



## NEWS RELEASE

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### **MHS and VMHS Future Educators take on the “22 Pushups Challenge”**

**Mission, Texas-** There is an unusual sight in the hallway outside the classroom of Deanna Vallejo at Mission High School (MHS) throughout the school day. At the beginning of each of her classes, there is a large group of her students who join her in the hallway to complete 22 pushups before they start their lesson for the day. The students are a part of Vallejo’s Texas Association of Future Educators/Education and Training courses, and they include students from both MHS and Veterans Memorial High School.

They have taken on the 22 pushups to honor those who serve challenge. Every day, for 22 days, they are doing 22 pushups. This national movement is designed to bring awareness to the issue of veterans committing suicide. Nationally, 22 veterans take their own lives each day in this country due to Post Traumatic Stress Disorder, or other issues that they face as they return to civilian life.

Vallejo says well over half her students are participating. The TAFE students are also helping spread the word about the challenge to other students and student organizations in an effort to help spread awareness and participation.

“I wanted to be a part of chain-reaction supporting veterans,” said Alysha Sandoval, student. “It is important to let them know that we do care.”

Other students echoed Sandoval, indicating this is a way for them to show some support, give back, and raise awareness of the issues behind the #22pushups challenge. Their challenge started on September 6. In the hallway is a large banner with a star for each student participant. Each day they complete the challenge, they mark it on their start to help keep track, and as an added way to raise awareness.

Pictured are Vallejo and the students from one class as they completed their pushups before starting class.

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