Administrative Bulletin

VI-7  9.26.14

1. ALS ICE BUCKET CHALLENGE ~ WE DID IT!

Because Dr. Ken Folks accepted the ALS Ice Bucket Challenge three times, with your help, EACS raised $619.09 for the cause. Thank you for your support! A check will be presented to the ALS Foundation in the near future.

Tamyra Kelly, ext. 1050

2. WELLNESS NEWSLETTER

See Attachment #1 to read the September edition of the EACS Wellness Newsletter. Note: this newsletter was created by Amy Griebel. Amy is a senior at Heritage High School and is currently serving as an intern for the EACS Employee Wellness Program.

Eric Manor, ext. 1003

3. CURRICULUM CONNECTION

The Curriculum Connection contains upcoming information regarding assessments, curriculum updates, video clips, instructional websites, and more. Please see Enclosure #2 for specific information.

Marilyn Hissong, ext. 3124

4. CVS FLU SHOT CLINICS

Flu Shots will be offered to all EACS employees and spouses by CVS Pharmacy. Discounted cost to employees is $24.00; payment expected at time of vaccination, cash or personal check. It is the employee’s responsibility to file with insurance, claim forms will be provided. For individuals that have EACS Group Health Insurance, this Flu Shot will be considered a "Wellness Benefit" and therefore should be reimbursed at 100%.

Sign-up sheets will be in all buildings...see your school nurse. Additional flu vaccine will be at every site, to cover all employees that forgot to sign-up.

*Note* - The October 23rd Flu Shot Clinic hours have been adjusted from the original time communicated and will now be held from 2pm -5pm.

Wendy Walker, ext. 7309
5. **REMINDER: CPR/AED Training**

Classes are being offered free of charge twice a month through the end of the school year. Classes are held at PAUL HARDING JUNIOR HIGH in the Staff Development Room from 4:15 PM to 6:15 PM. Class size is limited and requires pre-registration. If you need this certification for your license renewal, email or call Wendy Walker, Health Services Coordinator at extension 7309.

**Class Schedule**
- Oct. 23 (Thursday)
- Oct. 28 (Tuesday)
- Nov. 20 (Thursday)
- Nov. 25 (Tuesday)

Certification is through the American Heart Association and lasts for two years. Any employee interested in CPR/AED certification may also participate in this training.

Wendy Walker, ext. 7309

6. **REMINDER: INDIANA STATE BAR ASSOCIATION TO HOST MAGNA CARTA EXHIBIT**

From Sept. 30 through Oct. 9, 2014, at the Indiana Statehouse (200 W. Washington St. Indianapolis, IN. 3 floor) the Indiana State Bar Association (ISBA) is hosting the American Bar Association (ABA) Magna Carta facsimile traveling exhibit. The “Magna Carta’s Enduring Legacy: 1215 - 2015” exhibit will tell the story of the Magna Carta and its catalyst role in promoting the rule of law. For more information, visit [http://ambar.org/lawlibrary](http://ambar.org/lawlibrary).

Rose Fritzinger, ext. 3161

**DREAM IT. DO IT.**
Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it’s important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you’re experiencing an illness or have any other health problems.

Water does more than just quench your thirst and regulate your body’s temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines. Water can also keep you from getting constipated by softening your stools and helping move the food you’ve eaten through your intestinal tract. However, it should be noted that there is no evidence to prove that (continued on page 2)
The Power of Water

(continued)

We all need water to survive, but how exactly does it help?

Increasing your fluid intake will cure constipation. 

Digestion starts with saliva, the basis of which is water. Digestion relies on enzymes that are found in saliva to help break down food and liquid and to dissolve minerals and other nutrients. Proper digestion makes minerals and nutrients more accessible to the body. Water is also necessary to help you digest soluble fiber. With the help of water, this fiber dissolves easily and benefits your bowel health by making well-formed, soft stools that are easy to pass.

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's natural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, like bladder infections and urinary tract stones. If you're pregnant or nursing, you may want to consult with your physician about your fluid intake because your body will be using more fluids than usual, especially if you're breastfeeding.

By the time you experience the sensation of the thirst, you are already dehydrated.

Becca Borawski Jenkins

Some recent research suggests that increased amounts of water — such as the recommended eight 8-ounce glasses of water a day — may not have as many health benefits as experts previously believed. Most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.

By Jen Laskey | Medically reviewed by Sanjai Sinha, MD

Have fun and get back in shape with Zumba!

Monday September 29th
@New Haven Primary Gym
4:15 p.m. - 5:00 p.m.
FREE CLASS

Lose it for Life:
9 months of lifestyle changes

For the duration of the school year, each month we will have a specific focus towards lifestyle enhancement and long-term change. Each month we will have ONE focus. The focus is on taking steps towards positive habits that result in weight loss and better health.

NEXT MEETING:
October, 13th 4:30-5:00 p.m.
Park Hill Room 220

Motivation is what gets you started. Habit is what keeps you going.
- Jim Ryun
Eat Your Water

By Leslie Goldman

Hydrating foods provide plenty of fluid and nutrients to fuel hot late summer runs.

Here’s some juicy news: Drinking water isn’t the only way to stay hydrated. According to the Institute of Medicine, 20 percent of your water intake comes from food. “Eating a three-ounce cucumber is like drinking three ounces of water, but better,” says Howard Murad, M.D., author of The Water Secret. Besides being water-rich, vegetables, fruits, and a few other key foods contain nutrients that can boost an athlete’s performance and health. In addition to filling your water bottle, add these foods to your diet for hydration, nutrients, and a tasty change of pace.

H2O + ELECTROLYTES
CANTALOUPE, PEACHES, STRAWBERRIES
These fruits are mostly water and rich in potassium, an electrolyte lost through sweat. "Potassium and sodium work together to maintain fluid levels in the body," says Wendy Bazilian, Dr.PH., R.D., author of The Super-FoodsRx Diet, "which helps regulate your heartbeat and circulation."

H2O + VITAMIN C
WATERMELON, KIWI, CITRUS
Vitamin C helps maintain cartilage and joint flexibility, and these fruits provide at least a third of your daily need per serving. It also plays a role in protecting your skin. "UV rays, pollution, and sweat negatively affect your skin," Bazilian says, and vitamin C counters those effects.

H2O + CANCER DEFENSE
TOMATOES, BROCCOLI
Tomatoes are rich in lycopene; studies link this antioxidant to a reduced risk of lung, stomach, prostate, breast, colon, and cervical cancer. While it may not seem juicy, broccoli is 90 percent water and contains compounds called isothiocyanates.

H2O + RECOVERY
PINEAPPLE, CHERRIES
Both fruits may help you recover and rehydrate post-run. Studies show the enzyme bromelain, found in pineapple, may reduce inflammation and speed muscle repair. "Tart cherries contain anthocyanins and melatonin, which reduce inflammation," says Russel J. Reiter, Ph.D., professor of cellular and structural biology at the University of Texas Health Science Center.

H2O + IMMUNITY
YOGURT, KEFIR
Studies show that eating probiotic-rich foods can protect you from catching respiratory-tract infections that might otherwise thwart your run. Yogurt usually delivers between one and five strains of probiotics (healthy bacteria); kefir, a yogurt-like drink, can contain up to a dozen.

Success is the sum of small efforts, repeated day-in and day-out. ~Robert Collier

Sweet & Tangy Watermelon Salad

- 2 tablespoons rice vinegar
- 2 1/2 teaspoons sugar
- 2 cups diced seeded watermelon
- 2 cups diced cucumber
- 1/2 cup chopped fresh cilantro
- 1/4 cup unsalted dry-roasted peanuts, coarsely chopped

Stir together vinegar and sugar in a medium bowl until the sugar almost dissolves. Add watermelon, cucumber and cilantro; toss gently to combine. Just before serving, sprinkle with peanuts.

Per serving: 63 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 8 g carbohydrates; 2 g protein; 1 g fiber; 3 mg sodium; 164 mg potassium.
Important Dates

Bundle 2 Assessment
ACUITY Predictive A (ELA/MATH)  
10/9/14 – 10/16/14
10/20/14 - 10/31/14

Gradual Release Model

This week’s focus:
What does your data say?
Guided Reading—Before the Lesson & Lesson Planning Sheets

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<tr>
<th>Gradual Release Model</th>
<th>I DO</th>
<th>WE DO</th>
<th>YOU DO</th>
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<td>• Plan appropriate text introduction</td>
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<td>• Teacher provides supportive text strategies</td>
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<td>• Teacher provides supportive text comprehending behaviors</td>
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<td>• Student reads and processes text</td>
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<td>• Students applies text processing strategies while reading selected text</td>
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<td>• Student applies comprehending behaviors while reading selected text</td>
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<td>Independent Reading</td>
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<td>INDEPENDENT APPLICATION</td>
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<td>• Teacher confers with students</td>
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<td>• Teacher provides specific language to support learner needs</td>
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<td>• Names and identifies student behaviors</td>
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<td>• Student demonstrates his/her ability to apply text processing strategies</td>
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<td>• Student applies text processing strategies while reading self-selected text</td>
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<td>• Student applies comprehending behaviors while reading self-selected text</td>
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<td>• Student reflects on his/her understanding</td>
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Depth of Knowledge

Question Stems for Higher Order Thinking Skills

Knowledge: Can you recall . . .?
Where is the . . .?

Comprehension: How would you compare . . .?
State ________ in your own words.

Application: What if you changed . . .?
How does this relate to . . .?

Analysis: What can you infer . . .?
How is ________ related to ________?

Synthesis: How many ways can you . . .?
Suppose you could. . . What would you do?

Evaluate: What choice would you have made . . .?
Is there another solution?
Which is more important . . .?

Wonders: Assigning Assignments

1. Log into Reading Wonders
2. Click on Teacher Edition
3. Choose Unit and Week of the story you want to use
4. Choose the Teach Option
5. Choose eBook or Resources
6. Fill out Assignment information and then select students that you want to assign it to. If you want it assigned to the whole class: click ALL.
7. Click Assign
8. Students will access the assignments through the to do list on the webpage or app.
Important Dates

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Curriculum Connection

Secondary: Middle School & High School

October 1-8, 2014

Reading Comprehension Strategy 1:

Turn and Talk

**Definition:** We turn and talk to connect, clarify, share, think things through, learn and make decisions. In order for students to shift from passive listening to actively engaging with the curriculum, this is a critical first step.

**Materials:** Copy of article, text, or image for students.

**Steps:**
1. Have students read the text or view the image.
2. Now turn to your partner and talk for a specific amount of time (30 seconds to one minute). Ask a prompting question (What are your reactions, feelings or questions about this text?).
3. Share with the whole class. Invite one or two partnerships to share with the whole class. Randomly select who shares so all groups are prepared.

**Source for both strategies:** Text and Lessons for Content-Area Reading

Depth of Knowledge

**Question Stems for Higher Order Thinking Skills**

- **Knowledge:** Can you recall . . .?
- **Comprehension:** How would you compare . . .?
  State ________ in your own words.
- **Application:** What if you changed . . .?
- **Analysis:** What can you infer . . .?
  How is ________ related to ________?
- **Synthesis:** How many ways can you . . .?
  Suppose you could . . . What would you do?
- **Evaluate:** What choice would you have made . . .?
  Is there another solution?
  Which is more important . . .?

Reading Comprehension Strategy 2:

**Read with a Question in Mind**

**Definition:** To teach students to “enter the text thinking.” Students need to begin the reading with a conscious purpose. Often students read with mere compliance in mind, not comprehension.

**Materials:** Copy of article or text for each student, SMART Board /Chart tablet for idea sharing.

**Steps:**
1. Introduce the topic by giving students a taste of what they will be reading. Pose a question to students and do a turn and talk.
2. Share ideas on SMART Board or chart paper.
3. Teacher reads aloud the headline and pivotal paragraph (to hook students).
4. Let students react and comment. If appropriate, share your thoughts.
5. Invite students to brainstorm reasons why they think what they think. Do this in pairs or small groups, with one person recording.
6. Now give students the article/text and have them read with their questions and predictions in mind. Mark text with the following codes:
   - A-when question is answered or prediction confirmed
   - N-Used for new or unpredicted reasons
7. Share or debrief in small groups or whole class.

CCRIAS Testing

- Sample Questions are located on the District Shared Drive under “CCR Test Item Samples.”
- For more test samples go to www.parcconline.org

Questions or Concerns about the Bundles?

Please make sure you fill out a bundle feedback form located on the district shared drive.

“Education breeds confidence. Confidence breeds hope. Hope breeds peace.” —Confucius
FLU SHOT CLINICS

**Flu Shots** will be offered to all EACS employees and spouses by CVS Pharmacy. Discounted cost to employees is $24.00; payment expected at time of vaccination, cash or personal check. It is the employee’s responsibility to file with insurance, claim forms will be provided. For individuals that have EACS Group Health Insurance, this Flu Shot will be considered a "Wellness Benefit" and therefore should be reimbursed at 100%.

Sign-up sheets will be in all buildings. Additional flu vaccine will be at every site, to cover all employees that forgot to sign-up.

**Schedule:**

**October 7**  **Leo attendance area**, clinic location at Leo Jr-Sr High School.  
Clinic time 3:00 PM to 4:30 PM.

**October 9**  **Heritage attendance area**, clinic location Heritage K-12 Building.  
Clinic time 3:00 PM to 4:30 PM.

**October 14**  **New Haven attendance area**, clinic location at New Haven High School.  
Clinic time 3:30 PM to 5:00 PM.

**October 14**  **Service Center**, clinic location conference room.  
Clinic time 9:30 AM to 11:00 AM

**October 21**  **Woodlan attendance area**, clinic location at Woodlan K-12 Building.  
Clinic time 3:00 PM to 4:30 PM.

**October 23**  **Harding attendance area**, clinic location at Paul Harding Jr.  
Clinic time 2:00 PM to 5:00 PM
**Flu Vaccine Myth #1:**
The flu vaccine can give you the flu: This is probably the most common myth there is about the Flu Vaccine. Considering that we mostly utilize the injectable version of the vaccine which is 100% inactivated, it is clinically impossible to develop the flu from the vaccine. Even the nasal version, FluMist, which is a LIVE vaccine, is engineered in a way that the virus dies once it reaches the warmer, lower airways making it HIGHLY UNLIKELY to cause the flu. There are 3 main reasons people who get a flu shot may “think” they got the flu because of the vaccine....

1. It takes about TWO WEEKS after receiving the shot for the human body to develop enough antibodies to fight off infection if exposed. IF a person is exposed to the flu virus within two weeks after receiving the shot, then they are AT RISK for suffering from the symptoms of Influenza. The sooner a person receives the vaccine, the sooner they will be protected.

2. The CDC (Centers for Disease Control) decides which strains of the flu will be included in each year’s vaccine. There are hundreds of different strains of the influenza virus and the CDC does a great job of trying to isolate which set of strains are going to be included in the vaccine based on what they think is going to be most prevalent. Someone may still get the flu IF the strain they are exposed to DIFFERS from the strains selected to be in the vaccine.

3. People may become ill from other (non-flu) viruses that circulate during the flu season, which can also cause flu-like symptoms (such as rhinovirus).

**Flu Vaccine Myth #2:**
Even if I don’t get a FLU SHOT, the flu virus is harmless: Most people who get the seasonal flu recover just fine BUT the seasonal flu also hospitalizes 200,000 people in the U.S. each year.

It kills about 36,000. That’s close to the number of women killed by breast cancer each year, and more than twice the number of people killed by AIDS.

**Flu Vaccine Myth #3:**
It is way too early in August or September to get the flu shot. I will NOT be protected all season if I get the shot this early: The CDC recommends that everyone 6 months of age and older (without contraindications to the vaccine) to receive the flu shot yearly once the vaccine for that year becomes available in their communities.

**Flu Vaccine Myth #4:**
If by December or January I haven’t received a flu shot, then I am safe from contracting the flu virus: CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get vaccinated throughout the flu season, which can last as late as May.

**Flu Vaccine Myth #5:**
If you’re young and healthy, you don’t need to worry about getting the vaccine. First of all, we should all get the seasonal flu vaccine. Sure, if you’re in good health, you’ll probably recover from the seasonal flu just fine. But why suffer through the flu if you can avoid it? Second, protecting yourself isn’t the only reason to get vaccinated. Healthy adults forget that while they themselves might be at low risk for getting serious flu complications, other people in their family might not.

**Flu Vaccine Myth #6:**
The flu is only dangerous for the elderly. It’s true that the people most likely to become seriously ill or die from the seasonal flu are over age 65. But flu can become risky for anyone, even healthy young adults. Some of the most susceptible people to seasonal influenza are young children.
Children under 2 years have some of the highest rates of hospitalization from seasonal flu. Children under 6 months are at the most risk from the seasonal flu because they’re too young to get the vaccine. To protect infants from the flu, keep babies away from people who have the flu. Parents and caretakers of infants should get vaccinated.

Flu Vaccine Myth #7:

You can skip years between flu vaccinations. Experts say that some of us don’t understand that we need a new seasonal flu vaccine every year. It’s confusing, since the flu vaccine is different from most vaccines, which offer longer-lasting protection. For example, some vaccines like with the measles vaccine, you get two injections and then you don’t have to worry about it for the rest of your life. The flu vaccine isn’t like that. The strains of the flu vaccine change each year. The CDC selects different strains 6 to 8 months before the flu season based on clinical information of what they feel the most prevalent strains impacting that year’s flu season will be. Each year, these strains might change. Also, antibodies developed from the prior year’s shot may wane over time. For these reasons, the flu shot SHOULD be repeated EACH YEAR.

Flu Vaccine Myth #8:

Vaccines are dangerous. In recent years, there’s been growing mistrust of vaccines, including the flu vaccine. Some believe that there could be a link between vaccines -- specifically the ingredient thimerosal (mercury based preservative) -- and developmental disorders in children, like autism. However, there is no evidence that vaccines cause autism, and experts say that we’re losing sight of how important vaccines are. Vaccines are, arguably, the greatest medical advance in history. They’ve prevented more illness and death than any treatment. For example, in 1958 there were 763,094 cases of the Measles. Because of the advances in vaccinations, in 2008 this number was only 132 cases! In 1964 there were 488, 796 cases of Rubella, in 2008 there were only 17 cases reported because of the advancements in vaccinations. If this is STILL a concern for you, there are versions of the Flu shot that are preservative free. The majority of side effects experienced after receiving the Flu vaccine are very mild. The most common side effect of the flu vaccine in adults is soreness at the spot where the shot was given, which usually lasts less than two days. The soreness is often caused by a person’s immune system making protective antibodies to the killed viruses in the vaccine. These antibodies are what allow the body to fight against flu. The needle stick may also cause some soreness at the injection site. According to the Advisory Committee on Immunization Practices (ACIP), rare symptoms include fever, muscle pain, and feelings of discomfort or weakness. If these problems occur, they are very uncommon and usually begin soon after the shot and last 1-2 days.

Flu Vaccine Myth #9:

Pharmacists do not play an important role in immunizing the public: Flu immunization rates are still surprisingly low. The CDC recommends all patients (6 months of age and older) receive the flu vaccine (as long as it is not contraindicated for them).

Flu Vaccine Myth #10:

It costs a lot of money and it is too difficult to get immunized: Many insurance carriers cover the shot (Indiana Medicaid, Medicare Part B, Blue Cross Blue Shield, and many others. Some Medicare Part D plans cover the shot also. Further, even if the shot is not covered by your 3rd party, there are special offers that can bring the cost way down. The shot at CVS is EFFECTIVE. FAST and available NOW. The shot is clinically effective starting NOW (August and September) and protection lasts the entire flu season. (Prescription is NOT NEEDED) It is FAST, you can receive the shot at any of our locations in at anytime and it is as fast as waiting in store for one of your prescriptions.

Lastly, it is available NOW at any of our stores or Minute Clinics! Depending on the area, the shot is available to patients 14 years of age and older in our CVS stores or as little as 6 months of age and older in our Minute Clinics (see CVS.COM for pharmacies in your area that have a Minute Clinic!). We also offer preservative free vaccine IF that is important to you. We are also offering a HIGH DOSE flu shot (Fluvirin HD). This shot is ONLY indicated for patients OVER the age of 65 and is not meant for everyone. If you are 65 or older and are interested in receiving this HIGH DOSE version of the seasonal flu shot, please discuss this with your CVS Pharmacist, Minute Clinic Nurse Practitioner or Doctor. Lastly, the Flu vaccine protects against both the seasonal and H1N1 viruses (combination shot). Talk to your CVS Pharmacist about receiving the Flu vaccine today!
1. NATIONAL SOCIETY HIGH SCHOOL SCHOLAR WINNER

Recently, Kevin Altman, a student at Heritage Jr. Sr. High received the National Society of High School Scholars award. Kevin is a member of this community of scholars because of his hard work and commitment to academic excellence!

CONGRATULATIONS KEVIN ALTMAN!