



# Keeping Touch

SANTA BARBARA, CA • FEBRUARY 2014 • VOL. 32 • NO. 6

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

## Honors for one are honors for all

**W**e all work hard every day to fulfill the SBCEO mission of service and leadership, so it's gratifying and inspiring when our colleagues and programs receive recognition. The Partners in Education Internship Program was awarded two very prestigious statewide honors recently, the Golden Bell from the California School Boards Association and the Apple for Excellence from the California County Boards of Education. Both these awards recognize innovative, exemplary programs that make a real difference for students and ensure that the needs of all students are met. This kind of recognition is particularly meaningful, because making a difference for students is at the core of everything we do.

These awards also acknowledge that Partners in Education is a true partnership, and they honor not only the SBCEO staff members who administer the program but also the business partners and educators who help ensure that all students are prepared to succeed in their careers of choice.

Interns range from 16 to 18 years old and have demonstrated perseverance in facing personal hardships. The program builds on their classroom learning while providing them with job skills development and meaningful, paid work experience. After a rigorous application and interview process, students complete seven weeks of job training focused on 21<sup>st</sup>-century skills as well as workplace basics ranging from writing résumés and cover letters to mastering business etiquette and financial literacy. Then they are placed with local businesses for eight-week internships.

Our many business partners have stepped up to provide quality mentoring for these students, and the interns have contributed to their employers in valuable ways. The Partners in Education staff can't rest on these laurels because 25 more local youth have just been selected for the winter session of the Internship Program. But I hope they pause at least briefly to enjoy these prestigious honors.

When one program wins an award like this it reflects credit on every SBCEO employee, because your skills, dedication and hard work sustain the Santa Barbara County Education Office, which in turn supports all of our programs.

An occasion like this is a reminder to say thank you to every employee of this office for your contributions to our mission of service and leadership.

## Free health screenings planned in March

**T**he Health Smarts program sponsored by SISC, our insurance administrator, provides free annual health screenings for our employees. Dependents over age 18 may also participate if they are an enrolled dependent on an employee's medical coverage.

The screenings will be held in the Board Room at each site on the following dates:

**Wednesday, March 12, in South County**  
(Cathedral Oaks, Santa Barbara)

**Thursday, March 13, in North County**  
(Farnel Road, Santa Maria)

At the screening, you will be provided with information on your vital signs, cholesterol and HDL levels, blood pressure and pulse, blood glucose, body mass index, and other key health ratios. After your screening, you will be mailed a \$20 credit card that can be used as cash.

Instructions on how to sign up for your health screening will be coming to your SBCEO email account this month.

If you have any questions, please feel free to contact **Judy Stepka** at [benefits@sbceo.org](mailto:benefits@sbceo.org) or ext. 5210.

### Quote of the Month...

“  
**C**oming together is a beginning;  
keeping together is progress;  
working together is success.

—HENRY FORD

”

# Question of the Month???

## What is the strangest thing you have ever eaten?

When I was a student at Westmont, my sociology professor invited the class to his house for dinner. After the lasagna he offered everyone little wrapped candies, which turned out to be chocolate-coated insects. Mine was a bee. Crunchy!  
— Tim Furman/ITS

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It was a very hot summer day in Portland and I, age 9, and my younger sister thought we would make milkshakes. The problem is that we only had maple nut ice cream and lemonade. Probably should have gone with just the lemonade.  
— Fred Borchers/ETS

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The weirdest thing I can remember eating is those little white clover flowers. I just loved chewing on them when I was little. Until someone spoiled

it by saying, “How do you know a dog didn’t pee on that lawn?” That stopped me.

As an adult, I first had escargot in a very dark restaurant/bar after a few glasses of wine and lots of French bread to sop up the garlic butter. It was so good. But I don’t think I could eat them in broad daylight. Ick!

Oh, and once in this fancy-shmancy French restaurant (in Las Vegas, of all places), I tried a bite of sweetbreads from my sister’s plate. Didn’t like ’em. There’s something about the consistency of “innards” that I find very unappealing, and that includes liver. Double ick!

— Rose Koller/ETS

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*The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin*, by David George Gordon.

From Amazon: “Now you can impress, enlighten, and entertain your family and friends with Gordon’s one-of-a-kind recipes. Spice things up at the next neighborhood potluck with a big bowl of Orthopteran Orzo — pasta salad with a cricket-y twist. Conquer your fear of spiders with a Deep-Fried Tarantula. And for dessert, why not try a White Chocolate and Wax Worm Cookie? (They’re so tasty, the kids will be begging for seconds!)”

— Patrice Nelson/Fiscal Services

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From C&I: roasted bobcat (tastes just like chicken), escargot, beef brains, beef tongue, barbecued rattlesnake, turkey nuts, buffalo milk, mountain oysters, raw quail eggs, dandelion greens salad, and school paste (Yum!)

— Zonia Chaney/C & S Programs

Question of the Month for March...

“

What are you truly passionate about, and why?

”

## MDLIVE offers doctor consultations online, on phone

Although winter is the prime season for colds and flu, a virus or other malady can strike us at any time of the year. Luckily, our insurance administrator, SISC, offers a new service called MDLIVE to all employees and their families who are enrolled in one of our PPO plans. It is available at [www.mdlive.com/pages/sisc/howitworks.html](http://www.mdlive.com/pages/sisc/howitworks.html) or by calling 1-888-632-2738. You will be connected with a doctor who can help you with decisions regarding your health. The website gives detailed information as to what health problems are addressed.

**Kelly Sanders** in Special Education had this to say after using the service: “The cost is \$5 and it’s totally worth not having to leave the house when you’re not

feeling well! The first time I set up an appointment online and a doctor called me on the webcam. We chatted face to face and he was able to send in a prescription for me.”

“The second time I was really sick and just dialed the phone number listed on the card. A doctor called me back within minutes. We were able to talk about all of my symptoms from the comfort of my bed! She called in a prescription and my husband went to pick it up. I would not have been able to sit for hours at the urgent care. MDLIVE saved me valuable time and energy when I wasn’t feeling well. It’s very easy to use and is available 24-7 when my regular doctor wasn’t. It’s a great service!”

— Sheila Takeuchi/Fiscal Services

# Congratulations to SBCEO NoCo service award recipients!

North County staff members with 10 or more years of service were scheduled to receive awards Feb. 6 at the County Board of Education meeting at the NoCo Office. Those employees receiving five-year service pins are honored by individual departments.

Congratulations to all these employees:

## FIVE-YEAR SERVICE PINS

### Classified

Jeff Almaguer – Special Education  
 Michelle Anderson – Special Education  
 Michelle Covington – Special Education  
 Josephine Domingo – Internal Services  
 Miranda Elkin – Special Education  
 Elvia Escalante – Special Education  
 Grisel Gomez Sanchez – Migrant Education  
 Lisa Lemos – Special Education  
 Juan Leon Bolanos – Special Education  
 Leonardo Melena Jr. – Special Education  
 Lizette Mendoza – Migrant Education  
 Jovonni Morin – Special Education  
 Isabel Rodriguez – Special Education  
 Patricia Rodriguez – Migrant Education  
 Esperanza Salazar – Welcome Every Baby/CATCH  
 Maria Solorio – Special Education  
 Rosa Valle-Rico – Community Education  
 Magaly Vazquez – Migrant Education  
 Sonia Vazquez – Special Education

### Certificated

Julie McElroy-Lesne – Special Education

## TEN-YEAR SERVICE CERTIFICATES

### Classified

Ancelmo Aguirre – Special Education  
 Ellen Anderson – Special Education  
 Joan Cahill – Special Education  
 Jenia Deines – Special Education  
 Rosario Farias – Migrant Education  
 Gail Fisher – Special Education  
 Coleen Hefley – Special Education  
 Nancy Mayorga – Special Education  
 Rosa Olmedo – Migrant Education  
 Peggy Wheeler – Special Education

### Certificated

Drew Clark – Special Education  
 Maria Garcia-Cacique – Migrant Education  
 Katharine Malins – Special Education  
 Kristin Wood – Special Education

## FIFTEEN-YEAR SERVICE CERTIFICATES

### Classified

Jacqueline Carroll – Special Education

Emeterio Hernandez – Juvenile Court & Community Schools  
 Rita Huitron – Special Education  
 Lisalana Lewis – Special Education  
 Anne Moreno – Special Education  
 Araceli Valle – Juvenile Court & Community Schools  
 Shirley Williams – Special Education

### Certificated

Jenny Barlow – Special Education  
 Tana Ens – Juvenile Court & Community Schools  
 Rosalinda Fletes – Child Development  
 Kelly Sanders – Special Education  
 Stephanie Sanders – Special Education

## TWENTY-YEAR SERVICE CERTIFICATES

### Classified

Laurie Hankins – Human Resources  
 Roxanne Lyons – Special Education

### Certificated

Kathryn Adame – Special Education  
 Sharie Bostwick – Child Development  
 Diona Durham – Special Education  
 Valerie Malangko – Special Education

## TWENTY-FIVE-YEAR SERVICE CERTIFICATES

### Classified

Peggy Greer – Internal Services  
 Vern Sanborn – Internal Services  
 Donna Scott – Internal Services

### Certificated

Marianne Subido – Juvenile Court & Community Schools

## THIRTY-YEAR SERVICE CERTIFICATES

### Certificated

Karen Baugher – Special Education  
 Mona Gros – Special Education

## THIRTY-FIVE-YEAR SERVICE CERTIFICATES

### Certificated

Helen Rehm – Special Education



# Welcome Aboard!

## CHILD DEVELOPMENT

**Sharee Marymee**

Associate Teacher, Special Education, Zaca Center Preschool

**Gricelda Montano Orozco**

Food Service Worker, Santa Maria Cal-SAFE

## SPECIAL EDUCATION

**Amber Greenard**

Instructional Assistant III, Blochman School

**Fred Nadis**

Instructional Assistant III, Cold Spring School



## Farewell, Ester Garcia



**Ester Garcia** worked with Migrant Education for the past 18 years as support staff assistant, recruiter, and most recently as migrant education services specialist covering all areas in San Luis Obispo County. She also did home visits for a variety of reasons to meet the needs of the students and families assigned to her, which required her to wear many hats. She was great at her job and knew what she was doing. It will be very hard to fill her shoes.

We have lost another great asset to our program, but we are more than excited for her and wish her good luck and all the happiness with her husband and family. They have generously shared her with us for 18 years, even on evenings and weekends, so we are glad she will have more time to enjoy with them.

Happy retirement, Ester. We will miss you!

Remember we are all only a skip and a hop away, so come visit.  
— Paty G. Rodriguez/Migrant Education

## All exercise isn't created equal

The beginning of the year often elicits resolutions to eat better or lose weight. This is the time when gyms amp up their advertisements to take advantage of those who want to get into better shape or become more active.

Back in the mid-90s, I was one of those people who, surrounded by friends and co-workers, loyally attended master swim classes and sweated it out on the treadmill, succumbed to peer pressure and joined my first gym. I took my first yoga class there from an older woman who would stand over her students giving direction. In the dim light, she looked remarkably like Yoda. She was a kind woman who knew her stuff. I have been hooked on yoga ever since.

Over the years, I switched my yoga classes to studios and, try as I might, I have never fully stuck to the gym. I tried spin classes, circuit training, swimming in the pool, but what I really looked forward to was sitting in the Jacuzzi afterward. For me something was missing from the workout. Frankly, it was boring. I swam laps in pools and got a greater understanding of how my beta fish felt. I ran on treadmills that went nowhere while televisions flashed ads and news feeds while music from the classrooms boomed louder than a club on State Street. I noticed that my gym began putting cycle machines outside on the balcony. Well, of course, that's what was missing ... being outside. As someone who grew up playing outside, hiking in the mountains and taking day trips to Huntington Beach to play in the ocean, I missed the outdoors, the air and sun.

Studies have compared exercising outdoors to exercising in a gym. While attending the gym may be convenient, especially in winter, taking it outside is worth the effort. Walking or running on the treadmill cannot replicate running or walking outside because your stride is different; people flex their ankles more. A treadmill can't easily simulate running downhill or account for changing terrain. For both runners and cyclists, wind resistance outdoors requires more energy output. One study also found that people spent more time exercising when they chose the outdoors. People who participated in the study, done at UC San Diego, had lower levels of the stress hormone cortisol and benefitted from direct exposure to sunlight, which elevates mood.

Although we have been taught to apply sunscreen when out in the sun, some sunlight is essential for good health. When sunlight is absorbed by our skin, vitamin D is produced, which has been found to be important for several physiological reasons, including quality of sleep. Sunlight also affects the levels of melatonin and serotonin in the brain. Melatonin, a hormone that is produced by the pineal gland in the brain, helps regulate sleep. When the sun sets, the level of melatonin decreases. As darkness descends the chemical serotonin rises, affecting feelings of well-being and wakefulness. This combination regulates our circadian rhythm, making us energetic during the day and sleepy at night. When this pattern is disrupted, stress and depression are often consequences. Fifteen minutes of sunshine a day is all it takes to reap the benefits.

Being outside is not always comfortable, but braving the elements is never meant to be. In winter, it gets dark early, it rains, and you get drenched and muddy and sometimes it feels impossible to get warm. Even those days are better for me than being inside. I know I can grab some hot chocolate. And I still know that Jacuzzi is waiting for me when I am done.

— Sheila Takeuchi/Fiscal Services



## Zaca Center demonstrates Outdoor Classroom curriculum

A small boy finds raccoon prints in the dirt and becomes fascinated with them. He tells his teacher he wants to save them and she not only obliges, she makes them the afternoon's combination art and science project for the gathered group of preschoolers. Welcome to Zaca Center Preschool, a local flagship program of the Outdoor Classroom Curriculum Project and a Santa Barbara County Education Office program, nestled in a quiet neighborhood in Buellton.

Here, children from 2 to 5 years old are engaged in outdoor learning for most of their day. Stations where they can build, explore, listen to stories, and make their own decisions about where they will go and what they will learn next are encouraged. The philosophy of the outdoor school is twofold: that children learn best when they are self-directed, and that spending time outside with nature is important to human development.

In nature, children are given the opportunity to develop all their senses, learning how to take risks and to refine both fine and large motor skills. Interaction with nature is an important value to impart to children, as it teaches them that they are not separate from it but part of it, and it is not something to be feared. The teacher is the facilitator in the

process, supporting the child's learning.

**Shelley Grand**, the director of Zaca Center Preschool, supervises a staff of eight, including two teachers, instructional assistants, and a special education teacher who works one on one with special-needs children who are integrated with regular education students. She emphasizes that the outdoor classroom is an extension of the indoor classroom. Learning takes place everywhere, not just while sitting inside, listening to a lecture. Science, math, and literacy are all part of the outdoor experience. The children also have a chance to plant a garden, ride a bike, and really be physical and interact with the world. As a result, Shelley says, disruptive behavior has declined while self-esteem has risen.

Some parents are also influenced by the curriculum, and changes in their own attitudes are noticeable, she says. Some families have planted home gardens, bringing fresh vegetables and herbs into their lives.

Eric Nelson began the Outdoor Classroom Curriculum Project in La Cañada, in Los Angeles County. He manages the project there and is now Director of Consulting and Education Services. He recognized the value of spending a significant amount of time outside through his own involvement

in hiking the mountains of the Sierra Nevada over the years. A curriculum that addresses a young child's need to interact with the outdoors grew out of recent educational and societal changes. Those include too many children left without a safe place to play outside, too many children inundated by electronic devices that discourage exercise, and more children using behavior-modifying drugs. These and other factors can lead to a lack of interest and understanding of nature and the human impact on it, but the curriculum works to counterbalance those trends.

Between 2003 and 2008, the program was funded by First 5 L.A. The Santa Barbara-based Orfalea Fund helped bring it to Santa Barbara County, constructing a paradigm for local schools by making some sites like Zaca Center a demonstration school. Teachers and other educators can visit the center and learn how it works, which helps them set up their own outdoor classrooms. Since 2008 the Orfalea Foundation has supported the program and helped teachers and directors of early childhood education by providing workshops and retreats.

For more information, visit the Orfalea Foundation website at [www.orfaleafoundation.org](http://www.orfaleafoundation.org).

— Sheila Takeuchi/Fiscal Services

### Parent resource

In January, Instructional Services co-sponsored with Sprigeo a parent workshop on understanding bullying. National presenter Wayne Sakamoto spoke to more than 100 parents and guardians. The handout of the PowerPoint presentation is available on the Instructional Services website at [instruction.sbceo.org/Professional\\_Learning/ProfessionalLearning\\_resources.html](http://instruction.sbceo.org/Professional_Learning/ProfessionalLearning_resources.html).

A video recording of the workshop will also be available by the end of February on Sprigeo's website at <http://sprigeo.com/>.

— Anna Freedland/Instructional Services



I want to thank everybody in **Fiscal Services** for all their help over Christmas vacation. A special thanks to **Patrice Nelson** and her son Zach for helping me decorate my house. And to **Jan Clevenger**, thank you for helping me with the presents for my children.

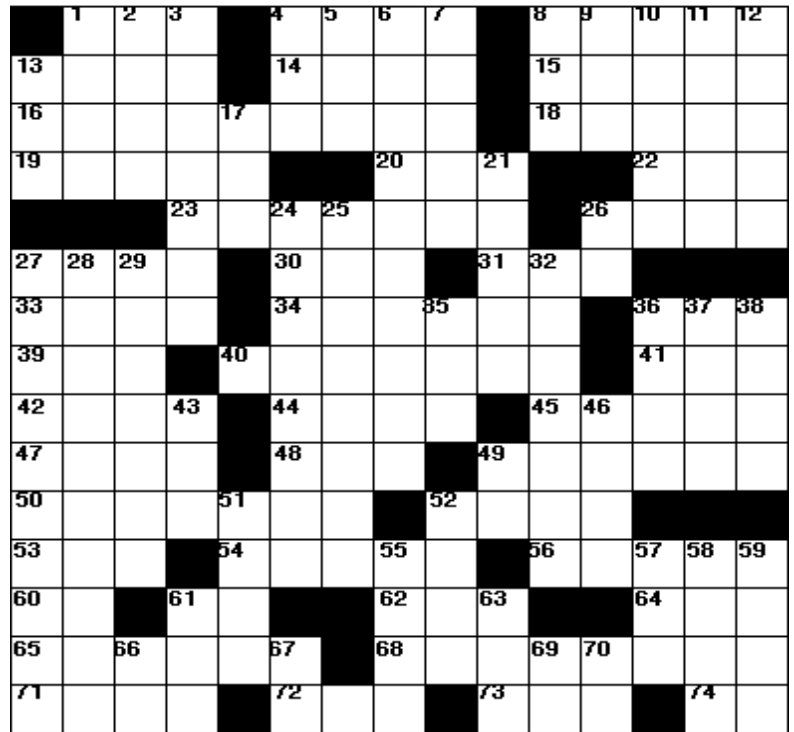
— Michael Pardo/Fiscal Services

# sbceo Crossword

*“February’s short ... So,  
DON’T get short with me!”*

**Across**

- 1 Shortest last name in Lompoc Uni. Sch. Dist. (see directory)
- 4 Dorothy’s mantra: “There’s no place like \_\_\_\_”
- 8 Shortest last name of all the SBCEO Asst. Superintendents
- 13 ‘60 Roy Orbison hit, \_\_\_\_ the Lonely
- 14 ‘66 movie *The \_\_\_\_\_, the Bad and the Ugly*
- 15 King James is one version of this
- 16 Of great importance or significance; pivotal
- 18 \_\_\_\_Rica
- 19 Extreme disease-causing virus
- 20 Short for 1/60th of a minute
- 22 Tolkien’s dark Middle Earth elf
- 23 “Doing good here”-- in the 30’s and 40’s
- 26 Souza Center Visually Impaired Prog. Inst. Asst. Moreno
- 27 Raised speaker’s platform
- 30 Shortest first name in Curriculum and Instruction Dept.
- 31 Online “Wow!” or “I can’t believe it!”
- 33 Kind of enemy
- 34 List of errors
- 36 Shortest last name among North County Volunteer Corps
- 39 The middle of 50-across
- 40 To fall or slide back into a former state
- 41 Shorter first name of the Gershwin brothers
- 42 *Juno* actor Michael
- 44 To contend with difficulties
- 45 Water balloon breaking noise!
- 47 Someone to **dine** with palindromically
- 48 TV show *48 \_\_\_\_\_*, abbrev.
- 49 The S in CSNY group
- 50 Flax; potent source of omega 3 fatty acids
- 52 Knighted males
- 53 “Yuck!”
- 54 Not a debit
- 56 Made of a sturdy wood
- 60 NoCo WEB Home Visitor (Bilingual); init.
- 61 Beyond Tolerance Prog. Coordinator; init.
- 62 Shortest first name of those at Los Berros School (see directory)
- 64 St. or Rd.
- 65 “Let’s \_\_\_\_\_good note.”
- 68 Flashier; jazzier



Answers to this month’s puzzle on page 8.

- 71 Mount Rushmore’s state; abbrev.
- 72 Shortest last name in Fiscal Services dept.
- 73 Ali had 37 of them, briefly
- 74 Nein; nyet

**Down**

- 1 A rounded handle
- 2 Furry red Muppet
- 3 It may have mascara on it
- 4 Stat often included with your wgt.
- 5 Winning tic tac toe line
- 6 You might use cheese in these
- 7 An early Ford
- 8 British Broadcasting Corporation acronym
- 9 River, in Spanish
- 10 Jed Clampett portrayer
- 11 British John
- 12 Writer Zora \_\_\_\_\_ Hurston
- 13 A Cockney’s residence
- 17 ‘60’s war site, slangily
- 21 Thick, viscous or coagulated lumps or masses
- 24 King’s “I Have a Dream,” and others
- 25 People with both military and civil control over an area
- 26 Teacher at Community Based at McClelland; init.
- 27 The Conga and the Hustle formed these (2 words)

- 28 Capra’s ‘44 film \_\_\_\_\_*Old Lace*
- 29 Winter sports surface
- 32 A master in art, especially a composer or conductor
- 35 Mimic
- 36 Shortest last name on the County Board of Education
- 37 Type of exam
- 38 Doorstep rectangles, often
- 43 Some people watch the Super Bowl just for these
- 46 Leaning tower location
- 49 Yes, in Sonora
- 51 Deserve as a result of effort or action
- 52 A \_\_\_\_\_ in the right direction
- 55 “Would you like to try something \_\_\_\_\_?”
- 57 Name means “ocean” in Hawaii, Polynesia
- 58 Not odd
- 59 He fiddled while Rome burned
- 61 3 letters meaning entirely good or satisfactory
- 63 Same as 61 down
- 66 Person with the shortest last name at the SESS-South Roosevelt Bear Club: init.
- 67 Shortest first name of all ROP instructors
- 69 Migrant Educ. Santa Maria Office Services Specialist; init.
- 70 Buellton District Office Admin. Asst.; init.

## South County Social Committee news

On Jan. 8 our Social Committee presented \$625 to the Dons' Net Café at Santa Barbara High School. The money was raised from the holiday party raffle in December.

**Vera Owens** from Hope Center says, "The Virtual Enterprise students work so hard at fundraising for their trade shows in Bakersfield, San Francisco, and New York City, and our support for them is so greatly appreciated. **Lee Knodel**, the Virtual Enterprise teacher at the Net Café, had goose bumps and was smiling from ear to ear!"

Participating in the presentation were **Vera Owens**, **Valera Reyes**, **Judy Stepka** and Judy's two interns, **Erika Terrazas** and **Janet Medrano** (who are former students of Lee's).



From left to right at the presentation were Judy Stepka, Valera Reyes, Janet Medrano, Vera Owens, SBHS student Jesus Terrazas, Erika Terrazas and Lee Knodel.

### Raffle tickets for sale

Raffle tickets are being sold for a one-night stay with breakfast at the Marriot Hotel in Buellton. The winner will be chosen at the Valentine social on Feb. 13 at 10 a.m. in the courtyard. See any SoCo Social Committee member to buy tickets for \$1 each or 6 tickets for \$5.

— Mary Ann Wilkerson/Superintendent's Office

### SoCo Casual Day winner

**Shelagh Revells** won. She was randomly selected from 16 participants, and she chose the Starbucks \$10 gift card. Congratulations, Shelagh, and enjoy!

— Zonia Chaney/Categorical and Special Programs



## Recycling Styrofoam: From packaging to surfboards

I'm big on recycling, reusing, and repurposing, so I was glad to read this article about recycling Styrofoam, which can be turned into surfboards:

Anyone who has ever opened a box of new electronics goods knows that expanded polystyrene (EPS, also known as Styrofoam) quickly breaks up into minute pieces. Kudos to Sustainable Surf for preventing these bits of Styrofoam from entering the environment by recycling it into surfboards instead. As a bonus, supporters can enter a raffle (<http://wastetowaves.org/raffle/>) to win a surfboard made from recycled Styrofoam.

Sustainable Surf is a newer nonprofit based in Southern California that helps the surfing industry and community become examples of sustainability in action. The organization recently launched a new program called Waste to Waves.

The program's first campaign is "Turn Your Trash Into Slash," meaning you can give the organization your Styrofoam and a southern California company will turn it into new surfboards. Partner stores in Northern and Southern California have receptacles available for customers' use, and at least one school group, a seventh-grade science class at St. Margaret's Episcopal School, ran a drive to collect community members' Styrofoam for recycling by Waste to Waves.

A drop-off store in Santa Barbara is not yet available, but is coming soon!

— Rose Koller/ETS

## Even sweeter benefits of fruit

Excerpted from *mayoclinic.org*.

- Raspberries: 1/2 c. = 32 cal. Rich in ellagic acid and antioxidants. May help prevent cervical, esophageal and colon cancer.
- Blackberries: 1/2 c. = 31 cal. Color comes from antioxidant anthocyanin, which may reduce risk of stroke and cancer. Extract may stop growth of lung cancer cells.
- Grapes: 1/2 c. = 53 cal. Contains resveratrol, an antioxidant that helps reduce blood pressure and lowers the risk of blood clots.
- Mangos: 1/2 = 54 cal. High in antioxidants lutein and zeaxanthin. Helps protect vision and reduces risk of blindness in adults.
- Grapefruits: 1/2 = 52 cal. Contains lycopene and flavonoids. May help prevent against some types of cancer, and pectin, a soluble fiber that may help lower cholesterol.
- Pineapples: 1/2 c. = 40 cal. Contains a natural enzyme called bromelain, which breaks down protein and helps aid digestion.
- Apples: 1 = 75 cal. Contains antioxidants called flavonoids. May lower risk of developing diabetes and asthma. A natural mouth freshener. The vitamins lie just beneath the skin.
- Pears: 1 = 96 cal. The soluble fiber can help prevent constipation, reduce blood cholesterol and prevent heart disease.
- Tomatoes: 1 = 22 cal. Best source of lycopene, a potent antioxidant that may help reduce cholesterol levels and protect against advanced-stage prostate cancer.
- Avocados: 1/2 avocado = 114 cal. Twice the potassium of bananas. Healthy monounsaturated fats help lower cholesterol.
- Cherries: 1/2 c. = 46 cal. Contains more of the potent antioxidant anthocyanin than any other fruit. May help reduce inflammation and ease the pain of arthritis and gout.
- Lemons: 1 medium = 17 cal. Helps prevent diabetes, constipation, high blood pressure, fever, and indigestion.
- Bananas: 1 medium = 105 cal. With 422 milligrams of potassium per banana, these delights may help lower blood pressure.
- Watermelons: 1/2 c. = 23 cal. Made of 92 percent water, it's a great addition to any weight-loss diet because it is low-cal.
- Oranges: 1 = 62 cal. High in folate. Helps prevent neural tube defects. Contains a phytochemical called hesperidin, which may lower cholesterol.
- Blueberries: 1/2 c. = 41 cal. Number one in antioxidants when compared to 60 other fresh fruits and vegetables. Blueberries may help lower the risk of developing age-related diseases such as Parkinson's disease and Alzheimer's disease.

— Donna Scott/NoCo

## KIT also posted on the Intranet

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

Log in to the Intranet — [intranet.sbceo.org](http://intranet.sbceo.org)  
Go to the "Publications" drop down menu and click on "KIT."



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- Terri Carbajal, FitzGerald Community School
- Teri Carter, Special Education Support Services-South (SESS-S)
- Zonia Chaney, Categorical and Special Programs
- Carole Cole, School Business Advisory Services (SBAS)
- Matt Evans, Communications
- Anna Freedland, Instructional Services (IS)
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- Sheila Takeuchi, Fiscal Services
- Angela Wells, School Business Advisory Services (SBAS)
- Mary Ann Wilkerson, Superintendent's Office
- Jeri Wynn, Regional Occupational Programs-Hope (ROP)

Answers  
to  
Crossword  
(p. 6)

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