



Weekly Bulletin



I have to stay hydrated so I don't pass out onstage!

- Carrie Underwood

Upcoming Events

- Thurs., July 30 – Regular Board Meeting
- Fri., July 31 – System Administrator Appreciation Day
- Tues., Aug. 11 – Last Day of Cooperative Summer School
- Fri., Aug. 14 – Last Day of ESY
- Thurs., Aug. 20 – Regular Board Meeting

Follow this [link to the BOCES Calendar of Events](#)

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A Message from Mike

Last week, I wrote about getting enough sleep. Did you do any better this week? If not, and in the spirit of wellness, here is another opportunity. Take a look at the list of symptoms below. What do you think might be the cause?

Headache	Difficulty concentrating	Impaired short-term memory skills
Fatigue	Sluggishness	Confusion
Anxiety	Weakness	Dizziness, fainting
Heart palpitations	Increased thirst	Dry mouth and swollen tongue

These are all signs of varying degrees of dehydration. We all know we need to stay hydrated, right? So why don't we do it? [CBS reported](#) that, "75 percent of Americans may be functioning in a chronic state of dehydration." So how much water do we need to drink? A report from the National Academies of Science, Engineering, and Medicine's [Institute of Medicine](#)

set general recommendations for women at approximately 2.7 liters (91 ounces) of total water -- from all beverages and foods -- each day, and men an average of approximately 3.7 liters (125 ounces daily) of total water. The panel did not set an upper level for water.

And it's not just us adults. A recent article on the website [Health Day](#) shared information from a Harvard study of 4,000 children, which found that

about half of the children and teens weren't getting enough hydration. The likelihood of inadequate hydration was 76 percent higher in boys than girls, and 34 percent higher in blacks than whites, the researchers said.

What are you doing to keep yourself and your students hydrated? I try to frontload it in my day by drinking a liter of water as soon as I wake up.

- Mike Dougherty, Deputy Superintendent

Technology Tip of the Week

Thanks to Diane Smith for the following tech tip:

Turn off squiggly lines

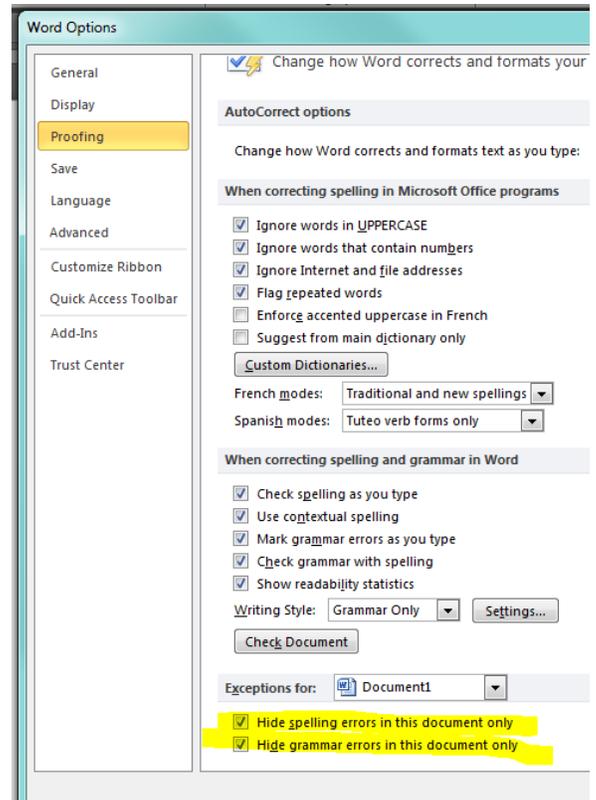
In Word, the red, green, and blue squiggly lines indicate potential errors in spelling (red), grammar (green), and "contextual" errors (blue). Contextual errors are words that are spelled correctly but not the right word in context (for example, using "their" where the correct word is "there").

If you **right-click** on the underlined word, you will get suggested fixes.

If you don't like seeing these lines here is how to get rid of them.

1. Click the **File** tab.
2. Under Help, click **Options**.
3. Click **Proofing**.
4. Under "Exceptions for" document
5. Click on the boxes to Hide Spelling and Grammar errors

Note – it will only apply to the current document.



Connecting with a Colleague

Each week, a staff member will be selected to complete a brief questionnaire to help us get to know him or her. This week we are connecting with **Cynthia Dillard**.

- **What are your primary responsibilities?** I have the pleasure of now partnering with Annette Christensen, Executive Coordinator of the Multi-Occupational/FOCUS program as her secretary. I am also still connected to the Eastern Monroe Career Center where I assist Mike Ehret with Driver and Traffic Safety Education, Teens-N-Tots Preschool, and the New Visions Medical Program. They are both fantastic administrators to work with and I am elated to be where I am.
- **How long have you worked for BOCES?** I'm beginning in my fifteenth year as a BOCES employee. The first twelve of those years were with Mary Balme until her retirement.
- **What is your favorite part of your job?** The favorite part of my job, because I've been in it the longest, is Driver Education. Not only am I involved with student registration and issuing their certificates of completion, I interact with the instructors, the districts, parents, the State Education Department and the Department of Motor Vehicles. I've gained a great deal of knowledge over the years and I'm excited when I have opportunities to use it.



Logan (left) and Deion (right)

- **What do you enjoy doing in your free time?** In my free time I enjoy bowling, jazz concerts and being around my grandchildren who are here in Rochester.
- **What is one thing you would like people to know about you?** I was a foster parent. I adopted two brothers, Logan and Deion. Logan came into my life in 2003 when he was five months old and Deion in 2006 when he was six weeks old. They are now 12 and 8 and bring the number of children I have to six (five sons, one daughter). Logan and Deion are pictured above.

Programs & Services Update

Javon Williams, Urban-Suburban Student, Pursues Computer Technology Field

Javon Williams graduated from Penfield High School on June 25th, completing his academic journey at Penfield which began in 2nd grade when he was accepted into the Urban-Suburban Program. Javon also graduated on Friday, June 2nd from Monroe #1 BOCES' Eastern Monroe Career Center (EMCC), where for the past two years he has studied the PC Repair & Network Cabling (2014) and CISCO Networking Academy (2015) courses.

In April, Javon was placed in an internship program (unpaid) at the Rochester City School District's Central Administration Office downtown. He works with a mentor in the Help Desk Department from 8:00 am to 11:00 am, Monday through Thursday doing pc repair work.

Javon plans to attend Northern Virginia Community College in the fall to study Information Technology for two years and then transfer to George Mason University as part of a 2 + 2 program.



For more information, on Javon, click [here](#) to view the WROC-TV8 story by Ali Touhey.

- Theresa J. Woodson, Director, Urban-Suburban Program

SANE (Sometimes Acronyms Need Explaining)

NRLI – National Rehabilitation Leadership Institute

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