

December 2009

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## Spotlight on...stevi Jensen

Our December spotlight falls on Stevi Pickinpaugh Jensen, who recently started serving ESU #1 as an Early Development Network Coordinator.

Stevi attended high school in Wayne and she graduated from Wayne State College with a degree in Human Services Counseling. She spent a year working at The Crittenton Center in Sioux City and then worked for a year-and-a-half at Lutheran Services in Iowa. After her middle child, Micah, was born, Stevi provided daycare services out of her home for two years before taking the job this year at ESU #1.

Married for nine years, Stevi's husband, Patrick, is a claims adjuster for Progressive Insurance. They have three sons: Titus (4), Micah (2), and Jonas, (3 months). Some of Stevi's hobbies include reading, watching movies, and what she refers to as an attempt at gardening.

When asked to relate one of the most memorable moments in her life, Stevi replied, "I had trouble picking just one. All of my boys being born, of course, and sitting in the doctor's office after the sonogram and the doctor telling Patrick and I that something was not right with Micah. Also, seeing him in the NICU after his first surgery, so tiny, and Patrick and I were his caregivers!"



*Stevi and her husband, Patrick, and their three boys, Jonas, Micah and Titus*

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Asked to share something that her co-worker's might not know about her, Stevi revealed that she placed 10<sup>th</sup> out of 85 in the Miss Teen Nebraska Pageant.



# December Happenings

## Happy Birthday

Arianne Conley 6th  
 Carmon Campbell 11th  
 Kari Holden 24th  
 Stacey Richart 24th  
 Chris Hanson-Harder 26th  
 Jessica McHugh 27th

# December

## Holidays and Observances

Rising Star Month  
 Universal Human Rights Month

1st-7th: Cookie Cutter Week  
 12th-19th: Hanukkah  
 26th- Jan. 1st: Kwanzaa

1st: World AIDS Day  
 2nd: Special Education Day  
 4th: National Cookie Day  
 7th: Pearl Harbor Remembrance Day  
 12th: Poinsettia Day  
 15th: Cat Herders Day  
 21st: Humbug Day  
 24th: Christmas Eve  
 25th: Christmas Day  
 31st: New Years Eve

# ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> Book Club (Sarah) 3:30	<b>1</b>	<b>2</b> MAPs 8-4	<b>3</b> MAPs 8-4	<b>4</b> Team Leader Mtgs 12 - Office Potluck	<b>5</b>
<b>7</b>	<b>8</b> NNNC 1-4 APL 8:30-3:30	<b>9</b> APL 8:30-3:30 NNNC 10-12 Office Staff 1-2 Level I Bus 6-10	<b>10</b> RtI (am) MAPs 1-4 Safety 3:30	<b>11</b> File Review 9-3	<b>12</b> Level I Bus 8-3
<b>14</b>	<b>15</b> E-Rate 9-3 DL 1-4	<b>16</b> Level II Bus 6-9	<b>17</b>	<b>18</b> Speech Mtg 9-3	<b>19</b>
<b>21</b> SD 8-4	<b>22</b>	<b>23</b> Christmas Break	<b>24</b>	<b>25</b>	<b>26</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>

# STAFF NOTES

## All Staff Day Speaker Announced

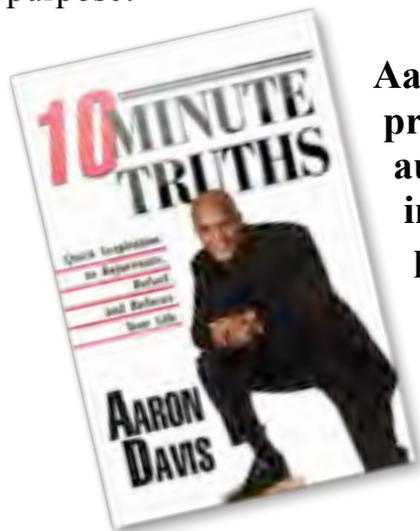
Books Available for Purchase by ESU #1 Employees

The ESU #1 Spring All Staff Day will be held on February 19th, 2010. The day's activities will feature a special presentation given by motivational speaker Aaron Davis.

Known for his contagious enthusiasm, Aaron works to equip and encourage others to perform like champions. His powerful and high-energy presentations are interactive, fresh and yet simple so that anyone can use his tips and techniques to attain greater success, both professionally and personally.

A graduate of the University of Nebraska-Lincoln, Aaron received a degree in Psychology and was also a member of the 1994 Husker National Championship football team. Audiences rave about Aaron's simple approach to success and life. Aaron and his wife Brooke have two sons, Aden and Keenon, and a daughter named Niya.

ESU #1 employees will have the opportunity to purchase Aaron's book, *10 Minute Truths: Quick Inspiration to Rejuvenate, Refuel and Refocus Your Life*. Designed for the person who is looking for some inspiration and motivation but doesn't have a lot of free time, passages can be read in just ten minutes and yet the benefits have the power to carry you through your busy day with a renewed appreciation towards life itself! Entertaining and refreshing, this book will equip you to live life with passion and purpose!



**Aaron will be available after his presentation on All Staff Day to autograph the book. If you are interested in ordering a copy, please contact Sarah Elton. Books can be purchased at a discounted price of \$10.00. Orders must be turned in to Sarah by January 15th.**



## Aaron Davis

**Aaron Davis is the President of Aaron Davis Presentations, Inc., a company that challenges individuals to "perform like champions everyday." As a speaker, author and seminar leader, he has had the privilege of delivering hundreds of presentations at various conferences, meetings and seminars across the nation with outstanding success and as a seminar leader for the University of Nebraska's Corporate Manager Certification program, Aaron's presentations have received some of the highest ratings by attendees in the program's twenty-four year history.**

# STAFF NOTES

## *Wellness Program Update*

With two months left in our Wellness Campaign, I thought you might need an update and a little encouragement. I realize that this has been a long contest but it takes time to make a healthy lifestyle change become a habit rather than work.

I hope you will all continue to participate in the contest. However, if you feel that you are unable to finish this quest, please notify your team captain so they can remove you from their roster. Your previous totals will be included in their average but once you indicate to your captain that you are withdrawing from the contest, your "0" total will not affect your team's average.

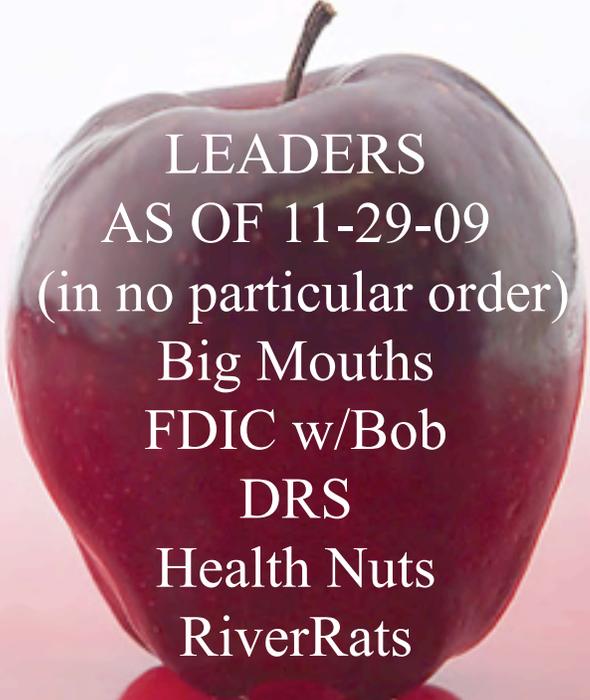
We have been giving some thought on how we will account for points over the Holiday break. Hopefully, this process will work for all of you.

1. You will be required to submit for the week of 12-14 thru 12-20 as you previously have done (Due to me on 12-22-09 by 4:00 p.m.).
2. Your totals for the weeks of 12/21 - 12/27/09 and 12/28/09 - 1/3/10 will need to be submitted to me by Wednesday (1-6-09, 4:00 pm). I'm sure the sooner you can get them to your captain, the happier they will be.
3. Hopefully you will all have access to either a computer to keep your daily totals up-to-date or a blank form to complete and fax in at the end of the Holiday break.

If you have any questions, please feel free to contact one of the Wellness Committee Members: Billie Hightree-Sitzmann, Myrna Wacker-Tuttle, Chris Good, and Diane Keim.

Think Healthy Thoughts,

*Diane*



LEADERS  
AS OF 11-29-09  
(in no particular order)  
Big Mouths  
FDIC w/Bob  
DRS  
Health Nuts  
RiverRats

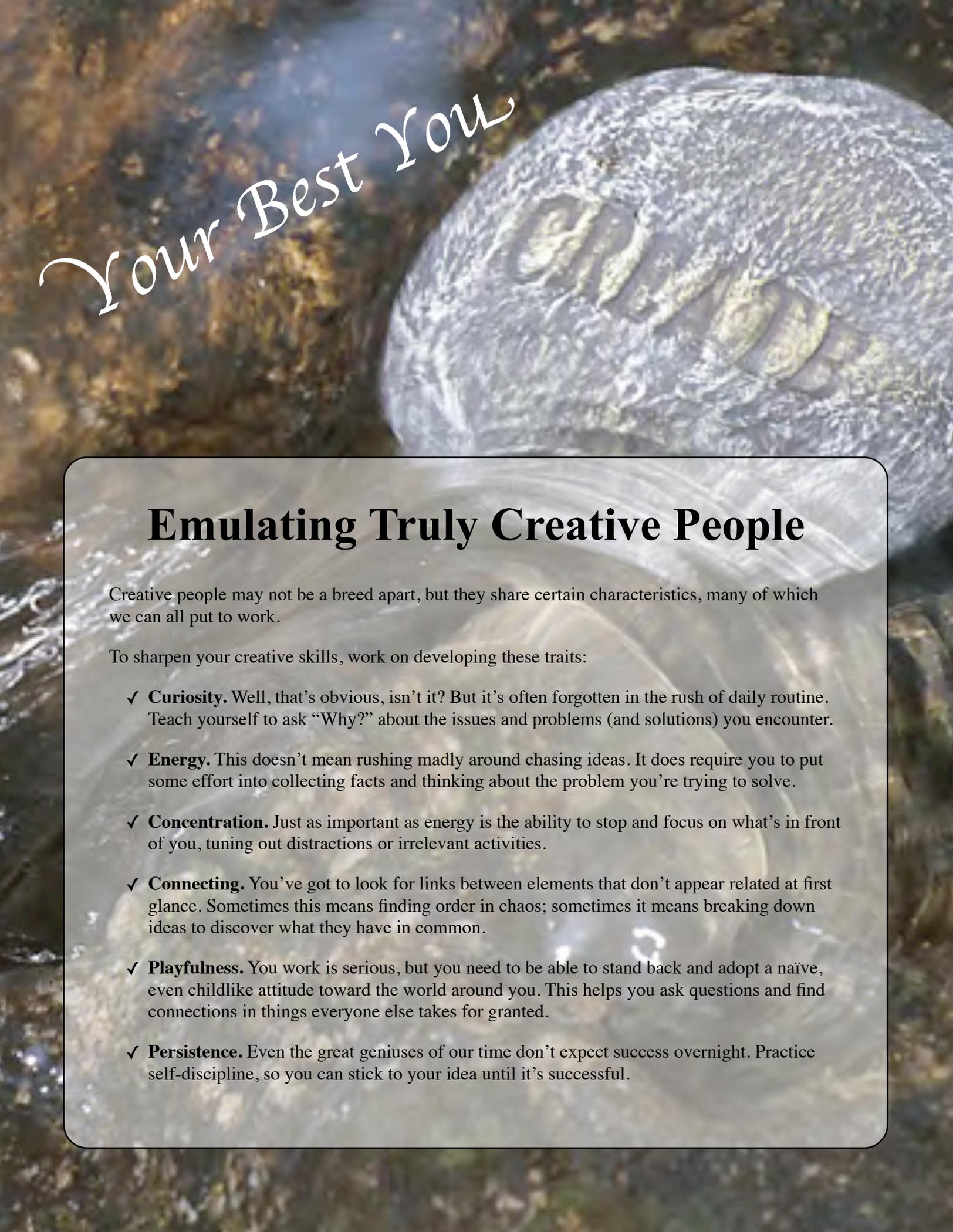
# Just for Fun

## Christmas Song Scramble

Unscramble the phrases below to reveal the titles to some popular Christmas songs. The answers are listed below. And, if you feel so inclined, be sure to sing them as you solve them!

1. KCED HTE SALHL
2. OURHLPD HET EDR ENODS EEEIRRND
3. OG LETL TI NO HTE INATONUM
4. LANEGS EW VEAH RAHED NO GHIH
5. YTFORS ETH AWSONNM
6. AANTS LUSAC SI MOCGIN OT WOTN
7. LEJGIN LBLES
8. EITNSL HTING
9. HO HYLO ITGNH
10. TEH TFRIS ELON
11. EW REHTE GINSK
12. DANARGM OTG UNR EORV YB A EDNIERRE
13. HET WEVLET YDAS FO TMICHARSA
14. YAAW NI A GNAMRE
15. TAWH DLIHD SI HTSI
16. HO MCEO HO EMCO MLENEMAU

**ANSWERS:**  
1-Deck The Halls; 2-Rudolph The Red Nosed Reindeer; 3-Go Tell It On The Mountain; 4-Angels We Have Heard On High; 5-Child Is This; 6-Santa Claus Is Coming To Town; 7-Jingle Bells; 8-Silent Night; 9-Oh Holy Night; 10-The First Noel; 11-Frosty The Snowman; 12-Grandma Got Run Over By A Reindeer; 13-The Twelve Days Of Christmas; 14-Away In A Manger; 15-What We Three Kings; 16-O Come O Come Emmanuel



Your Best You

## Emulating Truly Creative People

Creative people may not be a breed apart, but they share certain characteristics, many of which we can all put to work.

To sharpen your creative skills, work on developing these traits:

- ✓ **Curiosity.** Well, that's obvious, isn't it? But it's often forgotten in the rush of daily routine. Teach yourself to ask "Why?" about the issues and problems (and solutions) you encounter.
- ✓ **Energy.** This doesn't mean rushing madly around chasing ideas. It does require you to put some effort into collecting facts and thinking about the problem you're trying to solve.
- ✓ **Concentration.** Just as important as energy is the ability to stop and focus on what's in front of you, tuning out distractions or irrelevant activities.
- ✓ **Connecting.** You've got to look for links between elements that don't appear related at first glance. Sometimes this means finding order in chaos; sometimes it means breaking down ideas to discover what they have in common.
- ✓ **Playfulness.** Your work is serious, but you need to be able to stand back and adopt a naïve, even childlike attitude toward the world around you. This helps you ask questions and find connections in things everyone else takes for granted.
- ✓ **Persistence.** Even the great geniuses of our time don't expect success overnight. Practice self-discipline, so you can stick to your idea until it's successful.



# Sleep Peacefully With These Tips

A good night's sleep is vital to good health: Without it, fatigue and loss of concentration can lead to accidents. Experts say lack of sleep may also contribute to health problems such as heart disease, diabetes, and obesity. To get your 40 winks, follow this advice:

**Keep a regular schedule.**

Going to bed and getting up at roughly the same time every day makes falling asleep easier. Establish a bedtime routine that prepares you for slumber: Drink a glass of milk or herb tea, read something relaxing, or listen to quiet music.

**Exercise.**

Regular aerobic exercise reduces stress and helps your body relax when it needs to. Just don't do a workout right before you go to bed. Exercise at least 4–5 hours before bedtime for the best effects.

**Limit your eating and drinking.**

You don't want to go to bed hungry, but avoid large meals right before getting into your PJs. Watch your intake of stimulants like caffeine or nicotine, both of which can keep you awake. Alcohol may knock you out, but it disrupts the body's normal sleep patterns. Drinking too much water can rouse you to go to the bathroom in the middle of the night, and going back to sleep may be difficult.

**Don't force it.**

If you don't feel yourself dropping off after 15 or 20 minutes, don't lie there worrying. Get up, go to another room, and read or listen to gentle music until you feel drowsy. Though most experts advise against watching TV right before sleep, you may find it easier to relax if you watch something that's not too stimulating.

**Keep your bedroom comfortable.**

Create a dark, cool environment for sleeping. Make sure your mattress and pillow aren't causing problems. If you work at home, don't locate your office in the bedroom—the presence of work-related stimuli may feed stress and anxiety.

**Limit daytime naps.**

If you really can't keep your eyes open during the day, take a quick nap of 30 minutes or so, but don't sleep for hours. Long naps can interfere with your ability to sleep at night.

**Sleep facing north.**

Some people contend that sleeping with your head pointed north aligns your body with the Earth's magnetic field and makes sleep come more easily.



Christmas Break  
Is Comin'  
Around!

Oh! You better watch out, you better not cry,  
You better not pout, I'm telling you why:  
Christmas break is co-min' around!

Bob's making a list, Lisa's checking it twice,  
Stu'll find out who's naughty or nice.  
Yes Christmas break is co-min' around!

So don't be caught sleeping, better be alert and awake  
Admin knows if you've been good or bad,  
So be good for goodness sake!

Oh! You better watch out, you better not cry,  
You better not pout, I'm telling you why:  
Christmas break is co-min' around!

So wrap up those home visits,  
Schedule just one last meeting  
Finish evals and turn in paperwork,  
Soon Christmas dinner you'll be eating.

Then after a few presents,  
Some time with family and friends  
It's time to toast a new year,  
Before our holiday break ends.

Oh! You better watch out, you better not cry,  
you better not pout, I'm telling you why:  
Yes Christmas break is co-min' around!