



# The Skyline Gazette

## Recognizing a Stroke

Symptoms of a stroke can include:  
 Suddenly feeling weak in an arm, hand or leg  
 Cannot feel one side of your face or body  
 Suddenly cannot see out of one eye  
 Suddenly have a hard time walking  
 Cannot understand what someone is saying  
 Feeling dizzy or losing your balance  
 Having the worst headache you have ever had

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe

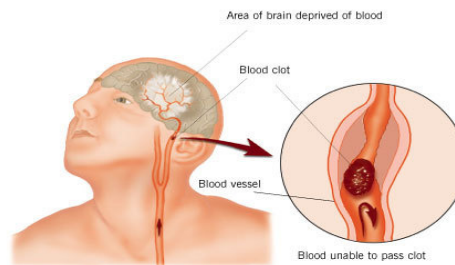
brain damage when People nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by Asking three simple questions:

- **S**- Ask the individual to **SMILE**.
- **T**- Ask the person to **TALK** to **SPEAK** A **SIMPLE SENTENCE** (Coherently) (i.e.....It is sunny out today)

- **R**- Ask him or her to **RAISE BOTH ARMS**. **NOTE:** Another sign of a stroke is this: Ask the person to stick out their tongue. If the tongue is crooked, if it goes to one side or the other that is also an indication of a stroke.

**IF HE OR SHE HAS TROUBLE WITH ANY ONE OF THESE TASKS, CALL 911 IMMEDIATELY AND DESCRIBE THE SYMPTOMS TO THE DISPATCHER.**

*- submitted by Diane Verde, Director of Food Service*



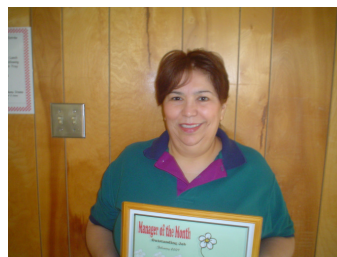
### Inside this issue:

Home Maintenance Tips	2
Gazette Gourmet	2
Custodial Closet	2
Ron's Thought for the Month	3
What's Bugging Us?	3
TV Trivia	4
Auxiliary Brag Board	4

### Special points of interest:

- The next paid Auxiliary Holiday is Memorial Day, May 25th
- The last day of school is June 3rd

## Food Service Employee Recognition



**February 2009 Manager of the Month:** Maria Juarez, Houston Elementary

**February 2009 Kitchen of the Month:** South Grand Prairie High 9th Grade Center



## Home Maintenance Tips - for Spring



**Clean the kitchen exhaust hood and air filter.** Keeping this clean of cooking grease will help keep a stovetop fire from spreading.

**Check for damage to your roof.** Signs include missing, curling, cupping, broken or cracked shingles. Pooling or ponds of water that fail to drain from flat roofs may indicate low ar-

eas and inadequate drainage.

**Repair all cracked, broken or uneven driveways and walks to help provide a level walking surface.**

This will help prevent guests and family members from slipping, tripping or falling.

**Check all the fascia and trim for deterioration.**

These areas can become weathered and worn and may lead to potential water damage.

**Check the shutoff valve at each plumbing fixture to make sure they function.**

Know the location of all valves and what equipment and water lines they serve. Teach all family members.

## The Gazette Gourmet - Spring Salad

### Ingredients:

- 1 Fuji or other firm apple
- 1 cup diced, cooked, boneless, skinless chicken breast
- 2 tbsp. chopped green pepper
- 2 tbsp. mayonnaise
- 1 tsp. chopped pimiento
- Pinch of rosemary, crushed

Dash of lemon pepper

Salt

Lettuce

1/2 cup alfalfa sprouts

with remaining ingredients except lettuce and sprouts.

2. On a lettuce-lined plate, arrange remaining apple slices; top with alfalfa sprouts, then chicken salad.

### Instructions:

1. Core and slice apple. Chop about 1/2 cup and combine

Makes 2 servings.



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

- Theodore Roosevelt

(1901 - 1909)

## The Custodial Closet - "What's So Great About Me?"

If you are like me, at some point in time in your life, you have struggled with identifying your talents and gifting. For some of us this is a present day struggle. This self-evaluation can be frustrating because we are in a hurry. We need to identify our gifts and talents because this is critical information for the purpose of determining what career path to take and revealing in what ways we can contribute to God, self, family and society as a whole. It also reveals a purpose and a role you were born to fulfill. If this is you, you are probably going crazy asking yourself, "What's so great about me?"

Be encouraged, if you are still among the living, you have purpose. Purpose suggests that you still need to make your contribution. Here are a couple of things that have and are currently helping me identify my talents. First of all, your talent is something that you do exceptionally well. Therefore, people will stop and take notice. They take notice because they see that you are doing "that thing" on a higher level than what is considered normal. It also helped me to hear someone say, "My gift will make room for me." In other words, because of people taking notice, your talent clears space for

you and provides a platform for your demonstration and contribution.

It's my hope that this information will help you identify talents and gifts so that you can make the positive impact you were born to give and prompt you to give a compliment. Don't hold back. If you notice that someone is talented or gifted let him or her know about it. It's critical that they know. Be the one who helps answer the question, "What so great about me?"

- by Troy Bryant, Custodial Lead

## Ron's Thought for the Month - Results

There is a common misconception in the work place between working hard, looking busy and results. Most people believe if they're working hard and staying busy that's all that counts. The truth of the matter is, bosses want results. No matter how hard you work or how busy you look, if it doesn't produce results, your effort may be in vain. You've heard the old saying "Don't worry about the means of propul-

sion, just load the wagon." I'm trying to be politically correct. I do worry about the means of propulsion because it brings about results, getting a product from point A to B. As auxiliary employees we are the means of propulsion and by loading our wagon with good work ethic, smart decision making and planning work schedules we insure good results. One of the best rewards concerning our effort is that we have

instant results. Floors shine, food tastes good, lights are on, a/c is cool, lawns are mowed and kids delivered on time and safe. Principals, teachers and coaches have to wait months, sometime years, before their effort is brought to fruition. Results are what's expected of us, without results we do not stand out from the rest.

- by Ron Davis, IPM Coordinator, Grounds Supervisor



*"The only thing we have to fear is fear itself."*

- Franklin D. Roosevelt

(1933 - 1945)

## What's Bugging Us?

This is the revised definition from TDA for Integrated Pest Management. A pest management strategy that relies on accurate identification and scientific knowledge of target pest, reliable monitoring methods to assess pest presence, preventative measures to limit pest problems and thresholds to determine when corrective control measures are needed. Under IPM whenever economical and practical, multiple control tactics should be used to achieve best control of pest. These tactics will possibly include but not be limited to, the judicious use of pesticides.

7.150. F: I P M coordinator will oversee and implement that portion of the plan that ensures that school district administrators and relevant school district personnel are provided opportunities to be informed and educated about their role in the IPM program, reporting and notification procedures.

Protecting our children from pesticides as well as pest is a responsibility that we all have to take part in.

1. What is pesticide exposure?

- A. Coming **in contact with a pesticide.**
- B. Being poisoned by a pesticide.
- C. Neither of the above
- D. Both of the above

2. Which areas of the body absorb pesticides quickly?

- A. Feet, hands, head and groin
- B. Scalp, nose, hands and arms
- C. Face, hands, torso and scalp
- D. Eyes, ears, scalp **and groin**

3. What signal word must be on the label for pesticides classified as Moderately **toxic**?

- A. Caution
- B. Danger
- C. Warning

**ANSWERS:**

3. C  
2. D  
1. A

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## TV Trivia - The 70's

1. Which TV series ran twice as long as the event it portrayed?
2. Who had two roles on the TV series M.A.S.H. ?
3. On M.A.S.H. what city did BJ Honeycutt call home?
4. On M.A.S.H. what was Hawkeye's hometown?
5. On M.A.S.H. what city and state was Klinger from?
6. What was the name of Baretta's car?
7. What kind of pet did Baretta have and what was it's name?
8. What month and year did The Partridge Family premiere on TV?
9. What actress played the mother on The Partridge Family?
10. Who was the voice of 'Charlie' on Charlie's Angels?
11. What character did Patrick Duffy play on Man From Atlantis?
12. What was the name of the 'friendly doorman' on Rhoda?
13. How long was Dallas on the air?

1. M.A.S.H.  
2. Harry Morgan - first as a visiting officer  
and then later as Colonel Potter  
3. Mill Valley, CA  
4. In early episodes it was Crab Apple Cove,  
Vermont, then in later episodes it was Crab  
Apple Cove, Maine  
5. Toledo, Ohio  
6. The Gray Ghost  
7. A cockatoo named Fred  
8. September 1970  
9. Shirley Jones  
10. John Forsythe  
11. Mark Harris  
12. Carlton  
13. 12 seasons 1978 - 1990

### ANSWERS TO TV TRIVIA

## Auxiliary Brag Board

Mike Dehoust is always helpful and willing to do anything that needs to be done. The one word I think of to describe Mike is *diligent*.

- Lisa Kirkpatrick

I'd like to brag---on you, Lisa Kirkpatrick. You are a kind, calm, soothing voice who has always helped me. The newsletter is always informative and enjoyable. You perform all of your jobs professionally and in my opinion, perfectly. I so appreciate you.

- Debbie Cheatham

If you would like to brag on an auxiliary employee please e-mail  
lisa.kirkpatrick@att.net!