



Keeping Touch

SANTA BARBARA, CA • FEBRUARY 2013 • VOL. 31 • NO. 6

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

Stemming violence for the sake of our children

Following the horrific tragedy at Sandy Hook Elementary School in Connecticut I have been determined to do all I can to help further a discussion about commonsense steps we can take as a nation to help stem the violence.

We have to change to protect our children.

Columnist Nicholas Kristof asked a very telling question: Why can't we regulate guns as seriously as we do cars?

"The fundamental reason kids are dying in massacres like this one is not that we have lunatics or criminals — all countries have them—but that we suffer from a political failure to regulate guns," he wrote.

The National Rifle Association asked for an armed guard at every school in the nation, but there was an armed guard on duty at Columbine High School during that tragedy, and the armed personnel that abounded at Ford Hood were unable to avert the mass murder that occurred there as well.

For the sake of our children, people from all parts of our society are now asking for reasonable restrictions on assault weapons, and better controls on who has access to ownership.

Kristof pointed out that in schools nationwide building codes govern stairways and windows. School buses have to pass safety standards and those who drive them need to pass tests. We

regulate school cafeteria food for safety. There are five pages of regulations regarding ladders, which kill about 300 people each year in the U.S. Guns kill 30,000 Americans each year.

Kristof wrote that as a life-long gun owner he knows that guns are fun. But so are cars, and we accept that we have to wear seat belts, use headlights at night, and fill out registration forms. Our driving backgrounds are checked when we seek a license, and we mandate air bags, child seats and crash safety standards. We have limited licenses for young drivers and curbed the use of cell phones while driving. In doing so, we have reduced traffic fatality rates by nearly 90 percent.

Some argue that restrictions won't make a difference because crazy people or criminals will always be able to get a gun. And they will. We won't ever be able to eliminate gun deaths all together, just like laws governing cars will never eliminate car accidents. Does this mean we should do nothing?

Kristof said that many of us are alive today because of sensible auto safety laws. "If we don't treat guns in the same serious way, some of you and some of your children will die because of our failure," he wrote.

Nothing will change unless we all decide, together, that it's necessary. We need to initiate discussions that lead to serious policy changes. As another famous quote dictates: "If not us, who? If not now, when?"

Simple as ABC: Spelling Bee set for Feb. 27

SBCEO will once again host the annual countywide spelling bee on Feb. 27. This event is open to both public and private schools grades 4–6 and 7–9.

Elementary students will compete in the morning and junior high in the afternoon. Trophies will be awarded to the top three winners, and the top two will earn a chance to compete at the state level.

—Rose Koller/ETS



Quote of the Month...

“

The time is always right to do what is right.

—Martin Luther King, Jr.

”

Question of the Month???

Do you have any strange or funny stories related to changing technology?

I was in the store and could hear a phone ringing, that nobody seemed to be answering. I checked my phone and it wasn't me or the woman behind me. Then every now and then we'd hear it again. When I got to my car I found my daughter's iPod in my jacket pocket. Her alarm or reminder of some kind was set with a telephone ring as the ringtone, and of course, I didn't know her password.
—Valera Reyes/Fiscal Services

* * *

I can remember many years ago a friend verbally giving me her email address (sherry@aol.com), and I had to ask, "Is that dot like 'D-O-T' or dot like a period?" There was a long silence followed by, "You're joking, right?" I wasn't. It was the first time I'd ever heard an email address, so how was I to know?!
—Rose Koller/ETS

* * *

While working as a manager in training at Kinko's in 1999, I was tasked with ensuring that all the Kinko's within the district were Y2K certified ready. Each branch was given a Y2K checklist with over 100 items on it. I lost much sleep worrying about this. Could

I or the branch have missed something? Would chaos consume the hallowed halls of Kinko's? Come Jan. 1, 2000 ... all was quiet. Nothing stirred, not even the mouse.
—Steve Smith/
Communications

* * *

I worked for a Los Angeles law firm in the 1980s when word-processing was the new and fancy technology. I was fortunate to join the workforce just as computers were being introduced as essential office tools. One of my duties was to work with the seasoned staff of legal secretaries to help them transition from typewriters to word-processing. My first trainee was a secretary so experienced that she could easily have practiced law. Technology, however, was not her strong suit. As we trained one morning, I made several comments referring to "the terminal." After a few minutes of thinking, she turned to me and asked, "Now, which one of us is terminal?"

And I also remember the days of fighting with the tractor-feed paper on giant recalcitrant printers, and when fax machines were considered some sort of wizardry. And how cool was that first,

shoe box-sized mobile phone? Or an 8-inch floppy disk that held an amazing 80 kilobytes of data? We've seen so many changes, and what is yet to come boggles the mind.
—Tracey Beauchamp/Communications

* * *

I used to receive about 15 Christmas cards in the mail each year. This year, I got one (from a company). Technology has changed the way we send greetings for birthdays and holidays. Now I can't display my Christmas cards and experience the visual ties of friends and family.

Because our office provides a network to use for file sharing and saving important data, several people in SBAS have been able to remove two-thirds of their paperwork from their workspace by scanning to pdf and filing online. It saves an astonishing amount of space.

—Carole Cole/SBAS

* * *

“Reply all.” Enough said.
—Tom Heiduk/HR

Question of the Month for March...

“

Who is the most interesting person you've known and why?

”

Fiona, the class pet

Many of you had a chance to hear or see Fiona, the black lamb, when she came to visit the Cathedral Oaks office.



Fiona belongs to Kaitlynn Vigil, who is in a 4-H program. Kaitlynn's mother Valerie works in the South County Medical Therapy Unit. The Learning Enrichment Autism Program (LEAP) is in the MTU and the children love to have Fiona visit. They can touch and pet and even feed Fiona with a bottle. What a special experience.

—Carole Cole/SBAS

Holiday Cheer

Jacky Uyesaka of Child Development Programs said that Holiday Cheer was alive and well in her programs this year. A parent who had received services for her children 15 years ago called and asked if she and her children could adopt a family this holiday season. This mom was a recipient of Holiday Cheer at a time when she was a struggling single parent who could not afford to give her children a Christmas. She said she constantly thinks about how Child Development supported her when her children were young, so she challenged her now teenage children to save money this year to help support another family.

Mom and her children selected items from the adopted family's wish lists and created wonderful lasting memories for another young struggling family in our community. We are so grateful for this anonymous act of generosity.

—Dyan Bomer/ROP

Basic phone etiquette

We are a public institution and our phone responses reflect on the entire office, often coloring people's perception of public education in general. Our phone manners are very important!

Here are some guidelines:

1. Try to answer all phones within three rings—even if you're just walking by an empty desk or sitting near a ringing phone. Take a message if possible.
2. Answer by **identifying the department** and **saying your name**. "Hello, Public Information, this is Pat speaking."
3. Never leave a phone unattended. Be sure to call-forward if you will be away from your desk, even for a minute.
4. Try to keep transfers to a minimum. If a caller has already been transferred, take the person's name and phone number and say that the appropriate person will return the call soon. Call the proper department with the message. If you find out for sure that the call will not be returned the same day, call back the individual and let him or her know when to expect the required information or call.
5. Try to remember that answering people's questions over the phone isn't an intrusion into the job we need to be doing--it is PART of our job. And it's an important part. We are all ambassadors for public education and by serving the public promptly and courteously we help set a climate of trust and cooperation that is critical to the entire institution.

Creative Corner

An AmeriCorps member serving in Mary Buren elementary school in Guadalupe wrote this poem in response to the tragedy in Newtown, CT:

Twenty Little Angels By Mary Hines

Just like any
Other day
They ate breakfast
And were on their way

To their little school
Called Sandy Hook
Backpacks filled
With papers and books

But evil came knocking
On the door that day
A monster with guns
Stole them away

They smile down
Upon us now
Giving us strength
To get through somehow

Little Angels,
Sitting by God's side,
You are loved and missed
And will always reside

Inside the hearts
Of your parents and friends
True love like that
Never, ever ends

—Submitted by
Tom Spadoro

JCCS grads praise their schooling

—Submitted by Zonia Chaney/Categorical and Special Programs

Dos Puertas Graduate

Emigdio: “I’m proud of myself. I never thought I was going to make it this far. I would like to thank my teachers Joel Sheldon and Kathryn Adame for making my dream happen: to become a high school graduate.”

El Puente Santa Barbara Graduate

Veronica: “I would like to thank those people for providing me with support when I needed it most: My counselors, Sara and Skye, who helped me to deal with my problems. My teacher, Ms. Molina, and assistant, Ms. Manzo, for providing me with patience, support, guidance, and helping me stay motivated to complete the high school requirements to graduate.”

Los Robles High school Graduate

Steve: “LRHS has helped me focus on school and made it interesting. The staff cares about the students and want to see us succeed which made me want something different for my life. I want to take all the skills that I’ve learned at LRHS and apply them in college.”

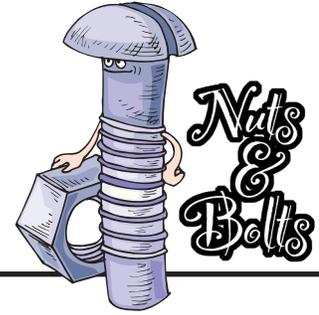
FitzGerald Graduates

Gregorio: “Looking back, I truly believe that I am a better person now as compared to when I first started at FitzGerald and that I have really matured. I would like to thank the teachers and staff who supported me throughout this process. I will not take for granted what they instilled in me and I will continue to work hard and make good decisions.”

Jorge: “Although I regret many of my mistakes, I am not sorry that I came to FitzGerald. These years have been the best in my life because of the teachers who cared about me. I would like to thank Mr. Johnson for always believing that I could be successful and for Mrs. Hocking-Walker who insisted that I speak clearly and have good manners. I will carry the memories and experiences from FitzGerald with me into the future.”

Frank: “Attending FitzGerald was an opportunity of a lifetime and has given me a chance to achieve my goals. Mr. Johnson and Ms. Carbajal were always there to help whenever I needed it, which has led me to where I am today, a graduate.”

Jonathan: “At FitzGerald, I was surrounded by great teachers who pushed me to work hard, finish my homework, and attend school. Thanks for believing in me.”



FREE HELP to quit smoking

A free smartphone app, NCI QuitPal, which support smokers trying to quit, has been developed by the National Cancer Institution using proven quit strategies and tools to help change behavior.

Some of the NCI QuitPal’s features are:

- Set a quit date, financial goals, and reminders
- Track daily smoking habits with an easy-to-use calendar
- See graphs tracking money saved and number of packs not smoked
- Receive health milestones and craving tips to stay motivated
- Connect with social network to give milestone updates
- Create a video diary, and watch personalized video messages from loved ones
- Access NCI’s Cancer Information Service by toll-free phone line or live chat

You can read more about it at: <https://itunes.apple.com/us/app/nci-quitpal/id561732676?mt=8>.

—Zonia Chaney/Categorical and Special Programs

Congratulations to North County service award recipients

North County staff were slated to receive awards for 10 or more years of service at the County Board of Education meeting at the North County Office on Feb. 7. Those receiving five-year service pins would be honored by individual departments.

5-year service pins

(to be honored at a separate department meeting)

Classified

Patricia Burquez — Special Education
 Gabriela Caudillo — Child Development
 Diana Cronin — Child Development
 Ernestine Gallardo — Special Education
 Christina Haggland — Special Education
 Nece Hernandez — Child Development
 Paul Hokedo — Special Education
 Debra Hood — Special Education
 India Madden — Regional Occupational Program-North
 Heather Park — Special Education
 Suzanne Thompson — Special Education
 Katherine Tindula — Special Education
 Cheryl Trump — Child Development
 Juana Zarate — Child Development
 Blanca Zepeda — Special Education

Certificated

Tony Bauer — Regional Occupational Program-North
 Marisol Cortez — Child Development
 Trestina Leornas — Juvenile Court and Community Schools
 Mary Miller — Child Development
 Jeanne Norwood — Special Education
 Anna Patterson — Child Development
 Julie Rahn — Special Education
 Bethany VanAlstine — Special Education

10-year service certificates

Classified

Andrea Barba — Special Education
 Christina Corley — Special Education
 Catherine Coulter — Special Education
 Silvyia Keller — Child Development
 Yenica Rodriguez — Special Education

Certificated

Edward Lupo — Regional Occupational Program
 Max Meyer — Special Education
 Janette Porter — Special Education
 Maureen Wallace — Special Education

15-year service certificates

Classified

Denice Bluem — Special Education
 Alex Calangan — Special Education
 Cheryle French — Special Education
 Lisa Grimm — Special Education
 Patricia Pierce — Special Education
 Cheri Spencer — Special Education
 Joyce Turner — Special Education

Certificated

Stephanie Cleary — Special Education
 Cathy DeLaurentis — Special Education
 Rachel Garcia-Audet — Special Education
 Penny Lowden — Special Education
 Timothy McLain — Special Education
 Polly O'Neill — Special Education

20-year service certificates

Classified

Manuel Aguilar — Internal Services
 Elvira Alarcon — Special Education
 Concepcion Carrillo — Special Education

Certificated

Jan Hermann — Special Education
 Lu Miller — Special Education

25-year service certificates

Classified

Ellen Nuno — Special Education
 Debra White — Special Education

Certificated

Leslie Franklin — Special Education
 Cynthia Gerritsen — Special Education

35-year service certificates

Classified

Ernestine Castillo-Salinas — Child Development

Alan News

When the Christmas holiday was almost upon us, what did we see? Eight tiny reindeer? Santa Claus? Nope, our very own Dennis Anderson who retired from SBCEO after many, many years of service. He dropped by the mailroom to say “hi” and when asked how he is doing, simply said, “Hey, great, everything is great.”

Katherine Knudsen (HR) completed her last “official” day at SBCEO on

Dec. 28 and is now officially retired. But watch out because she swears she’ll be coming back to sub.

—Tom Heiduk/HR

* * *

Former Fiscal Services student worker Angelica Vazquez (who came to us right out of high school via **Lee Knodel** “Ms. B.,” ROP South), stopped by to

say hello and let us know that she was planning to leave on Jan. 12 for five months in Madrid, Spain on a study abroad program. She worked for us for approximately three years before heading off to UC Irvine. She also completed an internship in Washington, D.C. last summer working with the Public Defenders Service office. We are all very proud of “our” little girl.

—Valera Reyes/Fiscal Services

Movie Review

Le Gamin au Vélo — (The Kid with a Bike)

In French with English subtitles



Movies don’t always make it to Santa Barbara theaters or, if they do, are not on the big screen very long. Luckily, coming to DVD this month is a Belgian film that debuted at the 2011 Cannes Film Festival, winning the Grand Jury Prize; *Le Gamin au Vélo*, (*The Kid With a Bike*).

The story focuses on 12-year-old Cyril, a boy who refuses to believe that his single father has abandoned him, placing him in a state-run facility. The movie opens with Cyril on the phone at the facility trying to reach his father, only to hear a recorded message say the number is no longer in service. He does not listen to truth that his father has moved from the apartment they shared. Instead, he believes that he is being lied to and that his father does want him back.

During an escape to return to their apartment, he tries to elude the counselors from the home by ducking into a medical facility located nearby. Once found, he clings desperately to a woman in the waiting room. The counselors coax him away by promising to show him the inside of the apartment

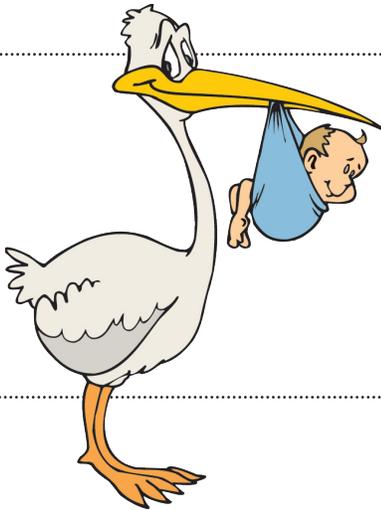
to prove it is empty. Once he realizes his father has gone, he focuses on the bike his father bought for him and vows to get it back, believing that it was stolen and not the reality that his father sold the bike to pay the rent.

The woman from the medical facility is Samantha, a single woman who owns a hair salon. She feels sympathy for the boy and buys his bike back from the neighbor who bought it. She brings it to the home for Cyril and before she leaves, Cyril asks her if he can stay with her on weekends. Samantha agrees and begins to help him through his denial of his father’s rejection.

Cyril is a bright and tough boy. He is a child without a family who wants to find a new one. But Samantha is tough too and has no illusions about what it means to be a foster mother to a boy with the type of emotional issues Cyril has. She tries to help him make choices that will lead to a more stable life but must compete with a local teenager known as ‘the dealer’ for role model status. When he does get in trouble with the police, she helps him face up to the consequences of his actions and deal with reality.

Like life, there is no tidy ending here, but often times when the credits role, the story is just beginning.

—Sheila Takeuchi/Fiscal Services



Oh, baby!

Gary Pickavet, who by-the-way just celebrated 40 years in this office, just added another grandson to his number of grandchildren. Cooper Joseph Pickavet was born to Gary Jr. and his wife Christine on Dec. 16, weighing 8 lbs., 14 oz. and measuring 21 inches long. Gary and his wife Marilyn now have five grandchildren—all boys.

—Carole Cole/SBAS

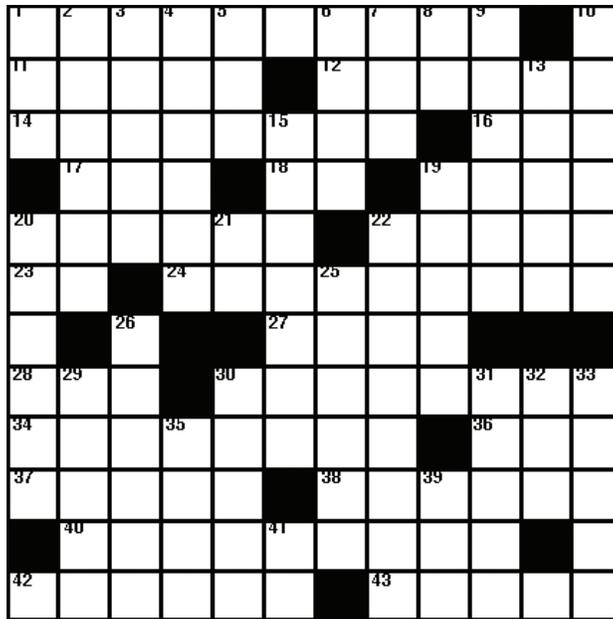
sbceo Crossword

Submitted by Fred Borchers/ETS

“What the bLEAP can happen in 28 days?”

ACROSS

- 1 February 18th is their day
- 11 ____ and franks
- 12 Fancy name for one of 11 across
- 14 Skedaddled
- 16 Subscriber Identity Module acronym
- 17 Octopi eject it for protection
- 18 Secretary III at Dos Puertas School; init.
- 19 Of sound mind
- 20 Underdog wins over favorites
- 22 Adjective of most lions and horses
- 23 Hollister Sch. Office mgr; init.
- 24 A male 4th grader, for instance
- 27 College with campuses in New Rochelle and Rockland, N.Y.
- 28 SBCEO is one, hiring-wise; acronym
- 30 Enrolled voluntarily for military service
- 34 Snails at 40 across
- 36 Hearing organ
- 37 Outdoor type of furniture
- 38 Lawyer or person with legal training to witness signatures
- 40 This falls on Tuesday, Feb. 12
- 42 Described grammatically, as in parts of speech



Answers to crossword on page 8.

- 5 Distinctive doctrine, system or theory
- 6 Type of school; abbrev.
- 7 Mountain View School Principal Schoenwetter
- 8 Blochman Union School District Board Member President; init.
- 9 Suffragist Anthony, whose birthday is the 15th
- 10 A cure
- 13 *Rebel Without A Cause* actor Sal
- 15 What potatoes get sometimes
- 19 Blochman District Board Member Peggy
- 20 Maintenance
- 21 Classified Human Resources Technician; init.
- 22 These are often donated to CFF
- 25 Dark Chinese tea
- 26 Fruit juice and pulp beverage
- 29 First name in terrorism
- 30 Wear away; corrode
- 31 Goad; badger; pester
- 32 Some people play music by this
- 33 Washer and ____
- 35 Broadcasts on radio or TV
- 39 Type of dance
- 41 One third of Freud's structure model of the psyche

43 Pole weapon consisting of a shaft with a pointed head

DOWN

- 1 Non-profit American public broadcasting TV network; acronym
- 2 Step-by-step culinary instructions
- 3 Acquires or deserves
- 4 Feb. 10th starts the Chinese New Year, the Year of the ____; plural

Health & Safety Tips:

What is a serving size of grain?

From SIPE online training site, sipeonlinetraining.com

It is recommended that you eat three or more servings of grains a day and that at least half of all grains be WHOLE grains. You can increase your consumption of whole grains by slowly adding them to your meals. The amount depends on your age, gender, and level of physical activity.

Examples of 1 serving of grain:

- 1 cup cereal
- 5 crackers
- 1 slice bread
- 1/2 cup cooked rice or pasta
- 3 cups popcorn

Five-second rule

Information from clement.com

Drop food, pick it up within five seconds, and it's safe to eat—that's the theory behind the five-second rule used by 50 percent of men and 70 percent of women. The fact is, bacteria adhere to food almost immediately, and there's plenty waiting to hitch a ride on dropped food. Floors may look squeaky clean, but a University of Arizona study revealed that about 90 percent of shoes are contaminated with fecal matter after three months of wear. We spread bacteria wherever we walk, and it only takes about 10 bacteria of some strains of salmonella to make you sick. An abundance of bacteria lives everywhere. The amazing news is that the human immune system can fight off harmful bacteria most of the time.

According to the National Institutes of Health, a line of 1,000 bacteria will fit across a pencil eraser. It's easy to dismiss what we can't see. Still, thinking about that fecal matter on our shoes might make you want to reconsider that five-second rule.

—Donna Scott/NoCo

Answers to
Crossword
(p. 7)

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

KIT also posted on the Intranet

Remember that KIT is also available online, if you prefer to access it that way.

Log in to the Intranet — intranet.sbceo.org
Go to the "Publications" drop down menu and click on "KIT."



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