



Keeping Touch

SANTA BARBARA, CA • MAY 2014 • VOL. 32 • NO. 9

FROM THE DESK OF *BILL CIRONE... Help, hope, and health*

The SBCEO family is close to my heart. What’s best about families is that members take care of each other when times get tough. We have gone through many challenges and tragedies together, and we have found strength in the support of our co-workers and colleagues.

A great deal of change has occurred in public education in recent times, along with very high expectations that can cause inordinate stress. As professionals, we focus on the needs of young people and how they cope with change and stress. We also need to focus on each other.

Sometimes change and stress can lead people to choose unhealthy ways of coping. We all know of co-workers who have struggled with alcohol or substance abuse. Some of our colleagues battle these diseases in secret, keeping them hidden from those who are most able to help. Feelings of depression can become overwhelming. It’s a rare family that has not had to deal with this circumstance, and our family is no exception.

My message to all of you is that it is not necessary to struggle alone. Addiction is a disease, plain and simple. Family members care for each other whenever the need arises, and they never hesitate to lend a hand of support.

For anyone who feels overwhelmed or in need of help, please remember that our Employee Assistance Program is a wonderful resource, and completely anonymous. Mari Baptista and Al Zonana are also always available to help, and they will keep all information strictly confidential. The Council on Alcoholism and Drug Abuse is also an excellent community resource.

I have learned a great deal about the tragedy involved with alcohol and substance abuse through my community work with a wide variety of organizations that deal with these issues — the Santa Barbara Council on Alcoholism and Drug Abuse, the Santa Barbara Fighting Back Coalition, the Rescue Mission and as a board member for the Hazelden Betty Ford Foundation. The main, irrefutable lesson is that if someone is suffering from the challenges of this disease, all members

of a family are touched by it.

We have faced too much tragedy in our office already. Let’s resolve to end the cycle. If you know someone you suspect needs help, make sure they know you are available for support. If you are struggling with these issues alone, please know that we are here for you. We care. And we have resources to help.

Hope. Help. Health. It’s what we want for everyone. I assure you these are possible. Please do not struggle alone.

Quote of the Month...

“The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away.”
— BARBARA KINGSOLVER

Battle of the Books hits ‘lucky 13’

This year, SBCEO partnered with Granada Books in a new and exciting program that awarded free books to students who read for our 13th annual Battle of the Books on April 30.

This event is open to students in public schools, grades 4, 5, and 6, throughout Santa Barbara County. Because it is so popular, it often fills up before all the schools are able to register. The Granada Books program took this into consideration and presented a free book to any student who read at least five of the 30 books on the official list. If a student read all 30 books, Granada provided six free books. This way no one was



Continued on page 4

Question of the Month???

What was the funniest cooking experience you ever had?

Many years ago, I was about to bake a batch of cookies in my apartment's ancient oven. Unbeknownst to me, my girlfriend had turned the oven on to preheat. She didn't know that lighting the pilot was required, and when I crouched down and stuck a match in the oven, what seemed like a gigantic flaming fireball erupted out at me.

Instinct kicked in, apparently, because I jumped back onto the floor and reverse crab-walked my way out the front door. Once outside, convinced my hair, face, and arms were on fire, I rolled around on the ground and furiously patted myself all over to put out the "flames."

Then I thought, "water!" and ran to the bathroom and into the shower. Just to be safe. In terror, I approached the mirror to assess the damage: two slightly singed eyebrows, nose hairs a little crispy, burnt

stubble on my slightly pink hands, and long hair intact.

Now obviously this accident could have ended in tragedy, not comedy, but aside from the absurdity of my actions, I'm convinced that my quick-thinking fire-extinguishing skills would have mitigated the damage caused by almost any sized oven fireball. Just to be safe, however, all subsequent girlfriends were provided with extensive training on proper oven usage at my house. And that old girlfriend still does a hilarious imitation of my crab-walk and tuck, roll, pat, and douse procedure.

— Bonnie Beedles/CCE

Surely I am not the first person to have roasted a turkey with the sack of innards still in the bird. At least that's

what Mom told me, as she tried to stifle her laughter.

— Tracey Beauchamp/Communications

I was a cook at the old Tea House restaurant at Garden and Canon Perdido in Santa Barbara in 1976. I was working a summer Sunday brunch and we needed a cold soup. We didn't have the right ingredients for gazpacho or any of the other usual suspects, so I started looking around. We had cantaloupes. And we had vanilla ice cream. I remembered how when I was a kid we used to take half a cantaloupe and put a scoop of vanilla ice cream in it, and what a great combination it was. Not only that, but the recipe would be two ingredients with minimal prep, then throw it in a blender — a busy cook's dream. In about a half hour we had a really delicious cold cantaloupe soup for brunch.

— Bob Freeborn-Rubin/Fiscal Services

The day I realized that cream of tartar is leavening, not spice!

— Tom Heiduk/HR

You would not be able to print the funniest cooking experience I ever had, so I guess I will have to keep it to myself.

— Kristen Walker/ETS

Welcome Aboard!

REGIONAL OCCUPATIONAL PROGRAM

Kayla Linane

Instructor-ROP, Santa Barbara High School

SPECIAL EDUCATION

Daniel Farfan Ayala

Instructional Assistant III, McClelland

Christina Bravo

Instructional Assistant III, Westgate Children's Center

Stephanie Clevenger

Instructional Assistant III, Robert Bruce School

Brittany Wells

Instructional Assistant III, Montessori Preschool

Marianne White

Instructional Assistant III, Manzanita Charter School



Question of the Month for June ...

“

What three things do you appreciate most about working at SBCEO?

”

TYS can be a lifeline for homeless and foster youth

In Santa Barbara County we are blessed with beautiful scenery; old, stately neighborhoods; and good public schools that offer students an array of choices and a solid education. Yet there are groups of families, of children, who remain invisible in the community due to homelessness. They are the growing number of homeless children whose families are considered to be the working poor.

According to the U.S. Department of Health and Human Services, the national poverty level for 2014 is considered to be \$19,790 for a family of three, and \$23,850 for a family of four. One or both parents may work full time but still fall at or below the national level and cannot afford stable housing.

Bonnie Beedles, program manager of Transitional Youth Services (TYS) at the Center For Community Education, oversees a staff of five homeless/foster youth liaisons who bridge the gaps between the parents, their children, social service agencies, and schools in Santa Barbara County. The program receives state grant money for addressing homelessness and federal funding from the McKinney-Vento Homeless Education Assistance Act.

The legislation that created the McKinney-Vento Act, originally titled The Homeless Persons' Survival Act, was passed in 1986. President Reagan signed it in July 1987. It defines homeless children as those "who lack a fixed, regular, and adequate nighttime residence." That criterion encompasses children sharing housing due to economic hardship; living in emergency or transitional housing, motels, hotels, or campgrounds; abandoned at hospitals; or living with their families in parks, cars, abandoned buildings, substandard housing, bus or train stations.

The legislation further requires schools to enroll homeless children even though they might have scant or non-existent records from previous schools or proof of residence. It also ensures that children have access to transportation to school, should that be an issue.

There are an estimated 6,000 homeless children in Santa Barbara County. To find those children who

are in need of special attention due to homelessness, a questionnaire is administered to all students at the beginning of the school year. This questionnaire asks about the type of living situation the students are in and how they get to school. The teacher notifies TYS once a child is known to need services.

Other outreach takes place to Transition House, a temporary residence for homeless families in Santa Barbara. Through the TYS program, children living there receive tutoring from volunteers and, through donations to TYS, school supplies and clothing they need throughout the year. Homeless/foster youth liaisons help families in connecting with social service agencies, applying for food stamps, seeking shelter and food for the children, obtaining transportation to school and, for high school students, preparing for the California High School Exit Exam and providing college and/or career counseling.

The primary barrier to finding stable living conditions is the lack of affordable housing in Santa Barbara County. Most recent housing developments in the South County are higher-end townhouses and single-family dwellings. Many lower-income neighborhoods have begun a "gentrification" process in which families have been evicted from rentals due to the owner selling the property to those who can afford to fix them up and either live there, re-sell it, or charge higher rent. Often the parents are working full time at low-paying jobs and do not make enough to pay rent and meet the necessities of life, and subsidized Section 8 housing for lower-income residents has a waiting list that is years long.

As for children placed in foster care, babies and toddlers are easiest to place with families; older children and teens are harder. There are an estimated 550 children in foster care in Santa Barbara County. Those of school age receive tutoring and mentoring and some school supplies. Foster parents, schools, and Child Welfare Services are among a handful of individuals and organizations that notify TYS of children in need.

Transitional Youth Services give

children a chance to feel supported and reduce the stress in their lives. By having the proper clothes, they feel more comfortable among their peers and attend school more regularly. The goal is to support the children, tutor them, and help them graduate from high school. From there, they are provided support in attending college and navigating their way through the financial aid and academic systems. One success story is of a young man who graduated from USC after attending a community college. And while not everyone will graduate from a prestigious university, these services help give homeless and foster youth a fighting chance to make it in an increasingly competitive society.

For more information about TYS, call **Natalia Corral** at 964-4710, ext. 4420.

— Sheila Takeuchi/Fiscal Services

I'm so Proud!

Donna Scott is the proud mother of MSgt. Kristi Tellier, who was one of 999 master sergeants in the Air Force selected for promotion to senior master sergeant. She was selected from a pool of 14,823 master sergeants. The average time in service for promotion to senior master sergeant is 19 years, and Kristi was promoted in 15.



Battle of the Books

continued from p. 1

left out, and students who read their little hearts out weren't quite so disappointed if they couldn't attend the event.

Through this generous offer, the folks at Granada hoped to encourage a love of books and reading. Students who were unable to participate received free books at Granada Books on State Street in Santa Barbara or at a temporary "pop-up store" at the Santa Maria-Bonita School District's Souza Center in Santa Maria.

Thanks to Granada Books, you could say this was a "Lucky 13" for Battle of the Books.

— Rose Koller/ETS

How to write good

Avoid alliteration. Always.

Prepositions are not words to end sentences with.

Avoid clichés like the plague. (They're old hat.)

Eschew ampersands & abbreviations, etc.

One should never generalize.

Comparisons are as bad as clichés.

Be more or less specific.

Sentence fragments? Eliminate.

Exaggeration is a billion times worse than understatement.

Parenthetical remarks (however relevant) are unnecessary.

Who needs rhetorical questions?

— Rose Koller/ETS

MovieMash-ups

Submitted by Fred Borchers

A puzzle where the last word in a movie title is the first word in another title. Use the clues to figure out the entire title.

For instance:

2 movies—5 total words

Clue: Dancing and Umbrellas meets autistic brother

Answer: Singin' in the Rain Man



1) 2 movies—6 total words

Woodward and Bernstein meets Mel's merry males

2) 2 movies—3 total words

Billy Bob in Arkansas meets Harrison in the future

3) 2 movies—5 total words

Spacey office worker meets animated transformed Prince

4) 2 movies—5 total words

Meathead's romantic comedy fantasy adventure meets Elsa betrothed

5) 2 movies—8 total words

Hitchcock phoner meets Poirot on a train

*And for bonus points:

3 movies—9 total words

Czech Daniel Day Lewis meets gardener Chance then meets himself in early California oil boom

Answers to this month's puzzle on page 6.

I Madonnari Italian Street Painting Festival returns May 24-26

The *I Madonnari* Italian Street Painting Festival — one of the most colorful, exciting local events of the year — will celebrate its 27th anniversary from 10 a.m. to 6 p.m. May 24-26 at the Santa Barbara Mission.

The first festival of its kind in North America to present the performance art of street painting, *I Madonnari* is presented by — and raises vital funding for — the Children’s Creative Project, a nonprofit arts education program of the Santa Barbara County Education Office.

The festival on Memorial Day weekend features 150 street-painting squares drawn on the pavement in front of the Old Mission. The spaces range in size from 4 by 6 feet to 12 by 12 feet and in price from \$125 to \$650, each one bearing

the name of its sponsor — a business, organization, family, or individual. As the public watches, 300 local artists transform these pavement canvases into elaborate compositions in vibrant colors.

Members of the public can sign up at the festival’s information booth to receive a brochure to be a street-painting sponsor or to apply to be an artist for next year.

Those attending can watch from the Mission steps as this year’s featured artist, Jessea Gay Marie, creates a 12-by-16-foot painting based on Chumash rock art.

An expanded area for children to create street paintings will be at the west side of the Mission inside a private parking area. Some 600 Kids’ Squares are available and when completed will form a colorful, 40-by-60-foot patchwork of

street paintings. Throughout the three-day event, the 2-by-2-foot Kids’ Squares can be purchased for \$10, which includes a box of chalk.

Live music and an Italian market will be featured on the Mission lawn throughout the three-day event. In the Mission sanctuary, there will be a free evening concert from 6 to 7 p.m. The Quire of Voyces will present a program of sacred music on Saturday, May 24. The festival’s Italian Market offers authentic Italian cuisine produced by the Children’s Creative Project Board of Directors.

For more information about *I Madonnari* or the Children’s Creative Project, go to imadonnarifestival.com or call CCP Executive Director **Kathy Koury** at 964-4710, ext. 4411.

Quinoa Tabbouleh

(Tabouli, Tabouleh)

Traditionally made with bulgur wheat, tabbouleh can also be made with quinoa. The fresh taste of the herbs is key in this salad — this is a great time of year to start some herbs in the garden. The addition of black olives and some crumbled feta cheese is delicious. Use your imagination!

Ingredients

2 cups cooked and cooled quinoa (I cook quinoa in my rice cooker, 2 cups water to 1 cup quinoa)

1 cup chopped parsley

1/2 cup chopped green onions

2 medium-sized tomatoes, cut into 1/4-inch dice (or 1 pint cherry or grape tomatoes, cut in half)

2 Tbsp. chopped fresh mint

1 garlic clove, minced or pressed

1 Tbsp. minced fresh basil (or more)

1/2 cup fresh lemon juice

1/4 cup extra virgin olive oil

1/4 tsp. salt (to taste)

1/4 tsp. pepper (to taste)

Directions: Toss together all ingredients. Chill for 1 hour or more to allow flavors to blend. Makes 6 servings.

— Tracey Beauchamp/Communications



Deep (?) thoughts

“As I hurtled through space, one thought kept crossing my mind: Every part of this rocket was supplied by the lowest bidder.” — John Glenn

“America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked.” — David Letterman

“When a man opens a car door for his wife, it’s either a new car or a new wife.” — Prince Philip

“A computer once beat me at chess, but it was no match for me at kickboxing.” — Emo Philips

“Lawyers believe a man is innocent until proven broke.” — Robin Hall

“Wood burns faster when you have to cut and chop it yourself.” — Harrison Ford

“Having more money doesn’t make you happier. I have 50 million dollars but I was just as happy when I had 4 million.” — Arnold Schwarzenegger

“If life were fair, Elvis would still be alive today and all the impersonators would be dead.” — Johnny Carson

— Rose Koller/ETS

Clean hands save lives

The Centers for Disease Control (cdc.gov) point out that hand washing is like a “do-it-yourself” vaccine. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular hand washing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers
- After assisting a child after toilet use
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?

- With clean, running water (warm or cold)
- Lather backs of hands, between fingers, and under nails
- Scrub for at least 20 seconds
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air-dry them

What should you do if you don't have soap and clean, running water? Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.

—Donna Scott

Answers to Puzzle (p. 4)

- 1) All the President's Men in Tights
- 2) Sling Blade Runner
- 3) American Beauty and the Beast
- 4) The Princess Bride of Frankenstein
- 5) Dial “M” for Murder on the Orient Express

* The Unbearable Lightness of Being There Will Be Blood

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

Go to the “Publications” drop down menu and click on “KIT.”



KEEPING IN TOUCH is produced and distributed monthly during the school year by the Communications Department, **Dave Bemis**, 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:

- Vera Alarcon, Special Education Support Services-North (SESS-N)
- Bonnie Beedles, Center for Community Education (CCE)
- Dyan Bomer, Regional Occupational Programs-Hope (ROP)
- Fred Borchers, Educational Technology Services (ETS)
- 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)
- Joan Gilmore, Communications
- Peggy Greer, North County Liaison Office (NoCo)
- Tom Heiduk, Human Resources (HR)
- Rose Koller, Educational Technology Services (ETS)
- Jessica Lopez, Human Resources (HR)
- Michael Pardo, Fiscal Services
- Patricia Rodriguez, Migrant Education
- Donna Scott, North County Liaison Office (NoCo)
- Sheila Takeuchi, Fiscal Services
- Angela Wells, School Business Advisory Services (SBAS)
- Mary Ann Wilkerson, Superintendent's Office
- Jeri Wynn, Regional Occupational Programs-Hope (ROP)