

THE *Leavenworth* CONNECTION



JANUARY 2016

EDITORS: LISA ALLEN & CASSANDRA LINCOLN



Welcome! *ERIC BRANTLEY*

I'd like to introduce myself to those I haven't met. My name is Eric Brantley, I am a proud December 2015 graduate from Pittsburg State University. During my time at Pitt State, I played 5 years as a linebacker for the Gorilla football team, sat as a chairman of our Student Athletic Advisory Committee (S.A.A.C), and last but not least, spent most of my free time out in the community. Our future is held in the hands of our youth so I attempt to educate, while often times I find myself learning. I lead by example and try to be the best role model I can, although I'm not perfect. During my tenure at Pitt State, S.A.A.C was heavily involved in Make-A-Wish and I'd like to proudly note that we were able to grant a wish to a terminally ill child. I have yet to meet this child but our Wish reveal is January 30th and I am eager to see all the hard work pay-off, more importantly, the smile on that child's face. I love what Hallmark has stood for over the last 100 years, which is why I am here. So with your help, I'd like to assist Hallmark stand for another hundred years. Thank you for taking the time to read this article. A better tomorrow, starts today! Have a prosperous day Hallmarkers!

Thank you,
Eric



Sprucin' it Up--Crown Room Edition

By: Greg Ledford

As part of our ongoing improvements throughout the facility, we recently embarked upon a renovation of the Crown Room and Mini Mart areas. A long term desire in the plant has been to establish a multipurpose area in the Crown Room that allowed for meetings to occur simultaneously to everyone enjoying their meals without disruption. That is now a reality with the addition of sound insulated sliding partitions which separate the conference area from the meal area. If a larger meeting area is required, the partitions are easily stored on the south wall opening up the entire Crown Room. In addition, we have installed new carpeting and flooring throughout, new glass doors separating the card shop hallway, as well as a new audio visual system. All of these improvements were designed to work together to improve the acoustics and overall experience in our Crown Room. Work will continue over the next several weeks to finish the enclosure for the partitions and to add blinds to the windows on the south side of the conference room. Thanks to everyone for the compliments about our new Crown Room and we look forward to continuing to make Leavenworth look its best!





How to Ditch the Sugar

Sugar, in large amounts, can harm ones health. Sugar is not only highly accessible, cheap in cost, and in most every-thing we eat, it is also highly addictive. Medical studies have shown the brain reacts similar to sugar as it does co-caine.

Here are some simple ways to cut down on sugar.

Stop Cravings by consuming more protein. Protein slows digestion and is more filling than fat or carbs. Protein also makes it difficult for sugar cravings to strike.

Never skip meals. Skipping meals lowers ones blood sugar levels which will increase sugar cravings. This can cause you to overeat and binge on high sugar and high carb foods.

Trick your brain. When you are craving sugar, do something else that is pleasurable. Go for a walk, read a book etc.

Flavor your taste buds. Basically, sugar tastes the same and can vary from slightly sweet to very sweet...that's it. Flavor is a different "thing". To flavor think herbs, spices, low sodium broths, berries, lemons, vinaigrettes, etc.

Feel before you eat. Take a few seconds to get some clarity before you decide to pick up a high sugar food. Ask yourself why you are reaching for that choice in food. If it's anything other than you are truly starving, then try to find another way to give yourself what you need.

Read labels. Some sources of sugar are not so obvious. Granola bars, yogurts, etc. can oftentimes have more sugar than a snickers bar.

Lay low on the fruit. Fruit is great for you. However, sometimes you can have too much of a good thing. Try to eat some protein with fruit such as seeds or nuts to slow down the insulin spike that fruit can cause.

Work in small steps. The easiest starting point is with drinks. The average person will slurp down 50,000 calories of liquid sugar per year! Cutting drinks out will make a massive difference.

Avoid chemicals and artificial sweeteners. Swap these foods out for healthier whole food alternatives.

Limit your simple carbs. Doing so will make quitting sugar easier. Things like crackers, white breads and pastas pass through your body just like sugar and leave you with sugar and carb cravings.

Sugar cravings will pass after your taste buds and brain have adapted. After a few weeks not only will your cravings begin to go away but simple whole foods will be far more fulfilling than simple carb and sugary foods.

CARD SHOP

The holidays are over so be watching for Christmas markdowns in the card shop as well as 2015 Hallmark ornaments available for 1/4 price.

THANK YOU

I would like to thank everyone for all the flowers, cards and heartfelt expressions of sympathy during the passing of my father. It was deeply appreciated.

Thank you so much,
June Mallonee

BIRTHDAYS

03	Jim Wagner
05	Trish Johnson
06	Kurt Whalen
08	Stephan Hamrick
08	Tom Martinez
08	Mark Toy
09	Bob VanSchoelandt
12	Christy Stein
14	Pam Bailey
17	Rick Link
17	Jay Sims
18	Rick Tate
19	Kevin Stames
23	Anita Jackson
25	Shelly Mohan
25	Veronica Morris
26	Connie Robinson
26	Rhonda Skaggs
28	Derek Denney
29	Petra Baker
29	Ron Zink
31	Teri Morgan