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Professionals

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School's Out!

Where has the year gone? It just seems like we were starting school in September and now we are getting ready to send the students off for the summer.

This year my new school has been an interesting and challenging one. Dealing with overwhelming enrollment, getting to know new staff and administrators, the changes are too numerous to mention.

I hope that many of you will take some time this summer for some rest and relaxation and rejuvenate yourselves. Taking time for ourselves is not something to feel guilty about—we need it in order to function at our best for all the things we do at home and at work for the people in our lives.

Some of my favorite things to do is relax with a book (now my Nook) in my backyard or take an out of town wine trip with my husband and friends. Whatever your favorite activity is, take some time to do it this summer.

Summer is also the time for our annual conference and I hope that many of you will be attending!

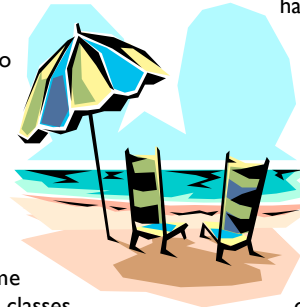
There are some great institute classes, informative briefings, Advisory Council and the recognition of our members through election to committees and for our awards.

This is my last newsletter as your council chairman as Teresa Price from Delaware will be the 2010-11 Middle School/Jr. High Council Chairman. Please give her the warmth and appreciation you have shown me.

I hope I have given you lots of great information these past two years and thank you for your wonderful comments on this newsletter.

I have enjoyed the opportunity to serve as the Middle School/Jr. High Council chairman these past two years.

I look forward to seeing many of you in Kansas City!



Dates to Remember

- June 14: Flag Day
- June 20: Father's Day
- June 21: 1st Day of Summer
- July 4: Independence Day
- July 5-9: Annual Conference in Kansas City, MO

2010 Council Breakfast in Kansas

I have been compiling lots of information to include on the flash drives for the council breakfast and am slowly transferring it to the flash drives.

Information on the flash drives falls into three categories:

- ♥ Recipes/Nutrition
- ♥ Activities/Move your body

♥ Live and Learn

We will have a great discussion of sharing and learning from each other! There will also be some fun surprises for the attendees!



If you have some information to include that fits into one of

these topics, please send it to me by June 20th.

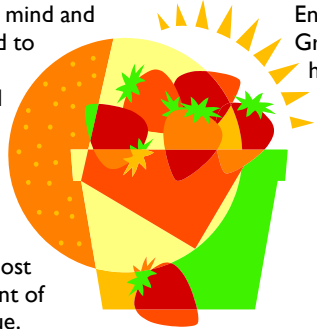
I hope many of you are planning to attend the conference and breakfast in Kansas City.

It promises to be informative and fun-filled for everyone!

Eat your Fruits & Vegetables

June is National Fruit and Vegetable month. Buying food at local farmers markets keeps 3 times more dollars in the local economy than a grocery store chain! Farmers say they would grow more if they knew it would go to the market.

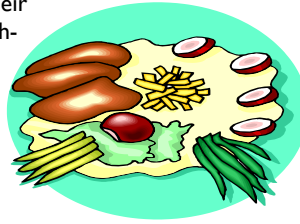
Keeping that in mind and that we all need to incorporate more fruits and vegetables into our meals, listed below are fruits and vegetables with the most and least amount of pesticide residue.



The amount of pesticides that are sprayed on fruits and vegetables vary greatly. This list is intended to help those on a budget prioritize their organic purchases. The 12 highest should be top priority to buy organically; these are the fruits and vegetables that the Environmental Working Group has determined to have the highest amount of pesticide residue:

12 HIGHEST

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries



- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes

12 LEAST

- Onions
- Avocado
- Sweet Corn
- Pineapples
- Mango
- Asparagus
- Sweet Peas
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

Hints for Personal Safety in the Workplace

At a recent Tacoma, WA AEOP general membership meeting the members were given a presentation by the Tacoma School District's Lead Patrol Officer Mike McCarthy on ways to stay safe in the workplace.

We all want to feel safe at our workplace, so I wanted to share the information we received with you:

1) Be aware of your surroundings when coming and going to work:

- a) Park in a well lit area of the parking lot.
- b) Look out for any suspicious vehicles or people in the lot prior to exiting your car.
- c) Trust your instincts. If you see something that makes you feel uneasy do not attempt to walk into the office or out to your car alone. Call your district's School Patrol (if you have one) for an escort if needed or contact your local police (911).



2) Avoid making yourself an easy target while walking to and from your car:

- a) If you take your purse with you keep the strap over your shoulder or clutch it in your strong hand.
- b) Do not overload yourself with items while walking in or out of your school or office. Pull up to the front of the building to load/unload items.

3) Avoid looking like a potential victim:

- a) When walking to and from your car, walk with confidence. Most subjects looking to commit a crime of opportunity will pick someone who looks weak or scared.
- b) If you have a car with an alarm system keep your keys in your hand so you can push the panic button if needed.
- c) If you notice someone watching you, use your cell phone to deter them. Even if there is no one on the other end you can "pretend" to be talking with someone close by.

Just saying things out loud like "just turn right and you will see me" or "I'm right here" as you pretend to wave at someone will make most people think twice about approaching you and buy you the time to get to your car.

4) NEVER stop to talk to a stranger trying to flag you down or ask you questions as you are getting in your car or driving away:

- a) Lock your doors and drive away.
- b) It is better to be called rude than be listed as a victim on a carjacking report.
- c) Do not stop for anyone trying to block your car. Continue moving.
- d) Call 911 to report what happened if someone tried to physically stop you.

I hope none of you ever have to use this but felt it would be great information for everyone to have.



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Middle School/Jr. High
Council

[www.naeop.org/
council_middle.htm](http://www.naeop.org/council_middle.htm)



Wishing everyone a safe and happy 4th of July!

Healthy Eating!

This Weight Watcher recipe has quickly become a favorite in my house. If you like crab, it will hopefully become one of yours as well.

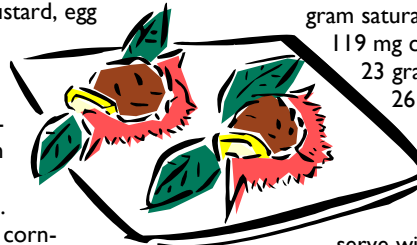
It is a little labor intensive, but well worth the time to make.

Crab Cakes with Mango Relish

- 1/2 cup cornflake crumbs
- 1 lb cooked jumbo lump crab meat, picked over (I use Dungeness)
- 1/3 cup snipped fresh chives
- 1/4 cup low-fat mayonnaise
- 3 Tbsp plain dried whole wheat bread-crumbs (or whatever you have)
- 1 Tbsp Dijon mustard
- 1 large egg white, lightly beaten
- Grated zest and juice of 1/2 lemon
- 1/2 tsp cayenne pepper
- 1 large mango, peeled and diced
- 1 large plum tomato, diced
- 1/2 red onion, diced

- 1 Serrano pepper, finely chopped
- 2 tsp white-wine vinegar
- 1/4 tsp salt
- 2 tsp olive oil

- ♥ Line large baking sheet with sheet wax paper. Add cornflake crumbs and spread in even layer.
- ♥ Mix crabmeat, chives, mayonnaise, bread crumbs, mustard, egg white, lemon zest and juice, and cayenne in large bowl. With moistened hands, form mixture into 8 small round cakes. Transfer cakes to cornflake crumbs; evenly coat both sides of each cake. Cover cakes loosely with plastic wrap and refrigerate until chilled, at least 15 minutes or up to 1 hour (they cook better if chilled for one hour).



- ♥ Meanwhile, to make relish, mix mango, tomato, onion, pepper, vinegar and salt in medium bowl.
- ♥ Heat oil in large nonstick skillet over medium heat. Add crab cakes and cook until crisp and golden, about 3 minutes per side. Serve with relish.
- ♥ Each serving is 2 cakes with 1/2 cup relish; 279 calories, 10 grams fat, 1 gram saturated fat, 0 grams trans fat, 119 mg cholesterol, 730 mg sodium, 23 grams carbs, 2 grams fiber, 26 grams protein, 139 mg calcium.
- ♥ Chill the mango relish in an airtight container up to 2 days to also serve with broiled fish or chicken.

I like to serve these with brown rice and green beans. It is a very light and healthy meal for those of us who love seafood!