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Exercise Interacts With Technology

As we move into the holiday season, gift ideas become a sought after commodity. Technology has infiltrated the exercise market in a big way. A wide variety of apps and gadgets are available to help those who want to maintain or create a healthy lifestyle. One of the top market getters is the Flex family of products.

The FitBit Flex is an affordable entry into the technology fitness arena. The FitBit will track steps taken, calories expended, active minutes and sleep patterns. You can use the food plan to track caloric intake as well. If you desire to lose weight, you can create a weight loss plan. This plan will request your desired weight and the amount of weight you'd like to lose each week. Based on this information, FitBit will track your burned calories vs. consumed calories and inform you if you are on track to reach your goal.

The FitBit uses Bluetooth technology to sync your information with a laptop or Smartphone. Data is provided to you in user-friendly screens.



Laptop View



Smartphone View

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Other products offering exercise technology are Jawbone, Garmin Connect and NikeFuel. Apple has a health connection with the new iPhone6 or the upcoming iWatch. So as you plan for Christmas and the New Year, consider exercise technology as an option.

January Happenings

Happy Birthday

Erin Allen	10th
Logan McPhillips	14th
Staci Fethkenher	19th
Karla Drotzmann	20th
Jim Gunsolley	20th
Bob Uhing	20th
Angelina Fregoso	28th

Mileage

The IRS has increased the mileage rate from the current 56.5¢ per mile to 57.5¢ per mile effective January 1, 2015. The ESU #1 Board approved the same increase for calculating both Commuter and Business miles. A new mileage form will be available on the website January 1, 2015. To make sure that you are accessing the latest form, please follow the steps listed below. If you experience any difficulty with the form calculating or saving, contact Tracey for assistance.

Download latest Mileage Report:

1. Make sure your form is opening in ADOBE ACROBAT and **not** Preview. If it opens in Preview, go to File, Save As, and change format to PDF.
2. When preparing mileage report, always use the saved PDF file, making sure you are always going through Adobe and not Preview.

December Mileage Deadline

All mileage reports are to be submitted **after** the last day of work in 2014, and no later than December 28th. Do not submit mileage for days not yet worked. The forms will be processed for payment during the break due to the early January Board meeting and required year-end reports.

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christmas Break			1	2	3
5	6	7	8 Perkins 1-4	9 Agency Imp 11-12 SPED Co 12:30-1:30 Team Leader 1:30	10
12 PST 8-3 BIRSST 3:30	13	14 Ponca SIP E-Rate 471- All Day	15 BYOC 9-3 E-Rate 471- All Day	16 HS	17
19	20 PRT	21 COM 9:30 Level I Bus 6-10	22 Right Turn 1-4	23	24 Level I 8-3
26	27 Rule 10 Public Hrg Principal Mtg 8	2 Advisory Cnl 8:30-9:30 Supt Mtg 9:30-2	29 RBI - All day APL for Admin - All Day	30 RBI - All Day Walthill Flip 8-4	31 Walthill Flip 8-4

STAFF NOTES

ESU #1 EMPLOYEE OF THE YEAR

The Educational Service Unit One Employee of the Year award is in honor of Georgia McQuistan, who was an employee of ESU #1 from September 1978 through January 1987. She served as an outstanding Resource Teacher and department coordinator during her nine years of service. Georgia had the ability to bring out the best in people and recognize their contributions to quality education. A familiar quotation in the field of education is “teaching is to touch a life forever.” Georgia touched many lives and personified this motto, as do the recipients of the Educational Service Unit #1 Employee of the Year.

All ESU #1 employees are eligible, except past recipients, and are nominated by their peers. Since the element of surprise is deemed an important aspect of the award, self-nomination or campaigning is discouraged. I invite you to fill out the 2014-15 ESU #1 Employee of the Year Nomination Form. You are able to fill out as many nominations as you feel are deserving. I would like to have all nomination forms returned by January 16, 2015. To fill the form out, visit:

<https://docs.google.com/forms/d/15GUQE1YTmA5dNOR1B5DplpEg-x9gi5sTi-poYwbikt/viewform?c=0&w=1>

Past Recipients

Jessica Fischer
2013-2014

Billie Sitzmann
2012-2013

Chris Good
2011-2012

Bobbi Hightree
2010-2011

Sarah Elton
2009-2010

Wendy Consoli
2008-2009

Diane Keim
2007-2008

Rhonda Jindra
2006-2007

Cheri Matthews
2005-2006

Ron Lorenzen
2004-2005

Sandra Brudigan
2003-2004

Peg Roush
2002-2003

Larry Athey
2001-2002

Julie Slaymaker
2000-2001

Larry Clay
1999-2000

Joleen Gustafson
1998-1999

Jim Hopkins
1997-1998

Sandra Kuchta
1996-1997

Jackie Archer
1995-1996

Nancy Appletoft
1994-1995

Carol Sheldon
1993-1994

Tom Ketterling
1992-1993

Lisa Salmon
1991-1992

Vernae Luhr
1990-1991

Dee Boeckenhauer
1989-1990

Mary Rohde
1988-1989

Kay Cattle
1987-1988

Syd Kruse
1986-1987

Congratulations!



It's a boy!!

ESU #1 Occupational Therapist Lauren Pinkelman, and her husband Troy, welcomed a baby boy on December 15, 2014. Reed Anthony Pinkelman weighed in at 6 lbs. 8 oz. and was 20" long.

It's another boy!!

ESU #1 Speech/Language Pathologist Haley Schmidt, and her husband Bret, welcomed a baby boy on December 3, 2014. Ryker Tedsen Schmidt weighed in at 8 lbs. 12 oz. and was 21" long.



And we have a girl!!



ESU #1 Special Education Consultant Sarah Hansen, and her husband Scott, welcomed a baby girl on November 25, 2014. Aubree Beth Hansen weighed in at 7 lbs. 14 oz. and was 19.5" long.

BINGO



Are you ready to play a game of ESU #1 BINGO??? Because of enthusiast participation and positive reviews after last March's BINGO games, the ESU #1 Wellness Committee is again challenging each of you to participate in a weekly game of BINGO during the month of January!!

ESU #1 Bingo Guidelines have changed a little bit, so be sure to read through them:

- There will be four different BINGO cards, one for each full week in March. Everyone will have the same BINGO card each week.

- BINGO cards will be good for the days of Sunday through Saturday.

Complete a "BINGO" on the enclosed card, and return a scanned copy by email (tanderson@esu1.org) or FAX by 12:00 noon on Tuesday of the following week. (i.e. cards for week of January 4 thru January 10 will be due January 13). The first week's BINGO card is enclosed with this letter.

- After the first week, BINGO cards will be e-mailed to your ESU #1 email address the Friday morning prior to the week of play.
- BINGO's can be either horizontal, vertical or diagonal.
- Each participant who completes 1 BINGO on 2 separate cards will receive a \$5 Subway gift card (only one Subway card per participant).
- At the end of the month, those participants who submitted a completed card with one "BINGO" for each of the 4 weeks of play, will be entered into a drawing to win one of two \$25 gift cards to Casey's.
- ALL BLACKOUTS (when all the challenges on the card are accomplished) will be entered into a drawing for one \$25 gift card to Casey's.



Your Wellness Committee,
Diane, Chris, Arianne, and Tracey

_____ 's Bingo Board

B	I	N	G	O