Administrative Bulletin
V-7  9.26.13

1. EMAIL HELP

The Technology Department would like to remind teachers that in addition to calling the HELP desk, you can also simply email HELP. The helpdesk staff may be on another call, so please be patient. It takes approximately one minute for the helpdesk voicemail to pick up. Therefore, after 7 to 10 rings, you may want to consider simply emailing HELP instead of waiting on the phone for the helpdesk staff to answer your call. If you email the helpdesk, please give specific details of the help you need, including your name, your school and your extension #.

Keith Madsen ext. 3125

2. RE-IMAGING IPADS

The Technology Department would like to thank all students, teachers, and administrators for their patience in dealing with the iOS 7 upgrade to iPads. The new operating system offers many new tools, but has created several new challenges for the Technology Department. Many apps were not prepared for the iOS 7 upgrade, and therefore are not compatible. Members of the technology department will be in buildings next week re-imaging student iPads that are upgraded to iOS 7. If teachers or administrators have upgraded to iOS 7 and are having problems, they will need to contact Mike Phommachanh next week at 3132.

Keith Madsen ext. 3125

3. ANTI-AGING GROCERY LIST

Please see Enclosure #1 for the 2013 Anti-Aging Grocery List.

Eric Manor, ext 1003

4. FORT WAYNE URBAN LEAGUE’S COLLEGE READINESS INITIATIVE

Project Ready, the National Urban League’s college readiness initiative for students in grades 6-12 information meeting will be held on Saturday, September 28th from 11 am to 1 pm at the Fort Wayne Urban League. The discussion topics will include the Project Ready activities including tutoring, college trips, career exploration opportunities, scholarships and more. Last
year, Fort Wayne students received more than $12,000 from Urban League scholarships. See Enclosure #2 for more details.

Tamyra Kelly, ext. 1050

5. RELAY FOR LIFE

On Saturday, October 19 from 11 am – 1 pm meet fellow relayers from across Eastern Allen County as they prepare to move forward as ONE solidified Relay community in an effort to FINISH THE FIGHT against cancer! See Enclosure #3 for all the details.

Tamyra Kelly, ext. 1050
**Produce: Fruits and Vegetables**

Ground Rules – variety, deep, rich color and more, more, more! All are great for you*, but some are extraordinary. These “anti-aging superstars” are listed below:

- Red onions, tomatoes, beets
- Broccoli, Brussels sprouts, red cabbage
- Spinach, kale, and all other dark leafy greens/lettuce
- All berries – especially blueberries (daily)
- Mushrooms, especially Asian varieties
- Apples, any form of citrus
- Red/purple grapes, pomegranates
- Plums, cherries
- Fresh herbs/spices- fresh garlic, ginger root, rosemary
- Fresh salsa

*Strive to have a serving from the following daily: dark leafy greens and berries.

*Restrict white potatoes (sweet potatoes are fine)

---

**Dairy**

Ground Rules – Reduced fat, low fat, or skim

- Organic plain soy milk
- Organic cow’s milk (fat-free or 1%)
- Low fat or fat-free plain yogurt – Greek style best (FAGE, Oikos, etc)
- Part skim or reduced fat (2% milk) cheeses; Swiss, cheddar, provolone, mozzarella, etc.
- Low-fat cottage cheese/ricotta cheese
- Trans fat-free margarine spreads – Smart Balance, Promise, Olivo, etc
- Whole soy foods - edamame, tofu, tempeh, etc. frequently found in the dairy section.
- High flavored cheeses – parmesan, feta, goat (in moderation)

---

**Meat/Seafood**

Ground Rules – Focus on seafood and poultry. Restrict red meat (limit to 2 servings or less weekly). Avoid processed meats (sausage, bacon, bologna, ham, etc) and fatty cuts.

- Any fish – with the exception of shark, marlin, tile, king mackerel and swordfish due to toxins. Oily fish best (salmon, tuna, mackerel, sardines, herring, lake trout, halibut); Wild Alaskan salmon very best.
- Poultry – any cut of turkey or chicken (skinless best), ground turkey breast
- Lean deli meats (turkey, chicken, roast beef); nitrite free, reduced sodium best (Boar’s Head)
- Rotisserie chicken or turkey breast, packaged carved chicken breast
- Chicken sausage (Al Fresco, Aiddell’s etc.)
- Lean beef– round steak, cubed steak, London broil, filets, flank steak, or extra lean (93%-96%) ground beef
- Lean pork – tenderloin, loin chops
- Wild Game – venison, quail, dove, duck etc.
- Any shellfish – clams, shrimp, oysters, lobster, scallops etc.

---

**Eggs**

Ground Rules – Omega 3 fortified (look for Omega-3 or DHA on label)

- Egglands Best, Nature’s Design Egg Sense, Born Free, etc.
*If diabetic or have high cholesterol, limit to 4 a week

---

**Frozen Foods**

Generally just as nutritious as fresh. Avoid processed varieties.

- Frozen veggies – as per produce list. Avoid those with added butter or sauces.
- Frozen fruits – as per produce list. Avoid those with added sugar.
- Frozen seafood/poultry
- Frozen whole grain products – waffles, etc (Ezekiel breads).
- Frozen desserts – 100% fruit sorbets, reduced fat/light ice creams and yogurt blends. Purely Decadent Coconut Milk Ice Cream, Edy’s Yogurt Blends (as an occasional treat only)

---

**Grain Products/Starches**

Ground Rules – 100% whole grains (look for 100% on the label). Intact grains (oats, brown rice, etc.) and whole grain cereals are better for you than whole grain breads.

- Plain oatmeal (no flavored) – steel cut or “old-fashioned” oats best
- Barley, quinoa, wheat berries, whole wheat cous cous, wheat germ, oat bran, farro, amaranth, tritical, millet, buckwheat
- Brown rice, black rice, wild rice

---

©Copyright 2013, Dr. Ann & Just Wellness, LLC
Canned Goods
Generally inferior to fresh, but the following retain their goodness:
- Olives, pickles, capers, water chestnuts, artichoke hearts, beets
- Roasted red peppers
- Any form of tomato product—sauce, paste, whole, crushed, etc.
- Canned broths, broth/tomato-based soups
- 100% pumpkin, 100% sweet potato puree
- Beans or peas (any variety)
* Choose reduced sodium varieties when available.
* Canned vegetables and fruit are a clear second to fresh or frozen, but are certainly better than none at all.
- Fish/Seafood – canned salmon (Red Sockeye), tuna (Chunk Lite least mercury), sardines, oysters, clams
- Canned chicken

Beverages
- Plain bottled water (tap water infinitely cheaper and more regulated).
  Do not waste money on vitamin-enhanced or fitness waters.
- Coffee (any variety)
- Green, black, white, or oolong tea – loose leaf or bagged; not powdered or bottled. Herbal teas.
- Plain or naturally flavored seltzer/sparkling water, plain coconut water
- V8 or 100% vegetable/tomato juice (low sodium best)
- Red wine — 1 glass a day. Avoid if medically prohibited.
  100% fruit juice – Avoid if overweight or diabetic. Otherwise limit 4-6 oz a day. Those cloudy with a sediment on bottom best. Shake well.
* Avoid any type of sugary beverages (including fitness and vitamin-enhanced water) and artificially sweetened beverages. Sports beverages only for those exercising and sweating for > 1 hour.

Condiments/ Flavor Enhancers
- Prepared hummus or other bean dips, salsa, tabouleh, bruschetta, guacamole, pesto, sun-dried tomatoes, tapenade
- Vinegar (any variety)
- Peanut butter (any variety/natural best), almond butter, tahini
- Flax seed, chia seeds, hemp seeds (whole or ground)
- Pure cocoa powder
- Sauces: ketchup, light mayo, olive oil or canola-based regular mayo, Worcestershire sauce, mustards, hot sauce, light teriyaki, horseradish, light soy sauce, steak sauce
- Any dried herbs and spices — especially ginger, cinnamon, turmeric, curry, rosemary, parsley
- 100% maple syrup, honey, molasses (in moderation).
- 100% fruit spreads (berry-based best), Polaner Fancy Fruit with Fiber, Smuckers Simply Fruit, Fruit Butters
* Choose reduced sodium varieties when available

Cooking Oil
- Extra virgin olive oil (room temperature and low heat cooking)
- Canola oil (“high heat” best for cooking/baking)
- Sesame oil (great for stir-fry)
- Pan sprays—olive oil or canola oil based for low heat, refined grape seed or coconut oil for high heat.
- Nut oils (walnut, macadamia, etc.)

Salad Dressing Tips
Ground Rules — * Homemade is best using extra virgin olive oil and vinegar, lemon juice, or lime juice and takes less than 5 minutes to prepare! For store bought varieties choose one with olive oil or canola oil base.
- Annie’s Naturals and Cindy’s brands generally have a healthy oil base.
- Avoid full-fat (thicker) varieties – ranch, blue cheese, thousand island, etc. A little bit does not go along way and they almost always have an unhealthy oil base.
- Bottled olive oil or canola oil based vinaigrettes are fine.
- Nothing fat free (too much sugar)
- Light or reduced fat brands of the thicker varieties are also acceptable, but not as healthy as olive oil-based vinaigrettes.

Recommended Cereal Brands
Ground Rules – 100% whole grain, lots of fiber (5 or more grams per serving), minimal amounts of added sugar (10 grams or less per serving).
- Quaker: Oat Bran, Oat Squares or Old Fashioned Oats
- Uncle Sam Original
- Nature’s Path: Flax Plus, Optimum, Heritage
- Kashi: Autumn Wheat, Cinnamon Harvest, Go Lean Crisp, Heart-to-Heart, Go Lean
- Kelloggs: Wheat Chex, Multi-Bran Chex, Special K Low-fat Granola, Special K Protein Plus, All-bran, Bran Flakes, Frosted Mini-Wheats
- Post: Plain Shredded Wheat, Grape Nuts, Bran Flakes, Great Grains
- John McCanns Steel Cut Irish Oatmeal or Old Fashioned Oats
- Kretschmer Wheat Germ or Oat Bran
* Look for other “newer” varieties that satisfy ground rules too.

Recommended Snacks
- Nuts/Seeds — especially almonds & walnuts. Any variety, packaged or bulk, raw or roasted
- Cut fresh veggies (carrots, celery, bell peppers, broccoli, cauliflower)—dip in hummus/bean dips, guacamole, salsa, or olive oil and vinegar.
- Fresh or frozen fruit
- Soy nuts, dried wasabi peas, dried chic peas
- Whole grain crackers (Wasa, Ak-mak, Triscuits, Kashi Heart-to-Heart, Multigrain Wheat Thins) with cheese, peanut butter, hummus, salsa, guacamole, sardines, smoked salmon
- “Healthy” chips — R.W. Garcia Tortilla Chips, Terra Vegetable Chips, Food Should Taste Good Tortilla Chips, Sun Chips.
- Low fat plain yogurt (sweeten with a little maple syrup, molasses, or spreadable or fresh fruit if you must)
- Part-skim mozzarella or other reduced fat (2% milk) cheeses (try convenient cheese sticks)
- Homemade fruit smoothies, unsweetened apple sauce
- Dried fruit (avoid if overweight/diabetic) — apricots, apples, peaches, raisins, plums have least sugar
- Dried 100% whole grain cereals
- Kashi Granola bars, trail mix
- Hard-boiled omega 3 eggs
- Dark chocolate – 70% or more cacao in moderation!

Disclaimer: All material on this Grocery List is provided for educational purposes only. Consult your personal health care provider regarding any specific opinions or recommendations related to your symptoms or medical condition. ©Copyright 2013 Dr. Ann and Just Wellness, LLC. All rights reserved. Reproduction or circulation, in printed or electronic form, in whole or in part is prohibited.$5.00 U.S. www.DrAnnWellness.com
Friday, October 18th, 2013
10 AM to 3 PM
Where: Fort Wayne Urban League
2135 S Hanna St. Fort Wayne, IN 46803

Parents, students, and returning adults are invited to a College and Career Fair. Learn about the cost of college, financial aid, scholarships and college savings plans. Also get important information and updates about 21st Century Scholars. Vocational trades will also be present.

AND Find out about Project Ready, the Urban League’s free college readiness program for students in grades 6-12. Project Ready provides tutoring, college trips, college preparation workshops, and scholarships.

For more information, call JJ Foster at 260.745.3100 or email jfoster@fwurbanleague.org

Member of Indiana’s College Success Coalition
About Project Ready

Project Ready is a signature program of the National Urban League (NUL) and is designed to provide enhanced academic and social support to middle and high school students as they prepare for post-secondary success. Fort Wayne is one of five select sites that the National Urban League has provided with additional funding and technical support. Others include; Chicago, Houston, Philadelphia and Rochester.

The Project Ready Curriculum explicitly integrates academic preparation for college along with life skills development and a particular set of emphases on personal, global, and cultural awareness. The College Access Curriculum is comprised of three (3) key components Academic Development, Social Development, and Cultural & Global Awareness.

Academic Readiness

Project Ready activities are designed to help youth perform better in high school. Better reading, writing, math and study habits prepare youth participants to take advance placement and other important courses that help better prepare you for success. The program assists students with:

- Improving grades through tutoring
- Preparing for advanced placement (AP) and other challenging courses, and
- Preparing for standardized tests

Social Development

Adult leaders assist students to become more well-rounded by taking students on fieldtrips, providing intensive and focused workshop sessions and exposing youth to different people, cultures and ideas. These activities help students learn more about themselves by:

- Developing important goal setting skills and relevant goals
- Understanding how to become more self-aware and critical, and
- Learning what it takes to be an effective leader

College Exploration

In order to be fully prepared for college, students need to know how to successfully navigate the college experience. For Project Ready participants, that can mean learning who to talk to about courses needed to complete a major, what a bursar and registrar are, successfully completing a college application and how to communicate effectively with your advisor. Project Ready provides students with the opportunity to:

- Visit Colleges
- Understand the concept of 'best fit' for them, and
- Get guidance and support as they complete college and scholarship applications
Project Ready Case Competition

The *Project Ready Case Competition* is a unique event that asks students to identify their own education assets, and charges them to design an implementable program that innovatively builds critical assets and necessary skills in their peers. Youth participants are challenged with the task of creating a written proposal and program overview to be used in competition with peers from across the country. Winners receive prizes donated by generous sponsors and benefit from the opportunity to share their ideas and perspectives on college readiness with a national audience.

Scholarships

Participation in Project Ready makes students eligible for various local and national scholarships. Urban League staff also assists students in applying for scholarships, and helps students improve their writing skills to make scholarships applications more competitive.

Are you a 21st Century Scholar?
The 21st Century Scholars program is no longer providing college readiness programming including tutoring, college trips and college planning counseling. Scholars are encouraged to utilize community programs like Project Ready.

Now enrolling students for the Urban League’s College Readiness program

for students in grades 6-12

Call or email JJ foster
260.745.3100 or
jfoster@fwurbanleague.org
JOIN US!!!

Relay For Life of Eastern Allen County

“POTLUCK IN THE PARK“

When: Saturday, October 19th 11am-1pm

Where: Schnelker Park (956 Park Avenue, New Haven, IN, 46774)

Why: Come out and meet your fellow relayers from all across Eastern Allen County as we prepare to move forward as ONE solidified Relay community in an effort to FINISH THE FIGHT against cancer!

RSVP to: Greg Dick, Event Chair, at: 260-740-7070 or slats3236@aol.com
Or: Amy Saxton, Event Co-chair, at: 260-804-0464 or as18nd@gmail.com

**Please bring your favorite dish to share.

**Be sure to wear your favorite Relay shirt or something purple!!