

Letters

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and reward the board for poor prior decision-making? As for their claim to need extra funding for art, music, etc. teachers - the district instead should hire teachers capable of both teaching basic skills and art or music, etc., and utilize them as needed, without adding cost.

Most of the district's budget is spent paying for tenure-protected teacher salaries and health care and retirement benefits. Their current 122-page union contract offers starting pay of \$187/day for 6.5 hour days (\$33,982 over 182 days), and runs up to a maximum of \$380/day (\$69,073) for those with the most added education and seniority.

District teachers also accrue 13 days of

leave/year; received an average \$4,804 in incentive pay last year per a FY2012 Auditor General report, and are likely to garner a similar amount this year. SUSD teacher pay and benefits already greatly exceed that of most private school teachers and many/most district residents; they're also almost layoff-proof.

Why should taxpayers raise taxes to provide even more?

Nearly 50 years of careful research has clearly shown very little, if any, academic benefit from spending more money on schools. Despite that and considerable additional anecdotal evidence, the U.S. has since increased average per-pupil inflation-adjusted current expenditures by almost 280 percent, with little or no improvement in academic achievement or dropout rates.

Lloyd Eskildson
Paradise Valley

Commentary

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commit to something because we think we have to do it or we want to please or impress someone?

I know for me, if I'm not committed to my promise then I'm more apt to procrastinate and dance around what I said I would do.

After that it's very easy to make ourselves feel guilty for not coming through on time. Once we feel guilty then we tend to get mad at ourselves or blame others.

So let's look at how we can stay out of the vicious cycle and not have to think about procrastinating.

First you need to clear the path for yourself and have integrity to your word. Meaning, really look at the task you are committing to, is it something you really want or need to accomplish?

Don't over commit yourself or commit to something you're not passionate about.

Second, accomplishing a task is not scary. We are the ones that create that fear in our minds.

Once those negative stories begin to be larger than us then there is no room to take action. If it's something you don't know how to do or can't accomplish alone, ask for help.

Usually we like to think we are the only ones who can complete a task or that no one would be willing to help us. I promise you one thing: as human beings we love to help and be of service.

No one can guarantee that everyone will say yes but chances are most will.

With your request be specific, and let them know how important their support is, and how valuable their contribution is to you.

The last thing to remember is, to get out of your own way. We are always the cause of our procrastination.

Editor's note: Ms. Sana is a certified life coach who holds a master's degree counseling.

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