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Sarah Elton

Spotlight on...Carol McGuire

Our October spotlight falls on Carol McGuire, who has served ESU #1 as a Speech Technician and more recently as a Speech/Language Pathologist for the past six years.

Carol grew up in Wayne, Nebraska. She spent two years at Wayne State College and graduated from the University of Nebraska - Lincoln with her B.S. in December of 2003. She received her M.A. in Speech & Language Pathology from the University of South Dakota - Vermillion in the summer of 2009.

Married for five years, Carol and her husband Chris have two daughters, Reagan, who is 20 months old and Kinnley, who is six weeks old. Their family also includes a fat cat named Jasper.

Carol says that these days her hobbies include changing diapers! She likes to walk, bike and go boating and she says that just being at the lake is GREAT and she hopes that next summer she will be able to find more time to do all of those things. She also enjoys scrapbooking and making jewelry, but admits that she just doesn't find time to do that anymore.

Asked to relate one of the most memorable moments of her life, Carol said, "One of my most memorable moments happened just recently when we were able to bring Kinnley home from the NICU after 4 weeks and Reagan was able to finally meet her new baby sister. We didn't get the reaction that we were expecting but it was still a very special moment for us all to be home and be a family.

When asked to share something that her co-workers might not know about her, Carol said, "In junior high Wendy Consoli was one of my basketball coaches and now she is

coaching me through my Speech Language Pathology career. Her husband Dom also umpired many of my softball games growing up."

Carol also said, "I just want to thank everyone at the ESU for their support, guidance, and words of encouragement over the past six years while completing my Master's degree. I couldn't have done it without such GREAT people cheering me on!"



Carol and her husband Chris and their daughters Reagan and Kinnley



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October Happenings

October Birthdays

Wendy Ellis	2nd
Kim Halle	6th
Susan Strahm	9th
Chantelle Hoffman	11th
Cheri Matthews	21st
Kristine Kleve	22nd
Shelly Skogstad	23rd
Diane Keim	27th
Bill Schenk II	29th

October

Holidays and Observances

Emotional Wellness Month
 Nat'l Breast Cancer Awareness Month
 National Physical Therapy Month
 Positive Attitude Month

1st-7th: Universal Children's Week
 18th-24th: Character Counts Week

2nd: Guardian Angels Day
 5th: Improve Your Office Day
 5th: World Teachers Day
 12th: Columbus Day
 15th: National Grouch Day
 16th: Boss Day
 24th: Make a Difference Day
 31st: Halloween

ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 NSSRS 8-4 Book Club (Sarah) 3:30	29 Fishbowl (Kim) 3:30	30 FCS 9-3 NNNC Media (at LLLC) Laurel Board 6:30	1 SD 8-4	2 Team Leader Meetings 8-4	3 Infant Toddler Mental Health (at LLLC)
5 AIMSweb Follow-up 9-3 Safe With You (Winn)	6 ILCD 9-3 NNNC 1-4	7 470 Workday Level I Bus 6-10 ELG 6-10	8 NE Career Connections 9-3	9 NSSRS 9-3 Rtl Planning 1-3	10 Level I Bus 8-3
12	13 Advisory/Supt Meetings	14 Office Staff 9-10 Early Childhood 9-2:30 Planning Team 2:30 Level II Bus 6-9	15 LAN Managers 9-3	16 Safety Team Mtg Book Club (Diane) 11-1	17
19 21st C. Learners (Homer)	20 APL 8:30-3:30 21st C. Learners (Winside)	21 APL 8:30-3:30 Lewis & Clark 2:30	22 APL 8:30-3:30 Rtl (WSC)	23 Digital Media 9-4 Psych 9-12	24
26 DL 8:30-11:30 PowerSchool 9-3:30	27 MAPS 8-5 APEX (LLLC)	28 BMIT 9-3 ELG 6-9	29	30	31 Halloween

STAFF NOTES

Welcoming with Love,
Drake Hunter McAfee
8-25-09
10 lbs. 5 oz. 21 inches



ESU Staff

Thank you so much for the balloon and flowers you sent to the hospital. I really appreciate it - they were beautiful!

Thanks SLPs for the card!

See you soon!
Jenna

Thank You...

On behalf of the employees of ESU #1, thank you to the local NSEA for the Subway gift card! We sure appreciate your and contribution and help in promoting our Wellness Program.



Tasty Halloween Treats

Jack-O-Lantern Casserole

Ingredients: 1 medium pumpkin; 1 chopped onion; 1-2 pounds ground beef; 2 tablespoons soy sauce; 2 tablespoons brown sugar; 1 (4oz) can mushrooms (optional); 1 can cream of chicken soup; 1 ½ - 2 cups cooked rice; 1 (8oz) can sliced water chestnuts

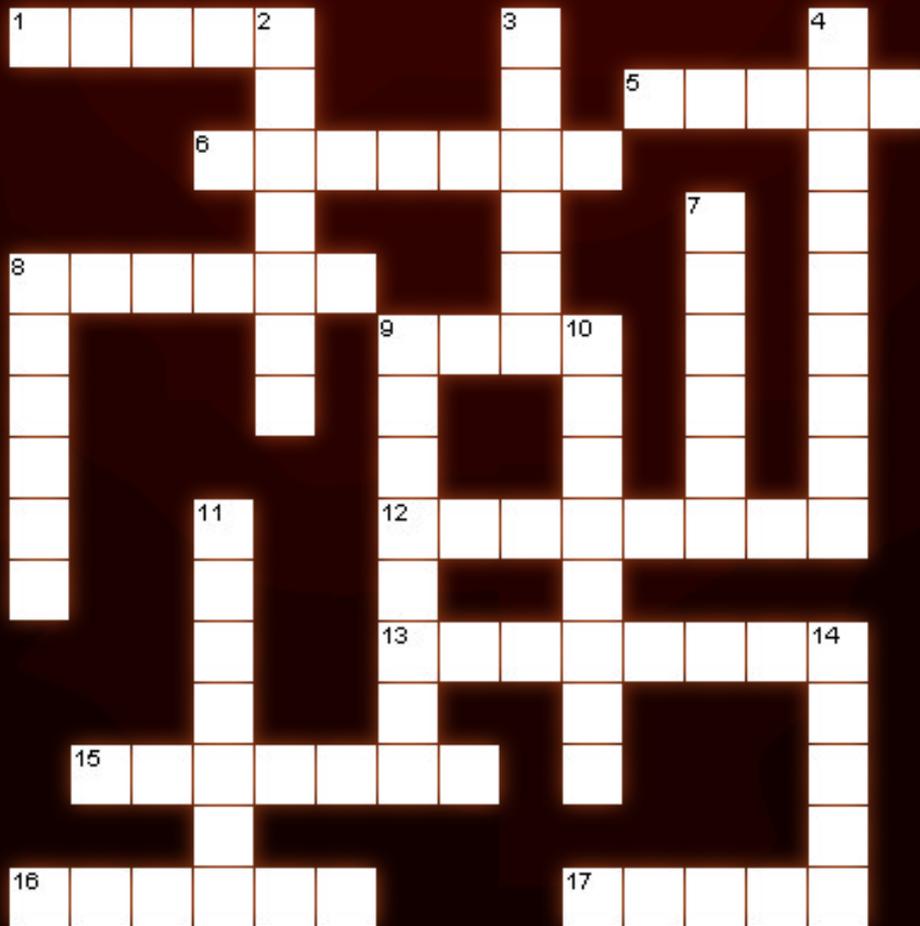
Directions: Clean out pumpkin and decorate outside with black permanent marker, if desired. Brown hamburger and onion. Mix in remaining ingredients. Put pumpkin on cookie sheet. Fill pumpkin with mixture. Place in oven and bake pumpkin with lid on for 1 hour at 350° F or until pumpkin is tender. Ladle onto plates out of the pumpkin.

Witch's Hats

Ingredients: Bag of Hershey kisses; Bag of Fudge Stripe Cookies (the kind with a chocolate side and stripes on the other side); If desired, a tube of orange frosting (the small tube with a fine tip works best)

Directions: Unwrap a kiss. Turn over a cookie so that the plain chocolate side is face up. Place a dab of frosting (or peanut butter) on the bottom of the kiss. Place kiss in the middle of the cookie. Add a band and bow with orange frosting. There you have it, a Witch's Hat!

Just for Fun



Across

1. Wicked _____ of the west
5. Trick or _____
6. Large orange squash
8. Wear white sheets
9. Flying mammals or wooden sticks used in popular American sport
12. Witch's hot pot
13. Needed for trick or treating
15. Ghosts
16. Disgusting
17. Sweet

Down

2. A home for ghosts and spirits
3. A scare
4. October 31
7. Ate lunch with Little Miss Muffet
8. Creature that does evil
9. Furry pet with a dark coat
10. Why didn't he cross the road?
Because he had no guts!
11. A type of bat or a dead person come back to life
14. Frightful



Your Best You

Meditate: Relax Your Body and Refresh Your Mind

Meditation clears and relaxes your mind, which can have a significant impact on your physical health. There are many different schools and techniques, but the practice of meditation doesn't require any special equipment or clothing, just an open mind.

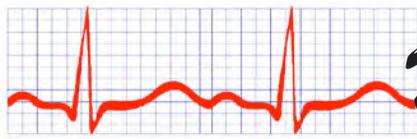
Classic sitting meditation takes place in a quiet environment free of distractions. You can sit cross-legged on a mat or pillow, or in a reclining chair if that's more comfortable.

Remove your shoes and socks. Keep a light on so you won't fall asleep. While sitting in a relaxed state, clear your mind. Try to be conscious of only your breathing. Don't direct your thoughts in any particular direction; let them drift freely and fade away.

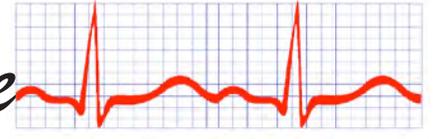
Avoid chants or mantras: Repetition can dull your mind and lead you into a light sleep state that doesn't have meditation's full restorative effects. How long you meditate is up to you, but try to do it consistently for a half-hour or so.

Another technique, called the "Breath of Fire," is said to fill you with positive energy. Sit or stand in a relaxed posture. Breathe normally, and relax your throat and jaw. Draw in one breath through your nose, then push your diaphragm and exhale in a short, sharp breath.

Do this in a rhythm for 20 breaths, then breath normally for awhile. Then do another 20 cycles. Mediation guides say that this exercise can increase your physical energy and your creativity.



Medical Update



Is It A Cold Or The Flu?

	Cold	Flu
Symptoms Fever Headache General Aches, Pains Fatigue, Weakness Exhaustion Stuffy Nose Sneezing Sore Throat Chest Discomfort, Cough	Rare Rare Slight Sometimes Never Common Usual Common Mild to moderate; hacking cough	Usual; high (100F to 102F, occasionally higher, especially in young children); lasts 3 to 4 days Common Usual; often severe Usual; can last up to 2-3 wks Usual; at the beginning Sometimes Sometimes Sometimes Common; can become severe
Treatment	Antihistamines Decongestants Nonsteroidal Anti-Inflammatory medicines	Antiviral medicines See your doctor
Prevention	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination Antiviral medicines (see your doctor)
Complications	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening (complications more likely in the elderly, those with chronic conditions, young children, and pregnant women)

