



# The Skyline Gazette

## Hang in There - Tips to Help Keep Your New Year's Resolutions



### Inside this issue:

<b>The Custodial Closet</b>	<b>2</b>
<b>Home Maintenance Tips</b>	<b>2</b>
<b>The Gazette Gourmet</b>	<b>2</b>
<b>Ron's Thought for the Month</b>	<b>3</b>
<b>What's Bugging Us?</b>	<b>3</b>
<b>TV Trivia</b>	<b>4</b>
<b>Are You Smarter than a 5th Grader?</b>	<b>4</b>

### Special points of interest:

- **The A-Team is back by popular demand! They will be coming to your school soon. The first schools on the list are Dickinson, Moore, Marshall, Reagan and SGPH.**

Did you know that 50 percent of people who begin an exercise program as a New Year's resolution end up abandoning their efforts within six months? Here are some recommendations to help you find a fun, healthy way to begin 2009: (Submitted by: April Uncapher, Purdue Extension Consumer & Family Sciences Educator)

**Be realistic** – Pick safe, attainable goals that can be met within a realistic time frame and your goal will be met quicker. For example, don't plan on cutting out all unhealthy food at once but eliminate one unhealthy food from your diet at a time.

**Prioritize** – Pick goals that are most important to you and stay within one or two themes. A few options could be stress control, healthy eating, fitness improvement, or smoking cessation.

**Plan intermediate goals** – Decide where you would like to be in three months and evaluate your progress. Dividing your goals into intervals will help you evaluate your success and give you momentum throughout the year. (Remember: Healthy weight loss

is no more than 1 to 2 pounds a week.)

**Use the buddy system** – Friends and family are an important part of the goal setting process. Surround yourself with individuals that are supportive of your new resolutions.

**Reward yourself** – When goals are met, plan to reward yourself. Try to keep the rewards in line with your goals. For example, treat yourself to some new shoes after you finish your first 5k, or have a sensible meal at your favorite restaurant when you drop your first 10 pounds.

**When it comes to New Year's Resolutions**, you'll be more successful if your resolution is very specific and you take small steps. Take that vague and overwhelming resolution to "lose weight." Turn it into small, specific steps like: I will choose only one treat food daily instead of two or three. I will snack only when I'm hungry. I will bake and broil fish, poultry and meat instead of frying. These are very specific, measurable resolutions that will enable you to reach your

ultimate goal of losing weight.

If one of your resolutions is to exercise more, the American Heart Association has created an online community of virtual walking buddies, or "sole-mates." The MyStart! Online community encourages walkers to connect with others – whether from the neighborhood or on the other side of the country – to stay on track with a walking program. The technology allows members of the community to check up on each other and provide support and encouragement when they need a push or congratulations when they reach a goal. The community also includes a tracker to allow members to record distance, map routes and keep an ongoing log of walks taken. Mileage can be logged and recorded. The American Heart Association champions walking because it has the lowest dropout rate out of any physical activity, and it can be done anywhere at any time. Check out the website at [mystartonline.org](http://mystartonline.org).

*-by Patricia Johnson, Assistant Director of Food Service*

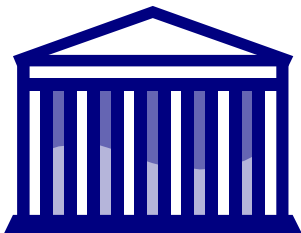
## Food Service Employee Recognition



**Kitchen of the Month:**  
Bush Elementary  
(Pictured Left)

**Manager of the Month:**  
Phyllis Jackson, Marshall Elementary  
(Pictured Right)





### Presidential Quotes:

*"The only man who makes no mistake is the man who does nothing."*

*- Theodore Roosevelt*

*President 1901 - 1909*

## The Custodial Closet - Another Year

We hope everyone had a wonderful holiday season and may I say, what a tremendous blessing it is to cross over into year 2009. It's a tradition in our society to make a new year's resolution. In most cases, we can recognize our destructive or counterproductive behavior of years past and we choose the beginning of the year to unload that baggage. Some want to stop smoking and others want to exercise, eat healthier or loose weight. Then you have those who want to stop procrastinating and others who want a better education. You may want to be a better husband, wife, son, daughter or friend. You know what's on your list. What do we do if after examining

ourselves at the end of 2008 we found that we did not produce?

It can be frustrating to you and to others because you are expected to produce. I am reminded of the story of the man who has a fig tree planted in his vineyard. This man comes to the fig tree looking for fruit but he doesn't find any. He then complains to the keeper of his vineyard that for three years he has come to the fig tree looking for fruit and hasn't found any. Cut it down! Why is it taking up space in the ground? The keeper of the vineyard responds, Sir, let the tree stay this year also and allow me to dig around it and put down some fertilizer. If it produces fruit, great, but if not

then you can cut it down.

I have good news for you. If you did not produce the fruit in 2008, be encouraged, it's a new year and you are still here! Notice in the story that the keeper of the vineyard asks that owner to allow him another year to work with the fig tree. The keeper wanted to make sure every effort was made and every resource utilized before the tree was considered a lost cause. With that in mind, I want to pose this question, "What are you going to do with another year?"

*- by Troy Bryant, Custodial Lead*

## Home Maintenance Tips

Does your boring ol' dining room need some character? Add instant flair, plus an immediate room-expanding effect, by hanging a mirror on your dining room wall. Or,

lean an oversized framed mirror against the wall and secure it at the top with a hidden L-bracket. Crown molding is relatively easy to install as a weekend project, and pro-

vides a luxe, architectural effect you'll love.

(This tip was taken from the Home Depot Web Site)



## The Gazette Gourmet - Easy Chili

This chili is delicious the way it is, but also lends itself to many great substitutions. Try different kinds of meat or leave it meat free. Add sour cream, olives, onions and shredded cheese. Enjoy!

Serving: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

### INGREDIENTS:

1 can kidney or pinto beans (undrained)  
1 can whole kernel corn (drained)

1 can crushed tomatoes with onion and/or garlic (undrained)  
1 pound lean ground beef  
1 package of chili seasonings  
1/2 cup of water  
4-ounces sour cream (optional)  
1/2 cup onions (optional)  
1/4 cup minced olives (optional)  
1/2 cup shredded cheese (optional)

### INSTRUCTIONS:

1. Brown the ground beef in a large skillet until broken apart, and drain the fat.

2. Add the package of chili seasonings, 1/2 cup of water, beans, whole kernel corn and crushed tomatoes, and mix well.

3. Bring to a boil and then reduce heat and simmer uncovered for about 10-15 minutes. Stir occasionally.

4. When cooked you can add the sour cream, onions, olives and cheese according to everyone's preferences at the table.

*- Submitted by Judi Alui, Kitchen Manager, Truman Middle School*

## Ron's Thought for the Month - Negativity

If you are looking for a new year's resolution that will add years to your life, make you a better employee and a joy to people you meet; control your negativity. My definition of negativity is, 'the willfull act of allowing one's mind to indulge in counter-productivity by relinquishing your power to be positive.' I guess it's safe to say, we all perpetuate to some degree, negativity in our personal and professional life. For me, it's not the degree but the percentage of negativity in one's life that determines the out come. It's our duty

as auxiliary employees, care givers to children, to control our negativity. There was a teenage boy that had a problem with his aunt. No matter what type of problem or concern he told her, she always ended the conversation with the same phrase, 'It could be worse.' So the nephew created a story to tell her that wouldn't allow her to say, 'It could be worse.' At breakfast one morning, he told his aunt he had a terrible dream last night. "I dreamed I died and went to hell and I was on fire, auntie it was awful." In a quite voice the aunt said,

'I'm sorry, but it could be worse.' He was enraged, "Me dreaming I died and woke up in hell on fire, how could anything be worse?" She replied, "It could be so."

PS. Respectability: is the ability to show respect to someone that doesn't respect you.

- by Ron Davis, IPM Coordinator, Grounds Supervisor, Philosopher, Singer, Songwriter, Santa's Helper, Diaper Changer and Bottle Washer



### Presidential Quotes:

"Some people call me an idealist. Well, that is the way I know an American. America is the only idealistic nation in the world."

- Thomas Woodrow Wilson

President 1913-1921

## What's Bugging Us?



The old saying, 'Hope springs eternal' is true. Spring is upon us, so get ready for weeds and insects to spring; and it seems eternal. Our herbicide schedule is set and we're applying pre-emergent district wide to help control the weeds. We use three of the best chemicals to comply with IPM requirements that is mandated by State Law. Because we adhere to the Integrated Pest Management program, you can rest assured our students, employees, environment and pets are safe when using our outdoor facilities.

### Test Your Knowledge:

- These plants have triangular stems and produce tubers.
  - A. Weeds      B. Grasses      C. Broadleaves      D. Nutsedge
- Herbicides that are applied to control weeds before they emerge and begin to grow are
  - A. Post-emergent   B. Pre-emergent   C. Nonselective   D. Surfactants
- Plants that have a waxy cuticle on the leaf surface will absorb herbicide solutions better than plants without this layer .      TRUE or FALSE



### ANSWERS:

1. D
2. B
3. FALSE

## GENTRY LONG SERVICE CENTER

514 Skyline Rd.  
Grand Prairie, TX 75051

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Food Service 972-343-4410  
Transportation: 972-343-4400  
Distribution Center 972-343-4420

WWW.GPISD.ORG

### ANSWERS TO TV TRIVIA

1. All in the Family
2. Molly Ringwald
3. Edna's Edibles
4. Robin Williams as Mork from Ork
5. Mad am and George
6. Sue Ellen's sister, Kristin
7. Miss Beatie
8. Bunny
9. The General Lee
10. Barbara and Julie

## TV Trivia - The 80's

1. The Jeffersons was a spinoff from what show?
2. What star of The Breakfast Club was also part of the original cast of The Facts of Life?
3. On The Facts of Life, what was the name of Mrs. Garrett's gourmet food shop?
4. What actor was famous for the line, "Nanoo nanoo"?
5. What did Webster call his adoptive parents?
6. Who shot JR?
7. On Little House on the Prairie, what was the original school teachers name?
8. On Little House on the Prairie, what was Laura's horse's name?
9. What was the name of the Dukes of Hazzard car?
10. On One Day at a Time, what were the two daughter's names?

## Are You Smarter Than a 5th Grader?

1. True or False? A bottlenose dolphin is a fish. TRUE FALSE
2. What is the plural form of the word moose? A. Mooses B. Meese C. Moose
3. In the constitution, how long must you have lived in the United States to become president?  
A. 5 years B. 10 years C. 14 years
4. Between 1 and 100, how many multiples of 9 are odd numbers?  
A. 6 B. 9 C. 10
5. Entomologists primarily study what? A. Volcanoes B. Energy Sources C. Insects
6. The Mediterranean Island of Corsica is part of what European country?  
A. Spain B. France C. Italy
7. What is the official currency of Puerto Rico?  
A. Peso B. Puerto Rican dollar C. U.S. dollar

### ANSWERS:

1. false
2. C.
3. C.
4. A.
5. C.



If you answered all of these questions correctly, you might be smarter than a 5th grader. If you missed all of them, you might be a redneck.....