



# Keeping Touch

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

## *United Way remains important*

The financial crisis of the last several years continues to take a devastating toll on the weakest among us, including local families and children. This year the tattered safety net for the very people who need it most was shredded even further. For many families and children in our county, the situation is dire.

We've mentioned in the past that the health conditions, the nutrition, and the social service needs of children and their families affect school performance and achievement both in the short term and the long run. Year in and year out, many of our office programs work directly to provide vital services to those who need them—our child development programs, our special education programs, our homeless education, foster youth services, migrant education programs, and Health Linkages are just a few. It's very clear that our Juvenile Court and Community Schools programs deal with the results when earlier efforts proved insufficient. Early intervention often makes all the difference.

United Way of Santa Barbara County continues to support many critical programs and agencies that help people and families in dire need. In partnership with our office, the United Way has sponsored vital resource directories. It has also helped sponsor Computers for Families, curriculum and reading enhancements for the Fun in the Sun summer program, Healthy Assets for Santa Barbara Youth, and is starting a United for Literacy program as well.

The mission of United Way parallels our own office mission. For this reason, our goal is to increase our participation in the annual United Way campaign and support those important efforts. Every gift makes a difference.

We hope staff members will give consideration to supporting the United Way efforts. Donor cards, which arrived in February paychecks, should be turned in to Judy Stepka, Fiscal Services, by March 23.

For further information you can contact Judy at ext. 5210.



## Managers in SBAS and Fiscal attend budget workshop

Managers in School Business Advisory Services, who work with school district budgets every day, and managers in Fiscal Services, who work with our internal budget, all attended the School Services of California's budget workshop to learn the details of the governor's economic forecast and financial plan for the 2012-13 fiscal year.

Information at that workshop confirmed that there will be little new revenue available to the state this coming year, making this the fifth straight year of education cuts.

The governor is seeking a ballot proposal that will allow state voters to weigh in on tax proposals.

If the tax measure fails in November, California school districts are looking at a cut of about \$370 per student. For these reasons it is believed that our school districts are in for another rough year.

—Carole Cole

### 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???

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

One night, years ago, Mary Ann Wilkerson and I were driving home together, and right before the Gaviota tunnel, she yelled, “What’s THAT?!” (Thank goodness Mary Ann was driving and not me; I probably would’ve killed us, but Mary Ann is so calm that she just swerved ever so slightly and then kept right on course!) I looked up and saw this huge fireball—I mean HUGE, like the size of a house—hurtling towards the top of the hill. It was weird because it was traveling so fast but I noticed it had no tail like you’d expect of a comet or something like that. There were some meteor showers around that time, so I thought it might be that, but I looked into it and came up with nothing. It was also strange that no one else ever reported seeing it. I thought it would be in the news the next day, but *nada*. Someone suggested it might’ve come out of Vandenberg, but who knows? We never found out, so it’s a mystery to this day. I truly thought it was going to crash into the earth and that the last thing I was going to see is the proverbial light at the end of the tunnel — literally.

—Rose Koller/IMS

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A couple years ago I was driving along Cathedral Oaks Road, heading home from work. As I neared Patterson, I noticed several cars parked in an unusual fashion, and a small group of folks fighting a small grass fire on the side of the road. After all the huge fires we’d had, I didn’t think twice about pulling over, hopping out of my car, and jumping into the fray. We stomped on burning grass, poured out drinking water bottles, and fortunately one fellow even had a shovel and old blanket handy to really snuff things out. We called the authorities, of course, but made short work of that little blaze before the pros arrived. Then some time for a few well-earned high fives and I was on my way.

Talk about an odd commute... all in a day’s work, Batman. —Tom Heiduk/HR

For those of us who do home visits, odd work-related stories are fairly common. We have all had experiences in dicey neighborhoods, disorganized households, and dealing with families that could have their own reality shows.

One memorable story in my career was when I needed to hold an IEP with a parent of twins, both of whom were on my Preschool Specialist caseload. This was back in the day when we did not have to have the general education teacher present. I had scheduled the IEPs with the mother of the twins but at the last minute she had to go out of town. She assured me that her husband would be happy to meet with me, but that I would have to go to his workplace. This father was a large animal veterinarian with a specialty in expensive race horses. I made my way onto the ranch property out in Buellton and eventually located the barn he had described over the phone. As I entered the dark interior of the barn, six brawny ranch hands who were trying to calm a skittish horse stared at me in disbelief. The father of my students had his arm up to his shoulder inside the mare they were attempting to subdue, checking to see if she was pregnant. It was awkward. The father asked me to wait for him in a small adjoining office where I gladly retreated. Moments later he came in while removing a slime laden glove, signed the paperwork for one twin and then said he had to go back and check the next mare. I waited until he returned, tried to maintain a professional demeanor as he removed another glove and signed the second set of IEP forms. To this day it remains the most unusual IEP meeting I have conducted.

—Leslie Franklin/SESS-N

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When I lived up in the Bay Area, I had to go over the Oakland Bay Bridge daily. If you have ever been through the toll plaza at commute hours there, you’ll know that it can be ugly-busy as you wait upwards to an hour just

to get to the toll taker to pay. It is bumper to bumper and you inch along at a snail’s pace. One day a very impatient woman was behind me in such traffic and I let nearly a car length open up in front of me (vs. being on the front driver’s bumper). She pulled out along the shoulder and quickly angled herself in front of my car. I had to laugh at how ludicrous her actions were to get one space closer to the tollbooth. The best thing, she got stopped by a CHP motorcycle officer and got a ticket. Karma. As I passed them, the woman and I made eye contact and if looks could kill, I think I’d be dead!

Over five years of this insane Bay Bridge commute, I saw some pretty strange stuff when drivers were in that bumper to bumper traffic — men shaving with electric razors, some reading the *Wall Street Journal*, some with dummies in their back seat to try to slip through the free 3-person lanes, a man arguing that a dog qualifies as a person in a car, some reading novels, women putting on extensive makeup, many going through the free lanes without paying, one guy even changing clothes while driving, and some so aggressive you just had to let them go by. All crazy stuff. The craziest was a guy who had to pull over and go to the bathroom right there in the open air.

—Jeff Ulm/SBAS

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Story 1: My best friend and I used to carpool from Sherman Oaks to work in downtown L.A. (we were 22 or so). We had a flashcard sign with different messages written on it, to flash at other drivers, such as “Let me in?” for lane changing, “Thanks” for helpful motorists, and then, of course, dumb stuff, like “Follow me!” It was a very long commute—sometimes over an hour to go 15 miles. I was the passenger and subsequently also the designated message-flasher. Feeling bored and silly on the way to work one morning, I flashed, “Follow me!” at another driver,

*Continued, page 3*

# Ques. of month

Cont'd from page 2.

who did just that. The joke continued when we all took the same freeway exit and turned into the same parking lot. He was a coworker. Mutual embarrassment all around. Flashcards were retired.

Story 2: After a long day at work in downtown L.A., I frantically ran down the street to catch the last commuter bus to the San Fernando Valley where I lived. Long bus ride, got off the bus, hoofed it a mile home from the bus stop. Was puzzled NOT to see my car in my parking spot. Duh duh duh, I had driven to work that day!

—Tracey Beauchamp/ Communications

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One time driving to work, I was stopped at a stoplight and looked over to the driver next to me. She was talking on her cell phone, which she had propped on her left shoulder against her ear, in her left hand she was holding a cup of yogurt, and with the right hand was holding a spoon. She was gleefully eating and talking away as we were about to turn left when the signal changed. With what hand, I thought, is this person going to turn the steering wheel while eating yogurt and keeping the phone on her shoulder with her head holding it in place and how is she going to check the traffic or think about one more thing besides eating, listening, and talking? No doubt, her radio was playing. She made it around the corner, but I got clean away from her. (Not funny, but true.)

Another time I took a strange-looking cab home when my car wouldn't start at work. "Hey," I said to the cab driver, "why did you paint one side of your cab red and the other side blue?" "Well," he responded, "when I get into an accident, you should see how all the witnesses contradict each other." (Funny, but not true.) —Carole Cole/SBAS

## April Question of the Month:

What are some of those crazy little things you can't stop yourself from doing?



# Movie Review

## The Horse Boy

This international adventure is a touching story of family love, a tale of shamanic healing, and an insightful look into autism—and it's all true. Temple Grandin reviewed this movie, and that's why I watched it. The documentary juxtaposes scenes of the family at home in Texas with their journey on horseback

across the breathtaking Mongolian countryside in search of reindeer herders and a powerful shaman who claimed to be able to heal autism. The vistas are incredible and so are the characters. They are the actual people involved in the journey and not actors. It was well put together with little talking. I felt as if I was on their journey with them. —Carole Cole/SBAS

## Wildlife Sightings: Orb weavers

by Kris Mainland White/CFE

About 10 feet from my keyboard lives a spider, gamely riding out this gusty day atop her web strung right outside my window. This is an orb weaver, sometimes known as a "garden spider," one of 2,800 species in this family. These harmless creatures are named for their flat, sticky, circular web, which some re-spin each night with up to six kinds of silk and a genetic engineering genius that makes us wonder, "Now how did they do that?" They use wind currents to float supports to string their webs across impossible spaces, construct concentric circles and add 'spokes,' and perhaps a zigzag pattern across the middle.

Orb weavers don't see well despite lots of eyes, and probably sense prey by vibrations in their webs. That prey is likely to be flying insects. The spider lies in wait either at the center of the orb, or off to the side with a line attached in order to sense the struggling prey. She will then bite the prey to immobilize it, wrap it in silk, and use digestive fluids to melt the prey into slurpable condition.

Orb weavers hatch in spring, and reach their maximum size in fall, when you see the great big females on their great big webs. Males don't care for web weaving but wander about looking for a mate — then die. In this temperature climate females can live

a year or longer. Orb weavers are one of the earliest spiders, having evolved some 300 million years ago according to the fossil record. Spiders are found on every continent and in every ecological niche except Antarctica, and there are roughly 40,000 kinds. They have the most centralized nervous systems of all arthropods, but have no extensor muscles in their limbs. They use something akin to hydraulic pressure to raise and lower their legs.

Are orb weavers something to be feared? Not unless you like the insect pests they kill for you. They are docile and seldom bite. Why kill them, and then call in the exterminator to pay for the complimentary pest control they easily provide for free?

### Answer to Puzzle (p. 5)

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



As I was walking by the auditorium on my way to lunch, the Author-Go-Round was ending for the day. Several excited children were coming out the door talking to each other. I overheard one girl say, "That was so much fun. This is something I will always remember." Kudos to **IMS**. How can you get a better compliment than that?

—Carole Cole/SBAS

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Many thanks to **Vera Breedlove**. She is not officially a member of our South County Social Committee, but she always jumps in to help out. Did you attend the Spud Bowl? Vera, along with **Faith Hopwood** (the newest member of the Social Committee), washed, cleaned, and prepped all those yummy spuds for baking. Thank you so much.

—Tom Heiduk/HR

## Welcome aboard

### Child Development

**Evelyn Alcaraz Martinez**

Child Care Assistant, La Honda State Preschool, Lompoc

### Special Education

**Randi Earl**

School Occupational Therapist,  
Special Education  
Support  
Services  
South



## South County Social Committee supports Transition House

The South County Social Committee sponsors a fundraiser each year, with the proceeds donated to a worthy recipient. This year, the committee chose Transition House Children's Programs to receive the donation. On Feb. 1, Tim Furman, Valera Reyes, and Tom Heiduk represented the Social Committee and proudly delivered a check for \$550 to Transition House. Thanks to everyone who participated and helped to make this happen.

—Tom Heiduk/HR



## Keeping it social —submitted by Tom Heiduk/HR

The New Year brings lots of new things. For all of us here at the Cathedral Oaks site in Santa Barbara, that includes fun and exciting events and activities from the South County Social Committee. Sometimes it can be easy to forget that all of these activities are paid for with money raised from our various Social Committee activities. You might easily overlook paying \$2 monthly for casual day, but that money (and money from our other fundraisers like the Spud Bowl) adds up and allows us to put on fun events at no cost, or a minimal cost, to each of us.

By the way, need chocolate? One of our newest fundraising services is chocolate sales, taking place in the Cathedral Oaks break room as well as the Hope Center ROP office. You can score yourself a yummy treat and support the Social Committee.

Be a part of the fun. Meet those folks you see in the hallways every day. Feel free to contribute and participate. And don't be shy about speaking with your department representative to give feedback, suggest activities, or to just say "thanks" or "hi."

South Coast Social Committee members:

Jan Clevenger — Categorical and Special Programs (*our fearless leader*)

Caroline Alcorn — Special Education Support Services-South

Dyan Bomer — Hope Center

Doris Buchanan — Instructional Media Services

Zonia Chaney — Categorical and Special Programs

Tim Furman — Information Technology Services

Tom Heiduk — Human Resources

Faith Hopwood (our newest member) — Administrative Services

Daisy Lazaer — School Business Advisory Services

Vera Owens — Hope Center

Steve Smith — Reprographics/Communications

Valera Reyes — Internal Services

Mary Ann Wilkerson — Superintendent's Office



# sbceo Crossword "Feelin' Presidential"

**Natalia Corral**

Transitional Youth Services,  
Transitional Youth Education Advocate  
Hope/Center for Community Education

**What is your favorite ...**

Community interest/soapbox topic:  
Foster and homeless youth.

**Quote or motto:** "No one can make you feel inferior without your consent."

**Author/book/magazine:** *Like Water For Chocolate.*

**Music:** Reggae and Old School.

**Movies/TV shows:** My favorite movie is *Mi Familia*. I used to love basically anything on The Discovery Health Channel before OWN took it over.

**Leisure time activities/hobbies:** Taking my girls for walks, kickboxing, watching movies.

**Other interesting work you've done:**

I've been a gift-wrapper; it was interesting to see the gifts that people picked out for their loved ones. I have also been a case aide for Child Welfare Services; never a dull moment there but such a good feeling to help our most vulnerable community members.

**Hidden talents:** I can bake up some delicious treats, but ask me to cook a meal and I can guarantee you that it will come out burned (that is a hidden talent as well).

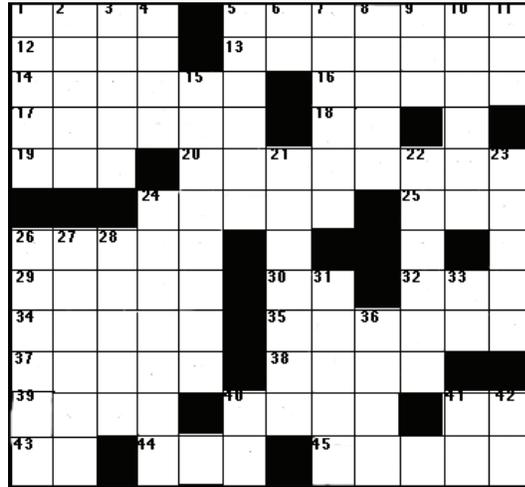
**Hometown:** Santa Barbara.

**Where did you go to school:** Hollister, El Rancho, Goleta Valley Jr. High, Dos Pueblos, and I graduated from Bishop Garcia Diego.

**Any kids or pets:** I have two daughters, an 8-month-old and a 3-year-old. They are a lot of work and I feel like I have twins at times, but I would not trade it for the world!

**Any family bragging rights:** My maiden name is Castillo and there is a street here in town named after it (OK, not really, but it sounded good).

**When did you start at the SBCEO:** December 2008 and I was over 7 months pregnant so I could not believe that I was actually hired but am so so so grateful that I was.



Submitted by Fred Borchers

Across

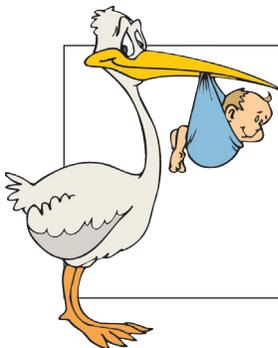
- 1 *Jacksonian* Admin. Services Manager in SBAS
- 5 *Jacksonian* Office Manager at Lakeview Jr. High
- 12 \_\_\_\_\_ of measurement
- 13 Steely Dan's hit "\_\_\_\_\_ in the Years"
- 14 Wilder's "\_\_\_\_\_ House on the Prairie"
- 16 New Orleans pigskin player
- 17 Dr. Temple Grandin's book, "*The Way \_\_\_\_\_*"
- 18 Santa Maria-Bonita District Director of Curric. & Instruction; init.
- 19 Ever, poetically
- 20 Ran naked, especially in the 70's
- 24 Eyelid infections
- 25 "Looking for" in online ads
- 26 A *Kennedy* on the Los Olivos School District Board?
- 29 180-degree rotation in traffic
- 30 1982 Spielberg classic
- 32 One of the things you can do in Aspen
- 34 "\_\_\_\_\_, you're on Candid Camera!"
- 35 Goes very slowly
- 37 Frankie Valli & 4 Seasons '75 hit, "*Swearin' \_\_\_\_\_*"
- 38 Capote's "*In \_\_\_\_\_ Blood*"
- 39 "He is not 10 anymore, he \_\_\_\_\_"
- 40 Carpinteria Unified Sch. Dist. Superintendent Cordeiro

- 41 Not off
- 43 Leader of 1831 slave insurrection in Virginia; init.
- 44 Basketball swish: Nothin' but \_\_\_\_\_
- 45 *Madisonian* SBAS Financial Analyst

Down

- 1 Mrs. Nixon Eisenhower
- 2 Licorice-flavored herb
- 3 Gunpowder ingredient
- 4 Kitchen or bachelor ending
- 5 Roy Orbison classic, "\_\_\_\_\_ Woman"
- 6 Third person singular masculine nominative case pronoun
- 7 Plural of yes?
- 8 South American relative of a vicuna or guanaco
- 9 Number of U.S. states, in Roman numerals
- 10 Belly button types
- 11 Pepper or Bilko; abbrev.
- 15 Gave ear to
- 21 *Sunnybrook Farm* girl
- 22 Katy Perry '08 hit, "*I \_\_\_\_\_ a Girl*"
- 23 *Buchananian* mailroom Clerical Asst. III
- 24 Type of steak
- 26 *Taylor*ed Instructional Asst. at Cabrillo H.S. Special Day class
- 27 Situated at the farthest or most distant point
- 28 Super Mario's younger, taller brother
- 31 Rainbow fish
- 33 SB County School Board Association's Exec. Board President; init.
- 36 Jazz vocalist great Fitzgerald
- 40 Refugio High School Principal; init.
- 41 "*Midnight in Paris*" star; init.
- 42 Alice Shaw School Office Manager; init.

Answers to puzzle on page 3.



## Oh, baby!

**Patty Hernandez** became a first-time grandma on Feb. 1. Scarlett Rose Tafoya weighed 6 lbs., 13 oz., and measured 19 inches long. Patty's daughter Anna and new dad David live in Ventura.

—Mary Ann Wilkerson/Superintendent's Office

## Health & Safety tips:

by Donna Scott/NoCo

### Insect bites and stings: First aid

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

Venom from an insect bite can trigger an allergic reaction. Most are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappear within a day or so. A delayed reaction may cause fever, hives, painful joints and swollen glands. You might experience both the immediate and the delayed reactions from the same insect bite or sting. Only a small percentage of people develop severe reactions (anaphylaxis) to insect venom. Signs of a severe reaction include nausea, facial swelling, difficulty breathing, abdominal pain, deterioration of blood pressure and circulation (shock).

Bites from bees, wasps, hornets, yellow jackets, and fire ants are typically the most troublesome. Bites from mosquitoes, ticks, biting flies and some spiders also can cause reactions, but are generally milder. Although rare, some insects also carry disease such as West Nile virus or Lyme disease. For mild reactions:

- \* Move to a safe area to avoid more stings.
- \* Remove the stinger to prevent the release of more venom. Wash area with soap and water.
- \* Apply ice to reduce pain and swelling.
- \* Apply hydrocortisone cream (0.5 percent or 1 percent), calamine lotion, or a baking soda paste with a ratio of 3 teaspoons baking soda to 1 teaspoon water to the bite several time a day until symptoms subside.
- \* Take an antihistamine containing diphenhydramine (Benadryl, Tylenol Severe Allergy) or chlorpheniramine maleate (Chlor-Trimeton, Actifed).

Allergic reactions may include mild nausea and intestinal cramps, diarrhea, or swelling larger than two inches in diameter at the site. See your doctor promptly if you experience any of these symptoms.

#### For severe reactions:

Call 911 if you have difficulty breathing, swelling of the lips or throat, faintness, dizziness, confusion, rapid heartbeat, hives, nausea, cramps and vomiting. Take these actions immediately while waiting for medical help:

- \* Check for medications the person might be carrying to treat an allergic attack, like an EpiPen. Administer the drug as directed — usually by pressing the auto-injector against the person’s thigh and holding it in place for several seconds. Massage the injection site for 10 seconds to enhance absorption.
- \* Have the person take an antihistamine if he can without choking.
- \* Have the person lie still on her back with feet higher than the head.
- \* Loosen tight clothing and cover the person with a blanket. Don’t give anything to drink.
- \* Turn the person on his or her side to prevent choking if there’s vomiting or bleeding.
- \* Begin CPR if there are no signs of circulation, such as breathing, coughing or movement.

### Question of the Month for April...

“ What are some crazy little things you can’t stop yourself from doing? ”

*Be ahead of the game for April.*

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



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