

National  
Association of  
Educational  
Office  
Professionals

# Middle School/Junior High Council Chronicle

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## Welcome 2010

Happy New Year 2010! The past few months certainly have flown by and we were soon greeting another year.

Many of us create resolutions of things we hope to accomplish during the coming year and I am no different. My goals are to keep myself healthy, exercise more and treasure my family and friends. Think of your resolutions and how they will keep you strong, healthy and happy. Instead of calling them resolutions I call them goals as for me they are ongoing commitments to myself.

The registration information for the upcoming NAEOP Annual 2010 Conference in Kansas City will be in the Winter edition of the

NES which you should have received already.

Make your hotel and conference registration reservations soon as hotel rooms book up quickly and spaces in the institute classes and briefings are sometimes limited.

If you have something you

would like to share with the members of the council, please send it to me as I would be pleased to include it in the next newsletter.

This is your newsletter and the information I include is something I hope will be relevant to you and what may be happening in your life.

Please remember to share NAEOP with your co-workers and administrators! There are still many office professionals who don't know about NAEOP and what it has to offer!



### Upcoming Events

- March 4-6: California AEOP Conference/Las Vegas, NV
- March 4-7: South Carolina Conference/ Myrtle Beach, SC
- March 5/6: Florida Winter Regional Conference/Pensacola Jr. College
- March 12-14: Utah Conference/Moab, UT
- March 17-19: North Carolina Conference/Greensboro, NC

## 2010 Council Breakfast in Kansas City

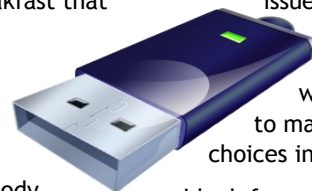
As part of my commitment to you to focus on health and wellness this year, we are going to have a round table discussion to share information, suggestions, tips and activities that have helped you focus on staying healthy for yourself and family. Taking care of ourselves is key so that we can take care of others in our lives.

I will be creating a flash drive for each person attending the breakfast that includes:

- Recipes/ Nutrition
- Activities/ Move your body
- Live and Learn

We learn from each other,

so please send me any information on the above issues to include in this presentation so that we can continue to make healthy choices in our lives.



I look forward to seeing many of you at the breakfast!

# Go Red for Women!

Friday, February 5th was “Go Red for Women” day when family, friends and co-workers wore red to help raise awareness of cardiovascular disease in women, but you can set aside any day to focus on this serious health issue for women. Encourage the staff in your building to set aside a certain day and wear red to support heart health in women.

By wearing red, we can bring a voice to this silent killer. We can listen to what our hearts are telling us, talk to our doctors and spread the word to our family, friends and community about making the right choices and taking action.

How can you speak up for yourselves:

- ♥ Tell your family you will change your eating and exercise habits and need their support.
- ♥ Ask your favorite restaurant for heart healthy options for any meal you eat. Ask your doctor for a lipo-protein blood screen. This will give you all the right information you need to take the Go Red Heart CheckUp and know your real risks. Visit [GoRedForWomen.org/HCU](http://GoRedForWomen.org/HCU).



- ♥ Talk with your doctor or nurse to design a personal action plan that works for you and your lifestyle.

To learn more about heart disease in women and the choices you can make to live heart healthy, visit [GoRedForWomen.org](http://GoRedForWomen.org) and sign up for the movement. You'll receive a monthly newsletter to keep you motivated and a red dress pin, the symbol of the heart disease in women movement, to wear proudly as a supporter.

From the American Heart Association “Go Red for Women” Campaign

# The Green Office

## Quick tips for greening up your workplace!

Planning a meeting? Here are some ideas on going green:

- Work with the facility to donate leftover food and flowers.
- Save plastic name badges to be



used for your next event.

- Rather than water bottles, provide water pitchers and glasses.
- Request china and linen, rather than disposable dishes

and napkins.

Why not go green when caring for

your work clothes? Instead of a dry cleaner, look for a green “wet” cleaner, or one who uses liquid CO2 techniques.

And silk, wool, and linen items don’t even need to be dry cleaned. Hand-washing works just as well.

**Submitted by Teresa L. Price  
Fred Fifer III Middle School  
Delaware AEOP**

# Congratulations!

Please join with me in congratulating the NAEOP members who were elected as the 2010-11 NAEOP Officers:

- ♥ President Elect: Allie Faye Matthews, CEOE (AZ)
- ♥ Vice President: Lola Young, CEOE (NE)

- ♥ Central Area Director: Lisa Morehouse, CEOE (NE)
- ♥ North Central Area Director: Lori Schumann, CEOE (MN)
- ♥ Northeast Area Director: Elizabeth Napolitano, CEOE (CT)

- ♥ Northwest Area Director: Gayle Schnorenberg, CEOE (WY)

These members are to be commended for giving of their time, commitment and dedication in making sure NAEOP remains a vital and thriving organization!



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Middle School/Jr.  
High Council

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



## Healthy Living

In the last issue of the council newsletter, I included an easy health recipe for everyone to try. I heard from many positive comments from members who were excited to try it.

Dawn Oryszak, a member in New York, contacted me and shared one of her favorite recipes she had gotten from a website: [www.eatbetteramerica.com](http://www.eatbetteramerica.com). I e-mailed her back and asked if she would mind if I included it in the next newsletter and she wholeheartedly agreed.

Here is her recipe for Spinach Manicotti:

1 box (8oz) uncooked manicotti shells (14 shells)  
1 1/2 cups shredded Italian cheese blend (6oz)  
1 medium red bell pepper, finely chopped

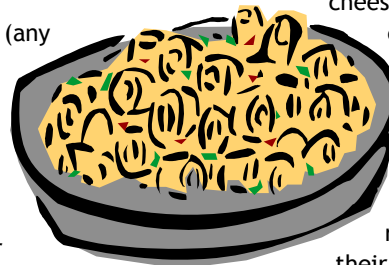
1 medium onion, finely chopped  
1 container (15oz) reduced-fat ricotta cheese  
1 box (10oz) cut spinach, thawed, drained, squeezed dry, finely chopped  
2 cloves garlic, finely chopped  
1 egg, slightly beaten  
1 jar (25.5 oz) pasta sauce (any flavor)

1. Heat oven to 375 degrees. Cook manicotti as directed on box. Rinse with cool water; drain well. In medium bowl, stir together 1 cup of the Italian cheese blend, onion, red bell pepper, ricotta cheese, spinach, garlic and egg.

2. In bottom of ungreased 13x9-inch baking dish, spread 1 cup of the pasta sauce. Spoon ricotta mixture into manicotti; place over sauce in

dish. Pour remaining sauce over manicotti. Cover tightly with foil.

3. Bake about 30 minutes or until sauce is bubbling. Uncover dish; sprinkle with remaining 1/2 cup Italian cheese blend. Bake uncovered 5 minutes longer or until cheese is melted.



You can log on to the website and sign-up for free recipes, coupons and their e-newsletter. They

have information on diet and nutrition, fitness and many recipes and you can also join in the community discussions. There is also space for your profile and goals!

Thanks Dawn for sharing this great information with us!