

## KEARNEY COUNTY HEALTH SERVICES, LONG TERM CARE

Beckenhauer Construction recently had the privilege to again work for Kearney County Health Services, in Minden NE. The project included a 2,183SF addition and 830SF renovation to the Long Term Care Facility. This work provided a new Physical Therapy Room, Conference Room, 5 offices, Restrooms, and new IT Room. We are happy to add Kearney County Health Services to our long list of satisfied clients!



*Upper Left: new addition and emergency egress*



*Upper Right: Solarium*

*Lower Right: new Physical Therapy Room*



*Lower Left: Jeff Ackerman receiving the AGC of America Safety Award from Jean Petsch*



## SAFETY FIRST!

Beckenhauer Construction has again received an AGC of America Safety Award. This recognition is earned for compiling an excellent safety record of zero safety incidences during the past three years. A big THANK YOU to **Jeff Ackerman**, our Safety Director, and all Beckenhauer employees for making this happen!

# BUMPER STICKER HUMOR

The easiest way to find something lost is to buy a replacement.

Work is fine if it doesn't take too much of your time.

Whether you think you can or can't, you're right.

The trouble with being punctual is that no one is there to appreciate it.

Two wrongs do not make a right, but three lefts do.

A bird in the hand is always safer than one over-head.

Any landing you can walk away from is a good one.

Say no first—then negotiate.

There is no job so simple that it cannot be done wrong.

Always leave room to add an explanation if it doesn't work out.

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Q: Which side of a chicken has the most feathers?

A: The outside!

Q: What is the most musical part of a chicken?

A: The drumstick!

Q: What do you get when a chicken lays an egg on top of a barn?

A: An eggroll!

Q: What do you call it when it rains chickens?

A: Fowl weather!

Q: How do chickens bake a cake?

A: From scratch!

Q: Why do hens lay eggs?

A: Because if they dropped them they'd break!

Q: Why did the egg hide?

A: Because it was a little chicken!

Q: What day do chickens hate the most?

A: Fry-day!

Q: What do you get when you cross a chicken with a cement mixer?

A: A brick layer!

## QUICK TIPS



Everyone knows that daily flossing improves your mouth health, freshens your breath, and prevents gum disease. But did you know that it can help your heart? Bacteria from your mouth can travel in your bloodstream and can increase your risk of heart disease. Daily flossing is a good way to protect both your mouth health and your heart health.

If you are roasting meat, but do not have a roasting rack, simply place a layer of coarse chopped celery or onions on the bottom of the pan. Put the meat on top of the vegetables. They will keep the meat off of the bottom of the pan and will provide flavor during the cooking process. Gravy made from the drippings of the meat cooked in this way has the added flavor of these vegetables.

To cut down on food waste, consider asking for smaller portions when you are eating out. Many restaurants are happy to offer half-portions. Not only will you be reducing wasted food, you will also save some money.



If you become stranded in your car during bad weather due to mechanical problems or an accident, remember that the safest place is in your car. Leaving your car exposes you to the elements and to other vehicles that may lose control in the extreme conditions. Run the engine and heater if possible for 10 minutes every hour and make sure the tailpipe is not blocked so that carbon monoxide does not build up in your vehicle.



## DENTAL WOES

A man goes to see his dentist, complaining about some discomfort in his mouth. After examining him, the dentist exclaims, "Will you look at that? The plate I placed in your mouth about six months ago is almost completely corroded! What have you been eating?"

"Well," the man thought for a second, "come to think of it, I've been eating differently lately. My wife made some asparagus with this stuff called Hollandaise sauce on it a few months back. Since then, I've craved the stuff every day and have been putting it on everything."

"That explains it!" said the dentist. "Hollandaise is made with lemon juice, and the acid is corroding your plate. This time I'll have to use a chrome plate instead."

"Chrome?" asked the man.

The dentist replied, "Well, everyone knows that there's no plate like chrome for the Hollandaise!"



## Holiday Musical Fun Answers:

1. All I Want for Christmas is My Two Front Teeth  
2. Silent Night  
3. Angels from the Realms of Glory  
4. Rudolph the Red Nosed Reindeer  
5. It Came Upon a Midnight Clear  
6. Deck the Halls with Boughs of Holly  
7. I'm Dreaming of a White Christmas  
8. I'm Gettin' Nothin' for Christmas  
9. Silver Bells  
10. I Saw Mommy Kissing Santa Claus  
11. Away in a Manger  
12. Joy to the World  
13. O, Little Town of Bethlehem  
14. It's Beginning to Look a Lot Like Christmas  
15. Here Comes Suzy Snowflake  
16. God Rest Ye Merry Gentlemen  
17. O Come All Ye Faithful  
18. The First Noel  
19. While Shepherds Watched Their Flocks by Night  
20. Up on the Housetop Reindeer

## Holiday Musical Fun

The following list is a collection of traditional songs from the holiday season. But they have been changed just a bit! How many do you recognize?

1. My Sole Desire for the Yuletide Season is Receipt of a Pair of Central Incisors
2. From Dark 'til Dawn, Soundless and Sanctimonious
3. Celestial Messengers from Splendid Empires
4. The Antlered Quadruped with the Cerise Proboscis
5. The Event Occurred One Minute After 11:59 pm With Visibility Unlimited
6. Ornament the Enclosure with Large Sprigs of a Berry-bearing Evergreen
7. Personal Hallucinations of an Alabaster December 25th
8. Anticipation of this Noel's Mementoes: Nil
9. Clapper Inverted Cups, Amalgamated
10. Testimony of Witness to Maternal Parent's Infidelity with Kris Kringle
11. In A Distant Bovine Dine
12. Universal Elation
13. O, Miniature Nazarene Village
14. The Approach of the Holiday Commemorating the Birth of Christ is Becoming Evident
15. Susanna, the Frigid Drip, Draws Nigh
16. May Jehovah Grant Unto Your Hilarious Males, Retirement
17. Those of You Who Are True, Come Here
18. The Original Natal Day
19. During the Dark Hours When Herdsmen Attended Their Charges
20. The Horned Ruminants Do a Slated Hesitation





# Merry Christmas!

As the Holiday Season is upon us, we find ourselves reflecting on the past year and on those who have helped us shape our business. We never forget that without you, our clients, employees and building team partners, our business would not exist. We deeply thank you for your continued loyalty and support.

We would like to wish you a very Merry Christmas and a blessed New Year.

