



# MACPOST

MINNESOTA ASSOCIATION OF COUNTY PROBATION OFFICERS

## Holiday Edition 2012



Snow flakes have already begun to fly around the state of MN! I suppose it's time to say goodbye to our swimming suits and flip flops for a few months.

In this edition of the MACPOST, we have tried to find some tips for "surviving the holidays" with all of the hustle & bustle and the stress of the events to come. We hope you find some interesting information and have a chance to use some of the information in your own lives.

Have a safe and happy Holiday Season! ~

### DIRECTOR'S COMMITTEE



Todd Eustice  
Kanabec County  
Court Services  
MACPO President

The Director's Group continues to meet monthly to discuss current issues relative to our agencies. They have had the honor of having Commissioner Tom Roy attend several of our recent meetings and also had the new Deputy Commissioner Ron Solheid present to the group about funding issues within MN Department of Corrections. There has been continued discussion among the director's on revenue ideas for the MACPO organization.

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#### *Mission*

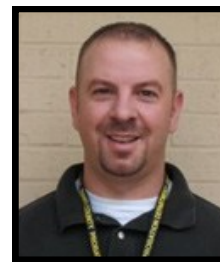
*Minnesota Association of County Probation Officers is dedicated to promoting quality correctional practices through professional growth, leadership, education, communication and support.*

#### *Vision*

*Providing a voice for the probation profession and leading the promotion of sound correctional policy toward the principles of evidence based practices, restorative justice, community involvement, public protection, victim restoration, offender accountability and competency development.*

# Training & Education Committee

The 11<sup>th</sup> annual Support Staff Conference was held at the Holiday Inn in St. Cloud on November 9th. Mike Locher, Safety Administrator, with MCF-Redwing presented “Support Staff Safety Awareness,” and Stevie Ray, from Stevie Ray’s Improv Company presented “Thinking on the Spot . . . Probation Support Style”. There were 68 people registered for the conference. We had representatives from other agencies such as county attorney’s offices, sheriff’s departments, and family services in attendance. We hope to continue to expand this conference further to other criminal justices agencies in the future. The immediate feedback we received from attendees was very positive. We would like to thank Les Schultz for once again being the Master of Ceremonies at the conference. He did a great job. We would also like to thank all of you who continue to support this conference and MACPO.



*Jason Vande Kamp*  
*Isanti County Probation*

Our committee is busy planning the 56<sup>th</sup> annual conference. The conference will be held at Breezy Point on May 22<sup>nd</sup> – 23<sup>rd</sup>. We are looking into a variety of different training topics for this year. If you have any suggestions for speakers, please feel free to contact anyone on the Training and Education Committee and let them know. Check the MACPO website and watch for e-mails for additional information on this and the conference.



*Debbie Lawrence*  
*Isanti County Probation*

We are working on scheduling the next regional training opportunity. It will be held sometime in February and will consist of 8 hours of chemical dependency training. We are still trying to finalize some of the details. Please watch for e-mails and check the MACPO website

# Membership Committee



*Rachel Miller*  
*Isanti County Probation*

**I hope this committee update finds you all in good spirits and in preparation for the upcoming holidays! The membership committee has been busy getting the word out about MACPO at several college fairs so far this fall. Our student membership numbers have been steady for the last couple of years, and we had more students at the Spring Conference than we have had in several years. We're hoping to keep that trend going. There are new ideas going around about how to increase membership and make registration easier and more convenient for our members, so stay tuned for some changes in the upcoming year. Our committee always has room for new members and new ideas. Contact me if you'd like to join the committee or have some ideas for membership.**

**<mailto:Rachel.miller@co.isanti.mn.us>**

**Happy Holidays!**



*Christopher Maas*

*Sherburne County Probation*



*Tammy Thompson*

*Meeker County  
Court Services*

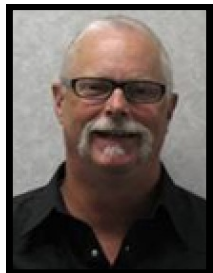
# Communications Committee

There has been discussions at the MACPO Executive Board Meetings to try to have a clearinghouse of sorts for EBP Training opportunities from different agencies and organizations on a readily available calendar on our Website and MACPOST. This would allow departments to seek out trainings and boosters that they need and better share resources. There will be further discussion regarding this in future meetings. In the meantime, please continue to check the website and MACPOST for some of the trainings we hear about and share with our membership.

As always, we welcome articles and suggestions for stories/articles from the membership! Please contact me if you have something to share:

[tammy.thompson@co.meeker.mn.us](mailto:tammy.thompson@co.meeker.mn.us) OR [Christopher.Maas@co.sherburne.mn.us](mailto:Christopher.Maas@co.sherburne.mn.us)

# Legislative Committee



*Bruce Hagstrom  
Chisago County  
Court Services*



*Margaret Munson  
Wright County  
Court Services*

**The legislative committee has been busy working on MACPO's Legislative Platform for the upcoming year. There has been many changes as result of the recent election and will be changing Minority/Majority Leadership to make connections with. Sherri Munyon, our lobbyist will be keeping us updated on what is coming up. This is a very important year, as many funding decisions will be made this session. They are also busy collecting information on the various platforms of other correctional organizations and the state budget forecast. Some of these proposed platforms are included in this issue of the MACPOST for your review.**

# Governor Dayton appoints Stephanie Beckman and Thomas Van Hon to Eighth Judicial District Court



**October 26, 2012**

ST. PAUL, MN – Today, Governor Mark Dayton announced the appointment of Ms. Stephanie L. Beckman and Thomas W. Van Hon as District Court Judges in Minnesota's Eighth Judicial District. Ms. Beckman will replace the Honorable Steven E. Drange who retired earlier this year. Mr. Van Hon will replace the Honorable Paul A. Nelson who also retired earlier this year. Ms. Beckman's seat will be chambered in Litchfield in Meeker County and Mr. Van Hon's seat will be chambered in Montevideo in Chippewa County. Both seats are located within the Eighth Judicial District.

"As accomplished attorneys and dedicated public servants, Stephanie Beckman and Thomas Van Hon have demonstrated that they will serve the Eighth Judicial District with excellence," said Governor Dayton. "I thank them for their willingness to serve, and wish them very best as they take on these new roles."

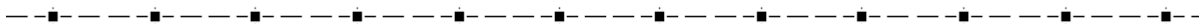
Ms. Beckman serves as the Meeker County Attorney where she is responsible for the civil work and criminal prosecutions. Her work includes handling criminal sexual conduct cases, child support, employment law and governmental law. She previously served as Assistant Meeker County Attorney and worked as an Assistant Stearns County Attorney within their civil division. Ms. Beckman received a B.A., magna cum laude, from Hamline University in Saint Paul in 1999, and a J.D. from William Mitchell College of Law in Saint Paul in 2003.

Ms. Beckman is a guardian and trustee for Developmentally Delayed Adult and is an executive board member of the Minnesota Alliance on Crime. She also maintains memberships with the local Library and Hospital Boards and is a mock trial judge with the Minnesota State Bar Association. Ms. Beckman resides in Litchfield with her family.

Mr. Van Hon maintains a general law practice where he assists individuals and businesses with civil matters and criminal defense. He also serves as the city attorney for Fairfax, and is an Assistant Public Defender representing indigent persons in Redwood and Brown Counties for the Minnesota Board of Public Defense. Previously, Mr. Van Hon was an associate attorney with the Rowley Law Office and was an Assistant County Attorney for Redwood County. He received a B.S. from Iowa State University in Ames in 1981, and a J.D. and M.A. from University of Iowa College of Law/University of Iowa Graduate College in Iowa City in 1984.

Mr. Van Hon has chaired the Gibbon Fairfax Winthrop School Board for 16 of his 20 years of service as a school board member, and was a member of the GFW Writer's Guild. He also served as a board member of the Thunderbird Foundation and was involved with Fairfax Habitat for Humanity. Mr. Van Hon resides with his family in Fairfax.

Minnesota's Eighth Judicial District consists of Big Stone, Chippewa, Grant, Kandiyohi, Lac Qui Parle, Meeker, Pope, Renville, Stevens, Swift, Traverse, Wilkin and Yellow Medicine Counties.



## Governor Dayton appoints Michelle Winkis Lawson to Seventh Judicial District Court and Christina Wietzema to Fifth Judicial District Court

**October 23, 2012**

ST. PAUL, MN – Today, Governor Mark Dayton announced the appointments of Ms. Michelle Winkis Lawson and Ms. Christina Wietzema as District Court Judges in Minnesota's Seventh and Fifth Judicial Districts. Ms. Lawson will replace the Honorable Michael L. Kirk who was appointed earlier this year to the Minnesota Court of Appeals. Ms. Wietzema will replace the Honorable Bruce F. Gross who retired earlier this year. Ms. Lawson's seat will be chambered in Moorhead in Clay County in Minnesota's Seventh Judicial District, while Ms. Wietzema's seat will be co-chambered in Cottonwood and Murray Counties in the Fifth Judicial District.

Ms. Lawson serves as the Chief Assistant Clay County Attorney for the Civil Division, and has served as the Interim Clay County Attorney. Prior to this, she worked as a facilitator for the University of Mary and was an associate attorney with the Vogel Law Firm. Ms. Lawson is a member of the Clay County Children's Justice Initiative and is a former member of the Moorhead Rotary Club.

Ms. Wietzema currently works as an Assistant Public Defender for the Fifth Judicial District where she represents indigent clients in all areas of public defense. Prior to this, she represented clients in family law, real property and criminal law as an associate attorney with Bernardy & Scholl, P.A. Ms. Wietzema is a member of the Rock Nobles Community Corrections Advisory Board and is a volunteer mock trial judge. She is also an active volunteer with St. Mary's Catholic Church.

Minnesota's Seventh Judicial District consists of Becker, Benton, Clay, Douglas, Mille Lacs, Morrison, Otter Tail, Stearns, Todd and Wadena Counties and the Fifth Judicial Districts consists of Blue Earth, Brown, Cottonwood, Faribault, Jackson, Lincoln, Lyon, Martin, Murray, Nicollet, Nobles, Pipestone, Redwood, Rock and Watonwan Counties.



## Minnesota Counties Computer Cooperative

100 Empire Drive Suite 201 (651) 917-6969

Saint Paul, MN 55103-1845 Fax:(651) 917 6989

Dear MCCC Members and Business Partners:

MCCC is beginning our preparations for our 2013 Annual Conference. Our 2013 conference will be held on Monday, June 3<sup>rd</sup> through Thursday, June 6<sup>th</sup> at Arrowwood in Alexandria, Minnesota. Don't miss this opportunity to spend time networking and presenting to Minnesota County Staff! Our conference attendees include: Auditors, Treasurers, Assessors, County Attorneys, some cities, and lots of Minnesota IT staff.

### Some of the scheduled activities to date:

- ✦ Our Vendor Show theme this year will be Renovate! Innovate!! Caffeinate!!!
- ✦ We will have a reception in the Vendor Show on Monday Evening. The time will be 4:30 – 6:30 and include appetizers and a cash bar.
- ✦ Due to popular demand, we will hold the Vendor Booth contest for the theme Renovate! Innovate!! Caffeinate!!! Conference attendees will vote on their favorite booth. We encourage vendors to participate in the theme! Conference Attendees will be able to qualify for door prizes throughout the vendor show.
- ✦ Conference registration will begin noon on Monday with the first session starting at 12:30pm. Our last sessions and meetings will be Thursday morning.
- ✦ We are adding a new Coffee Chat Session option this year! Tuesday morning will have a one-hour time slot which will have a 15 minute session presented three times with a 5 minute break in between each of the three sessions. A fun way to get everyone up and energized with quick fun topics!
- ✦ Tuesday night will offer some fun optional activities and dinner on your own.
- ✦ MCCC Membership Meeting will be Wednesday afternoon.

Wednesday Night! Our Awards Dinner, Networking, and Entertainment.

Be a part of our 2013 conference! Several of you have expressed an interest in presenting sessions at future conferences. Now is your opportunity!! If you are interested in presenting a session, please submit the following Session Proposal Form by Friday, December 21<sup>st</sup>. Highest priority for session selection will be given to those sessions presenting solutions along with counties and/or in theme of the conference.

We will be sending out more information with schedules and registration materials in early February. If you would like to present a session or be one of our sponsors ***please act soon!!!*** I can be reached at 651-917-6996 or [lisa@mnccc.org](mailto:lisa@mnccc.org).

Thank you for your continued support!!

Sincerely,

Lisa Christine Meredith, Executive Director

651-917-6996 or [lisa@mnccc.org](mailto:lisa@mnccc.org)



# Ethical Issues and Boundaries in Practitioner-Client Relationships

Friday, December 7, 2012  
9 - 12 pm

*DOC Central Office, Itasca Training Room-1450 Energy Park Drive, St. Paul (West Entrance, Downstairs)*

## Description:

This 3-hour workshop will help participants become exposed and familiar with ethical theory and boundary issues pertaining to their profession. Participants will also be provided with an introduction to understanding and recognizing the origins, potential dangers and implications of behaving in a manner that crosses over the boundaries of ethical guidelines. All professionals have a violation potential, which is the product of the risks we take compounded by our unseen internal vulnerabilities. This course covers these issues to help develop a plan to minimize the potential for a boundary and ethical transgression, thereby protecting the professional, the client and the professions.

Presenter: Mark Groves, MEd, LADC, Facilities Reentry Coordinator,  
MN Department of Corrections

- Be introduced to the concept of ethics, a beginning discussion of the moral underpinnings found within one's own ethical theory and principles, and the possible "source" of one's moral authority.
- Review the relationship between professional ethics & law.
- Explore their own awareness of professional ethics through vignettes of clinical dilemmas.
- Be able to define and differentiate between boundary crossings and boundary violations.
- Gain insight into professional risks and personal vulnerabilities in order to protect one's self, the client and the profession from possible boundary transgressions.
- Learn the warning signs of potential and actual ethical and boundary issues for the purpose of early detection, processing and, where necessary, effective intervention.

The American Probation and Parole Association (APPA), has recently worked with representatives from the US Immigration and Customs Enforcement (ICE) office to exchange information regarding the supervision of undocumented immigrants on probation and parole caseloads. This link opens a report presenting the most current updates on this effort: [http://www.appa-net.org/eweb/docs/APPA/APPA\\_ICE\\_2012\\_Rpt.pdf](http://www.appa-net.org/eweb/docs/APPA/APPA_ICE_2012_Rpt.pdf). Please contact Diane Kincaid at [dkincaid@csg.org](mailto:dkincaid@csg.org) for any questions you may have regarding this report.

# 5 TIPS TO CONQUER YOUR COMMUTE

Whether it's a trip across town or an hour each way to work, endless commuting has become second nature to many working Americans. In fact, in order to put in an 8-hour day at work, many of us will travel 30 minutes or more to and from the office. Over the course of one year, this number equates to 240 hours or six 40-hour workweeks.

So, what does all of this extra time on the road mean for you? Well, if you aren't careful, it could lead to an increased risk for accidents, stress, and even serious health conditions. Check out the 5 tips in this article to help you conquer your commute.

**TIP**  
**1**

## Don't get behind.

The most important aspect of a safe and enjoyable commute is time. When we get behind on the drive, our moods suffer and the risks to our safety skyrocket. If possible, try to leave earlier and accept the fact that trying to "make-up" time on the road is a bad idea.



**TIP**  
**2**

## Release the rage.

Commuting can either cause or be the result of major stress in our daily lives. One way that you can cut down on the amount of stress caused by commuting is to think of your car as a refuge from the outside world. You can buy a relaxing tape or CD or perhaps try carpooling with your spouse or someone from work. If there are other people in the car, your mind will generally be on the conversation at hand, rather than the guy who just cut you off.



**TIP**  
**3**

## Rollin, rollin, rollin.

Another area that will prove beneficial when trying to conquer your commute is to keep your tires in good condition. There are two easy things you can do that will keep you on the road safely. First, check your tire pressure every time you fuel-up. Low tire pressure will wear your tires out and the extra road friction can cost you big bucks in extra fuel expense. Second, you'll want to get your tires rotated about every 10,000 to 15,000 miles. This will increase the life of your tires and could prevent an unexpected blow out.



Wellness Council of America  
17002 Marcy Street, Suite 140 | Omaha, NE 68118  
Phone: 402.827.3590 | Fax: 402.827.3594  
[www.wellness.org](http://www.wellness.org)

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**TIP**  
**4**

## Service engine soon.

Anyone who spends a lot of time on the road will want to take this point to heart. Your vehicle owner's manual will indicate how often you should take your car in for a tune up or regular servicing—heed this advice to the mile! A breakdown on the road is no way to spend your time and it poses obvious safety hazards that we all can do without.



**TIP**  
**5**

## Buckle Up!

It's a no brainer—you've heard it before, but buckling that seatbelt is the best way to help prevent serious injury if you happen to be involved in a motor vehicle accident. BUCKLE UP!



## LONG-TERM STRESS IS BAD FOR YOUR HEALTH

Some experts think that stress may cause 50% of all disease. Stress contributes to the first and second leading causes of death—heart disease and cancer. It's also a factor in migraines, digestive problems, mental illness, chronic insomnia, fatigue, high blood pressure, asthma, allergies, ulcers, tooth decay, and the common cold.

We're not talking about one incident.

It's chronic stress—day in, day out—which can harm your immune system, making you more prone to accidents, illness, and plain old unhappiness.

Many of us have come to accept stress as normal—doesn't everyone complain about how busy they are? That doesn't make it okay. Take a look at your stress levels, what causes your stress, and what you can do about it.



# **Teen TV Commercial Challenge**

***Buckle Up and Pay Attention, Teens!***

## **TV Commercial Challenge 2013**

**Traffic crashes are the leading killer of Minnesota teens — and distracted driving and low seat belt use are major factors for these tragedies.**

**Now, teens can do something about this — come up with a creative idea, grab a camera and make a TV public service announcement (PSA) to encourage peers to buckle up or pay attention.**

**Minnesota teenagers in grades 9–12 are eligible.**

**TV PSAs may focus on either the importance of seat belts or the importance of paying attention behind the wheel — you decide!**

**Winning teen will win \$1,000 from AAA Minnesota/Iowa and see their commercial air during the televised MTV Video Music Awards in 2013.**

**Entries are due Monday, April 15, 2013.**

**Cash Prizes — Winner to Be Announced May 2013**

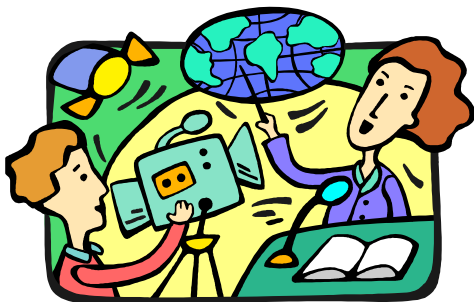
**The contests' finalists will be selected by DPS and AAA Minnesota/Iowa for a public online vote in May 2013.**

**AAA Minnesota/Iowa will award first-, second- and third-place winners with \$1,000, \$600 and \$400, respectively. The winning producer's spot will also be televised during the MTV Video Music Awards in 2013.**

**Schools — Get Involved!**

**High schools are encouraged to share students' spots throughout the school via email/Web. Consider conducting a school-specific viewing and voting activity or a community vote (and promote to local media).**

**<https://dps.mn.gov/divisions/ots/teen-driving/Pages/teen-tv-commercial-challenge.aspx>**





# Brain Workout Routine

The brain needs to be exercised just as muscles need to be exercised. You see the results of inactivity on your body, but you also begin to notice that your brain is not working as well as when you were younger. Just as physical exercise reverses muscle loss and improves function, mental exercise improves mental functions, and increases your chance of avoiding memory loss and dementia.



## PROGRAM FOR A HEALTHY BRAIN

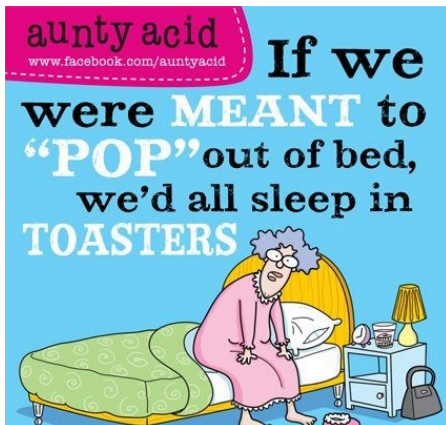
1. Do something new at work that requires problem solving or development of new skills and expertise
2. Nurture an interest in a hobby that requires memory and thinking and do it often
3. Each day, plan to learn something new, and incorporate it into your work or home life
4. Force yourself to use your non-dominant hand to do various tasks; this makes your brain work very hard and establishes new memory pathways
5. Be flexible and open to new ideas; this will promote your lifelong learning adventure
6. Do daily physical exercise as the increased blood flow feeds the brain and stimulates growth
7. Eat a low fat diet, as excess fat is linked to various brain diseases



# Every Little Bit Counts

Believe it or not, getting fit doesn't take place exclusively in the gym. In fact, you may already be off to a good start and not even realize it. Below is the number of calories the average person burns in 30 minutes of various activities.

THE ACTIVITY:	CALORIES WE BURN:
Gardening	179
Golf	161
House Cleaning	89
Playing with the Kids	143
Walking	125
Mowing the Lawn	198
Shoveling Snow	216
Playing Softball	180
T'ai Chi	144
Tennis	252
Recreational Swimming	216
Rollerblading	252
Basketball	286



# Six Tips for Surviving the Holidays

Another year of holiday joy is upon us; another year of holiday chaos, stress, and anxiety is here, as well.

For many families, Thanksgiving, Christmas, Hanukkah, and New Years are times for reunions, reconnecting, and enjoying one another.

Yet however great the celebrations are, holidays are stressful. Here are six tips for making your holidays as peaceful and stress-free as possible.



**Don't over-plan.** It can be tempting to arrange to first swing by grandma's, then see your in-law's at their home, then return and make a holiday dinner for your family and your out-of-town brother and his five kids. Don't do it. The holidays are time for reconnecting, but if you're bitter, grumpy, and yelling at your spouse, you (and the rest of your family) will be miserable and disconnected.

**Realize that you can't please everyone.** The more people who are involved in a situation, the greater the chance for hurt feelings and misunderstandings. This year your parents might not be able to see the kids open up their presents or you may miss seeing your sisters at Thanksgiving. Do the best that you can with the limited time and energy you have.

**Make a budget, and stick to it.** Don't go into debt purchasing things you can't afford, or else come January you'll regret it. Families often will have a year when to make all of their gifts by hand, or they'll do a gift exchange rather than purchasing things for everyone. The holidays are a time for sharing and showing love. You don't need to purchase anything for this. **Remember, you and your family and friends will not remember the gifts you gave them, or the amazing pies you baked. They'll remember the feelings they experienced, and the stories and laughter shared.**

**Think about what feelings you want to experience during the holidays.** Do you want a frantic excited holiday, or a serene and peaceful one? Do you want to be surrounded by tons of people, or have a more intimate time with your loved ones? Plan your day with this in mind.

**Be aware of your anxiety and stress level.** Have an idea of things you can do if you begin feeling your anxiety rise. Some people find that going into a quiet part of the house away from people is helpful. Others seek out their spouse or partner, some people find the resident cat or dog and give it attention, others step outside.

**Have an escape plan.** Seriously. If things get nasty, Aunt Marie has too much whiskey and becomes verbally abusive, or your introvert husband starts hyperventilating, make a graceful exit. It may be enough to simply go out for a walk, or you may need to return home.

Even the best families have conflict and stress, and holidays are notorious for exaggerating stress that is already present. Remember, the world will not end if you leave the party early, if you buy a pie instead of make one from scratch, or if this year you stay home rather than going to your grandparent's house. Your happiness matters, as does your mental health!

# Cookie Exchange Party



Do you love setting the table with a huge assortment of cookies but can't stand the thought of spending several days baking? Then a cookie exchange party is the perfect party for you!

It's simple to organize and throw your own party--we'll walk you through it. Check out our tips to make the party extra-special, and browse our Christmas cookie recipes from around the world.

Ask each guest to bring a big batch of cookies: estimate 1 dozen multiplied by the total number of guests. Provide guidelines to each baker so that you get a good cookie assortment: rolled cookies, bar cookies, drop cookies, decorated cookies. Your friends may have family recipes they wish to share.

Each guest should also bring copies of their cookie recipe and containers to take cookies home. Heavy duty plastic freezer bags will work for sturdy cookies, but decorated cookies and more delicate shapes should be packaged in tins or sealable plastic containers. Provide waxed paper or parchment for separating layers of cookies

You may want to sample the cookies you're swapping, or you can stay away from sweet treats and set out an array of savory snacks. Coffee, hot cider or punch are always good choices for a cookie exchange party.

To make your Cookie Exchange Party extra-special.

## 1. Extend Your Circle of Sharing

Have guests to bring an unopened package of store-bought cookies or canned food. You can then collect the packaged food and bring them to a homeless shelter or food pantry.

## 2. Share Cookie Stories

During the actual cookie-swap segment of the party, tell stories. It could be a story about the cookie's origin, where the cook learned the recipe, or just holiday baking memories.

## 3. Create Cookie Recipe Booklets

Ask your guests to mail (or e-mail) their cookie recipes to you, or collect the recipes on the day of the party. Assemble a booklet of recipes for everyone to take home with them.

# Drinking and Driving During the Holidays



The holiday season is here again and the holidays present us with some unique driving situations. To have a safe and happy holiday season, some of these tips are worth remembering.

The festive nature of the holiday season provides us with some temptations that could lead to a dangerous driving situation. The obvious problem is alcohol consumption. That after-work party with a bit of spiked punch sounds innocent enough until you consider that, even if you are just slightly buzzed, you are still impaired. Alcohol takes time to metabolize out of the system and the daily commute is hazardous enough without adding alcohol to the problem. Remember that, even if you aren't at fault in a collision, if the officer suspects that you have been drinking, you will be presumed to have contributed to the collision or to have been at fault. You could be charged with DUI and the insurance won't pay a penny.

If you attend an evening party, it may be OK to have a small drink at the beginning of the evening so long as you know you will be there long enough for the alcohol to metabolize out of your system before you leave. If your plans include drinking during the party, make sure you have a designated driver or an alternative means of getting home.

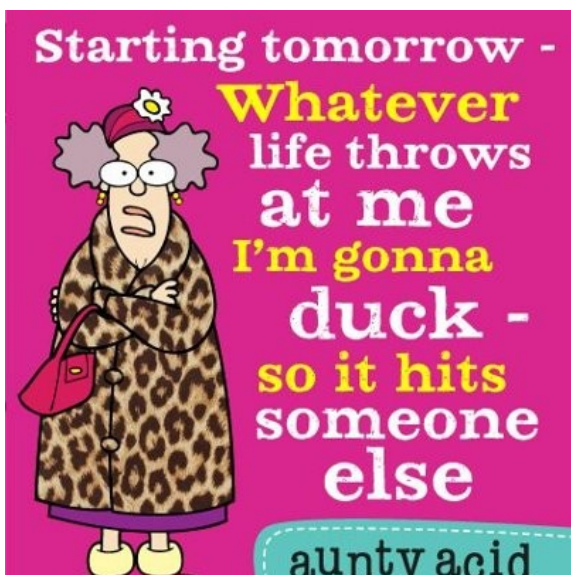
If you are hosting a party where alcohol will be served you need to be aware that you can be sued if someone leaves your place and is involved in an alcohol related collision. To protect yourself, you need to ensure that all your guests have a designated driver to drive them home or that they call a cab. To be a really good host, you could consider not drinking anything yourself and offering your services as a designated driver to get your friends home. Also you should ensure that there are plenty of non-alcoholic drinks available for your guests. There are a lot of options; just make sure you choose the ones that are safest for your guests and that protect you as a homeowner.

If you don't plan to attend any parties on New Year's Eve, stay off the roads. There are just too many drunks out on the road on that night and that makes it dangerous for even the safest driver.

## Remember these facts about alcohol:

- Alcohol is the same, no matter what form it takes. A 12 oz. can of beer has roughly the same amount of alcohol as a 6 oz. glass of wine and a 1.5 oz. shot of whiskey.
- Alcohol takes time to metabolize out of your system. Drinking coffee won't speed up that time one bit.
- Be aware that drinking on an empty stomach will allow the alcohol to enter your bloodstream much faster.
- Know what you are drinking. If you don't know exactly what is contained in that holiday punch, you could be consuming much more alcohol than you imagined.

Keep your holidays safe and festive. Don't allow a poor choice to ruin the holidays for you.



## POM SMOOTHIE

Measure	Ingredients
½ cup	pomegranate juice
½ cup	plain fat-free yogurt
½	banana
¼ cup	whey protein
1	Splenda packet
	Ice chips

### Preparation

Combine all ingredients in a blender. Blend until smooth. Serve chilled. Makes 1.

### Nutritional Analysis

Serving Size: 1 Calories 248, Fat 0g, Cholesterol 13mg, Sodium 174mg, Protein 22g, Carbohydrate 40g, Dietary Fiber 1g, Sugars 36g

Pomegranates have the most powerful antioxidants in comparison to other fruits, even better than red wine, according to an international study on the polyphenol content of the antioxidants. This smoothie is loaded with antioxidants from pomegranate juice, calcium from the yogurt, low sugars due to the Splenda, potassium from the banana and an extra boost of protein from the whey protein. This recipe tops off the total protein for a morning breakfast at 22 grams.





# Caramel Apple Pie II

" This is a gooey sweet pie that tastes best warm. Microwave reheats well!"

1 recipe pastry for a 9 inch double crust deep dish pie

1/4 cup butter, melted

2/3 cup white sugar

2 teaspoons ground cinnamon

20 caramels, halved

1/2 cup packed brown sugar

1/3 cup all-purpose flour 5 cups thinly sliced apples

3 tablespoons all-purpose flour

1 teaspoon lemon juice

2 tablespoons milk



1. Preheat oven to 375 degrees F (190 degrees C).

2. To Make Taffy: In a small bowl combine brown sugar, melted butter or margarine, and 1/3 cup flour. Mix well and set aside.

3. To Make Apple Filling: Place apples in a large bowl. Add white sugar, 3 tablespoons flour, cinnamon, and lemon juice. Toss until all ingredients are mixed well and apples are thoroughly coated.

4. Spoon half of apple filling into pastry-lined deep-dish pan. Top with half of caramels and half of taffy mixture. Repeat process with remaining apple filling, caramels and taffy mixture. Place top pastry over filling and seal well (this is very important--if edges are not sealed, caramel will leak out all over). Cut steam vents and brush top crust with milk or light cream.

5. Cover pie with foil and place on a baking sheet. Bake in preheated oven for 25 minutes. Remove foil from pie and bake for another 20 to 25 minutes, until crust is golden. Serve warm.

## Shrimp Ramakis

"Shrimp marinated in teriyaki sauce are wrapped in bacon and broiled until crisp."

### INGREDIENTS:

24 jumbo shrimp, peeled and deveined

1 1/2 cups bottled teriyaki sauce

1 pound bacon strips, cut in half

1 (8 ounce) can whole water chestnuts, drained

24 wooden toothpicks



1 In a glass bowl, toss shrimp with teriyaki sauce. Cover with plastic wrap and let marinate in the refrigerator for one hour.

2 Adjust oven rack to the middle setting and set oven to preheat.

3 Remove shrimp from marinade and place each on a half strip of bacon with a water chestnut. Roll and secure with a toothpick, then place onto a broiler pan approximately 1/2 inch apart from each other. Discard remaining marinade.

4 Broil ramakis for 5 minutes on each side, or until the shrimp is pink and the bacon is cooked (keep the oven door ajar and watch carefully). Drain on paper towels and serve immediately.

## **PRESIDENT**



**Todd Eustice**  
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## **PAST PRESIDENT**



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## **PRESIDENT ELECT**



**Deanna Ruffing**  
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## **TREASURER**



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## **SECRETARY**



**Jocelyn Worden**  
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# **MACPO 2012-2013 ELECTED OFFICERS**

Contact MACPO secretary, Jocelyn Worden at [jnworde@co.chisago.mn.us](mailto:jnworde@co.chisago.mn.us) for the location and time of MACPO Board meetings.

### Executive Board Goals:

- Review the vision statement on an annual basis at the steering committee meeting.
- Use MACPO's APPA Affiliate Membership to send our President (or assigned representative) to the national conference to maintain/promote our presence on a national level, to be reviewed annually.
- Continue to solicit input from MACPO membership regarding nominations for awards: Al Reker, Excellence in Corrections, Outstanding Performance, and Memorial Scholarship, as well as officer-elect positions.

Election of all officers shall be held at the annual meeting. Officers shall be elected by a simple majority at such meeting when a quorum of the voting members in good standing is present at the time of balloting.

Absentee ballots will be accepted or counted in any election and will be distributed by the Secretary at least 21 days in advance of election, ballots to be returned three (3) days before the annual meeting to the Nominating Committee Chair.

The Nominations/Awards Committee shall meet at least 60 days in advance of the annual meeting. The Nominations/Awards Committee shall contact candidates and potential candidates from among the voting membership of the association and shall prepare a list of such candidates and the offices for which they are candidates.