

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

Fun News For CAO Staff

April 5, 2000

If you have a fun story of interest please share it with us. Send it c/o Sandie Kitchen @ CAO Cafe. Your Morale News is a fun letter, our goal here is to brighten your day, week, month while you spend your time helping others through Community Action.

The last of the winter shirt order has been delivered. New orders are being taken now that spring is here. This will be the last order for this school year. I hope everyone was happy with there shirts, they seem to be of better quality and very vibrant colors !

Here are a few sayings on shirts seen around :

1. GravityIt's Not Just A Good Idea, It's The Law !
2. In Dog Years, I'm DEAD .
3. If At First You Don't Succeed, Skydiving Isn't For You !
4. (On a passing motorcyclist) If You Can Read This, My Wife Fell Off !

Our first personality this week is our own little movie star Estela Guillen. Estela works as ICC Specialist at the Hillsboro office. Estela keeps stress in check at work with lots of laughter. She goes for walks some times when she finds time. At home she likes to read and even watches cartoons with her kids. " It works wonders !" At home she says she doesn't have time for excersize, but is constantly running after four boys if that counts ! Her favorite healthy snacks would be oranges, mangos and fruits in general. When asked what she does at home to relax, we got a definite, " I DON'T "

Here are a few wise proverbs given to first graders to finish.

1. Better be safe thanPunch a 5th grader.
2. Don't bite the hand that.....Looks dirty
3. The pen is mightier than the.....Pigs
4. Where there's smoke, there's.....Pollution.
5. A penny saved is.....Not much.
6. Two's company, three's.....The Musketeers
7. When the blind leadeth the blind.....Get out of the way.

Marilyn Harrison has a story she'd like to share with us about a little gentleman who attended Head Start a few years back. Because of his having serious health problems with shunts and tubes protruding from various areas of his small body and a great deal of difficulty walking, the staff was leery of him. Soon all fears were replaced with comfort and joy as this little guy's bubbling, creative character became apparent to everyone. In spite of his awkward appearance, the other children were drawn to his active friendliness so he was always in demand as a playmate.

Marilyn states " I learned that there is no disability, no characterize of a child that should keep a child from being a kid". He was capable of enjoying and expanding his life from being with others.

She adds "This child died when he was 11, but I'm glad he had the chance to just 'be a kid' in Head Start.

In a Non-smoking area; " If we see you smoking we will assume you are on fire and take appropriate action."

Chef's Corner

If you have a favorite recipe you would like to share with us, please send it to Sandie Kitchen, CAO Hillsboro, c/o CAO Café



Lemon-Curried Black-Eyed Pea Salad

Submitted by Pam Otton – Head Start

Salad

15 oz. Can black-eyed peas, rinsed and drained
11 oz. Can no-salt-added whole kernel corn, drained
½ cup chopped red onion
½ cup thinly sliced celery (1-2 stalks)
1 teaspoon finely shredded lemon peel

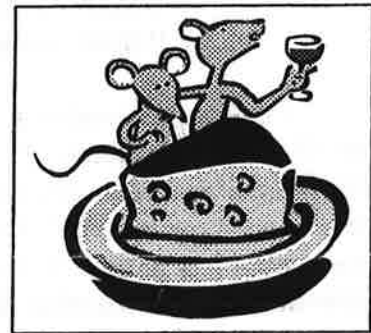
Dressing

2 tablespoons fresh lemon juice
1 tablespoon water
1 teaspoon olive oil 1 clove garlic, minced, or
½ teaspoon bottled minced garlic
½ teaspoon curry powder
½ teaspoon Dijon mustard
1/8 teaspoon pepper

Directions

In a medium bowl, combine salad ingredients. Set aside.
In a jar with a tight fitting lid, combine dressing ingredients.
Cover and shake well.
Pour dressing over black-eyed pea mixture. Stir until well coated.
Cover and refrigerate for 1 to 24 hours before serving.
Serves 8.

"Laughter is of a bad beginning for a friendship, and it is the best ending for one" – *Oscar Wilde*



Simple Ways To Keep Your Memory Sharp

From "HeartMatters" – quarterly publication of the American Heart Association

Relax - Tension and stress are associated with memory lapses.

Concentrate - If you want to recall something later, pay attention now.

Focus - Try to reduce distractions and minimize interference.

Slow Down - If you're rushing, you may not pay full attention to what you are doing or hearing.

Organize - Keep important items in designated places that are visible and accessible.

Record - Carry a notepad and calendar; write down important things.

Repeat - Repetition improves recall; use it when meeting new people and learning new things.

"You may be disappointed if you fail, but you are doomed if you don't try." *Beverly Sills*

