a good book. If that's an option at work she'll work it in once in a while. Beth shares her time at home with 'hubby' Erik and 'kitty' Tuesday. Together they like to play games and watch movies.

Beth says her favorite healthy snack would have to be apples or celery with peanut butter and toasted almonds.

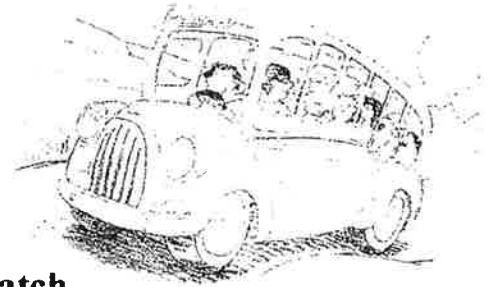
Insight to Caffeine

In large quantities caffeine flushes water-soluble vitamins from the body faster than usual. Heavy caffeine use has an effect on blood cholesterol levels and also disrupts heart rhythms. An abnormal heart rhythm can be seen after just one cup of coffee in people with a history of irregular heart rate. Caffeine can cross the placenta and enter the fetal circulation of a pregnant woman with heavy caffeine use. This leaves them at high risk for miscarriages, premature deliveries and small-gestational-age infants. Just regular use can cause fibroid tumors in breast.

<i>Soft Drink – 12oz. Can * Caffeine in milligrams (mg.)</i>		<i>Coffee</i>	
<i>Diet Mr. Pibb</i>	<i>52 *</i>	<i>Espresso</i>	<i>350</i>
<i>Mountain Dew</i>	<i>52</i>	<i>Drip-10oz.</i>	<i>360</i>
<i>Shasta Cola,Sunkist Orange</i>	<i>42 *</i>	<i>Instant-10oz.</i>	<i>132</i>
<i>Dr. Pepper</i>	<i>38</i>	<i>Decaffeinated-10oz.</i>	<i>4</i>
<i>Diet Dr. Pepper</i>	<i>37 *</i>		
<i>Pepsi Cola</i>	<i>37</i>	<i>Tea</i>	
<i>RC Cola</i>	<i>36 *</i>		
<i>Diet Rite</i>	<i>34</i>	<i>1-min. brew,bag</i>	<i>28</i>
<i>Diet Pepsi</i>	<i>34 *</i>	<i>Can iced tea-12oz.</i>	<i>29</i>
<i>Coca-Cola</i>	<i>34</i>		
<i>Mr. Pibb</i>	<i>33 *</i>	<i>Cocoa</i>	
<i>Cragmont Cola</i>	<i>Trace</i>		
<i>7-Up, Diet 7-Up</i>	<i>0 *</i>	<i>Mug-10oz.</i>	<i>26</i>
<i>Diet Sunkist Orange</i>	<i>0</i>	<i>Chocolate milk-10oz.</i>	<i>2</i>
<i>Fanta Orange</i>	<i>0 *</i>	<i>Baking chocolate-1oz.</i>	<i>35</i>
<i>Fresca</i>	<i>0</i>	<i>Dark chocolate-1oz.</i>	<i>20</i>
<i>Hires Root Beer</i>	<i>0 *</i>		

Rules Made By Children, For Children:

- **It doesn't matter who started it.**
- **Save a place in line for your friends.**
- **There is no good reason why clothes have to match.**
- **Even Popeye didn't eat his spinach until he absolutely had to.**
- **Make up the rules as you go along.**
- **You can't start over just because you losing the game..... unless your playing the computer!**



Who has the most infectious laugh in CAO? Yes, Donna Bennington! Donna's been teaching with Head Start for 20 years this month. At work she likes to relieve stress by being silly, confessing mistakes and laughing. For exercise at work she says movement with the children. At home for stress it's much the same as what she does for exercise, walking and dance. For stress she also added reading, watching fantasy T.V. and Sci-fi. She doesn't cook, but has gourmet cook, hubby Bill at home. They also share home and a cabin in the woods with son, Adrian. LlasaApso, Mitzi and cat, Morgan.

You can catch Donna at Wellness Day teaching Middle Eastern Dance