



MORALE & WELLNESS NEWS

January 26, 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.

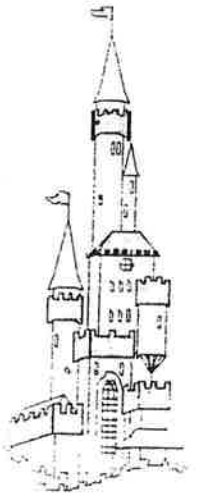
The Staff Christmas Party quickly came and went. Now it's time for us to get down to Wellness Day business, "Get Down". M/W committee meeting was changed from Tues. 9th to Tues. 16th. Due to lack of member availability it is now rescheduled for Tues. 1/30/01 @ 3pm in the Café. We really need new members to help us, so please, consider it.

Quote: My job is not all that difficult, but I do have to know the entire alphabet. -- Vanna White

Tracy Robison is a teacher at Hillsboro. She started with CAO Head Start in Dec.'92 in Cornelius. Tracy is currently a H.S. parent in North Plains.

She says " My beautiful 4 year old Sammy Jo " shares her school days with teachers Donna, Margaret, Michelle and Alisa. At home in their new 3bdrm. house they are joined by 'Cutie' husband Chuck, 'sweetie' mom/grandma Barbara and 'ol doggies Jinx and McGyver.

Tracy tells us in order to relieve stress at work she'll try to do 'artsy' projects. At home she likes playing on the computer or scrapbooking. For exercise at work it's running with kids, but at home she prefers walking. When asked what her favorite form of relaxation was, she feels the whole family likes to spend time on outings and at the movies. She coyly admits " A special activity with hubby is her favorite!"



The father of five children had won a toy at a raffle. He called his kids together to determine which child should receive the toy.

"Who is the most obedient?" he ask. "Who never talks back to your mother and always tries to do everything she says?"

The five voices all answered in unison. "Okay Daddy, you get the toy!"

Your Secret Pal Police have been serving a lot of warnings this month. You know if you've been neglecting your S.P. So, the best thing you could do is write that down on your schedule for Monday morning. Wellness Day is just 3 mos. away.

Pam Weiland is another CAO Head Start teacher who shares her special gift for young children at Aloha Park. Pam started in October of '97 at the Hillsboro H.S. center. She shares her home with husband Mike, daughter Melissa, son Phill, dog Aniak and cats Pepper and General. When given the chance they all love to travel and visit their family in California.



Pam's remedy for beating the stress at work is to think positive and keep smiling. For exercise at work, like most of our child care givers, she's attempting to keep up with little energy production plants.

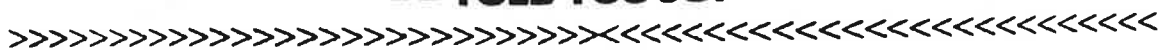
"Kids, quick, over, down, up, running always!" says Pam. At home, however, it's the "Gut Buster" on weekdays, while the weekends are quiet and slower paced. She relaxes by watering her yard in the summer and doing crafts in the winter. Pam says her favorite healthy snack is popcorn, but a great excursion to try a new restaurant is a favorite family outing.

They've closed a road near where I work in order to replace an old water system. Of course the construction crew has put up signs saying:

-- ROAD CLOSED --

Since the actual road closure is not apparent until you go around a corner, a lot of drivers go ahead just to see if the road is really closed. After they see for them selves that the road is, in fact, quite closed, they start making their way back. The total embarrassment sets in when they near the barely passable closure and the words on the back of the ROAD CLOSED sign come in view.

-- TOLD YOU SO! --



FRUIT SALSA

- 1 lb. firm, ripe fruit (peach, pear, etc.)
pitted & copped
- 1 red bell pepper, seeded & chopped
- 2 fresh jalapeno chilies,
seeded & copped
- 1 sprig fresh cilantro, finely copped
- 2 tbsp. lime juice
- dash of salt



Mix ingredients, chill 2-3 hrs.

to use as table salsa or heat in microwave to pour over meat or rice

SPICY CORN RELISH

- 1 1/2 cp. frz.corn (sub. 1 cn. or grilled fresh)
- 1/2 cp. diced red bell pepper
- 1/2 cp. diced green bell pepper
- 1/2 cp. chopped red onion
- 2 tbsp. lime juice
- 1/2 tsp. olive oil
- 1/2 tsp. sugar
- salt & pepper
- hot sauce (according to your taste)



Mix ingredients, serve, or cover & chill up to 8 hrs.