

THE PROJECT SEARCH POST



Individual Progress for Unique Success



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THE IMPORTANCE OF COMPASSION

Written by Heather H.

February is considered the month of love; love for your family, love for your friends, love for your significant other. But what about your career? Can you say you 'love' what you do? In class, we've discussed the elements of work, and how finding the elements we like creates a career we love.

We value big name jobs, such as Professional Athlete, Rock Star, Hollywood Actor/Actress. We assign prestige where it doesn't belong. What we should be doing is valuing and admiring the person who may do a less prestigious job, but does it in a way that is driven by excellence. That's not to say those big-name jobs can't be inspiring - of course they can! But all you have to do is watch our students excel in their areas of interest, whether it's working in the kitchen or entering data in an office, to see what true greatness is. That is what loving your job looks like.

Martian Luther King Jr. said: "If a man is called to be a street sweeper, he should sweep even as a Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. That is my challenge to all of us today- Project SEARCH Students, families, and myself, to come to work every day and model excellence, so that others may be inspired by what we do and see how to love one's job."

DEPARTMENT SPOTLIGHT

Written by Michael H.

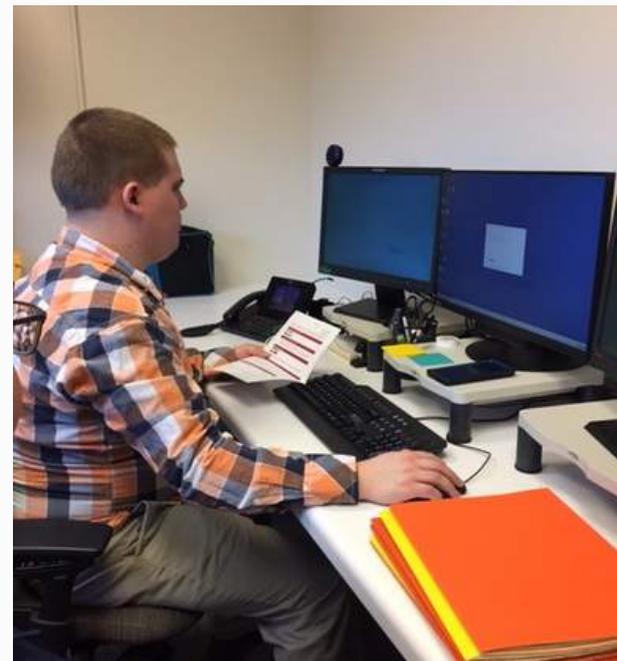
In this month's issue of our newsletter the spotlight goes to Employee Health & Well-Being. This department makes sure every employee at Regional Health is healthy and safe. The people who work in this department provide the necessary resources to reduce work related illnesses, injuries, and impairments.

When interning at this department I learned the importance of teamwork. I was really nervous walking into a new experience, but over time I got to know my co-workers and realized how fun a job could be! I contributed to the team by entering and scanning various medical records into the database. As they are in the process of getting all of the paper records into a system online. I also had the experience to attend and help out a flu clinic.

Before I left Employee Health & Well-Being I had the opportunity to train the intern who was going to be there after I left. The thought of training someone was actually pretty scary, but I managed to do that too! This intern and department has gone above and beyond and I'm very fortunate for the experience.

The department I am currently interning at is Human Resources. I'm learning how to become more social with people and love having a schedule that changes quite frequently. I am starting to get comfortable with my co-workers too.

Some task I have done while interning here is mailing books for classes, organizing, and helping with various other projects! I'm looking forward to see what else I can learn because there is always something to learn and try.



CASE MANAGER MEET & GREET

**TUESDAY
FEBRUARY 12, 2019
6:00 - 7:30 PM**

851 WEST STREET RAPID CITY, SD 57701

FOR MORE INFORMATION... CONTACT
HEATHER H.



WASHING YOUR PRODUCE

Written by Justin B.

Before fruits and vegetables get to the store, pesticides are used to keep away insects and bacteria. It is important to properly wash those "ready to wash" fruit and vegetables. Since the government shutdown it is unknown if the F.D.A has been inspecting our fruit and vegetables . There are also many methods and tips for washing fruits and vegetables to make sure that you won't get sick.

- Washing your hands with warm/cold water for at least 20 seconds before handling your produce.
- Rinsing produce with water and scrubbing fruit and vegetables with a brush, rag, or paper towels under running warm/cold water.
- Using other solutions such as distilled water to rinse and/or soak produce of all varieties.
- Experts found that washing with white vinegar and water kills 98% of bacteria and removes pesticides.

1. Fill a medium sized bowl with water and add from an eighth to 1/2 cup of vinegar.
2. Place your fruits and vegetables in the bowl.
3. Soak for 15 to 20 minutes.
4. Rinse with water.



CHEF'S CORNER



Suggested recipe idea.

THE PERFECT HOT DOG RECIPE BY BRANDON U.

INGREDIENTS

Hot dog
Hot dog bun
Suggested condiments: ketchup, mustard, relish, hot sauce, etc.



DIRECTIONS

1. Grab any hot dog to be microwaved.
2. Wrap in a paper towel and place in the microwave for 25 seconds.
3. Prepare the bun for the hot dog.
4. When the hot dog is done cooking. Unwrap and place the hot dog on the bun.
5. Add any condiments needed: onions, green peppers, hot sauce, or chili.
6. Enjoy!

Completing job task in the work area can help improve your job skills, needs, and priorities.

Zack W.

INTERN INSIGHTS

Written by The Team

Keep focused, stay positive, and don't forget to move & groove.

Justin R.

When you are asked to do a job task, make sure you double check your work to ensure you have not made any errors.

Michael H.

If you have permission from your boss to listen to music, play something that is calming.

Justin B.

Working in the sub sandwich area with my mentor Susan. I learned how to make a sub sandwich. It has been a great experience. I am also learning how to be patient and listen to what the customers want.

Brandon U.



WHAT ARE TAXES?

Written by Justin R.

Tax season is here! "gasp". Before we get into a panic, let's remind ourselves why we even have taxes. In the words of Oliver Wendell Holmes, Jr. "Taxes are what we pay for civilized society." When taxes first came into the world in ancient Egypt, they were for the pharaoh's projects. Later on, empires such as Rome, Russia, and England, taxed goods like sales, bachelors and even (beards). After the Revolutionary war, America started to tax its people because of the mass debt that had accumulated by the war effort. In today's world our taxes payed support goods and services such as our national defense, state, local police and protection agencies, health care, public education, financial aid, as well as social services for families.

As per regulation all taxpayers must receive their W-2's by the end of January. What are W-2's? It is an Internal Revenue Service tax form used in the U.S. to report wages paid to employees and the taxes withheld from them. They then have to be submitted by April 15th to the IRS. But beware, if you do not get them in on time before April 15th, the results can include fines or even imprisonment for tax fraud or tax evasion. "No one likes taxes but we all got to do them; anonymous."



Congratulations

BRANDON U.
FOR GETTING HIRED
YOU'LL DO GREAT!