



DMEA Board Says All School Board Candidates Acceptable

The DMEA Executive Board has voted that all three candidates running for school board are acceptable candidates. This decision deviates from the past practice of recommending candidates. The Executive Board felt that all three candidates would make strong school board members and warranted member support. The decision followed interviews with all three candidates.

The candidates who will seek election are:

- Marc Ward. Marc has served two terms on the board and is the current school board president. He is an attorney with the firm of Dickinson, Mackaman, Tyler and Hagen. As school board president Marc has attended FR meetings to hear member concerns and meets on a regular basis with the DMEA President, Chris Miller.
- Ako Abdul-Samad. Ako is the founder and CEO of Creative Visions. Creative Visions is a non-profit agency that seeks to empower high-risk youth by providing them with alternatives to their current lifestyle. Ako has been a community activist since his late teens.

- Connie Boesen. Connie is the Director of Merchandising for Sticks and is an owner of Applishus, a concession business. Connie currently serves as President of the Des Moines Public Library Board of Trustees. She is a former PTA president at East High School and was co-chair of the Schools First campaign. She has been a strong supporter the school district has been involved with the east side schools.



A number of candidate forums will be held around Des Moines. Members are encouraged to attend these sessions and to use the information they gain to decide which two candidates they feel will best support our positions.

The district has two open seats that will be contested in the Tuesday, September 9th school board election. One seat is currently held by Marc Ward and the other by Laura Sands. She is not seeking re-election.

The DMEA feels that all three candidates are strong on education issues and are willing to listen to our opinions. Please remember to vote on September 9th.

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When done well, teaching is a highly demanding, stamina-draining, energy-depleting activity. Teachers are performers working to engage their audience every minute of every day. It's all live with no "teleprompters" and hardly any time for rehearsal.

Unknown teacher

Wellness Corner



Health insurance premiums are skyrocketing across the state. While premiums for DMEA members have been increasing by approximately 10-15% per year, many school districts have been hit with insurance increases of as much as 60% per year.

In an effort to hold down insurance premiums, the *Tempo* will be featuring a monthly column of tips to improve members health and to encourage all of you to become better consumers of health care.

Of course one of the first places to look at is a person's diet. As many of you know food portions are getting bigger. Thirty years ago the standard burger, fries, and cola meal contained about 600 calories. Today that same meal packs about 1550 calories. Many nutritionists suggest that a greater awareness of serving size, rather than focusing on the specific type of food eaten, is a key factor in weight control.

A 15 year study has linked eating fast food more than twice per week to increased risk for obesity and type 2 diabetes. Researchers speculate that fast food often replaces fruits and vegetables that help control weight. Sixty percent of adults nationwide are considered to be obese. It is estimated that obesity and associated health problems cost Americans more than \$100 million in health care expenses each year.

Adults are advised to eat between 5-9 daily servings of fruits and vegetables. Studies link a high intake of both with reduced risk of heart disease, stroke, and cancer. Vegetables may actually be superior to fruit because they generally contain more protective compounds, B vitamins, calcium and iron.

Welcome Back from DMEA President Chris Miller

This is the time of year when all things seem possible and all of our students are earning "A"s so far.

The Association is moving forward as well. As of this writing we have signed up 143 new members. Our Faculty Representatives will be asking any of the new teachers that were missed at the workshops and some of the veterans who have not been members to join with us.

We are an Association. We work together for the common good and to protect the rights of our individual members. Because we are a democratic organization, sometimes an individual's view does not always prevail. Even so, we still need to stick together. This is critical in the current environment.

Change is on the horizon and there are numerous challenges facing our members. Here are just a few of the issues:

The Elementary and Secondary Education Reauthorization Bill (ESEA). Due to the efforts of the teachers and staff, Longfellow was removed from the watch list. In spite of the efforts of the teachers and staff, Moulton was added to the list. The pressures of this act, also known as No Child Left Behind, continue to grow and make things worse for education.

Negotiations. They were difficult this year. Under the guidance of our Chief Negotiator, we held firm through a lengthy and difficult process that included two mediation sessions. Had we not reiterated a proposal that was finally accepted, arbitration over employee contribution to health care premiums would have occurred. In spite

of this, we were able to raise wages for all groups AND keep employer paid insurance. Only members can participate in negotiations surveys and vote on the tentative agreement, so your membership does count.

Budget. This is the main reason for difficulty in negotiations. The state continues to under fund education and Des Moines suffers because of it. Had it not been for DMEA efforts to seek alternatives to our health insurers, many people would have lost jobs. It does not look any better for this year and there will not be a \$2 million dollar health insurance kitty this year. The Association has agreed to be part of a revised budgeting process that will do a better job of identifying needs and linkages. Without additional funds however, it could still be bleak. The association will be there to insure that the district follows the contract if the worst should occur and cuts are necessary.

Governmental Affairs. Two of our three recommended candidates for school board were elected in September 2002. This has increased our influence with the Board. In the legislative elections ISEA candidates carried the day in much of Polk County. We have three acceptable school board candidates for two positions this year. With public forums and newspaper coverage, we are trusting our members to make the two selections they believe best. As we head into the presidential year of 2004 we will be encouraging you to involve yourself in the caucuses to advocate for education.

Teacher Quality Act. We are beginning to hear from some people at the State House that this may die on the

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DMEA Well Represented at Summer Leadership Conference

Fifteen DMEA members recently attended the ISEA Summer Leadership Conference held on the Buena Vista University campus in Storm Lake on August 5-7. Those attending included Nancy Dewes (Brody), Dinh Van Lo (McCombs), Jennifer Middleswart (McCombs), Karen Reese (Brody), April Symonds (Capitol View), Melissa Brinkman (Meredith), Jennifer Gelner (Meredith), Molly Hagkull (Capitol View), Jeremy Kunz (Smouse), Rhonda Anderson (East), Paul Mann (Central Campus), Toni Austin (River Woods), Alan Young (Callanan), Janice Redshaw (Brubaker), and Chris Miller (Goodrell).

Participants attended a variety of breakout sessions on such topics as the use of technology in classrooms, retire-

ment, membership recruitment, and the evaluation system being developed for experienced teachers. The DMEA members particularly liked the session on "Who Moved My Cheese." In addition participants listened to a keynote address from NEA Vice President Dennis Van Roekel and were entertained during the opening remarks by comedian Tim Cavanaugh.

The Summer Leadership Conference is held each year in early August. It is designed to develop the skills of new and emerging leaders for ISEA. The sessions provide an opportunity to network with new leaders from around the state and in the words of one first time attendee, "they were pleasantly surprised by the fun factor of the conference."

New Money Saving Member Benefit

Teachers, associates, and secretaries in the Des Moines Public Schools will soon have one more reason to join DMEA. ISEA plans to launch the new Access Savings Card program in late September or early October. The new cards will be mailed to members homes along with introductory materials. For those members who join late, materials will be sent on a monthly basis.

The ISEA Access Savings Card will allow members to get up to 50% off on a variety of services across the state. Discounts can be found for food items, automotive repair, clothing, recreation,

lodging, and many other items. Over 50 metro area merchants have signed on to participate in this program and more are being added.

This new program, along with significant discounts available on auto and homeowners insurance through A+ Auto and Horace Mann will help keep the total cost of membership low. In some cases members have reported saving as much as \$500 on auto insurance. With the addition of ISEA Access Savings Card joining DMEA has never been cheaper.

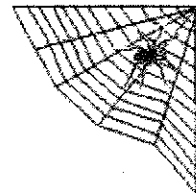
We Have a Winner!!!!

Four teachers have been selected as winners in the DMEA prize drawing of new members. Each person was awarded a check at their school. The winners are: Heather Stone-\$100.00 Garton

Jacquelyn Kopsa-\$50 Evelyn Davis Center
Anthony Glass-\$25 Van Meter
Gilmava Vila Nova-Mitchell-\$25 Howe

Congratulations and welcome to DMEA!

Caught in the Web



Once again this year we'll highlight the top education web sites for members. This month we'll start off highlighting changes to our own DMEA web site.

The DMEA web site can be reached at <http://www.dmea.org>. Over the summer we have made a major design change to the site to make it more attractive and easier to navigate.

In addition we've created a brand new Resources page. Members who visit the site can click on the Resources link on the home page. You will then be taken to the Resources page where you can find many wonderful education sites. The pages are organized by subject area. A person who wants to find web sites to use in a Science class can click on that link and be taken to the Science Links web page. Most pages are also divided so that sites appropriate for elementary students are separate than those intended for secondary use. Most of the major subject areas are listed as well as special pages with teacher resources. We will add more categories as they are suggested. The Resources page will also contain links to information about the No Child Left Behind Legislation.

How do we know the web sites we list are high quality? All of the sites available on the DMEA web site have been evaluated by experts in the integration of technology into the classroom. Many of the sites also appear in listings created by other organizations and come highly recommended. If any DMEA members know of high quality web resources that they would like to post on the web site, they are encouraged to e-mail them to the DMEA office.

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Welcome from the President

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vine. There may not be enough money to support all the requirements. Either way, the Association will be there to negotiate a fair, practical and effective evaluation instrument.

Representation. We have a number of members who got involved in situations where they needed representation. It might have been an abuse allegation, problem with a parent or administrator, or being treated unfairly in a contract dispute, and the Association was there.

We have a lot facing us as educators. Fortunately, the Association is there to work for us as we face these daunting issues. The Association covers us in these areas so we can do what we do best—teach the children entrusted to us and allow them to go forward into the future with the tools they need for success.

DMPS Students/Teachers Named Winners In Design-A-Decal Competition

Two DMPS students and their teachers have been named as winners in the ISEA Design-a-Decal competition. Matt McCrea a 12th grader at East High and his teacher Jerry Goodrich were selected as winners for a decal entitled "Smart Cookie." Trinh Phan, a 9th grader at East and his teacher, Shirley Gooch, were named

winners for a decal entitled, "You Are Beary Great." Both teachers are members of the DMEA.

Now in its 18th year, the competition helps give statewide recognition to developing art students while providing classroom teachers with a fun way to give positive feedback to their students.

The students who designed the decals will receive two plaques from the ISEA—one which they can keep and one which can be displayed in their building.



DMEA Calendar

- September 2, 2003
DMPS School Board Meeting
Public Forum 5:00 p.m.
Regular Session 6:00 p.m.
- September 4, 2003
Executive Board
4:15 p.m.
- September 9, 2003
School Board Elections
- September 11, 2003
FR Assembly
North High School Cafeteria
4:15 p.m.
- September 16, 2003
DMPS School Board Meeting
Public Forum 5:00 p.m.
Regular Session 6:00 p.m.
- September 17, 2003
90 minute early dismissal
- September 18, 2003
Executive Board
4:15 p.m.
- September 26, 2003
Professional Development
No Classes