



Keeping Touch

SANTA BARBARA, CA • FEBRUARY 2012 • VOL. 30 • No. 6

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

County school board issues Statement of Conscience

As budget deliberations begin among policymakers, I salute the Santa Barbara County Board of Education for inserting itself into the process by producing a statement of conscience and insisting that our legislators consider its points.

Perhaps the board’s most critical point: “We believe it is a moral imperative that those individuals who reaped the rewards from the state’s earlier investment in an exceptional education system do all they can to ensure that comparable opportunities are available to young people today. The investment gap is unconscionable.”

The county board states that the concept of free and universal public education is the core of what makes our country exceptional, and continues to be the envy of the world. For generations, adults did what was right for the generations that followed. Today, the board said it sees a clear abrogation of that duty.

“In classrooms throughout our state and nation, children learn the skills essential to their contributions to the democratic society they will enter as adults. Young people today will fly the planes, repair the cars, staff the emergency rooms, and make the policies that affect the generation that follows. Their preparation and education are what will make the difference between our success or failure as a society. This is simple fact,” the statement says.

The board members are pragmatists: “We are well aware that our state faces a true fiscal crisis that was years in the making and is staggering in its magnitude. There are no easy solutions. Programs will need to be cut. Revenues will need to be added. We are mindful that representatives at every level need to make extremely difficult and wrenching choices. Every program receiving state funds has fervent supporters who can argue persuasively that those programs are vital. We respectfully submit that not all institutions are equal. Public education is of a different magnitude and impact.”

The board submitted that it is unacceptable and self-defeating for the state to abdicate its responsibility to fund public schools at an adequate level.

“Studies are unambiguous on the high correlation between a lack of education and much more costly consequences, including

crime, poverty, the need for social services, incarcerations, law enforcement, and other expensive interventions. That is the practical need. There is also the moral need for societies to take care of their children,” they wrote.

“While we do not presume to tell legislators how they will work the state’s budget to secure the funding necessary to ensure our children receive the education they need and deserve, we are stating emphatically that there is urgent need to do so.

“The current situation is unsustainable. Pared down levels of educational services are not an option. The very fabric of our society is at stake. We cannot lose a generation of young people simply because the adults refused to act.”

In calling upon today’s adults to do what adults of the past have always done for the next generation of children, the County Board of Education is making a powerful statement of values. The trustees reflect a wide range of political and philosophical differences on a broad range of issues; this unanimous statement therefore stands in testimony to the deep-seated, nonpartisan belief that there is danger in our current condition regarding support of public education, and a moral imperative to take action.

Quote of the Month...

“

Nothing worthwhile ever happens quickly and easily. You achieve only as you are determined to achieve... and as you keep at it until you have achieved.

—Robert H. Lauer

”

Question of the Month???

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

My first “job” was babysitting six boys in my neighborhood. I learned ways to creatively control a group of active kids. One trick, which kept them in line, was to tell scary, gory, ghost stories right before bedtime. The boys had to be GOOD all day. Worked well with the older boys but the two youngest were afraid to close their eyes. P.S. Once in a while I had to have my 6’6” Dad come up to help break up the fights.

—Petti Pfau/Teacher Programs

I had a part-time job as a high-school junior at the Thistle, a soda fountain burger place right across from the high school I went to in Portland (still the best burger I have ever had). I gave a “free” milkshake to one friend and pretty soon anyone I ever knew came in for something “free.” Lesson learned: Don’t trust your friends to keep their mouths shut.

—Fred Borchers/IMS

My first job was a morning (4 a.m.!) newspaper route in St. Petersburg, FL. I just got my permanent driver’s license and had to buy a car as the route was not one of those you could do by bicycle (over 300 customers). I could only afford a Gremlin (for those too young, a Gremlin was a strange-looking “lemon” car from the past) that was a 3-speed stick shift. So, I learned how to drive a stick shift alone at 4 in the morning with nobody around to experience all the stalling and irregular driving (I might have resembled a DUI driver at the time). Under those circumstances, I had no choice but to learn (I always like to try to learn on my own first as crazy as it sounds in hindsight). It also taught me the first steps to being financially independent from my parents and how to manage money.

—Jeff Ulm/SBAS

My first job was delivering newspapers for the Goleta paper back when I was attending Hollister Elementary School. At that time, the newspaper was much more important for people to get their news and there were lots of folks depending on me. Many months of waking up at 5 a.m., taking my bike out in the dark or the rain helped me learn the importance of being responsible and dependable.

—Tom Heiduk

I don’t think babysitting really counts, do you? But if it does, maybe you’ve noticed that I have no children (except the four-legged kind)? You can draw your own conclusions about the lesson I learned there. But if we’re talking “real” jobs, my first one was in an office while I was still in school. It was a dingy little place with no windows, and I worked with numbers. BIG mistake! I was not, nor will I ever be, a numbers person. I guess I didn’t really need a job to teach me that lesson. To make the experience even more unpleasant: everything was entered in ledgers by hand in those days. (Bob Cratchit was my office mate — did I mention that?) I didn’t stay long enough to find out how badly I messed up, but it taught me to avoid jobs where they emphasized “must be good with numbers.” Oh, and to add insult to injury, I got minimum wage, which at that time was about 50 cents an hour. (Okay, so I’m exaggerating a bit here, but it wasn’t much more than that I’m sure.)

—Rose Koller/IMS

My first job was as a teller at a credit union. I worked the New Accounts desk as well. I learned a lot from that job. It was a great first job for an 18-year-old about to go to college. I learned the basics of banking and managing your money, among the

other things you learn at your first job, like professionalism, being on time, how to work with others, etc. I also learned that time-stamping into work is hard for a sleepy college student.

—Anna Freedland/C&I

Around junior high age, I had a friend who lived in a motel. Her parents owned the motel. She cleaned the rooms. One summer, my sister and I became motel maids with our friend. We started off being very good at our job, but our friend, who had been doing this for some time and who also was very audacious, taught us some shortcuts. I’m sure everyone has heard stories of these (shortcuts) but on the other side of the coin, you can’t imagine what the guests are like. The stupid and just plain rude things people will do to a motel room or, oh my gosh, what they leave behind. I often felt a twinge of fear when putting the key into the door and turning the handle then stepping into a room to clean it. What will I find? Will somebody be in there? I luckily never opened the door on anyone. But, I commonly found huge messes. I swear, sometimes it’s like people just throw their wet towels and trash all over the place on purpose. I always disliked when one (unnamed) group were in town; their rooms were very bad. And they always had enough liquor to open a store and they dressed weird. Or, another (unnamed group) that would bring hundreds of suitcases and tons of food that ended up all over the rug. Being a motel maid is extremely hard work and pays minimum wage. Many hotels and motels are now requiring housekeepers to know more than how to clean. For security purposes, hotel maids are being taught to become more savvy about signs of drugs or drug-making paraphernalia left behind by

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Question of Month

continued from page 2

guests or other signs of criminal activity, and also to become very aware of their surroundings when alone.

—Carole Cole/SBAS

My first job was in Santa Barbara working as a secretary for Harold I. Callis Collection Agency. When Mr. Callis hired me I was 16 and he was 84 years old. Most of his collections were for ads placed with the *Santa Barbara News-Press*. I had to type the same letter over 50–75 times per day because he felt that people were more apt to pay their bill if they received an original letter and not a copy. At the time I thought typing that many letters per day was silly, but I can thank him for bringing my typing speed over 70 words per minute. I moved away but every time I came to Santa Barbara I would call him and visit him. He lived to be over 100 years old.

—Donna Scott/NoCo

Olde programme very revealing

It's amazing what one can find when you clean out your desk drawers! I found the programme (yes, spelled that way) for the 11th Annual Session of the Teacher's Institute of Santa Barbara County held at Santa Barbara, Cal. (yes, abbreviated that way) held on Sept. 30 through Oct. 3, 1889.

Some of the districts listed were Agricola, Bear Creek, Garey, La Salle, Purisima, Tepusquet and Wise. Ballard, College, Los Olivos, Los Alamos, and

Santa Barbara districts were listed.

Also, at 1:30 p.m. on Monday, Mrs. Ida M. Blochman led a workshop on "Scientific Temperance." C.M. Steele led a "Class Drill in Elocution" at 3 p.m. on Tuesday afternoon, but not before a "Modeling in Clay" workshop took place at 11 a.m. led by Prof. C.T. Meredith. On Monday evening there was a Teacher's Reception at San Marcos and a Lecture by Prof. C.H. McGrew at the Y.M.C.A. rooms on Tuesday evening.

—Fred Borchers/IMS

Annual Spelling Bee slated for Feb. 23

The Santa Barbara County Spelling Bee will be held Feb. 23, in the south county auditorium.

The elementary bee (grades 4-6) is scheduled to start at 9 a.m. and the junior high (grades 7-9) at 1:30 p.m.

This is a written spelling test, afterwhich the first- and second-place winners are eligible to compete in the state competitions. The San Joaquin

County Office of Education will host the state elementary bee on April 21 in Stockton, and the Marin County Office of Education will host the junior high bee on May 12 in San Rafael.

The competition is open to public and private schools throughout Santa Barbara County. Anyone who would like further information can contact Rose Koller, ext. 5222. —Rose Koller/IMS

March's Question of the Month:

Do you have any funny or odd work/commute stories to share?

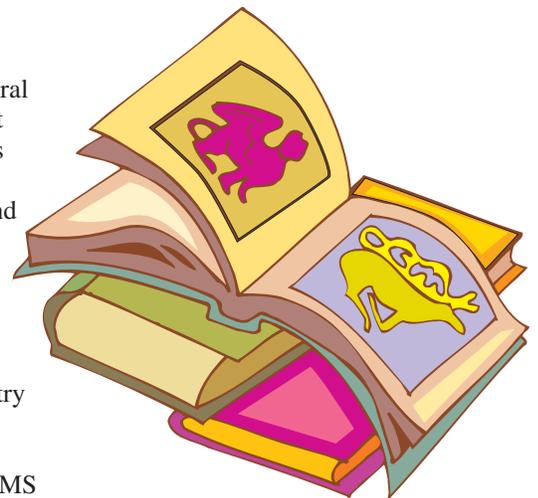
About Author-Go-Round

When you heard the calliope music emanating from the auditorium at the Cathedral Oaks site last month, you might have thought the circus had come to town. But when you heard the pitter-patter, or thunder, of little feet, you may have known it was the 42nd annual Author-Go-Round, hosted by Instructional Media Services.

Every day that week from 9 a.m. to noon, students had a chance to speak with and get autographs from the four guest authors/illustrators: Kristine O'Connell George, Carol Heyer, Wendelin Van Draanen, and our own local Lee Wardlaw. Decorations featured wondrous merry-go-round horses created by **Doris Buchanan** and **Fred Borchers**, using a collage of colorful book jackets from the former children's library. Activities based on each author's work engaged students and awarded personally autographed books as prizes. A one-of-a-kind tee-shirt went to the best all-around entry each day.

This event promotes a love of reading and art that can last a lifetime.

—Rose Koller/IMS





Priscilla Diamond, with much appreciation, would like to relate the following thank you message:

Kudos to our **Print Shop** and everyone who helped with sending out approximately 11,000 corrected December pay stubs. Our IT department programmed and printed the corrected pay stubs. Our Print Shop printed the SBCEO return address on 11,000 envelopes, took the corrected pay stubs and printed a memo on the back, and then folded 11,000 of these documents **in less than four hours**. AWESOME!

The **SBAS staff** with some help from **Faith Hopwood** and **our friends in IT** stuffed 11,000 envelopes and packaged them for delivery to our districts by our SBCEO drivers. Thank you all for a phenomenal effort!

—Carole Cole/SBAS



LaRiba completes AA degree

Walter LaRiba, Computer Technician for Computers for Families, just completed his AA degree through ITT Tech in—what else? —computer networking. With HONORS, no less, and while working full-time. And, as if that weren't enough, he's also a great hands-on dad to pre-school twins. Whew! Congratulations on a great accomplishment, Walter. You the bomb! (BTW, Walter was part of the Queen's retinue and one of the two distinguished English gentlemen at the Cathedral Oaks Halloween party.)

—Rose Koller/IMS

I'm so Proud!

Lane Fuller, son of **Lauren Fuller** in SBAS, is a senior and member of the Dos Pueblos Engineering Academy's FIRST (For Inspiration and Recognition of Science and Technology) Robotics team, Team 1717, known as the D'Penguineers. The D'Penguineers have won multiple awards at the regional and international levels of the FIRST Robotics Competition. The FIRST Robotics Competition is an exciting, multinational competition that reaches more than 60,000 students on over 26,000 teams in competitions held across the U.S and in other parts of the world. The teams come from Brazil, Canada, Chile, Israel, Mexico, the Netherlands, the U.K., and every state in the U.S.

In early January, FIRST releases a video of a never-before-seen game, and teams have six weeks from that point to design and build a robot to complete the objectives of that game. After the six weeks, teams and their robots attend regional competitions, working towards an opportunity to go to the world championships in St. Louis.

The Dos Pueblos Engineering Academy is a four-year program at Dos Pueblos High School that provides generally exceptional students with experimental science education. The course work (including Engineering Physics 1 & 2, Engineering 1, Computer Science 1, AP Physics, AP Computer Science, Advanced Engineering Physics, and FIRST Robotics ROP) is designed to provide the academic foundation necessary to support the students' participation as Team 1717 in the FIRST Robotics Competition during their senior year in high school. By participating in the Engineering Academy and finally the Robotics course, students develop skills that can be used in nearly any real-world situation.

Many colleges and universities offer college scholarships to high school students on FIRST teams. This

is official recognition of the knowledge and technical and life skills these students have gained from participating in a FIRST competition.

We'll wait and see which college Lane ends up going to. In the meantime, congratulations for his outstanding achievement. And Lauren couldn't be a more proud mom.

—Carole Cole/SBAS



On the move...

Victor Limon, our new Delivery Specialist I, joined the IMS team in November, replacing Dennis Anderson after his retirement. Formerly a vocational instructional assistant with SESS-North, Victor lives in Santa Maria with his wife, 2-year-old son, and new baby girl.

—Rose Koller/IMS

Wildlife Sightings:

Nature's Winter Spectacles — Cathedral Oaks

While this column usually covers critters and creatures found on SBCEO grounds at the Cathedral Oaks site, there are natural spectacles nearby that merit digressing.

Right in front of SBCEO south, the *Agave attenuata* is blooming. Among its many monikers is the swan's neck agave, the large, grey-green succulent widely planted on the south coast. The agave is fabled to bloom once then die, which is apparently largely true, though not always. Be sure to check out the magnificent 10-foot flowers drooping downwards.

Also of note, we are coming right up on the peak of elephant seal season and have a fantastic viewing spot just 2.5 hours north of Santa Barbara. The beach at Piedras Blancas, some 10 minutes north of San Simeon, will come

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Congratulations to SBCEO service award recipients

South County staff members received awards for 10 or more years of service at the County Board of Education meeting Dec. 1. North County employees receiving service awards were to be honored at the Feb. 2 board meeting at the North County Office. All those receiving five-year service pins were to be honored by individual departments.

SOUTH COUNTY

☆☆☆

FIVE-YEAR SERVICE PINS

(to be honored at separate dept. meeting)

Classified

- Mari Baptista, Human Resources
- Tara Dooley, Child Development
- Joyce Frederick-Heart, Special Education
- Anna Freedland, Instructional Services
- Marilene Lamb, Special Education
- Tina Lemp, Internal Services
- Victor Limon, Instructional Media Services
- Jessica Lopez, Human Resources
- Sylvia Nevarez, Child Development

Certificated

- Corey Adam, Juvenile Court and Community Schools
- Trish Caron, Special Education
- Margie Garzon, Migrant Education
- Kristen Reichel, Special Education
- Susan Salcido, Instructional Services
- Kana Thomason, Special Education
- Michelle Walsh, Special Education
- Rebecca Weber, Special Education
- Scott Yamahata, Regional Occupational Program
- Albert Zonana, Human Resources

☆☆☆

TEN-YEAR SERVICE PINS

Classified

- Olga Aguilar, Communications
- Maria Bezie, Child Development
- Doris Buchanan, Instructional Media Services
- Marilee Gadler Bell, Special Education

- Wendy Garcia, Human Resources
- Sylvia Garcia, Migrant Education
- Roberto Gutierrez, Juvenile Court and Community Schools
- Patty Hernandez, Superintendent
- Patrice Nelson, Internal Services
- Araceli Osuna, Juvenile Court and Community Schools
- Tom Spadaro, Community Education
- Lillian Tolbert, Special Education

Certificated

- Rachel Fauver, Special Education
- Jeanette Hatfield, Special Education
- Alice MacKenzie, Special Education
- Mary Williams, Special Education

☆☆☆

FIFTEEN-YEAR SERVICE PINS

Classified

- Stacy Baron, Special Education
- Sam Van Gundy, Information Technology Services

Certificated

- Anthony Paulsen, Special Education
- Sarah Saxon, Special Education

☆☆☆

TWENTY-YEAR SERVICE PINS

Classified

- Thomas Reynolds, Internal Services
- Brian Rowan, Special Education

Certificated

- Jerri Dilley, Special Education
- Judith Dobbins, Special Education

☆☆☆

TWENTY-FIVE-YEAR SERVICE PINS

Classified

- Anne Flores, Special Education

Certificated

- Alan Soenke, Regional Occupational Program - South

NORTH COUNTY

☆☆☆

FIVE-YEAR SERVICE PINS

(to be honored at separate dept. meeting)

Classified

- Barney Csotya, Special Education
- Serena Cabbage, Special Education
- Ana DeFilippi, Regional Occupational Program
- Erika Diggs, Child Development
- Leslie Duncan, Special Education
- Sherry Dungan, Regional Occupational Program
- Guadalupe Gallardo, Special Education
- Maria Garcia, Migrant Education
- Yedith Gomez, Special Education
- Esther Gonzalez, Special Education
- Paloma Guerrero, Special Education
- Charmaine Hauber, Special Education
- Cristina Hernandez, Special Education
- Rosa Herrera, Migrant Education
- Laura Lazo de la Vega Rodriguez, Migrant Education
- Olga Lopez, Migrant Education

Continued on page 6

Service awards

Continued from page 5

Josue Magana, Special Education
 Chrystalyn Naccarato, Special Education
 John Park, Special Education
 Alma Ramirez, Child Development
 Sandra Sanchez, Special Education
 Crystal Snow, Special Education
 Summer Thomas, Special Education
 Jose Valentin, Special Education
 Maria Eva Valentin, Special Education
 Kathryn Valentino, Special Education

Certificated

Candace Bernard, Special Education
 Suemy Echeverria Lugo, Child Development
 Monica Escalera, Special Education
 Mack Johnson, Juvenile Court and Community Schools
 Mario Mendoza, Special Education
 Judith Mudge, Special Education
 Annika Walker, Juvenile Court and Community Schools



TEN-YEAR SERVICE PINS

Classified

Jodi Amador, Special Education
 Luz Bernal, Child Development
 Veronica Fuentes, Special Education
 Bertha Gonzalez, Special Education
 Joan Hale, Special Education
 Halima Hamel, Special Education
 Nicholas Leydig, Special Education
 Maria Martinez, Child Development
 Diane McElwain, Special Education
 Margaret McKinney, Child Development
 Delia Nunez, Special Education
 Jennifer Quinlan, Special Education
 Delfina Reyes, Special Education
 Eva Sanchez, Special Education
 Nancy Sinfuego, Child Development
 Emilio Velez-Sanchez, Special Education
 Heather Walsh, Special Education

Certificated

Guadalupe Araujo, Migrant Education
 Linda Drenkler, Special Education
 Joel Hartwell, Special Education
 Joanna Hendrix, Special Education
 Jeff Neal, Special Education
 Cynthia Neal, Special Education
 Linda Soloy, Special Education
 Lynda Wright, Child Development



FIFTEEN-YEAR SERVICE PINS

Classified

Lisa Anderson, Child Development
 Olivia Carbajal, Juvenile Court and Community Schools
 Maria S. Gomez, Migrant Education
 Gabriela Jasso, Special Education
 Elizabeth MacNeil, Special Education
 Gabriela Rodriguez-Castellanos, Special Education
 Sara Romo-Buentempo, Juvenile Court and Community Schools
 Juana Rubio, Juvenile Court and Community Schools
 Leann Worden, Special Education

Certificated

Lindy Birkholz, Special Education
 Dawn Fredrickson, Special Education
 Andrew Garrett, Special Education
 Shelley Grand, Special Education
 Bill Johnson, Special Education
 Teresa Pawl, Special Education
 Tamra Ryan, Regional Occupational Program
 Robin Wingell, Special Education



TWENTY-YEAR SERVICE PINS

Classified

Teresa Carbajal, Juvenile Court and Community Schools
 Nancy Contreras, Migrant Education
 Ernestina Fonceca, Special Education
 Leticia Padilla, Special Education
 Carmen Zamora-Perez, Migrant Education

Certificated

Deborah Grant, Special Education
 Elizabeth Marrazzo, Special Education
 Susan Tova, Special Education



TWENTY-FIVE-YEAR SERVICE PINS

Classified

Rachel Sanchez, Special Education



THIRTY-YEAR SERVICE PINS

Classified

Cheri Womack-Sexton, Special Education



Child Development

Krystina Jolly, Child Care Assistant, Crestview Learning Center State Preschool
 Rose Marie Gonzalez, Associate Teacher, Learning Place State Preschool

Communications

Luis Medina, Duplicating Equipment Operator, SBCEO South

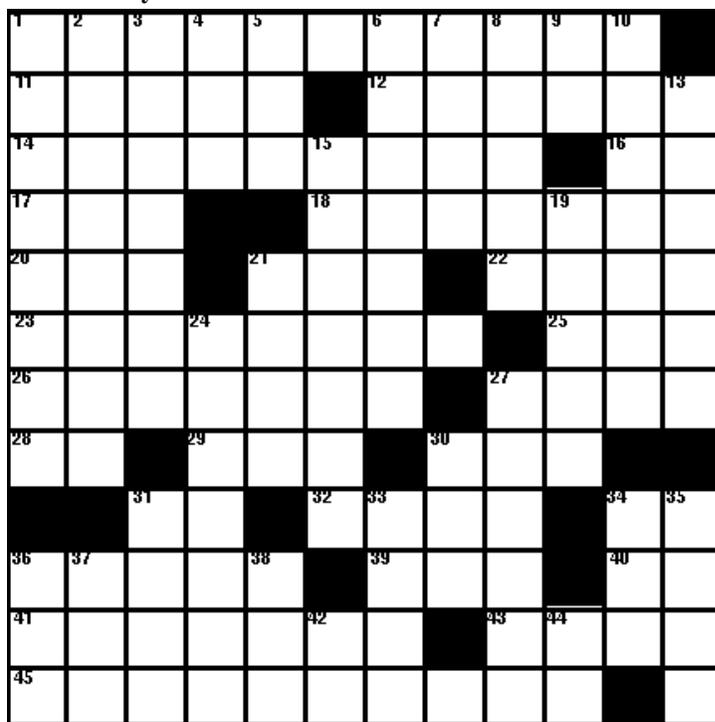
Special Education

Melinda Cremeen, Instructional Assistant III, SDC Preschool South
 Jose Gonzalez, Instructional Assistant III, Cabrillo High School
 Kelsee Kennedy, Instructional Assistant III, Montecito Union School
 Brenda Morrisette, Instructional Assistant III, Dos Pueblos High School
 Maira Orozco, Instructional Assistant III, SDC Preschool
 Jeffrey Taylor, Instructional Assistant III, Ontiveros School
 Wendy Vega, Instructional Assistant III, Hapgood Preschool
 Janeth Villarreal, Special Education Support Services South

sbceo Crossword

“Acronymble?”

Submitted by Fred Borchers



Across

- 1 *The P in API*
- 11 To turn away in avoidance
- 12 Author-Go-Round and Battle of the Books, for example
- 14 Restorer; imparter of new vigor
- 16 Instructional Asst, Hearing Impaired Program SESS North; init.
- 17 Dynamite stuff
- 18 “*Wasted Days and Wasted Nights*” singer, and family
- 20 National Tutoring Association; acronym
- 21 Boston Bruin hockey great
- 22 Dispatched
- 23 Speeches in praise of a person or thing
- 25 1979 movie “*Norma ____*”
- 26 Wrestled a redneck
- 27 Movie
- 28 SB Community Academy Secretary; init.
- 29 Number of County Board of Education members plus the number of people on the Personnel Commission
- 30 TV’s “*Facts of Life*” actress Charlotte
- 31 “*Truth ____ Dare*”

32 M - CCCXCI

- 34 Goleta Union Sch. Dist. Asst Supt. of Fiscal Services; init.
- 36 ____ eye movement
- 39 The middle of 36 across
- 40 SELPA Coordinator; init.
- 41 *S in SELPA*
- 43 Not far
- 45 *T in CCETC*

Down

- 1 *P in PIE*
- 2 Taking place at an unspecified later time
- 3 Cars from Enterprise
- 4 To and ____
- 5 Oprah’s station?
- 6 Measured arrangement of words in poetry, as in number of words in a line
- 7 Stratford on the ____
- 8 Derogatory slang for perhaps, awkward, shy intellectuals?
- 9 La Colina Jr, High Asst. Principal; init.
- 10 2004 film, “____ *Sunshine of the Spotless Mind*”
- 13 *S in CalPERS or CALPADS*
- 15 Carole King- written, James Taylor-sung hit “*You’ve Got ____*”

- 19 Strange; macabre
- 21 Stare lecherously
- 24 Large flightless bird
- 27 Transmitting document data by electronic scanning
- 30 Acronym on some gravestones
- 31 Intergovernmental organization of 12 oil-producing countries acronym
- 33 Jack London’s “____ *of the Wild*”
- 34 Sarnoff’s company acronym
- 35 Public Employees’ Retirement System acronym
- 36 Q-----U link
- 37 Mimic
- 38 Loud continued noise
- 42 El Camino Jr. High School Principal; init.
- 44 Caldecott-winning illustrator of children’s book, *Lon Po Po*; init.

..... Answers to this month’s puzzles on page 8.

Wildlife Sightings

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alive mid-February with hundreds of four-foot, 80-pound elephant seal babies, albeit with faces only a mother could love.

Down the cliff from the Carpinteria Bluffs is the lesser-known rookery of the harbor seal, also amidst its pupping season from December to May. To view this, take the 101 to Bailard Avenue exit. Turn toward the ocean and go into the Bluffs parking lot. From there follow the footpath that leads down to the bluff, over the

railroad tracks then along the bluff top to the seal rookery overlook. It is about a half a mile walk.

It’s also peak Monarch butterfly time right now and the eucalyptus groves at the end of Coronado Drive in Goleta host thousands of the beautiful orange and black winged insects among their leaves. There is an official Coronado Butterfly Preserve, but be sure to go beyond the end of the street and into the groves to the right. The groves are somewhat elusive, so watch for other visitors to lead the way.

Also, early sightings allude to a splendid grey whale migration as numbers are way up for this time of the year. A bit

later, it is the females with their calves hugging the shore that are most likely seen. You might check the whale count at Sea Landing. www.sunsetkidd.com/whale-watching-santa-barbara.html.

Finally, the Great American Backyard Bird Count www.birdsource.org/gbbc/ takes place Feb. 17-20. Millions will monitor avian visitors to their yards. Results are reported online, enabling scientists to document the enormous distribution and movements of many species that would otherwise be impossible.

—Kris Mainland White/CFF

Health & Safety tips:

by Donna Scott/NoCo

Which spread is better for my heart—butter or margarine?

(Reprinted with permission of Mayo Foundation for Medical Education and Research)

Margarine is made from vegetable oil and contains no cholesterol. It is also higher in “good” fats—polyunsaturated and monounsaturated—than butter. These types of fat help reduce low-density lipoprotein (LDL), or “bad” cholesterol, when substituted for saturated fat. Butter is made from animal fat, so it contains cholesterol and high levels of saturated fat.

But not all margarines are created equal and some may even be worse than butter. In general, the more solid the margarine, the more trans fat it contains—so stick margarines usually have more trans fat than do tub margarines. Like saturated fat, trans fat increases blood cholesterol and the risk of heart disease. In addition, trans fat can lower high-density lipoprotein (HDL), or “good” cholesterol levels. Spreads such as Benecol and Promise Activ are fortified with plant stanols and sterols, which can help reduce LDL cholesterol levels. When selecting a spread, be sure to check the Nutrition Facts panel and pay particular attention to the grams of saturated fat and trans fat. Look for products that have the lowest combined amount. Also look for products with a low percent Daily Value for cholesterol.

If you don’t like the taste of margarine or don’t want to give up butter completely, consider using whipped or light butter. Or look for products that are a blend of butter and olive or canola oil. Per serving, these products have less fat and calories than regular butter does. The important thing is to use them sparingly.

Answer to Crossword puzzle – (p. 6)

P	E	R	F	O	R	M	A	N	C	E			
A	V	E	R	T		E	V	E	N	T	S		
R	E	N	O	V	A	T	O	R		E	Y		
T	N	T			F	E	N	D	E	R	S		
N	T	A			O	R	R		S	E	N	T	
E	U	L	O	G	I	E	S			R	A	E	
R	A	S	S	L	E	D			F	I	L	M	
S	L			T	E	N			R	A	E		
			O	R			D	C	I	X		R	P
R	A	P	I	D			A	P	I			C	E
S	P	E	C	I	A	L			N	E	A	R	
T	E	C	H	N	O	L	O	G	Y			S	

Question of the Month???

Be ahead of the game for March:

“Do you have any funny or odd work/commute stories to share?”

Email your answer to traceyb@sbceo.org by Feb. 15.



KEEPING IN TOUCH is produced and distributed monthly during the school year by the Public Information Office, **Wendy Shelton**, editor; **Tracey Beauchamp**, asst. editor; **Olga Aguilar**, graphic designer; and the efforts of the entire Reprographics staff. Many thanks to our contributing reporters from each department:

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- Zonia Chaney, Categorical & Special Programs
- Carole Cole, School Business Advisory Services
- Matt Evans, Communications
- Anna Freedland, Instructional Services
- Luciana Gallegos, Migrant Education – North
- Maria D. Garcia, Migrant Education – North
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- Michael Pardo, Fiscal Services
- Valera Reyes, Fiscal Services
- Donna Scott, North County Liaison Office
- Courtney Taylor, Teacher Programs & Support
- Angela Wells, School Business Advisory Services
- Mary Ann Wilkerson, Superintendent’s Office
- Jeri Wynn, ROP