

November 14, 2012

Young SAISD patriots participate in political process

Election fever swept District schools this fall when students learned valuable lessons in democracy through a variety of civic activities in anticipation of the Nov. 6 vote for America's president.

Among them were students from 18 SAISD campuses who had the opportunity to preview the right of casting their ballots by participating in Project V.O.T.E. mock elections, sponsored by the Texas Secretary of State's office.

Project V.O.T.E. provided schools with lesson plans, sample ballots and mock election instructions,

said Janet A. Mansmann, SAISD senior coordinator for social studies.

"During this experience, our students learned about and engaged in the voting process including eligibility, registering to vote, casting ballots, their roles in exercising those rights as good citizens and the opportunity for change afforded through the voting process," she said.

Highlighting activities at the Young Women's Leadership Academy was a mock debate of assorted commander-in-chief hopefuls.

While the mock elections reflected the nationwide results in re-electing President Barack Obama for a second term, he was the overwhelming choice of SAISD students compared to the incumbent's actual just over 50 percent margin of victory over Republican challenger Mitt Romney.

Also receiving votes were Libertarian Gary Johnson, Green party candidate Jill Stein and three others.



Incumbent Barack Obama (portrayed by Thristian Lewis) takes the mic to make the case for four more years. Other presidential hopefuls at YWLA's mock debate are seated to Lewis' left. They are Michelle Bachman (Erika Paz) and Mitt Romney (Rylie Groves). Moderators (shown seated to her right, l to r are) Kourtnee Baker and Rebecca Garcia.

Mock election results *

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|--|-------|
| <input checked="" type="checkbox"/> Barack Obama | 8,004 |
| <input type="checkbox"/> Mitt Romney | 986 |
| <input type="checkbox"/> Jill Stein | 111 |
| <input type="checkbox"/> Gary Johnson | 29 |
| <input type="checkbox"/> Others | 3 |

* These numbers reflect results reported to SAISD's Department of Social Studies.



At J.T. Brackenridge ES, President Barack Obama and challenger Mitt Romney (portrayed by alternative education teacher Brian Sosa and DAEP instructional assistant Genaro Garcia, respectively) solicit votes.



Assisting a long line of voters in casting their ballots at Fenwick ES is 5th-grade teacher Julie Beasley.



Uncle Sam (aka pre-kinder Highland Hills ES teacher David Apodaca) hands out patriotic stickers to reward students for voting.

San Antonio celebrates Fox Tech's Blue Ribbon Award



Julián Castro addresses business and community leaders at his monthly luncheon. The mayor chose Fox Tech to host November's gathering.



In festivities too grand to confine to their downtown campus, Fox Tech HS students and staff recently converged on the streets of downtown San Antonio to hold their banners and heads high, letting everyone know they have major cause for celebration. A march to city hall followed Mayor Julián Castro selecting the school as the host site for his monthly luncheon so that area business and community leaders could add their congratulations to Fox Tech being the only San Antonio campus, and among just 16 Texas public schools, to earn a National Blue Ribbon Award. The procession concluded with a proclamation from Councilmember Diego Bernal, whose District 1 represents the school, in honor of the award.

But that's not all. Celebrations extended to the nation's capital this week where Fox Tech and the country's other award recipients were recognized Nov. 11-13 during ceremonies in Washington, D.C.



On the steps of city hall, District 1 Councilmember Diego Bernal presents principal Dawn Parker and Law Professions Magnet senior Sandra Ramirez with a proclamation honoring the school's National Blue Ribbon Award.



Fox Tech HS students and staff take their message of being San Antonio's only 2012 National Blue Ribbon award winner to the streets as they march through downtown headed to city hall. Among those marching with them was high school clerk (shown far right) Glenard Wilson.

SAISD Foundation honors District's sources of inspiration



The District's past, present and future shining stars took the spotlight for the INSPIRE awards, where they were honored for making a significant difference in their fields.

This second-annual event was sponsored by the SAISD Foundation to recognize innovative educators and outstanding alumni. Unless otherwise designated, honorees are shown left to right. Award category, recipients and the schools they represent are: **1) Innovation Award for teachers -**



2) Rising Star - Daisy Medina (husband Juan Medina accepting on her behalf), Highlands HS; Kimberly Nwosu, W.W. White ES; and Virginia Boyce, Rogers ES. **2) Rising Star -** Veronica Obregon-Perko, Burbank HS International Baccalaureate Programme, class of 2008, and recent magna cum laude graduate from Converse College. Excellence Award - Dr. Beverly Brown, Boston University director of development and husband Dr. Robert Brown, BU president, both Highlands HS alums; and appellate attorney David Frederick (brother



John Frederick accepting on his behalf), currently based in Washington, D.C., Jefferson HS. **3) Leadership Award -** civic leader Karyne Jones, Sam Houston HS; and U.S. District 20 Rep. Charles Gonzalez, Edison HS. **4) Service Award -** humanitarians Edith McAllister, Jefferson HS; and Bill Sinkin, Main Avenue, now Fox Tech HS.



Nomination forms for next year's awards now are online at:

www.SAISDFoundation.com



Blazing a brighter path

Lighting candles as part of an investiture ceremony to welcome new members into Gamma Sigma Girls are these new inductees. They were among 300 teens from 10 District high schools participating in this annual event. Joining them on stage was a Girl Scouts of Southwest Texas representative and Interim Superintendent Dr. Sylvester Perez. In 2010 SAISD was chosen as the national pilot for GSG, which was designed to make Girl Scouts membership more relevant for today's generation.



Nourishment for body and mind

Lamar ES students answer questions fielded by Slow Food South Texas Chapter President Susan Rigg during a presentation on summer and winter vegetables. The lesson was part of an ongoing partnership with the organization, which includes a school garden. In addition to enjoying the edible aspects of the fruits of their labors, the garden provides students with real-world learning opportunities in math and science. Slow Food South Texas also partners with SAISD's Bonham Academy.

For Your Benefit

How to reduce your risk for breast cancer

While October is officially Breast Cancer Awareness Month, this disease knows no season. Constant vigilance for early detection and knowledge are among the best measures in defeating this formidable opponent.

What you should know

Breast cancer results from the abnormal growth of cells in breast tissue. The exact cause is unknown, but the following may increase your risk:

- Aging.
- Being female. Only 1 percent of men develop breast cancer.
- Family history, especially if your mother or sister has had it.
- Early start of menstruation (around age 12) and late menopause (around age 55).
- Using hormone replacement therapy, altering your estrogen-progestin and estrogen testosterone levels.

- Not having children or having them late.
- Not breastfeeding.
- Lifestyle and behavior choices such as obesity, inactivity and excessive alcohol consumption.

How you can reduce your risk

While some of the previously listed factors are unavoidable, the good news is that others are not and taking precautions such as avoiding long-term hormone replacement therapy, having children before age 30 and breastfeeding them, exercising and eating properly to avoid weight gain and limiting alcohol consumption to a drink a day or less can help reduce risk.

Regular self checkups and clinical exams

Early detection is one of your best defenses. Even though the incidence of breast cancer is very low for women in their 20s, those in this age group should begin self exams about a week after each period.

They also should have exams done by their health care professional at least every three years through their 30s, and increase to annually including mammograms starting at age 40. It's estimated that these simple X-rays done regularly can reduce breast cancer deaths by 30 percent.

Humana can help

Humana makes it easier than ever to get the preventive services you need to maintain your overall health. As part of health care reform, mammograms will be covered at 100 percent when they're done for preventive care and if performed by Humana network providers.

For more information visit www.humana.com



Tribute to Veterans

Students and staff hosted patriotic ceremonies throughout the District to express their appreciation to our nation's brave men and women for their service to our country. Among the featured events commemorating

Veterans Day were flag-raising, guest speakers, songs honoring our great nation and wreath-laying ceremonies. These are a sampling of those observances.



Members of the Jefferson HS JROTC cadets display flags representing branches of the U.S. military.



Lanier HS principal Miguel Elizondo (left), senior Gilberto Valadez and Queta Marquez place a wreath in front of the school's war memorial. Marquez, a 1988 Lanier graduate and retired Marine Corps captain, was guest speaker at the school's annual ceremony.



The Connell MS ceremony paid tribute to the contributions of community members and SAISD employees who are veterans.



Presenting Fort Sam Houston Chaplain Col. Gary Studniewski a certificate of appreciation are Pershing ES principal Kathleen St. Clair (left) and administrative assistant Helen Ramos.



Wilson ES counselor Edward Fears speaks at a school ceremony in memory of POWs, soldiers who are MIA and those who made the ultimate sacrifice for America's freedom.

HAPPY THANKSGIVING!

All SAISD schools and most offices will be closed Nov. 19-23 in observance of Thanksgiving, and re-open on Monday, Nov. 26.

Have a safe and happy holiday!



SAISD HOLIDAY ART CONTEST CARDS FOR SALE

To purchase your holiday card packages, please contact Central Office Printing Services Department at 554-8350. Or email your order to Vanessa Vance at vvance1@saisd.net

Deadline to place your order is Dec. 14.