

There's no school on

Day! in 2022, help us

**Celebrate 100 years** 

of the Eastern New

Mexico

State Fair.

October 3! It's Fair

CLICK ANY ICON FOR FURTHER INFORMATION















**The Secrets** to Success for Title I **School** Leaders



## RISD BOOK OF THE WEEK

Discover 12 strategies to help you can banish the blues and restore your energy, enthusiasm, and joy of living.

We all feel sadness at times, but depression is different. It lasts. It saps interest, steals energy, and seals you off. But although depression may make hope hard to find, help is more available - and effective -

In this Special Health Report you'll learn about 12 "exit strategies" that can help you — or a loved one — leave depression and its symptoms behind.

You'll find the new advances - in medications, therapy, and self-care — that can get you back to the "old you" more quickly. You'll gain insight to work intelligently with your doctor to utilize the options that are best for you.

Edited by Harvard doctors who are practicing physicians, Understanding Depression shares strategies that have proven their effectiveness in treating depression's many forms, causes, and symptoms. You'll find ...

...unbiased evaluations of the most-prescribed medications. Alone, or with other strategies, medications underpin many approaches.

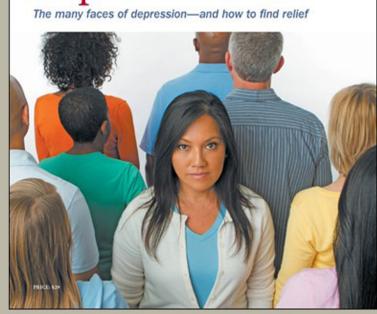


Special Health Report

Non't Forget! No School Oct 3.

Understanding Depression

HARVARD



...plus more ways for you to fight depression — and win! You'll read about alternative strategies and self-care steps you can take to put pleasure back in your life. You'll find exercises that can lift depression, six mood-improving foods, and a "stimulating" technique with a 90% response rate!



Trusted advice for a healthier life

JOIN RISD **ELEMENTARY** PE TEACHERS Fit FamilyNight

... **FUN** ... 09/26/2022

Cielo Grande Recreation Area

5:30-7:00p.m.

CAST YOUR NOMINATIONS HERE

2023 New Mexico Teacher of the Year







2022 CSforALL Summit in Memphis

October 19 - 21, 2022

**Summit Registration Now Open** 

It's hard to pay attention when you are not allowed to move for extended periods of time. Movement turns the brain on to pay attention. ANGELA HANSCOM





Agriculture in Southeastern New Mexico

GEAR UP OFFERS JOBS FOR TEACHERS, UNDERGRADS, & HIGH SCHOOLSTUDENTS



Learning and Exploring Through Play

CLICK HERE TO APPLY Active and retired teachers will be paid at a rate of \$30/hr. Undergraduate students who fit the qualifications in the job descriptions will be paid \$15-17/hr. High School students will be paid at \$12/hr.