

## 2010 All-Staff Inservice: INSIGHTFUL, FUN

Without a doubt, the August 27 All-Staff Inservice and Picnic was a hit with LCBDD staff. The feedback we have received has been very positive.

We learned about nutrition and making better meal choices; we heard a simplified presentation about Medicaid Waiver funding for the people we serve; Adult Services gave us a snapshot of how LICCO employees' wages are determined, and encouraged staff to provide business referrals whenever possible; and staff were urged to point families and community members to our website -- [www.LCountyDD.org](http://www.LCountyDD.org) -- for a better understanding of our agency.

And after a long morning of learning, learning, learning, we had a lot of fun, too!

Thanks to **Barb Luce** and **Louise Decker** (Administration), as well as **Staff Council** and the **LCBDD Leadership Team**, for making this year's inservice something very special. The luncheon was wonderful, and so was the memorable healthy/sinful dessert contest.

The spirited team-building exercises got the crowd roaring at times and it was clear that everyone found the Inservice educational and enjoyable.

To commemorate the day, please enjoy the photo spread on pages 5 and 6.

## September staff anniversaries

**Kay Ambrus (30), Chris Brooks (12), Molly Butt (13), Bobbie Cooper (14), Jay Courson (8), Diane Dodson (11), Laura Kreager (12), Chris Lee (10), Melissa Martin (7), Betsy Nixon (11), Roy Stutz (31), Angie Watson (6), Aleesa Womer (2).**

Editor's note: These listings indicate the staff members' most recent hire dates, although some have prior years of service to the LCBDD or other public/government entities.



## September LCBDD Staff Member of the Month

*Louise Decker*

Due to her efforts to make this year's All-Staff Inservice something very special, the LCBDD Staff Council has chosen **Louise Decker** (Administration) as September Staff Member of the Month. She and Barb Luce (Administration) worked very hard to coordinate the agenda, luncheon and

afternoon activities. "Louise's creativity shines," states her anonymous nomination. "Aside from the inservice, Louise is always coming up with great ideas to get staff motivated for health, wellness, safety and other important initiatives. Louise is extremely professional, very caring of both staff and the people we serve, and strives to give the LCBDD the best of herself each and every day. She has made a very positive impact on the culture of the LCBDD." Congratulations, Louise -- we really appreciate your hard work!



## August LCBDD Staff Member of the Month

*Sue Ormiston*

**Sue Ormiston** (Service Coordination) was selected by the LCBDD Staff Council as Staff Member of the Month for August. Sue has been a great addition to the LCBDD, and was chosen because of her exceptional efforts to make transitions easier for her coworkers at Service Coordination.

She is credited with navigating everyone through the recent phone and computer upgrades; her customer-service skills are stellar; she is always upbeat; and she demonstrates a willingness to help in all areas. "If Sue is in the middle of something and we ask her for assistance, she will stop what she is doing to take time to help us in any way," explains her anonymous nomination. "Sue follows through on her commitments. Her reliability is a comfort to all of us who depend on her." Congratulations, Sue, and thank you for all your efforts!

**EDITOR'S NOTE: LOOK FOR THE AUGUST LICCO TEAM MEMBER OF THE MONTH ON PAGE 5. THE SEPTEMBER LICCO TEAM MEMBER OF THE MONTH WILL APPEAR IN THE OCTOBER ISSUE OF THE LOOP.**

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

-- Martin Luther



‘Thumbs Up!’ to **Louise Decker and Barb Luce** (Administration) for choreographing an outstanding staff development day on August 27. Not only did we learn something, we had a lot of fun and did it together.

‘Thumbs Up!’ also to **Heather Odendahl** (Administration) and all

staff who put in hours and hours of face time at the Hartford Fair and Pataskala Street Fair. Thanks for making the most of these “awareness” opportunities. ‘Thumbs Up!’ to **Chanda Busse** (Service Coordination) who recently was elected to serve as vice president of PAR Ohio next year.

- **Nancy Neely** (Administration)

‘Thumbs Up!’ to **Lisa Dunaway** (Adult Services) for her motivational skills, as her willingness to always go the extra mile. She really makes a difference.

- **Keith Kokensparger** (Adult Services)

‘Thumbs Up!’ to **Jay Courson** (E.S. Weiant Center) for all his hard work getting ready for and cleaning up after the staff inservice. Another ‘Thumbs Up!’ to **Louise Decker** (Administration). She worked hard on the agenda and all the activities. It was a nice day and everyone seemed to have fun!

- **Barb Luce** (Administration)

‘Thumbs Up!’ to **Louise Decker and Barb Luce** (Administration) for an outstanding 2010 All-Staff Inservice Day. It was awesome! ‘Thumbs Up!’ to **Chris Hughes** (LICCO Lawn Care) and **Keith Kokensparger** (Adult Services) for battling 565’s “Little Shop of Horrors” man-eating plant outside our office; and for tidying up the rest of the grounds. Thank you! Thumbs Up to **Jordan Schumaker** (LICCO/CES) and **Linda Hogue** (Adult Services) for helping out at 565 while **David Goslin** (LICCO/CES) was on vacation. Thanks for responding so quickly!!

- **Sue Ormiston** (Service Coordination)

‘Thumbs Up!’ to **Christine Burkamp and Laura Cohen** (Service Coordination) for their outreach efforts during a recent back-to-school event held at Blessed Sacrament. ‘Thumbs Up!’ also to **Judy Buehler** (E.S. Weiant Center) for reaching out to families and parents at the Flying Colors Preschool open house. ‘Thumbs Up!’ to **Ronni Bowyer**, Help Me Grow’s family support specialist. She does a tremendous job coordinating the ‘Love Bugs’ group and she especially did an outstanding job organizing summer activities in the community. ‘Thumbs Up!’ to **Diana Shannon** (Service Coordination) for doing a great WNKO radio news interview about the new People First chapter in Licking County.

Thanks also to **Aleesa Womer** and **Sue Ormiston** (Service Coordination) for their efforts to help coordinate this exciting new venture. ‘Thumbs Up!’ to the entire **Spirit Line crew** (LICCO) and their supporting **Adult Services staff**. They had more than \$2,000 in sales at the Pataskala Street Fair.

- **Heather Odendahl** (Administration)

‘Thumbs Up!’ to **Silvia Murrey** (Service Coordination). She has lost 47 pounds and looks great!

- **Louise Williams** (Service Coordination)

‘Thumbs Up!’ to **Staff Council** for a very nice All-Staff Inservice meeting and activities. It was great to visit with everyone. A huge thanks goes out to **Barb Luce, Louise Decker and Gary Smith** (Administration) for preparing most of the food at their homes the evening before the inservice. Most of us are generally unaware of these types of behind-the-scenes efforts. ‘Thumbs Up!’ also to IT guy **Blair Franklin** (MEORC/Administration) for always helping out when the computer is not cooperating with me.

- **Patti Gibson** (Adult Services/Administration)

## Congrats!

- **Debbie Devore** (E.S. Weiant Center) welcomed second son, Wesley Reed, on Sept. 3. She subsequently resigned from her Early Intervention Specialist position, and will soon go to work in a similar role for the Muskingum County Board of DD (which is closer to her home). We send our congratulations and best wishes to Debbie and family. We'll miss you!



- **Pam Diemoz** (Adult Services) recently shifted positions from Personal Assistant to Workshop Specialist. You can now find her at LICCO with the crew that was supervised by former WS Bev Ramsey.

- **Carolyn McCallister** (formerly of Transportation) recently moved over to Adult Services to become a Workshop Specialist. She is supervising a LICCO production crew.

- **Nancy Edmister** (Transportation) resigned, effective Sept. 3, to take a position with a residential provider in Knox County. She'll be greatly missed!

- **Caley Norton** (E.S. Weiant Center) recently began working as the Early Intervention Team Leader, in addition to her Physical Therapist duties.

- **Angela Hall** is the newest addition to the Adult Services staff. She'll be employed as a Workshop Specialist Substitute at LICCO, starting this month. Welcome aboard!

# Healthy recipes of the month:

## Easy Pineapple-Orange Cream Cake

Submitted by **Sue Ormiston** (Service Coordination)

Sue won the “Healthy Dessert” contest during the All-Staff Inservice on August 27. She shares the recipe for her heavenly concoction, but gives credit to **Louise Decker** (Administration) for giving her the recipe in the first place. Enjoy!

### Ingredients:

1 (15 oz.) can crushed pineapple in juice, undrained  
1 (19 oz.) package yellow cake mix  
1 (11 oz.) can mandarin oranges in light syrup, drained  
1/2 cup egg substitute (such as Egg Beaters)  
1/2 cup fat free or low-fat mayonnaise  
Cooking spray  
1 (12 oz.) container frozen fat-free whipped topping, thawed  
1 (1 oz.) package sugar-free vanilla instant pudding mix

### Directions:

Preheat oven to 350 degrees. Drain pineapple, reserving juice. Set pineapple aside. Combine reserved pineapple juice, cake mix, mandarin oranges, egg substitute and mayonnaise in a large bowl. Beat with a mixer at medium speed until well blended. Pour batter into a 13-by-9-inch baking dish coated with cooking spray. Bake at 350 degrees for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in dish on a wire rack. Combine drained pineapple, whipped topping and vanilla pudding mix in a medium bowl and beat at low speed just until blended. Spread pineapple mixture evenly over the top of the cake. Cover and store in refrigerator. Makes 18 servings.

*Nutritional information:* Per serving: 186 calories; 3.5 g fat; 1 g fiber. (Weight Watchers POINTS -- 4).

## Chocolate Brownie Pudding

Submitted by **Gary Smith** (Administration)

Gary submitted this yummy dish in the “Healthy Desserts” category for the August 27 contest. He shares the recipe here:

### Ingredients:

1/2 cup whole wheat flour  
1/2 cup white flour  
3/4 cup sugar  
2 Tbsp. unsweetened cocoa powder  
2 tsp. baking powder  
1 tsp. salt  
1/2 cup milk  
2 Tbsp. canola oil  
2 tsp. vanilla extract  
3/4 cup unsweetened cocoa powder  
1 3/4 cups hot water  
1/2 cup chopped nuts (optional)

### Directions:

Preheat oven to 350 degrees. In a medium bowl, stir together the whole wheat flour, white flour, white sugar, 2 Tbsp. cocoa powder, baking powder and salt. Add the milk, oil and vanilla. Mix until smooth and add nuts (if using). Pour into a 8-by-8-inch square non-stick pan that is lightly oiled or treated with non-stick cooking spray. Combine the brown sugar, 1/4 cup cocoa powder and hot water. Gently pour this mixture on top of the batter in the pan. Bake at 350 degrees for 40 minutes, or until lightly browned and bubbly. Makes nine servings.

*Nutritional information:* Per serving: 230 calories; 4 g fat; 2 g fiber. (Weight Watchers POINTS -- 5)

## Caramel and Butterfinger Cake

Submitted by **Kathy Thornton** (Adult Services)

Here’s another great one from the dessert contest -- it’s just hard to believe that it is low in fat! Thanks, Kathy, for sharing this recipe, which can be modified to fit your taste:

### Ingredients:

1 box Devil’s Food cake mix  
10-oz. can of Diet Coke or Diet Pepsi  
1 egg white  
6-oz. fat-free caramel ice cream topping  
7-oz. fat-free sweetened condensed milk  
1 c. Butterfinger bar bits (if you prefer, you can also find Skor and Heath barbits in the grocery aisle near the chocolate chips).  
8-oz. container fat-free Cool Whip

### Directions:

Mix cake mix, egg white and diet soda. Pour in a greased 9-by-13-inch cake pan. Bake at 375 degrees for 35 minutes, or until a toothpick comes out smooth. During the last few minutes of baking, put caramel and condensed milk in a sauce pan and stir on medium-low heat until smooth. Take cake out of the oven and poke holes all over the top. Pour caramel mixture over warm cake, filling the holes. Sprinkle candy bar bits over top, reserving some for garnish. Cool cake completely. Cover with Cool Whip, and garnish/sprinkle with remaining Butterfinger bits. Store in refrigerator. Yield: 24 servings.

*Nutritional information:* Per serving: 193 calories; 5.25 g fat; 1 g fiber. (Weight Watchers POINTS -- 4).

## Tell us your stories

Please consider sharing your health/wellness testimonials with us. Did you kick a bad habit, lose weight, get fit, and/or boost your exercise routine? We also want to enjoy your healthy recipes and light cooking tips. Send your information in an e-mail to newsletter editor **Heather Odendahl** (Administration). You can also send your submissions via interoffice mail. We want to hear from you!

## State education organization recognizes LCBDD's Wimer

Many of you probably are aware that **Gary Wimer** (Adult Services) moonlights as a member of the Heath City Schools Board of Education. He also serves as the Heath board's representative on the C-TEC Board of Ed.

For his dedication and service, he recently was selected to receive the Ohio School Boards Association (OSBA) outstanding Board Member Award.

As you can imagine, this is a tremendous honor, and we are very proud to have someone of Gary's caliber on staff at the LCBDD.

Gary's activities with the OSBA include serving on state committees that are integral in molding the future of education policy in Ohio. He puts a lot of time and effort into his positions with the local boards and OSBA.

Gary will be honored at an OSBA Fall Conference dinner on Oct. 5 in Columbus, during which Gordon Gee, president of The Ohio State University, will give the keynote address.

"Gary's commitment and dedication has always been apparent, and I am thrilled to see him receive this honor," Heath School Board President Jim Roberts wrote in a recent column for the *Heath News* weekly newspaper.

Gary is a bit humble when he discusses receiving the award.

"I was thankful to be selected for the award, but I believe I was just serving in the capacity that the public elected me to serve," he says. "It was an honor that I will cherish for the rest of my life."

Congratulations, Gary! You are very deserving of this award.

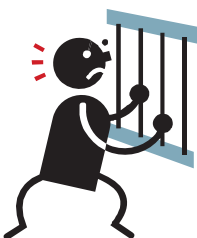


## Sue Ormiston goes to jail

Yes, you read the headline correctly. **Sue Ormiston** (Service Coordination) is going to jail on Wednesday, Sept. 29 -- not for committing crimes, but for being guilty of having a big heart.

While in lockup (at Texas Roadhouse, of all places!), she'll be responsible for soliciting bail money to benefit the Muscular Dystrophy Association. Sue has a large chunk of change to raise -- \$1,600, to be exact -- so she really could use your help, and so could the MDA.

If you can make a pledge in advance of the event, it would be appreciated. Please find the donation form that is attached with this month's edition of *The Loop*. All donations are tax deductible. You can send donations to Sue at 565. Let's all rally behind our "convict" and the MDA. Call Sue with questions -- 349-1420.



## Stewart to retire

**Loretta Stewart** (Transportation) soon will run her last van route for the LCBDD. After 16 years of service, Loretta plans to retire at the end of this month.

Her Transportation coworkers say that she plans to leave quietly, with little fanfare. But Transportation Director Donna Flack notes Loretta's departure marks the end of an era for the LCBDD.

"Loretta has put her heart and soul into her jobs with us," Donna says. "She's been here many years and has made a lot of friends. Her coworkers and the families we serve will miss her greatly."

In a recent exit interview, Loretta offered Louise Decker, Director of Human Resources, a number of suggestions as to how the LCBDD could enhance its effectiveness. All of her answers were centered on the people we serve, rather than organizational issues.

"For Loretta, her job was all about helping people," Louise notes. "She wanted to be remembered as a friend and a good listener."

Thank you, Loretta, for all your hard work. We wish you the happiest and healthiest retirement!



### August LICCO Team Member of the Month

*Nancy Schneider*

Nancy Schneider's positive attitude is the reason she was selected as LICCO Team Member of the Month for August.

"She always comes into work very happy and with a smile for everyone. Nancy is a great coworker and is appreciated by the Adult Services staff," says her supervisor, Workshop Specialist Debbie Neighbarger.

Adult Services Facilitator Daryl Waterman concurred: "Nancy responds positively to instructions and always is ready to try new things."

Nancy joined LICCO in April 2008, and is a resident of Newark. Congratulations, Nancy, we're very proud of you!



**ABOVE, LEFT:** LMH Nutritionist Anne Marie Thacker inspires staff to make healthier choices.

**ABOVE:** The luncheon spread was quite popular with staff.

**LEFT:** Twenty-five years of service -- Lea Bonner, Donna Flack and Nancy Neely.

**BELOW:** Nancy Neely honors 30-year staff member Kay Ambrus.

# ALL-STAFF INSERVICE & PICNIC

*August 27, 2010*

**NUMEROUS LCBD STAFF MEMBERS WERE RECOGNIZED FOR THEIR YEARS OF SERVICE. CONGRATULATIONS TO ALL OF THE HONOREES:**

**5 years**

**Nicki Forrer** (Adult Services)  
**Debbie Devore** (E.S. Weiant)  
**Heather Wolfe** (E.S. Weiant)  
**Melissa Gordon** (Adult Services)

**10 years**

**Jackie Alexander** (Adult Services)  
**Chris Lee** (Adult Services)

**15 years**

**Jackie Moore** (Adult Services)  
**Bill Godwin** (Service Coordination)

**20 years**

**Vicki Wilkey** (Adult Services)  
**Krista Davis** (Adult Services)

**25 years**

**Nancy Neely** (Administration)  
**Lea Bonner** (Service Coordination)  
**Donna Flack** (Transportation)

**30 years**

**Kay Ambrus** (Transportation)



*Continued on page 6...*

More from the August Inservice...



**RIGHT:** Service Coordinators Louise Williams and Abby Spear topped this year's "sinful" dessert contest. Abby's submission received first-place honors from the Staff Council judges. Sue Ormiston's (not pictured) healthy dessert reigned. See page 3 for the recipe.

**LEFT:** Did you know El's Betsy Nixon could juggle? Neither did she!

**SPIRITED  
TEAM-BUILDING  
ACTIVITIES  
CAPPED OFF A  
GREAT  
ALL-STAFF  
INSERVICE DAY!**



**RIGHT:** Nancy Wood prepares to battle.

**BELOW:** Debbie Neighbarger competes against Denise Linger and Lori Crosmer while the LCBDD staff watches intently.



**ABOVE:** 'Musical chairs' got heated when it was down to just three contestants -- Melissa Gordon, Aleesa Womer and Teresa Valentino. Teresa ultimately won the match.

# The Staff SCOOP

The Staff SCOOP' puts four randomly-selected LCBDD staff members in the spotlight each month. They are given questionnaires and instructed to answer any of the questions they prefer. Almost all answers appear in their entirety but may be slightly edited, particularly for brevity. We recently completed all Staff SCOOPs for the Transportation component, so we are doubling up on the Adult Services staff. In the next few months we will have completed all SCOOPs from the other components and will replace this feature with something equally fun. Stay tuned!



## Dora Young-Ford

- **Component:** Service Coordination
- **Title:** Service Coordinator
- **How long have you worked for the LCBDD?** Since July 1998.
- **Have you worked in other LCBDD positions besides your current one?** Case manager.
- **What do you like best about your job?** Seeing individuals smile.
- **Where did you grow up?** Northeast Ohio.

- **First job:** Papergirl, age 10.
- **When you were a child, what did you want to be when you "grew up?"** An art teacher.
- **Who is/was an influential person in your life?** My Aunt Billie was the most influential person because she was always positive and she helped me while I was in college.
- **Favorite inspirational quote/word of advice:** "Wag more, bark less."
- **Biggest pet peeve:** People who go to church and preach about it, then turn around and are unkind to others.
- **If you could meet any person (living in the past or present), who would it be?** I would like to meet Maya Angelou because she is such a great poet/writer and an inspiration.
- **Tell us about your family/pets:** I have a wonderful husband, Ross, and two children -- Adam and Amanda. Also, we have three great dogs. We are dog lovers.
- **Hobbies/interests:** I love museums, painting, photography and writing poetry/fiction.
- **Favorite book and/or author:** *Possession*, by A.S. Byatt.
- **Favorite movie(s):** "What Dreams May Come," with Robin Williams.
- **Favorite TV show(s):** "Saturday Night Live"
- **Favorite musical genre/artist:** A mix from Beethoven to Led Zeppelin to Bob Marley.
- **Favorite food(s):** My grandmother's Thomas Blue Concord grapes and sweet cherries.
- **Worst food(s):** Liver and onions, which my Mom called "Special Steak." Way more yuck than yum.
- **Favorite vacation spot:** I would like to go to Ireland.
- **If I won the lottery, I would...** Invest wisely, then open a dayhab with evening/weekend hours with lots of activities like golf and live plays.



## Rena Williams

- **Component:** Administration
- **Title:** Fiscal Specialist
- **How long have you worked for the LCBDD?** Two years in August.
- **Have you worked in other LCBDD positions besides your current one?** Until recently I was a secretary in Admin and performed the MUI back-up duties among other things.
- **What do you like best about your job?** I like the people who I work with,

- of course, and having a position that gives me the ability to use my bookkeeping experience.
- **Where did you grow up?** Newark.
- **First job:** Clerical/bookkeeping position at Famous Supply Co. when I was in junior and senior high school.
- **When you were a child, what did you want to be when you "grew up?"** A school teacher.
- **Who was/is an influential person in your life?** My mother. She is an amazing woman of faith who has endured many phases of her life and has been a tremendous woman of integrity to my three brothers and me.
- **Favorite inspirational quote/word of advice:** "Do unto others as you would have them do unto you."
- **Biggest pet peeve:** People who are preoccupied with everything else rather than DRIVING, and people who always have negative attitudes.
- **Tell us about your family/pets:** I have been married to my husband, Dennis, for 30 years this year. We have two daughters. Alisha (24) graduated from Kent State University last summer and is living her dream in New York City designing magazine layouts. Shawna (22) is a senior at Kent State studying Early Childhood Education, desiring to teach 1st or 2nd grade. Our special little 12-year-old Shih Tzu, Henry, passed away a year and a half ago.
- **Hobbies/interests:** When I have time, I like to scrapbook, shop, go to craft bazaars and travel to new places.
- **Favorite book/author:** I read more magazines than books
- **Favorite TV show(s):** "Survivor," "The Good Wife," and "Law and Order."
- **Favorite musical genre and/or artist:** Christian contemporary.
- **Favorite Food:** Italian or Mexican.
- **Worst food(s):** Lima beans.
- **Favorite vacation spot:** One of my favorite places was Paradise Island, Bahamas. I also enjoy visiting New York City and, someday, I would like to travel the New England states.
- **If I won the lottery, I would...** Pay off bills including my daughters' college education loans, travel and enjoy having the ability to bless others with unexpected, anonymous surprises.

- MORE SCOOPS ON PAGE 8 -



## Pam Diemoz

- **Component:** Adult Services
- **Title:** Workshop Specialist
- **How long have you worked for the LCBDD?** More than three years.
- **Have you worked in other positions at the LCBDD besides your current one?** I was a Personal Assistant in Adult Services and was recently reasigned to Workshop Specialist.
- **What do you like best about your job?** The people are wonderful.

- **Where did you grow up:** Heath
- **First job:** Bag girl at Arrow department store.
- **What did you want to be when you “grew up?”** A ballerina or a teacher.
- **Who was/is an influential person in your life?** I take care of my mom, Dotti, and until recently my grandmother, Ruth. They are strong, resilient women. I’ve learned more from them needing me than you can imagine.
- **Favorite inspirational quote/word of advice:** “With God, all things are possible.”
- **Biggest pet peeve:** Narrow minds!
- **If you could meet anyone (living in the past or present), who would it be?** Mary, to comfort her as she has comforted me.
- **Family/pets:** I have three sons: Tyler, Joshua and Jacob. Josh is married to Kelly and has a daughter Kylee (3), and a son on the way. Tyler’s son is named Xavier (1), and Jacob’s daughter is Kitana (2). I have a cat named “Miss Purdy” (Old Jerry Lewis movie) who is so neurotic she makes me seem normal.
- **Hobbies/interests:** Watching movies
- **Favorite book/author:** Too many to choose.
- **Favorite movie(s):** Depends on the day!
- **Favorite TV show(s):** “Everybody Loves Raymond”
- **Favorite food(s):** Pizza, Chinese.
- **Favorite vacation spot:** I would like to go to England -- Sherwood Forest (my maiden name is Sherwood).
- **Is there anything you’d like to add?** I am blessed and grateful to work here, to be loved by God and to be American.



## Kristin Moore

- **Component:** Adult Services
- **Title:** Workshop Specialist
- **How long have you worked for the LCBDD?** 9 years.
- **Have you worked in other positions at the LCBDD besides your current one?** I was a Workshop Specialist Sub.
- **What do you like best about your job?** The individuals we serve and coworkers.
- **Where did you grow up?** Newark

- **First job?** Dairy Isle
- **When you were a child, what did you want to be when you “grew up?”** A nurse.
- **Who is/was an influential person in your life?** My mom. She always tries to do the right thing and treat everyone she knows with respect. She has a really kind heart.
- **Tell us about your family/pets:** My boyfriend and I are expecting our first baby in February. We also have three dogs -- Toby, Chance and Bubba.
- **Hobbies/interests:** Anything outdoors -- I love animals.
- **Favorite book and/or author:** The Bible
- **Favorite musical genre/artist:** All kinds.
- **Favorite food(s):** Pizza and ice cream.
- **Worst food(s):** Fatty meats!
- **Favorite vacation spot:** Anywhere sunny and warm.
- **If I won the lottery, I would...** Give my parents money for retirement and pay off bills.

## - WHAT TO LOOK FOR IN OCTOBER -

Your submissions:  
Recipes of the month and wellness stories

More SCOOPs:  
Yep, we have four more coming at you next month!

The ‘greater good’:  
Photos from the Jaycees/United Way parade

Your health coverage:  
Open enrollment is coming soon!