



# Keeping Touch

SANTA BARBARA, CA • JANUARY 2012 • VOL. 30 • No. 5

FROM THE DESK OF **BILL CIRONE...**

## A vision for our children

The beginning of a new year is always a good time to take stock and share visions for the year that is about to take shape.

I always like to start the year by re-focusing on my personal vision for children in Santa Barbara County. We don't know what 2012 will hold for the students we serve, but we probably can agree once again on a powerful vision that embraces all our young people.

I'm sure many people would share this view:

We envision children growing up in good health, with a zest for learning and living.

We see them with a spark inside that makes them want to share their talents with those less fortunate, and work for the good of the order, just because it's the right thing to do.

We see children who are free of fear, free of abuse, free of drugs, free of prejudice.

We see children who are free to reach beyond their circumstances, whatever those might be, and to join a society that welcomes their contributions on the job, in the community, and in the voting booth.

And we see a community willing to work together to bring all our children closer to that dream.

If we all work together, and resist pointing the fingers of blame, we could form a circle of responsibility around our children

We could make sure that our efforts are focused on improving the conditions of children in our community, and work together with that goal always in mind.

Happy new year to young and old alike.

## Internship program making a difference

One of the programs run by Partners in Education, a program at the SBCEO's Center for Community Education, is the Paid Internship Program, run by Chelsea Duffy, serving 60 high school students per year over the course of three sessions. The Internship program provides six weeks of job readiness training followed by placement of students into positions related to their field of interest. Dozens of Santa Barbara businesses have offered a minimum of 80 hours of meaningful work experience, along with a paycheck of \$8 per hour, minimum wage.

The program provides high-level service to students who might not ordinarily pursue career training or internships, which are typically unpaid, because they need to earn a wage. Qualified students are referred by career center or program staff, school counselors, and nonprofits. Applicants submit an application, including an essay and resume, to be selected for one of the three yearly sessions.

This year 69 students submitted applications for the year's first session alone, but only 26 could be admitted. Business and community members appreciate this program, and a number of the host sites regularly hire interns as permanent employees after the internships have ended. Each session of the program requires the recruitment of new internship sites, with business/finance, healthcare, social work, and auto mechanics being some of the most popular career interests among students.

If you know of local companies or small businesses that might be interested in hosting an intern, please call Chelsea Duffy at ext. 4421, or email [cpduffy@sbceo.org](mailto:cpduffy@sbceo.org). —Bonnie Beedles/CCE

### Quote of the Month...

“

Learning is a treasure that will follow its owner everywhere.

—Chinese Proverb

”

# Question of the Month???

## What do you do to stay healthy?

Eat lean meat, pasta, vegetables, and fruit. Exercise and enjoy doing things you like to do. Drink water. Pray for good things. —Katherine Knudsen

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Nothing. Can't you tell? I like to think I have good genes. My parents smoked all their lives, ate all the wrong foods, never exercised, and both made it into their late 70s early 80s, so I'm just hoping that I've inherited their genes. If not, I'm in BIG trouble!

—Rose Koller/IMS

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I've set a goal that during my break I will walk around our large block three times, everyday, until I retire. I started Dec. 1, 2010 and have only missed a couple of days this year due to weather. I also take a body pump class three times a week and spin classes. If I can get a hike in on the weekend, I'm doing really good. The key to looking and feeling young is to stay in shape. —Donna Scott/NoCo

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Drink lots of water, go on regular walks, and I don't eat past 7 p.m. —Joan Gilmore/Communications

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My favorite form of exercise is rebounding. Rebounding on a mini-trampoline affects every organ and is directly related to the efficiency of the immune function and the lymphatic system. The lymphatic system is a defense mechanism against infection, viruses, bacteria and disease. Contrary to blood, which is pumped by the heart, the lymph is totally dependent on physical exercise to move. Rebounding is the only exercise that strengthens and cleanses every cell in the body at once and will strengthen all your internal organs, veins, and arteries, as well as all your bones and muscles. It is an exercise that reduces body fat, provides

an aerobic effect for your heart, and gives your body energy when it's tired. I like to jump on my mini-trampoline when I *need* energy, not just when I *have* energy.

I start out every day with a green smoothie. Greens are the most nutritionally dense food available. They are loaded with vitamins, minerals, antioxidants, proteins, and living enzymes. I try to get several greens into a smoothie. Examples would be kale, red cabbage, chard, collards, celery, beet greens, romaine lettuce, sea vegetables, sprouts, herbs, and others. Blend the water and greens first. Add the fruits next (from apples and bananas to blackberries and pineapples). A good blender is recommended. One of the reasons green smoothies are so healing is because they're blended up. When you liquefy the greens, it gives them far more bioavailability because the cell walls are broken and your body doesn't have to work nearly as hard to assimilate the nutrients. You can be creative; try one today.

—Carole Cole

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- Long-distance bicycling. —Steve Towner/SBAS
- Ban sick co-workers from my cubicle. —Daisy Lazaer/SBAS
- Laugh. —Jill Tumbleson/SBAS
- Walk. —Susan Pachter/SBAS
- I walk on the beach with my dog. —Lauren Fuller/SBAS
- I jog at 6 a.m. every morning. —Richard Weger/SBAS
- I play rugby and basketball. —Taiwo Madison/SBAS
- I take four doggies for a walk. —Angela Wells/SBAS
- I walk my dog. —Priscilla Diamond/SBAS
- I laugh a lot and walk a lot. —Staci Hunter/SBAS

• I play with my kids to stay young and healthy. —Sheng Xiong/SBAS

• I used to run before I got married, but now I just eat.

—Jenelle Williams/SBAS

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I take cancer pills and intravenous chemo. Poisons for sure. How funny/sad is that? —Patsy Hernandez/SESS-S

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I get up at 4:30 a.m., 2 or 3 times a week to run a couple of miles or more on the treadmill. That might sound crazy to some, but it really helps to keep me sane. To help me stay motivated, I write down all the miles I've run, and divide it by 26.2 to see how many marathons I've run, even though it wasn't all done at the same time. So far, I've run nine marathons since I got the treadmill last year. I've found that I sleep better and am hardly ever sick if I exercise regularly so it has been a good habit to develop.

—Peggy Greer/NoCo

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I strive to give and take. Thanksgiving is a great example: I feast heavily that day, but also do serious hiking and bike riding so the next day I feel fantastic, not the slightest bit sluggish, and am all set for leftovers.

Having active hobbies is also one of my strategies, so is walking over and turning off the TV, parking at the far end of the lot to gain a little extra walking time, bringing fruits and veggies as snacks, biking or walking my errands (as time permits), and generally working healthy habits into my routine, which tends to be a much easier than trying to make sudden, drastic life changes.

Dance instructors give great advice on staying fit. One 93-year-old instructor gave the following advice after out-dancing an entire auditorium full of experienced

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# Question of Month

continued from page 2

dancers: “Just keep on dancing.” Another, at a young 78, after dancing circles around a class of mostly college freshmen, once said, “You all need to get yourselves out and eat some real food.” I can handle that.

—Tom Heiduk/HR

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My routine mostly involves standing up from my desk and groaning as I stretch my arms and trying very hard to not eat as much cheese as I will invariably end up eating. I also stretch and walk everyday and run three times a week. But that’s just to stay loose for surfing.

—Matt Evans/Communications

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Walking meetings! For those who have a meeting with only one or two other people, try ‘hoofing it’ sometime. You have to meet anyway—you might as well head for those hills and talk out the work problems while burning some calories and getting some cardio benefit.

—Wendy Shelton/Communications

*February’s Question of the Month:*

**What was your first job and what did you learn from it?**

# Allum News

Conrad Tedeschi, who worked in SBAS as the Financial Services Manager, left SBCEO in 2006 to take a position with the Santa Barbara County Auditor-Controller’s Office. He worked there until last December, when the Santa Barbara School District board appointed Conrad to Meg Jette’s former position of director of fiscal services (Meg also previously worked in SBAS). Conrad’s new position was to start Jan. 3. Good luck to Conrad.

—Carole Cole/SBAS

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While running errands, I ran into Cassie Skinner, retired Reprographics Supervisor. We didn’t have much time to reminisce, but she is looking great and enjoying her retirement. She has been on a few excursions with her husband and enjoying lots of time with her grandchildren. She says hi to everybody and when she finds the time when she is in town, she will stop by and say hello in person.

—Carole Cole/SBAS

## Josefa Rios honored by *Vision y Compromiso*

In December, **Josefa Rios**, health advocate with Health Linkages Program, Santa Maria, attended the *Promotores De Salud* State Conference held at the Marriott LAX. Over 900 *Promotores* from across the state attended the two-day conference. Rios was one of only 10 attendees statewide honored by *Vision y Compromiso* with the *Corazon de Servicio* (Service of the Heart) award in recognition of the individual’s dedication and going beyond the call of duty in advancing their work and commitment to service within the community, to their families, and even highlighting their personal commitments.

Rios gave an excellent speech and expressed her gratitude for being part of the nationwide *Promotora* movement. Her son Mundo and sister Angie Rios, and 20 other *Promotores* from the Santa Barbara County *Promotore* Network, shared in Josefa’s moment of special recognition.

Keynote speaker Regina Benjamin, the Surgeon General of the United States, read a letter from President Obama thanking the *Promotores* for their work related to childhood obesity, and citing the importance of the role of community health workers in improving health outcomes.



She said that outreach work performed by the *Promotores* in helping those with health-related issues and connecting people to local and state health care services, are key to healthier and more vibrant communities. With a mariachi band playing in the background, and Ms. Benjamin wearing her full military uniform, she then asked everyone to participate in a short Zumba session.

Also in attendance was Sandy Underwood, Senior Community Benefit Coordinator for Marian Medical in Santa Maria, who sponsored five *Promotores* from North County by providing their hotel accommodations and a gift of recognition.

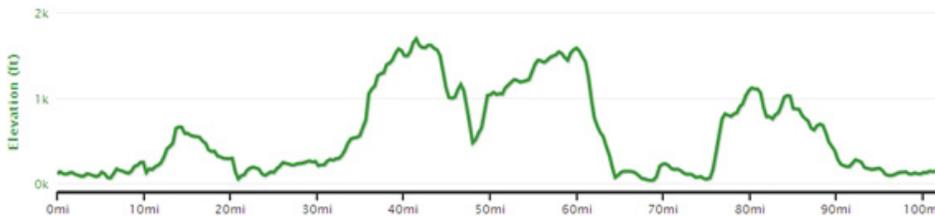
*Promotores de Salud* are community health care workers who are trusted members of their communities and have an intimate understanding of the community they serve. *Promotores de Salud* generally share the ethnicity, language, socioeconomic status, and life experiences of their service community. This trusting relationship enables the *Promotora* to serve as a liaison between health and social services and the community to facilitate access to health services. *Promotores* can enhance provider/patient communication, preventative health care, adherence to treatment, follow up and referrals, disease self management, and navigation of the healthcare system. Through a range of activities and outreach events, *Promotores* build individual and community capacity by increasing health knowledge and self-sufficiency. The SBCEO Health Linkages Program provides support and training to an established countywide network of *Promotores de Salud*.

—Suzanne McDonald/Child Development/Health Linkages

## Steve Towner rides the Gran Fondo

**G**ran Fondo means Big Ride in Italian. Gran Fondos are long distance, mass-participation cycling events that are immensely popular in Italy. Although Gran Fondos are not considered races, the timed results are recorded so these events naturally become quite competitive. Participation is open to both professional and amateur cyclists, and the most popular Gran Fondos draw thousands of riders of all abilities. It is an unforgettable cycling experience. **Steve Towner**, District Financial Advisor in SBAS, has participated in long distance cycling events like this for many years. In 2006 he traveled to France and participated in L'Étape du Tour, a cycling event that covered one of the stages of the Tour de France.

Steve's last ride in Santa Rosa, CA looked like this:



*Distance 103 mi.*

*Total elevation gain: 9,205 ft.*

It was a beautiful route that traversed the wine country of Sonoma County, then traveled into the mountains via King Ridge to a pass that overlooks the Pacific Ocean. Then, a fast, sweeping descent down to Bodega Bay along the coastline, and then the return trip to Santa Rosa.

Cycling is a fun aerobic activity that develops overall fitness, muscle tone, and can contribute to significant weight loss. Some think cycling causes a pain in the rear end from sitting on a narrow seat for long periods of time. We don't consider Steve to be a pain in the rear, but we are inspired by his great enthusiasm for this arduous sport.

—Carole Cole/SBAS

## It's a small world!

**W**e have a new technician who services the old printing presses in the Print Shop, for maintenance and repairs. When he entered the Print Shop, he introduced himself as Sal. In the mid 1980s I took printing as an ROP course in high school back in the L.A. area, and remembered a guy named Sal who was the printing press instructor (Who even offers printing any more as a course these days?). I mentioned this to Sal and he said yes, that he was the same Sal from teaching that course 27 years ago! We shared some memories from then, and some laughs about how things have drastically changed in the printing occupation. It is indeed a small world.

—Steve Smith/Reprographics

## Casual Day drawing

**L**illian Tolbert (SESS-S) won the South County Casual Day drawing, and chose Teo's Car Wash gift certificate; smart lady, I say!

—Zonia Chaney/  
Categorical and Special Projects

## Health Linkages hosts *Dia de Promotores*

**T**he *Dia de Promotores*, a celebration and acknowledgment of the Santa Barbara County Promotores' work within the community, was held in October in the SBCEO auditorium.

The event was attended by 75 *Promotores* and their families. Salud Carbajal, Supervisor for the 1st District of Santa Barbara County presented the group with a Certificate of Recognition for their valuable work addressing health care issues throughout Santa Barbara County. Representatives from Oxnard, San Luis Obispo, and Santa Maria were also present.

Also attending the celebration was Adriana Mendoza, the Associate State Director for AARP California. With more than 12 years experience in gerontology, Mendoza specializes in diversity and aging issues, care giving, long-term care, and outreach to multicultural populations. In addition to her many accomplishments and degrees, Mendoza was recognized by Latino Today as one of the 50 Most influential Latinos on the Central Coast. She spoke to the assembly and then presented each *Promotora* with a Certificate of Recognition in acknowledgment of their service and

dedication to the Santa Barbara County *Promotores* Network.

The event was festive with food provided by Mayo's Taqueria of Santa Barbara. Melinda Cordero-Varzaga, from *Vision y Compromiso*, presented each *Promotora* with an additional Certificate of Recognition for their community work and dedication to improving access to health care in Santa Barbara County for all. The event was organized by the *Promotores* Advisory Committee with the support of the SBCEO/Health Linkages Program.

—Suzanne McDonald/  
Child Development



Wearing strings of colorful lights, **Doris Buchanan** in IMS made a festive Santa as she delivered the many gifts that were exchanged during Secret Santa week in the Cathedral Oaks office.

Holiday kudos to her for organizing the whole event and making deliveries without the help of a sleigh, reindeer, or elves.  
—Fred Borchers/IMS

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Many thanks to **Kristen Walker** (IMS) for providing tech support to our recent joint efforts with SELPA to provide a weekend video conference for teachers and interpreters of Deaf/Hard of Hearing. We had a great turnout of 23 participants who committed to coming in on a Saturday over the three day Veteran's weekend holiday.

Thanks also to **Dwight Staggs** for opening the Board Room up for us bright and early.  
—Laura Ishikawa/SESS-N

The print shop staff would like to give big kudos to **Doris Buchanan** in the Cathedral Oaks mailroom. Many times we have questions concerning postal requirements for mailing different size postcards, bulk mail permits, and specifications of where to place certain information on envelopes, for example. Doris will cheerfully work with us to get the answers we seek and often will call the USPS herself to get the answers. Doris is a wonderful person to work with and embodies the service and leadership qualities that SBCEO is known for.  
—Matt Evans, Steve Smith/Communications

Kudos to Santa's wonderful **K**helper (**Doris Buchanan**). She was very helpful in assisting many people who didn't know for sure if they wanted to sign up for secret santas. Then, she made sure everybody received their gifts and gifts got where they were supposed to go. In the end, she was quite instrumental in many secret santas enjoying the experience they might not have participated in.  
—Carole Cole/SBAS

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Kudos to our always cheerful, ever **K**efficient mailroom maven, **Doris Buchanan**. Even at this busiest time of year, she is kind enough to help scrounge boxes, packing materials, etc., to help Santa's elves get their presents off on time. Thank you, Doris, for all your help, all year long.  
—Rose Koller/IMS

## Did You Know?

Did you know that 1/8 of a cup of tomato paste is credited with the nutritional value of 1/2 cup of vegetables? When Mom told you to eat your vegetables, she wasn't thinking about pizza and French fries. She probably meant broccoli, carrots, and spinach. But Mom clearly had more common sense than members of Congress and their friends in the frozen-food industry, who last month beat back efforts to make school lunches more nutritious by declaring, or reaffirming, pizza as a vegetable because it has two tablespoons of tomato paste per slice, thereby securing its place on the school lunch menu.  
—Carole Cole/SBAS

## Raffle tickets support Transition House

Proceeds of the South County holiday party raffle sales are \$555, which will be donated to the children's programs at Transition House. WOW! Great job to everyone for strong-arming your co-workers into buying more tickets. The money should cover the cost of a lot of gluesticks (plus many more great items, of course.)  
—Zonia Chaney/Categorical & Special Projects

## I'm so Proud!

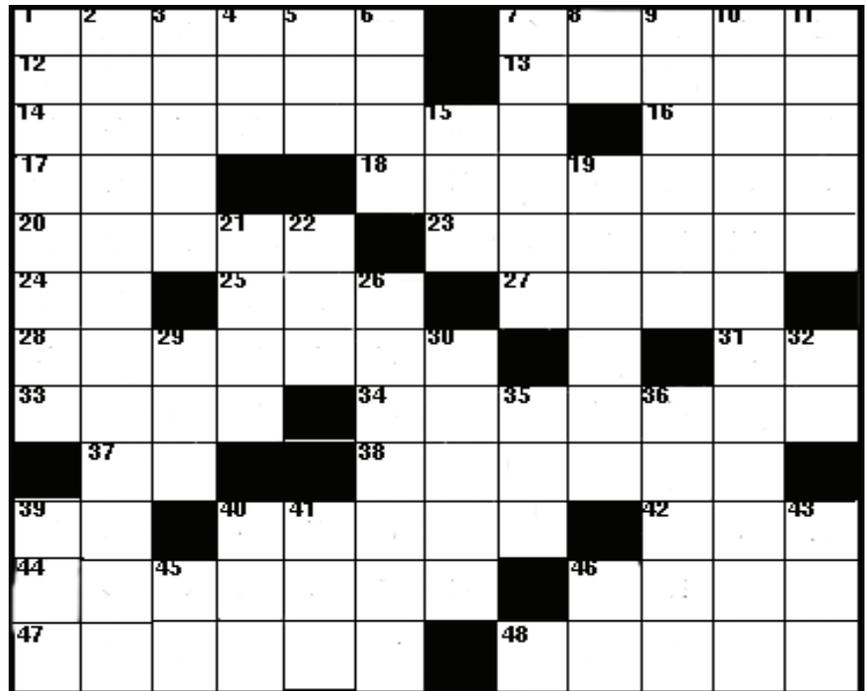
My son Isaac is now a starting point guard on the freshman basketball team at Dos Pueblos High School and daughter Rebekah is taking kick-boxing at the Page Youth Center. Also, thanks to everyone who helped with Isaac's fundraiser.

—Michael Pardo/  
Fiscal Services

# sbceo Crossword

*“I’ve got my principals”*

Submitted by Fred Borchers



**Across**

- 1 Hollister School’s Principal
- 7 Crestview School’s Principal
- 12 Awaken from sleep
- 13 Celebrity ski resort
- 14 Harding’s campaign promise: “A return to \_\_\_\_”
- 15 Physical Address Extension acronym
- 17 Toddler
- 18 What they try to do on *Survivor*
- 20 ‘61 Patsy Cline hit, “\_\_\_\_\_ to Pieces”
- 23 Put the worm on the hook
- 24 Beyond Tolerance Center Prog. Coordinator; init.
- 25 Atom with more or less electrons than protons
- 27 Baseball’s “Say Hey Kid”
- 28 Affecting or determined by genes
- 31 Lompoc Unif. Sch. Dist. Homeless Liaison; init.
- 33 Rowers use them
- 34 Having more ringlets in your hair
- 37 El Camino Jr. High Office Manager; init.
- 38 Remaining glowing hot coals
- 39 Arellanes Jr. High Office Manager; init.
- 40 Columbus Day in 2011
- 42 Cool \_\_\_\_ cucumber
- 44 Los Olivos School’s Principal
- 46 “\_\_\_\_ right up!”
- 47 Erase any doubt
- 48 Oscar’s Best Supporting Actress, 1987

Answers to this month’s puzzle on page 8.

- 35 Baseball slugger’s stat
- 36 Very mad
- 39 This company sold the first electronic turntable in 1930; acronym
- 40 Columbus home of the Buckeyes
- 41 First aid emergency procedure
- 43 Likely
- 45 “War \_\_\_\_ hell!”
- 46 Jock’s magazine; init.

**Down**

- 1 La Patera School’s Principal
- 2 Those who look for errors in text
- 3 The body’s largest artery
- 4 Captain Morgan’s beverage
- 5 South Africa, on a scoreboard
- 6 Congers
- 7 Jonata Middle School’s Principal
- 8 Bonita School’s Principal; init.
- 9 Conceited; snooty
- 10 Doesn’t clean up after oneself
- 11 Jostled by a bent leg
- 15 Ernie Banks was one
- 19 Capable of working successfully
- 21 Prevaricates
- 22 His wife looked and became a pillar of salt
- 26 Neckwear compliment, “\_\_\_\_\_!”
- 29 Firearms ownership org.; acronym
- 30 Dried seed of Mediterranean region
- 32 Cold Spring Dist. Brd. Member (pres.); init.

## Book Review

## Trust Us We’re Experts

by John Stauber & Sheldon Rampton

**‘Believe none of what you hear and only half of what you see’**

When I began working on my health regimen, I found that real knowledge about what to eat takes a little more effort on what to believe, and I did a little digging down at least one level below what “everybody knows.” While doing this research, I found more than I bargained for, not just health-wise, but about almost anything I thought I knew. What I learned was how industry manipulates public opinion (PR) and why we believe what we believe. It’s all about PR, which was created to manipulate public opinion. More and more of what we hear, see, and read as “news” is actually PR content; provided by the PR industry. In the U.S., conventional wisdom, which has mass acceptance, is usually contrived: somebody paid for

it. We don’t realize how most issues of “conventional wisdom” are scientifically implanted in the public consciousness by a thousand media clips a day.

*Trust Us We’re Experts*, co-authored by John Stauber and Sheldon Rampton of the Center for Media and Democracy, shows how the world’s richest and most powerful corporations do this. The book exposes the shenanigans of the public relations industry, which pays, influences, and even invents a surprising number of those experts.

If you would like to read about PR, there are many other good books on this subject, like: *Manufacturing Consent: The Political Economy of the Mass Media* by Edward S. Herman and Noam Chomsky. It is very well-researched.

—Carole Cole/SBAS



*A Glimpse or Two...*

**Lorie Flores**

*Center for Community Education, Secretary III  
Hope Center*

**Community interest/soapbox topic:** The needs of homeless children.

**Quote or motto:** Treat others as you would like them to treat you.

**Author/book/magazine:** Mary Higgins Clark; all mystery novels.

**Music:** Oldies but goodies.

**Movies/TV shows:** Reality shows on TLC.

**Leisure time activities/hobbies:** Crocheting, sewing, baking.

**Other interesting work you've done:** Working for a physical therapist.

**Hidden talents:** Designing and making Fiesta costumes.

**Hometown:** Santa Barbara.

**Where did you go to school:** Our Lady of Guadalupe, Bishop High School, Santa Barbara High School.

**Any kids or pets:** 3 kids, 4 cats.

**Any family bragging rights:** Family has been in Santa Barbara 95 years; 2nd generation Santa Barbaran.

**When did you start at the SBCEO:** 1975.

—Bonnie Beedles/CCE

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**Rachel Wigle**

*Fiscal Services, Payroll Supervisor  
Cathedral Oaks*

**Hometown:** Santa Barbara.

**Where did you go to school:** Dos Pueblos High School, Santa Barbara City College, CSU Northridge.

**Quote or motto:** “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is

admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8

**Authors:** C.S. Lewis and Nicholas Sparks.

**Children’s books:** *The Phantom Tollbooth* by Norton Juster, *The Chronicles of Narnia* by C.S. Lewis, and *The Giver* by Lois Lowry.

**Music:** Country music is my favorite genre. I love the stories in the songs. Brad Paisley is one of my favorite country artists, because his lyrical content often makes me laugh and his musical content is very good.

**Leisure time activities/hobbies:** Gardening, cooking and food preserving, and reading.

**Community interests:** My husband and I are organizers of the Carpinteria Garden Exchange and the Carp Bee Club. At garden exchanges across the county neighbors gather to discuss gardening and growing food, and share from their abundance. The Bee Club gathers to discuss beekeeping and help beginning beekeepers get started. The Bee Club has a rescue line for Carpinteria, and works with pest control companies, local residents, and the Santa Barbara Beekeepers Association to rehome unwanted bees, and to educate the public about bees. Santa Barbara Food Not Lawns is the local non-profit organization that supports garden exchanges and upcoming community events involving growing food ([www.sbfoodnotlawns.org](http://www.sbfoodnotlawns.org)).

**Other interesting work you’ve done:** I am a marksmanship and heritage instructor with Project Appleseed, a volunteer non-profit program ([www.appleseedinfo.org](http://www.appleseedinfo.org)). I am an alumnus of Team in Training, a fundraising marathon training program for the Leukemia and Lymphoma Society. I have completed the San Diego Rock ‘N’ Roll Marathon, Santa Barbara News-Press Half Marathon, P. F. Chang’s Rock ‘N’ Roll Marathon, and Santa Barbara International Marathon.

**Pets:** 1 dog, 3 cats, 3 ducks, 3 rabbits, 5 goats, 10+ chickens, millions of bees, (and a partridge in a pear tree).

**Conservation:** I am interested in finding a carpool partner coming from Montecito or farther south. I live in Carpinteria. If you would be interested in saving gas, maintenance, money, and the environment, contact me.

**When did you start at the SBCEO:** Oct. 10, 2011 in Internal Services, although I had the pleasure of being a temporary employee for two months in School Business and Advisory Services at the end of 2008.

## Health & Safety tips:

by Donna Scott/NoCo

### A look at glaucoma (Info from Johns Hopkins Medicine newsletter)

Some 2.5 million people in the United States are affected by glaucoma, a chronic neuro-degenerative disease that causes damage to the optic nerve, which transmits visual information from the eye to the brain. Glaucoma is a leading cause of blindness and visual impairment because the condition does not cause symptoms in its early stages and cases can go undetected.

Glaucoma causes a loss of peripheral vision (the ability to see movement and objects outside of the direct line of vision). This can lead to problems ranging from having to give up driving, to increasing the risk of falls and fractures. It is a slowly progressive disorder that typically starts in the mid-60s. The vision loss from glaucoma is preventable as long

as it's diagnosed early, is treated effectively, and then followed through with the treatments prescribed by a doctor. If glaucoma is not diagnosed in time, blindness can result. Once damage to the optic nerve occurs, it is irreversible.

If you have been diagnosed with glaucoma your eye doctor will likely examine your eyes two to four times a year. People at high risk for glaucoma, such as those with a family history, or those of African or Hispanic descent, also need frequent eye exams every two to four years under age 40, every one to three years between 40-54 years, every one to two years between age 55-64 years, and every six to 12 months for age 65 or older. Regular ophthalmological exams will help ensure continued good visual health.

#### Answer to Crossword puzzle – (p. 6)

S	P	A	R	R	E		F	A	U	L	K	
A	R	O	U	S	E		A	S	P	E	N	
N	O	R	M	A	L	C	Y		P	A	E	
T	O	T			S	U	R	V	I	V	E	
I	F	A	L	L		B	A	I	T	E	D	
A	R		I	O	N		M	A	Y	S		
G	E	N	E	T	I	C		B		M	E	
O	A	R	S			C	U	R	L	I	E	R
	D	A				E	M	B	E	R	S	
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C	R	I	S	P	I	N		S	T	E	P	
A	S	S	U	R	E			W	I	E	S	T

## Question of the Month???

Be ahead of the game for February:

“What was your first job and what did you learn from it?”

Email your answer to [traceyb@sbceo.org](mailto:traceyb@sbceo.org) by Jan. 15.



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- Anna Freedland, Instructional Services
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