

# THE PANTHER PRESS

A weekly publication of the Georgia Academy for the Blind

March 4, 2011

The Georgia Academy for the Blind will provide quality education services to Georgia's students who have visual impairments or multiple disabilities to prepare them to achieve their highest level of independence.

***Preparation, Responsibility, Independence***

## A Letter from our new Principal

My first week as Principal of the Georgia Academy for the Blind has been full of quality instructional and administrative activities. I feel very honored to be the Principal of this school where I know we have excellent teachers, quality programs, and most importantly precious children and youth. I assure you that I will not take my role lightly in terms of enabling and empowering each student to learn academic and expanded core content to his or her highest potential. I will strive to serve you with my knowledge and experience in school leadership as well as a collaborative style, utilizing team-based decisions to benefit our students. My goal is to continue and enhance the excellence of instruction that we have so embraced over the past several years with the updated and rigorous Georgia Performance Standards. I look forward to meeting and working with each of you, as you have entrusted your "pearl(s) of great price,"- your children- to us. ***Dr. Cindy Gibson***

### Georgia Academy for the Blind

Dr. Dorothy Arensman, Director  
Dr. Cindy Gibson, Principal  
2895 Vineville Avenue  
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### Character Education

#### Words of the Week

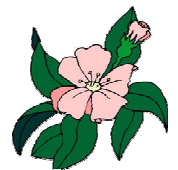
In March we are focusing on **Commitment**

#### Mar 7—Cheerfulness

"So of cheerfulness, or a good temper, the more it is spent, the more it remains."

~Ralph Waldo Emerson

Macon  
Cherry  
Blossom  
Festival



March 18-27

## Calendar of Events



March 15	Help A Child Smile Dental Clinic
March 18-27	Macon Cherry Blossom Festival
March 21—April 1	3rd Grade Writing Assessment
March 28—April 1	GA High School Graduation Test
April 5-15	CRCT (3rd—8th grade)
April 18-25	Spring Break
April 28	Prom

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The senior class is taking orders for Krispie Kreme donut coupons. The price is \$5. You can then take the coupon to Krispie Kreme to receive your dozen donuts.

If you would be willing to support us, just sign your name below and send your order to your student's teacher. We will purchase the coupons next Thursday, March 10. We will contact you and arrange payment. The profits will go for the senior trip and the prom. Thank you so much.

Quintavious Thomas, Vice President

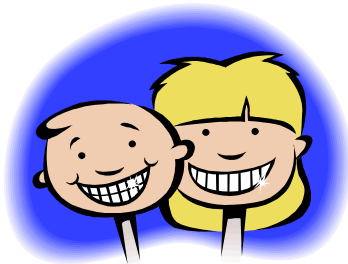
Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Number of Coupons requested (\$5 each) \_\_\_\_\_

March 10, 2011 deadline for orders.

Help A Child Smile mobile dental clinic will be on our campus Tuesday, March 15. If your child has been seen before he/she will be seen again unless you request him/her not to be seen. If your child has not been seen at the mobile clinic then you need to complete an enrollment form. The forms can be obtained from the school social worker, Ms Rosemary Knight. She can be reached at 478-752-1854.



The National Federation of the Blind's groundbreaking Blind Driver Challenge™ initiative will be featured



on NBC's *Today* on **Sunday, March 6!** Tune in to see Mark Riccobono talk about the recent historic developments of the Blind Driver Challenge™, including the public demonstration in which he drove a car equipped with a nonvisual interface, successfully and independently navigating the road course section of the famed Daytona International Speedway.

On Sundays *Today* is typically aired live on NBC from 8:00 a.m. to 9:00 a.m. Eastern Standard Time, but please check your local listings. You will not want to miss the NFB Blind Driver Challenge™ on *Today*, the biggest morning news and talk show in America!

Mrs. McCormick's class recently finished a unit on Recycling and Conservation. Jayla and Jartavius learned about how we can help extend our earth's resources. We visited the Macon Recycling Center with Mrs. Brown's class. It was great to see some of the recycling practices we studied about in action! Stop by and see some of their great work on the March bulletin board.



Here is a picture of Sarah using a recycled egg carton and golf balls to make braille letters.

7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Waffles/Syrup	Oatmeal	Chicken Patty	Smoked Sausage	Cereal
Sausage Links	Muffin	Biscuit	Hash Browns	Cheese Toast
		Eggs	Toast	
Fresh Pineapple	Cantaloupe	Bananas	Oranges	Bananas
Apricots	Mixed Fruit	Pineapple Tidbits	Pears	Tropical Fruit
Sliced Peaches	Diced Peaches	Sliced Peaches	Diced Peaches	Sliced Peaches
Juice	Juice	Juice	Juice	Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Baked Spaghetti	Fish Portion	Irish Stew	BBQ Chicken Sand.	Terriyaki Chicken
Bread Sticks	Onion rings	Coleslaw	Fries	Rice
Broccoli	Corn	Cornbread	Sweet Peas	Oriental Veg.
Dessert	Choc.Chip Cookies	Blueberry Crisp	Carrot Salad	Dessert
Fresh Pineapple	Cantaloupe	Bananas	Oranges	Frz.Strawberries
Sliced Peaches	Diced Peaches	Tropical Fruit	Diced Peaches	Frz. Peaches
Apricots	Mixed Fruit	Sliced Peaches	Pears	Frz. Apricots
PB&J and Crackers	PB&J and Crackers	PB&J and Crackers	PB&J and Crackers	PB&J and Crackers
Carrot Stix/ Celery sticks	Carrot Stix//Celery Sticks	Carrot Stix/ Celery Sticks	Carrot Stix/ Celery Sticks	Carrot Stix/ Brocc/Celery Sticks
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Pimento Cheese	Ham Salad	Ham Salad w/macaroni	Tuna Salad with Crackers	Tuna Salad with Crackers
Salad Mix W/ Dressing	Spinach Mix W/ Dressing	Romaine Mix W/ Dressing	Romaine Mix W/ Dressing	Romaine Mix W/ Dressing
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	
Chicken/Rice	Nacho Salad	Rib-BQ Sand.	Cook's	"Menu Subject to Change" "This institution is an equal opportunity employer"
Salad	Chips	Pasta Salad	Choice	
Rolls				
Fruit	Fruit	Fruit	Fruit	
Milk or Drink Mix	Milk or Drink Mix	Milk or Drink Mix	Milk or Drink Mix	
<b>After School Snacks:</b>				
Frz. Fruit Cup	Oranges	Celery Sticks	Sliced Apples	

# Residential Living Afternoon/Evening Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1. Playground Activities Wrestling Practice Track Meet-MS Thompson Stadium 5:00p.m. Study Hall 7-8:30p.m.</p>	<p>2. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. ASP PT-4:00-5:30</p>	<p>3. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Social Night Hockey Game Atlanta 4-11p.m.</p>	<p>4. Home for the Weekend</p>	<p>5.</p>  
<p>6. Return from Weekend Liberty UMC Youth Group Activities 4-7p.m.-GAB gym</p>	<p>7. Mercer -Upward Bound Michael Ross Playground Activities Study Hall 7-8:30p.m. Wrestling Practice ASP PT-4:00-5:30 ASP</p>	<p>8. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Track Meet-High School Mary Person 4:00p.m. Social Night PT-4:00-5:30</p>	<p>9. NFB Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Track Meet-MS Thompson Stadium 5:00p.m. ASP PT-4:00-5:30</p>	<p>10. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Social Night PT-4:00-5:30</p>	<p>11. Home for the Weekend</p>	<p>12.</p>  
<p>13. Return from Weekend</p>	<p>14. Mercer -Upward Bound Michael Ross Wrestling Practice Study Hall 7-8:30p.m. ASP PT-4:00-5:30 Cure Club Meeting 6:15/ Cottage #8</p>	<p>15. Playground Activities Wrestling Practice Track Meet-MS Thompson Stadium 5:00p.m. Study Hall 7-8:30p.m. Social Night ASP</p>	<p>16. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. ASP PT-4:00-5:30</p>	<p><b>HAPPY ST. PATRICK'S DAY</b></p>	<p>18. Home for the Weekend</p>	<p>19.</p>  
<p>20. Return from Weekend</p>	<p>21. Mercer -Upward Bound Michael Ross Wrestling Practice Study Hall 7-8:30p.m. ASP Cherry Blossom Festival-Central City Park4:30-9:00p.m. Cottages-8&amp;6 PT-4:00-5:30 Cure Club Meeting 6:15/ Cottage #8</p>	<p>22. 4-H- 4:00pm Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Social Night ASP PT-4:00-5:30</p>	<p>23. NFB Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Track Meet-MS Thompson Stadium 5:00p.m. ASP PT-4:00-5:30</p>	<p>24. Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Track Meet-High School Thompson Stadium 4:00p.m. Social Night PT-4:00-5:30</p>	<p>25. Home for the Weekend</p>	<p>26.</p>   
<p>27. Return from Weekend</p>	<p>28. Mercer -Upward Bound Michael Ross Wrestling Practice Study Hall 7-8:30p.m. ASP PT-4:00-5:30 Cure Club Meeting 6:15/ Cottage #8</p>	<p>29 Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Social Night Track Meet-MS Thompson Stadium 5:00p.m. ASP PT-4:00-5:30</p>	<p>30 Playground Activities Wrestling Practice Study Hall 7-8:30p.m. ASP PT-4:00-5:30</p>	<p>31 Playground Activities Wrestling Practice Study Hall 7-8:30p.m. Social Night Track Meet-High School Thompson Stadium 4:00p.m. PT-4:00-5:30</p>		 



# THE ORGANWISE GUYS®

## Foods of the Month

Fish

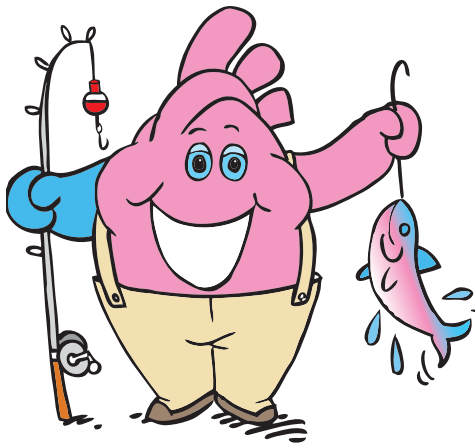
March

Stems

*During the month of March our school will focus on fish and stem vegetables as the OWG Foods of the Month! Children, parents, and staff should be on the lookout for these nutritious foods in the school cafeteria! (Be sure to try the healthy recipes found on the next page.)*

### Fish

Eating fish and shellfish is an important part of a well-balanced diet. Fish, especially oily fish, are rich in omega-3 polyunsaturated fatty acids, low in saturated fat and are a great source of lean protein. Omega-3 fatty acids are most concentrated in certain types of fish, including sardines and salmon. A healthy diet that includes a wide variety of fish and shellfish can contribute to heart health and the proper growth and development of children. Although nearly all fish and shellfish contain traces of certain contaminants such as mercury, eating a wide variety of fish has been shown to be safe – just be sure to choose a variety of fish each week to get your healthy dose of omega-3 fatty acids and great-tasting food! Check out the types of fish below:



*Hardy Heart®*

- Anchovies
- Clams
- Cod (Pacific)
- Crab
- Flounder/Sole
- Herring
- Mackerel (N. Atlantic)
- Oysters
- Pollock
- Salmon (fresh, canned)
- Sardines
- Scallops
- Shrimp
- Squid/Calamari
- Tilapia
- Trout
- Tuna (canned or fresh)

### Asparagus

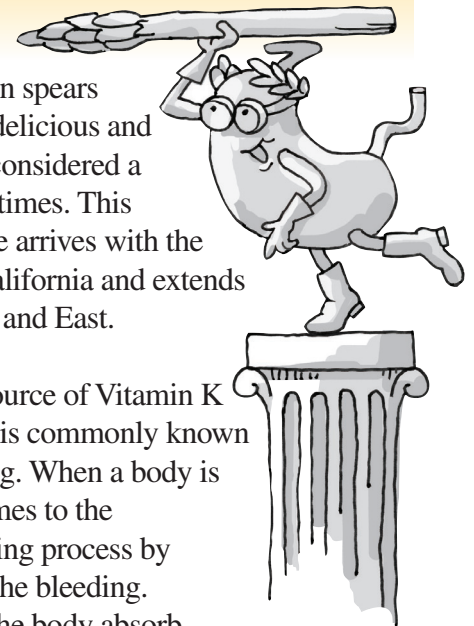
The fleshy, bright-green spears of asparagus are both delicious and tender and have been considered a delicacy since ancient times. This highly prized vegetable arrives with the coming of spring in California and extends to July in the Midwest and East.

Asparagus is a great source of Vitamin K and Folate. Vitamin K is commonly known to help in blood clotting. When a body is injured, Vitamin K comes to the rescue to help the healing process by slowing and stopping the bleeding. Vitamin K also helps the body absorb calcium, an important mineral for bone health.

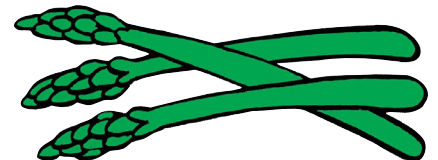
Folate is a B vitamin that is especially important for pregnant women. Getting enough folate helps keep the unborn baby healthy. But folate is not just for women. It also helps reduce the risk of heart disease and stroke for males and females.

Many people notice a unique smell to their urine after they eat asparagus, but this is nothing to worry about. That smell is from sulfur-containing amino acids that are broken down during digestion.

So, go ahead, eat your stems and know that asparagus is one of the most nutritious vegetables around!



*Pepto, the stomach*



# Try these yummy recipes!

## BAKED FISH AND VEGETABLES

**4 frozen white fish fillets (cod, perch or tilapia) (4 oz each)**  
**16 ounces frozen mixed vegetables**  
**1 small diced onion**  
**1 teaspoon lemon juice or one fresh lemon, sliced thin**  
**1 T fresh (chopped) or 1 tsp dried parsley flakes**  
**4 10x12 inch tin foil squares**

**SPRING VEGETABLE SAUTÉ**  
1 teaspoon extra virgin olive oil  
1/2 cup sliced sweet onion  
1 finely chopped garlic clove (or 1 tsp minced garlic)  
3-4 tiny quartered new potatoes  
3/4 cup sliced carrots  
3/4 cup asparagus pieces  
3/4 cup sugar snap peas or green beans  
1/2 cup quartered radishes  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon dried or fresh dill

1. Preheat oven to 450 degrees.
2. Place each fish fillet in center of a tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes, or until fish flakes easily with a fork. Serve. Refrigerate leftovers.

**Yield: 4 servings**

Adapted from:

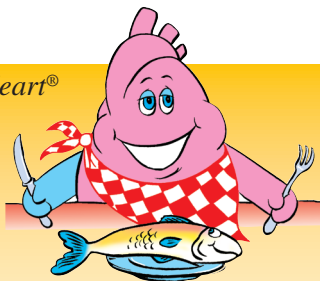
[http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=150](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=150)

1. Heat the healthy oil in a skillet over medium-high heat. Cook the onion for 2 minutes, add the garlic and cook another minute until it starts to golden.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about four minutes more.
5. Serve immediately.

**Makes 4 servings**

[http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=52](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=52)

Hardy Heart®



### Fish Tips

You may not think of fish as a taco ingredient, but the fish taco craze is beginning to spread. Broil some lightly-seasoned tilapia and roll it up in a whole grain soft taco shell!

You cannot see, smell or taste the mercury in fish. Reduce toxins by trimming fat, skin, and any darker meat along the top or center of the fillet. Also smaller, younger fish such as tilapia have fewer toxins.

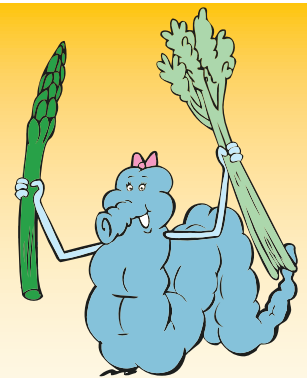
Many frozen fish come seasoned with various herbs and spices (look for the ones with the lowest amount of sodium) – just defrost and cook. For a quick and healthy dinner just add a baked sweet potato and a side of colorful vegetables like squash, cauliflower, or broccoli.

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## Tips

### Stem Vegetable Tips

Use celery in place of crackers with dips and cheeses. It has a perfect groove all ready for natural peanut butter (trans fat-free) or low-fat cream cheese.



Peri Stolic®

It's almost spring and a great time for *grilled* asparagus on the barbecue. Brush a little extra virgin olive oil over the asparagus stems and sprinkle with garlic, salt and pepper. Brown on the grill as the meat is cooking. Delicious!



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