



Alpine UniServ Fall Bookmark [Edition #6]



COMING UP:

October:

Saturday, 10 – Lehi High School Annual Pancake Home Run Derby

Thursday, 15, 16 – UEA Convention

Thursday, 15, 16 – Fall Break

Monday, 19 – Professional Development

Wednesday, 28 – Financial Investment/Retirement Seminar

Saturday, 31 – Halloween

November:

Sunday, 1 – Daylight Savings

Tuesday, 3 – Elections Day

Tuesday, 10 – PRAXIS Training

Wednesday, 11 – Veterans Day

Monday, 16 – Beginning of American Education Week

Wednesday, 25 - 27 – Thanksgiving Break

December:

Saturday, 12 – AEA Christmas Movie

Monday, 21 - Friday, Jan. 1 – Christmas Break

CARLA GROW – LEHI HIGH SOFTBALL COACH

A community is mourning after a beloved softball coach passed away the night of September 2nd. Carla Grow died from injuries she suffered Sunday when a lightning strike sent her into cardiac arrest. Coach Grow was known as the players' coach. She did everything she could for her team and community.

On Sunday, Grow was in her back yard hosting a family function when a strong storm moved through. Lightning struck near Grow sending her into cardiac arrest.

The devastated team lost a mother, a selfless soul and true leader.

Padilla said, "I had a hard ground ball, it had hit me in the head and Carla was the very first one on the field, like coming straight for me. Picking me up and making sure I was OK."

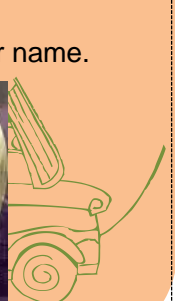
Because that was the coach's true nature. Coach Grow is also known for practically building the team's softball stadium.

"She is going to be known by what she did here at the field and prepping it and everything but I think it is also important to know that she was a wonderful lady." Said the head coach.

A heart that has melted into others, shown by the purple ribbons placed on 'her' field. It has given her team a new passion to win for their coach this coming season.

On October 10, 2015 the team will host its Second Annual Pancake Home Run Derby. All are invited to join.

A [GoFundMe](#) page has been set up in her name.



PRAXIS

Alpine Education Association wants to assist members who have a Level 1 Provisional Educator License to be prepared for the test they have to pass to obtain a Level II Professional Educator License. AEA Offers a PRAXIS Exam Training Session to provide these educators with information and study materials that will help them prepare to pass the Principles of Learning Theory (PLT) PRAXIS Exam. The next training session is on November 10, 2015 from 4:15-6:00 p.m. in the PDC at the District Office. AEA members can participate in this training session for free, and non-members can participate in it for a \$50 fee. Interested teachers can register for this training session by emailing Teera at teera@alpineuniserv.org, or by calling her at (801)224-2055 ext. 112.

POLITICAL ACTION

Political Action Contribution (PAC) funds provide education and information to Association members about political matters. AEA uses local PAC contributions to identify and support local political and school board candidates with favorable positions on education. UEA uses Utah PAC contributions to work together with bi-partisan teacher teams in local areas around the state to make candidate recommendations for state and federal races. Absolutely NO Association member dues are used for political parties or candidates. PAC allows educators to have a voice in political issues affecting children and public education. AEA PAC is directed by AEA Leaders and Board members, and UEA PAC is directed by the UEA President and managed by classroom teachers and Association Leaders throughout the state. Educators can choose to donate PAC funds in the areas and in the amounts that they prefer. A PAC form is on the bottom of the home page of the Alpine Education Association / Alpine UniServ Website at www.alpineuniserv.org.



ASSESSMENT LITERACY TRAINING

Alpine Education Association is partnering with Utah Education Association to help educators be successful in their careers. That includes providing resources to understand new evaluations that have been put into place for all teachers in Utah. Significant modifications of educator evaluations have been made by the Utah State Board of Education in order to improve educator effectiveness and instructional quality. AEA is providing members with an opportunity to participate in training sessions and providing other resources to help learn how to achieve competence with the new evaluations.

Trainings will be held Wednesday, January 20, 2016 and Wednesday, February 3, 2016 from 4:00-6:30 p.m. at the District Office in the PDC room #316.





Melody Apezteguia Utah's
2016 Teacher of the Year.

American Fork High Calculus Teacher Named Utah Teacher of the Year

Deputy Utah State Superintendent of Public Instruction Sydnee Dickson announced last week that American Fork High School calculus teacher Melody Apezteguia (ah-pestajee-ah) has been named Utah's 2016 Teacher of the Year.

Apezteguia, of American Fork, was presented with a check for \$10,000 and will compete with her fellow teachers of the year in a national competition. Apezteguia will also receive a SMART kapp interactive white board from SMART Technologies, and a laptop computer from PC Laptops. She will meet with fellow teachers of the year at a national conference, meet with the President in Washington, and attend space camp in Alabama next summer.

Is a 403(b) annuity right for your retirement planning?

A 403(b) plan is a tax-advantaged retirement savings plan that is available to public school employees. It's a great way to start a supplemental stream of income for retirement.

Employee contributions are made to a 403(b) plan on a pre-tax basis through your payroll and are allowed to grow tax-deferred until the money is withdrawn from the plan. At that time, the amount withdrawn is taxed as ordinary income. These plans are also referred to as tax-sheltered annuities.

Withdrawals from a 403(b) plan are restricted by the IRS and the employer's plan document. Generally, you may make a withdrawal only upon reaching age 59 ½, severance from employment, disability, or certain hardships (if allowed by the plan). Money withdrawn before age 59 ½ will be subject to a federal penalty tax of 10% in addition to income tax.

Work with a professional to determine how a 403(b) plan can work for you, and how it may fit into your long term goals. You should also consult with a tax advisor regarding any tax-favored products.

(This article is provided by your local Horace Mann representative, Julie Walker.)

To contact Julie Walker, call (801) 404-5019 or email Julie.Walker@horacemann.com

Oral Care for Kids

A common misconception is that oral health issues are limited to adults. It's never too early to pay attention to your children's oral health. Dental Insurance plays an important part in oral health, especially to a young family. Oral health issues in adults and children can be easily prevented with early detection and consistent oral care.

Dental insurance promotes regular dentist visits, by providing access to diagnostic and preventive care, such as cleanings, exams and x-rays at little or no charge. Routine dentist visits help support optimum oral health habits for you and your family.

Good habits start at home and change as children grow. Keep the following information in mind while your children learn how to care for their teeth.

Babies

Although baby teeth will fall out to make room for permanent teeth, it's important to keep them clean. As soon as a baby's teeth come in, clean them daily by wiping them with a soft cloth or special baby toothbrush and water. Tooth decay can be painful for the child and may lead to problematic infections. Most baby teeth are in place by about 2 years of age, and you can brush them with a soft toothbrush designed for your child's particular stage development.

Young Children

Most young children don't have the dexterity or patience to perform a thorough teeth cleaning until they are about 7 years old. Till then, teach your children the proper brushing techniques.

- Place your toothbrush at a 45 degree angle to the gums.
- Gently move the brush back and forth in short strokes.
- Brush the outer surfaces, inner, and chewing surfaces of the teeth.
- Brush your tongue to remove bacteria and keep your breath fresh.



Middle Schoolers

Middle schoolers often consume too many sugary drinks and treats, which are leading causes of tooth decay. As an alternative option encourage children to eat fruits, vegetables and whole grain foods which protect teeth and gums.

Oral hygiene is especially important to children with braces. Bacteria in your mouth and the metal in the braces can produce a bleaching effect, which can cause small, permanent light spots on the teeth. Encourage children with braces to perform routine brushings and flossing.

Oral care consists of many parts, but you play the biggest role in your families oral health habits. Dental insurance promotes regular dentist visits and early detection of oral health issues which protects you and your families beautiful smiles.



Thanksgiving sides



Classic Sweet Potato Casserole

Ingredients:

4 1/2 pounds sweet potatoes	1 cup granulated sugar
1/2 cup butter, softened	1/4 cup milk
2 large eggs	1 teaspoon vanilla extract
1/4 teaspoon salt	1 1/4 cups crushed cornflakes
1 tablespoon brown sugar	1 tablespoon butter, melted
1/4 cup chopped pecans	1 1/2 cups mini marshmallows

Preparation:

1. Preheat oven to 400°. Bake sweet potatoes for 1 hour or until tender. Let stand until cool to touch (about 20 minutes); peel and mash sweet potatoes. Reduce oven temperature to 350°.
2. Beat mashed sweet potatoes, granulated sugar, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11x7 inch baking dish.
3. Combine cornflakes cereal and next 3 ingredients in a small bowl. Sprinkle over casserole in diagonal rows 2 inches apart.
4. Bake at 350° for 30 minutes. Remove from oven; let stand 10 minutes. Sprinkle marshmallows in alternate rows between cornflake mixture; bake 10 minutes. Let stand 10 minutes before serving.



Green Beans with Goat Cheese Tomatoes and Almonds

Ingredients:

1/2 cup sliced almonds	2 pounds green beans, trimmed
3 tablespoons sherry vinegar*	2 tablespoons fresh lemon juice
3/4 teaspoon salt	1/2 teaspoon pepper
1/3 cup olive oil	1 pint cherry tomatoes, halved
2 shallots, thinly sliced	2 garlic cloves, minced
1/2 (4-oz.) goat cheese log, crumbled	

Preparation:

1. Preheat oven to 350°. Bake almonds in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant, stirring halfway through.
2. Cook green beans in boiling salted water to cover 6 to 8 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.
3. Whisk together vinegar and next 3 ingredients in a large bowl; add olive oil in a slow, steady stream, whisking constantly until blended and smooth. Add cherry tomatoes, shallots, garlic, and green beans; toss to coat.
4. Top green bean mixture with crumbled goat cheese and toasted almonds.



Deluxe Pumpkin Cheesecake with Gingersnap Crust

Ingredients:

1 cup crushed gingersnap cookies	1/3 cup finely chopped pecans
1/4 cup butter, melted	4 - 8oz packages cream cheese, softened <i>divided</i>
1-1/2 cups sugar, <i>divided</i>	2 tablespoons cornstarch
2 teaspoons vanilla extract	4 large eggs
1 cup canned pumpkin	2 teaspoons ground cinnamon
1-1/2 teaspoons ground nutmeg	

Preparation:

1. Preheat oven to 350°. Place a greased 9in. springform pan on a double thickness of heavy-duty foil. Securely wrap foil around pan.
2. In a small bowl, combine cookie crumbs, pecans and butter. Press onto the bottom of prepared pan. Place on a baking sheet. Bake 8-10 minutes or until set. Cool on wire rack.
3. For filling, in a large bowl, beat 1 package of cream cheese, 1/2 cup sugar and cornstarch until smooth, about 2 minutes. Beat in remaining cream cheese, one package at a time until smooth. Add remaining sugar and vanilla. Add eggs; beat on low speed just until combined.
4. Place 2 cups filling in a small bowl; stir in pumpkin, cinnamon, and nutmeg. Remove 3/4 cup pumpkin filling; set aside. Pour remaining pumpkin filling over crust; top with remaining plain filling. Drop reserved pumpkin filling by spoonfuls over cheesecake; cut through with a knife to swirl.
5. Place springform pan in a large baking pan; add 1 in. of hot water to larger pan. Bake 55-65 min. or until center is just set and top appears dull. Remove pan from water bath. Cool on wire rack 10 min. Carefully run a knife around edge of pan to loosen. Cool 1 hour longer. Refrigerate overnight.
6. Garnish with chocolate or caramel sauce, whipped topping and additional crushed gingersnaps if desired.