1. EACS BREAST CANCER AWARENESS DAY

Many of us have been touched by breast cancer in one way or another. That said, Friday, October 25 will be the EACS district-wide Breast Cancer Awareness Support Day! Please encourage staff, students and parents to wear pink on that day.

Tamyra Kelly, ext 1050

2. MY BIG CAMPUS TECHNICAL ISSUES

My Big Campus has resolved many of the technical problems of the last month. Please continue using announcements, discussions, resources, and schoolwork for sending and receiving files. However, there are technical problems with the multiple choice/true false quiz questions: they are not being scored correctly. We strongly encourage that those tools not be used until MBC corrects the issue. As an alternative, teachers could utilize Nearpod for a quick graded quiz.

Keith Madsen, ext. 3125

3. EACS WELLNESS BULLETIN

See Enclosure #1 to review the latest EACS Wellness Bulletin regarding Breast Cancer Awareness.

Eric Manor, ext. 1003

4. ART AND POETRY CONTEST

River of Words is open to children ages 5-19. Using water as their inspiration, children are encouraged to write a poem or create a visual piece of art for the national River of Words contest. The Grand Prize is round trip transportation from the winner’s nearest major airport to the San Francisco Bay Area (or wherever that year’s Grand Prize Ceremony is being held), for the winner and one parent or guardian. For more information: www.riverofwords.org.

Tamyra Kelly, ext. 1050
5. **LETTER WRITING CONTEST**

Letters about Literature is open to students in grades 4-14. Students are asked to write a letter to an author in response to a book that changed how they perceive the world. Letters about Literature awards prizes on both the state and the national levels. State Winners win cash prizes and advance to the national level. A panel of national judges for the Center for the Book in the Library of Congress will select one National Winner per competition level to receive a $1,000 cash award. The judges will also select one National Honor winner on each competition level to receive a $200 cash award. See Enclosure #2 for more details.

6. **THE MANNINGHAM STUDENT TRUST AND NFSPS CONTESTS**

The Indiana State Federation of Poetry Clubs (ISFPC) in conjunction with the National Federation of State Poetry Societies (NFSPS) hosts an annual contest each year that is open to all schools. The Manningham Student Trust and NFSPS contest is an opportunity for all students in 6th through 12th Grade in Indiana to use their language skills by entering the competition for awards and prizes. The competition is open to all students attending school in our state including public, private, and parochial schools. Only ONE entry per student is allowed. For more information contact Mary Couch, Indiana Manningham Chair, macouchpoet@att.net See Enclosure #3 to complete an application.

7. **FRANCINE’S FRIENDS MOBILE MAMMOGRAPHY**

Francine’s Friends Mobile Mammography Unit is returning to EACS. This is a wonderful and convenient service offered to EACS and to our community by Parkview Hospital. See Enclosure #4 for more information.

8. **VETERANS DAY PARADE**

Mayor Tom Henry’s Office is working with Col. Dave Augustine to encourage participation in the upcoming Veterans Day Parade on Saturday, Nov. 9.

Please see Enclosure #5 for registration and background information (time, location, contacts, etc.) if this is an event that your school would like to participate in.

Tamyra Kelly, ext. 1050
EACS Employee Wellness Program

October is Breast Cancer Awareness month! Here are some top food picks for maximizing breast health

Superstar Foods for Breast Health

- **Beans/Lentils** - This category of food is uniquely high in several nutrients important for breast cancer protection, including fiber, folic acid and phytoestrogens called lignin’s. According to Harvard’s Nurses' Study, those who consumed beans or lentil at least twice a week were 24% less likely to get breast cancer than those who consumed them less than once a week.

- **Cruciferous Vegetables** (broccoli, cabbage, Brussels sprouts, kale, cauliflower) - Phytochemicals found in this class of vegetables, namely sulforaphane and indoles are among the most potent naturally occurring anti-breast cancer agents ever identified. It’s best to eat cruciferous vegetables raw or lightly cooked, as their phytochemicals can be destroyed by heat.

- **Carotenoid-rich vegetables** (carrots, tomatoes, bell peppers, collards, spinach and sweet potatoes) - This delicious and super-nutritious group gets their anti-cancer punch from plant pigments called carotenoids. In addition to providing yellow, red and orange hues, carotenoids offer broad-spectrum, natural chemoprevention. Light cooking actually increases the bioavailability of carotenoids, so enjoy this group of veggies cooked for optimal results.

- **Oily Fish (salmon, tuna, mackerel, sardines, herring)** - Oily fish are loaded with the superstar omega 3 fats and the only food that naturally contains significant amounts of vitamin D. Vitamin D plays a critical role in breast cancer protection and deficiencies are quite common. You can now get Wild Alaskan Salmon in single serving, convenient shelf-stable vacuum sealed packets.

(source: http://www.drannwellness.com/article48.cfm)
PARTICIPATE IN 2013-2014 Letters About Literature & RIVER of Words Contests

Have you read a book that changed how you perceive the world? Write a response to the author and participate in Letters About Literature, a national reading and writing promotion program from the Center for the Book in the Library of Congress and Indiana Center for the Book.

It’s easy and fun to participate. You can participate individually or as a school group.

Letters for Grades 9-12 are due on December 10th, 2013. Letters for Grades 4-8 are due on January 10th, 2014. If you have questions about the competition, feel free to email Suzanne Walker at icb@library.in.gov. Visit: www.centerforthebook.org.

Are you an artist or a poet? Using water as your inspiration, write a poem or create a visual piece of art for the River of Words contest. The River of Words contest is a national art and poetry program from the Center for the Book in the Library of Congress and Indiana Center for the Book. Ages 5-19 are welcome to enter the River of Words contest.

Find contest details, including entry forms at: www.riverofwords.org. Entries are due on December 1st, 2013.

Letters About Literature and River of Words are great projects for school, scouts, homeschoolers, public libraries, after school programs and any group that works with youth. Feel free to contact us if your group would like to participate.
INDIANA STATE FEDERATION OF POETRY CLUBS
THE MANNINGHAM STUDENT TRUST AND NFSPS CONTESTS
Rules of Entry – 2014

1. There are two divisions: Grades 6-8 (Junior Division) and 9-12 (Senior Division). Poems may have been printed and have won previous awards.

2. This competition is open to all students attending school in our state including public, private, and parochial schools. Only ONE entry per student is allowed.

3. Submit two copies of each poem. Put division (junior or senior) in the upper left corner of both copies. FIRST copy must have student's ID in the upper right corner including: student name, school name and address, and student grade level. Also include this acceptable declaration of originality statement on the bottom of the ID COPY ONLY: I certify that this poem is my original work and has not been copied in whole or part from any author's poems in print or on the internet. Signed: _________________________

The SECOND copy must not have any ID information. (ISFPC would also like the home addresses in order to mail each Indiana winner an honorary year’s subscription to its newsletter, Indiana Poet.)

4. Each poem should be neatly typed or computer-generated, single spaced, have a title and no more than 50 lines. If the poem continues on more than one page, staple pages together.

5. PLEASE, no large print, illustrations or unusual type fonts (i.e. gothic, script, etc.) Best fonts are Times New Roman or Arial and no larger than 12 point.

6. Separate copies with no ID from those with ID, placing originals on the top. Identification should not be on the back of the poem.

7. Entries should be postmarked no later than JANUARY 31, 2014.

SEND ENTRIES TO:
Mary Couch, Indiana Manningham Chair
383 Woodview Drive
Noblesville, IN 46060
macouchpoet@att.net

8. State Prizes in each division: 1st $25; 2nd $15; and 3rd $10. Places 4-10 Honorable Mention Certificates. NOTE: ISFPC’S ranking of Indiana’s winners will have no bearing on National Manningham’s Judging. NOTE: ISFPC will send other qualifying poems of merit to the 2013 high school contest sponsored by the National Federation of State Poetry Societies (NFSPS). Indiana Schools will give out State and (if any) National Manningham Awards in May.

9. NATIONAL AWARDS: 1st $75; 2nd $50; 3rd $40; 4th $35; and 5th $30. Places 6-10 will receive Honorable Mentions of $10 each. Winning Poems in the national contest will be published and each national winner and his/her school will receive a complimentary awards booklet. State winners are honorary members of ISFPC for one year.

The only poems eligible for awards in the National Manningham Contest are those selected by ISFPC as the top 10 in each division.

CAREFULLY CHECK FOR COMPLIANCE WITH THE RULES
Francine's Friends Mobile Mammography Unit is returning to EACS. This is a wonderful and convenient service offered to EACS and to our community by Parkview Hospital.

The American Cancer Society recommends women have a baseline mammography screening at age 35, so the screening is available to all women age 35 and older.

All participants must have a family physician as the screening report is sent to the physician.

For participants that have insurance, their insurance company will be billed. This screening is covered under EACS Health Insurance.

**NO ONE will be turned away for inability to pay.**

EACS 2014 screening schedule:

- New Haven High School – January 22 (Wednesday)
- Woodlan Primary – April 10 (Thursday)
- Heritage Elementary – April 15 (Tuesday)

Additional sites may be added.

*Call Wendy Walker, RN at extension 3321 if you have any questions....*
FORT WAYNE VETERANS DAY PARADE
OFFICIAL PARADE ENTRY FORM – MILITARY PARTICIPANT

NAME OF ORGANIZATION (spell out acronyms):

____________________________________________________________________________________________

ORGANIZATION WEBSITE: ____________________________________________________________

BRIEFLY DESCRIBE YOUR ORGANIZATION: __________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

NUMBER AND TYPES OF VEHICLES: ___________________________________________________________

APPROXIMATE NUMBER OF PARTICIPANTS: ________________________________________________

SPECIAL INSTRUCTIONS: ________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

CHECK ALL THAT APPLY

WILL YOUR DISPLAY INCLUDE

ANIMALS ____ PYROTECHNICS ____ COLOR GUARD/BANNER ____ TRACKED VEHICLES ____

WILL YOU BE HANDING OUT

BROCHURES ____ SWAG ____ CANDY ____ COUPONS ____ OTHER: ________________________________

CONTACT PERSON: ________________________________________________________________

PRIMARY PHONE ___________________________ OTHER PHONE: ____________________________

EMAIL ADDRESS: ________________________________________________________________

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We thank you for your support for our Veterans. If you’re interested in being a part of the parade please send reply to the email address below or fax it to (260) 478-3324.

ALLEN COUNTY VETERANS DAY PARADE COMMITTEE

c/o Kal Slater, MSgt, IN ANG Kallan.slater@ang.af.mil FAX (260) 478-3324
PARADE GUIDENCE

STAGING AREA – 2500 North Parnell Ave, Fort Wayne, IN  46805. The location is at the corner of Nettie Ave and Parnell ½ blocks north of State Street on Parnell Avenue. The preferred entrance to the staging area would be to turn north on Parnell from State Street.

PARADE LINE UP - Lineup will take place in the staging area and will begin at 0930. This process must be completed by 1030. Late arrivals will go to the rear of the parade. Line up position will be assigned the day of the parade. The parade marshal will stage all parade entrants*.

PARADE START – The parade will step off at exactly 1100.

PARADE ROUTE – The Parade begins just north of State Street and will end at the Allen County Memorial Coliseum, 4000 Parnell Ave Fort Wayne, Indiana 46805. The Parade route extends approximately 1 mile along Parnell Ave

PARADE CONCLUSION – Immediately following the Parade there will be several official ceremonies to commemorate Veterans Day. Your group is encouraged to stay and attend these important events.

PLEASE RSVP BY 26 OCT 2013 DAYS BEFORE PARADE DATE. LATE REGISTRATIONS ARE ACCEPTED ON A CASE BY CASE BASIS.

Please feel free to contact me if you have any questions

Kallan Slater, MSgt, IN ANG

Kellan.slater@ang.af.mil

Office (260) 478-3247

Cell 260-402-4512

*Parade Marshal reserves the right to refuse any entrant access to the parade for any reason.