

FROM THE DESK OF **BILL CIRONE...** Traits of success

In a *Business Insider* article, journalist Drake Baer profiled a handful of prominent, successful people from several walks of life, from the arts to coaching to business.

Despite their different personalities and passions, successful people have several traits in common. The good news is that parents can help nurture and cultivate these traits among their children.

First, successful people enjoy their work. They can be good at it because they like doing it. The late, great poet Maya Angelou had this to say about enjoying what you do: "Success is liking yourself, liking what you do, and liking how you do it."

Successful people almost always have a positive attitude and plenty of confidence that gets them through the rough spots. Winston Churchill, British Prime Minister during the darkest hours of World War II, certainly knew a lot about adversity. But it was his attitude in those adverse circumstances that shaped him.

"Success is going from failure to failure," Churchill once said, "without losing enthusiasm." While this quote comes from the middle of the last century, it is just as relevant today. Successful people invariably use negative experiences to discover their strengths. They see negatives as challenges to overcome and to learn from.

Successful people are also decisive, disciplined goal-

setters. They don't let distractions get in the way. Inventor Thomas Edison is arguably the greatest American example of the kind of focus that successful people apply to their endeavors. Edison's work ethic was legendary. He would sometimes work on a single project uninterrupted for three consecutive days. He truly lived the motto set forth in his famous quote: "Success is 1% inspiration and 99% perspiration."

Successful people are also persistent. They keep at it until the goal is reached, where others may get discouraged and choose another path.

They are also risk takers, in the spirit of "Nothing ventured, nothing gained."

They have developed good communication skills and problem-solving skills.

They surround themselves with competent, responsible, and supportive people, and know how to tell the difference.

They are healthy, high-energy people, and they schedule time to renew themselves before problems can arise.

Finally, self-reflection is critical in evaluating one's success. Legendary UCLA basketball coach John Wooden offered this definition: "Success is peace of mind," he said, "which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming."

School Nurse Symposium

SBCEO sponsored the School Nurse Symposium with attendees from districts and the county office throughout Santa Barbara County. It was a wonderful afternoon spent with Dr. Charity Dean and Deborah Schultz, RN, from Santa Barbara County Public Health, discussing current public health topics important to schools; Kara Hornbuckle and Heather Coldren speaking on Type 1 Diabetes and Kara's personal journey with T1D; and Tera Yamasaki, an RN focused on the support of pediatric patients with gastroenterology tubes. Congresswoman Lois Capps was our special guest, telling us her story as a school nurse and her health advocacy in Congress since 1998 encouraging all attendees to remember that important work starts at a local level and how proud she is of the work that is done throughout our county. We received universal applause from all attendees who reinforced how important it is for the community at large to be working together as health advocates.

A big shout out to **Deby Geiger** who was not able to be in attendance due to the birth of her granddaughter, Ellie, but who was instrumental in doing the footwork, organizing, and arranging for such a great day.

—Cathy Breen/SESS



Congresswoman Lois Capps

Quote of the Month...

“Education is the kindling of a flame, not the filling of a vessel.”

— Socrates

”

Outstanding and congratulations

Cate Haring, daughter of **Cathy Breen**, Assistant Superintendent of Special Education, has just completed medical school at George Washington University and is heading to the University of Michigan to do her surgical residency in ENT, and is getting married to her long-term fiancé, Lonny Blumenthal, on May 28

A whirlwind year for these two!

—Teri Carter/SESS

Welcome Aboard

PARTNERS IN EDUCATION

Marley Herrick

Development and Program Assistant
Hope Center - Community Education

Students showcase learning at annual event

Approximately 125 students from throughout Santa Barbara County, along with their teachers, parents, and technology sponsors, visited the main campus auditorium on May 12 for the annual Showcase of Innovative Learning.

"When we started this effort a number of years ago, we called it the 'Classroom Technology Showcase,'" said **Matt Zuchowicz**, SBCEO's Director of Educational Technology Services. "At the time, it was more like an expo, where classroom teachers and technology vendors could meet, collaborate, and brainstorm."

"Last year we changed the model," Zuchowicz added. "We renamed it the 'Showcase of Innovative Learning,' as we wanted to focus on the transformative learning that was happening with technology in



classrooms, and we wanted to hear directly from the students. Thus, we made the kids the central part of the event," he concludes, "and the response has been overwhelmingly positive."

One of the presenters this year was Jennifer Silver, who is finishing her second year at Fillmore Elementary in Lompoc. "I taught Kindergarten

last year and moved up to third grade this year," Silver says. "I have been privileged enough to share a cart of Chromebooks with another third grade teacher this year."

"We have integrated technology into our classroom from lessons on building graphs in spreadsheets to using Google Docs to publish our writing," Silver concludes. "It is truly amazing what our students are capable of!" Her students (pictured), some of the youngest at the event, gave riveting presentations of their work to anyone who came within a few yards of their table.

"It's always gratifying to watch what happens when young minds develop such an eagerness for learning," says Superintendent **Bill Cirone**. "The energy, the passion, the intellect that teachers and students alike display in events like this speak to the amazing things going on in classrooms across Santa Barbara County."

Belize Inspiration Center

It started with a question. "Could you help us?" And I said, "yes!" For the past few years, we've been gathering supplies for the Special Needs Citizens of Belize. Currently we have three cargo crates full of supplies. The plan is to now have the supplies shipped to Belize, and then set up an ongoing support system with more supplies and manpower going to Belize. A special thank you to all teachers, aides, and support staff for your continued support and time. Please contact **Tommy Ferdinandi** at 598-9426 for more information or if you have items to donate. Go to www.inspirationcenter.bz/ and see what progress this country is making with special needs.

—Tommy Ferdinandi/SESS-N

Farewell from Chris Allen

Dear SBCEO,

I want to give a heartfelt "thank you" of appreciation for my 27+ years of memories that molded my life and career. It cemented the friendships and collaborations that had developed over this time. The going away party was the cherry on the cake that can never be forgotten. I was overwhelmed at the outreach of well-wishers, some driving from Carpinteria, Santa Ynez, and even Santa Maria; I felt the room was surrounded by unforgettable people. And of course the treasure trove of thoughtful gifts and countless cards, emails, and phone calls. The remarkable spread of homemade delights, the whole presentation showed a lot of thought and work that went into it and I am truly grateful for all your hard work. Thank you for the "messages in the bottle" and the fabulous beach chair. I won't let anyone sit in it. Thank you doesn't seem to be enough, but thank you, thank you, thank you. I have been so honored and blessed to have worked with so many of you, who can't just be called co-workers. I think we as a team have achieved many accomplishments over these past years, and I know you all will go on to achieve many more achievements too. We are a family at work too, maybe dysfunctional at times, but still a family.

I thought I was just going to get a Bulova watch!

—Chris Allen, Retiree



Have a great summer!

See you next school year.

— The Kit Team

Health Tips:

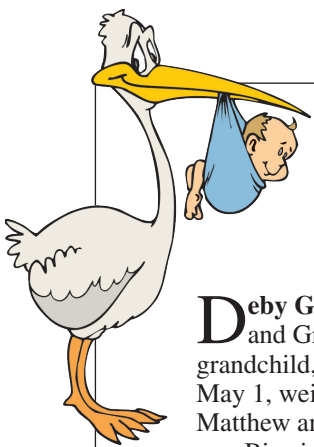
Surprising reasons to sleep more

Source: Care2.com

What difference could an extra hour of sleep make in your life? Maybe quite a lot, experts say. Studies show that the gap between getting just enough sleep and getting too little sleep may affect your health, your mood, your weight, and even your sex life. If you're getting less than the recommended seven or eight hours of sleep a night, here are nine reasons that you should shut down your computer, turn off the light, and go to bed an hour early tonight.

- Better health.** Getting a good night's sleep won't grant you immunity from disease, but studies have found a link between insufficient sleep and some serious health problems, such as heart disease, heart attacks, diabetes, and obesity. In most cases, health risks from sleep loss only become serious after years. That might not always be true. One study simulated the effects of disturbed sleep patterns for shift workers on 10 young healthy adults. After four days, three had blood glucose levels that qualified as pre diabetic.
- Better sex life.** According to a poll conducted by the National Sleep Foundation, up to 26% of people say that their sex lives tend to suffer because they're just too tired. There's evidence that in men, impaired sleep can be associated with lower testosterone levels.
- Less pain.** If you have chronic pain, or acute pain from a recent injury, getting enough sleep may actually make you hurt less. Many studies have shown a link between sleep loss and lower pain threshold. Unfortunately, being in pain can make it hard to sleep. Researchers have found that getting a good sleep can supplement medication for pain. If pain is keeping you up at night, there are also medications available that combine a pain reliever with a sleep aid.
- Lower risk of injury.** Sleeping enough might actually keep you safer. Any kind of accident is more likely when you're exhausted. When you're overtired, you're more likely to trip, fall off a ladder, or cut yourself while chopping vegetables.
- Better mood.** Getting enough sleep won't guarantee a sunny disposition, but you have probably noticed that when you're exhausted, you're more likely to be cranky. Not getting enough sleep affects your emotional regulation. When you're overtired, you're more likely to snap at your boss, burst into tears, or start laughing uncontrollably.
- Better weight control.** Getting enough sleep could help you maintain your weight. If you're overtired, you might be less likely to have the energy to go for that jog or cook a healthy dinner after work. The other part is physiological. The hormone leptin plays a key role in making you feel full. When you don't get enough sleep, leptin levels drop. The result is that people who are tired are just plain hungrier, and they seem to crave high-fat and high-calorie foods.
- Clearer thinking.** Have you ever woken up after a bad night's sleep feeling fuzzy and easily confused like your brain can't get out of first gear? Sleep loss affects how you think. It impairs your cognition, your attention, and your decision-making. Studies have found that people who are sleep deprived are substantially worse solving logic or math problems. They're also more likely to make odd mistakes, like leaving their keys in the fridge by accident.
- Stronger immunity.** Could getting enough sleep prevent the common cold? One preliminary study put the idea to the test. Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then they exposed them to a cold virus. People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night.

— Donna Scott/NoCo



Oh, babies!

Grandbaby #3 for the Geiger family

Deby Geiger, Director of Special Education, and Grandpa Paul, welcome their third grandchild, Ellie Michelle Hutchison, born on May 1, weighing 8 lbs. and 4 oz., to parents Matthew and Danielle (Geiger) Hutchison.

Big sister Sammie and big brother JP are so excited baby Ellie has finally arrived.

Congratulations to the Geiger and Hutchison families!

—Teri Carter/SESS-S

Alexandria Dianne Lawton was born to proud parents Nathan and **Rachel Lawton (C&I)** at 5:44 p.m. on May 19, weighing in at 6 lbs. 3 oz., and measuring 19 inches long. They're looking forward to introducing her to big brother Kaiden!

—Pat Noronha/C&I



Congratulations

Congratulations to **Denice Cora**, Administrator, School Business Advisory Services, who was recognized and awarded the ACSA Region XIII 2016 Administrator-Of-The-Year at the Cabrillo Arts Pavilion, on May 13. —Faith Hopwood/Administrative Services



2016-17 fringe benefits

You are invited to attend a health fair to talk with Benefits Manager, **Judy Stepka**, and sign up for fringe benefits and meet representatives from: Anthem Blue Cross; Delta Dental; Golden West and UniCare Dental; and PACE TPA, which administers our IRC 125 Flexible Spending Accounts. Also attending will be a representative from Aflac, which provides cancer and heart attack/stroke policies, as well as Lincoln Financial for Vol. Term Life, Vol. Short-Term and Vol. Long-Term Disability plans. The Holman Group will provide information regarding our Employee Assistance Program (EAP). Also attending will be representatives of the CalPERS 457 Deferred Compensation Program, Santa Barbara Teachers Federal Credit Union, GoldenState Scholarshare 529 Plan, CalPERS Retirement System, and CalSTRS Retirement System.

This is the time of year when employees may elect to add / change / terminate their health plans for the new enrollment period which will be effective Oct. 1.

Where the wild things roam

This has been quite a month for wildlife at the Cathedral Oaks site. In just one week, several individuals reported sighting a very large gopher snake on campus. A baby quail found its way into the ITS Manager's office (as well as her heart.) And to keep things really interesting, there were a few baby skunks wandering the hallways. Not to worry since these are all harmless critters, plus snakes and skunks help eat up pesky mice and snails that happen by. Nevertheless, office doors were very wisely kept closed since those little stinkers were being just a bit too friendly.

—Tom Heiduk/HR



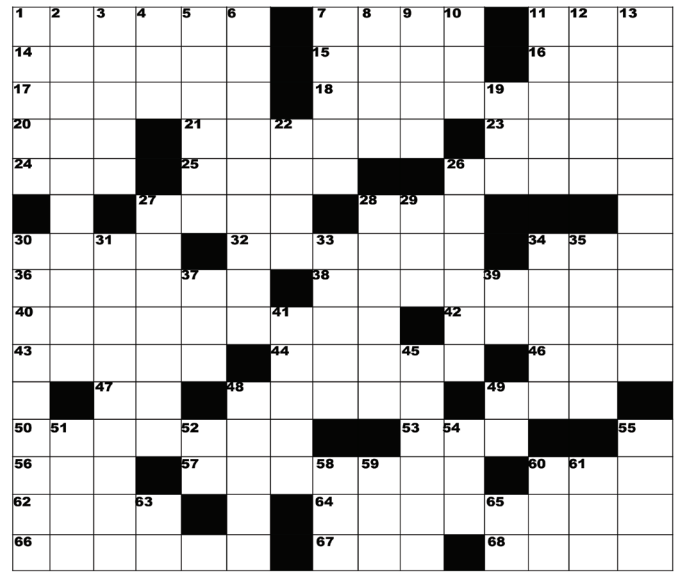
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- Vera Alarcon, Special Ed. Support Services-North (SESS-N)
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- Sheila Takeuchi, Fiscal Services
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KIT is on the Intranet

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"Who's your daddy?" Crossword



Submitted by Fred Borchers

Across

- SBCEO Maintenance Assistant, new grandpa, and father of Rachel Lawton**
- John Phillips to Mackenzie and music fans**
- Soda, or Dad to some children**
- Suave, sophisticated, of city life
- The A in AMC channel; abbrev.
- Play by ____
- Ibsen's *Hedda* ____
- Make over again
- Gator- or lemon- suffix
- 60's-70's ____ Lib movement
- Obama's title, briefly
- If You Don't Know Me By Now*, 1989 hit by Simply ____
- Islamic extremist group
- Test answer option
- Bill dispensers
- 4.0 is an excellent one, academically
- "When is a door not a door? When it is ____."
- Mickey is a mouse, Willard ____." (3 words)
- Cereal grain
- What a pin does to a balloon (2 words)
- Free; gratuitous (2 words)
- Sampras's sombreros or Stetsons? (2 words)
- Trial and ____
- Ancient Greek city, part of the kingdom of Diomedes
- Formal respectful answer to Dad**
- Immigration and Naturalization Service; acronym
- Cabrillo High School Special Day Classes Teacher; init.
- Endora portrayed on TV's *Bewitched*
- Life of Pi* director Lee
- Praise excessively
- Schoolboy; youngster
- Lakeview Jr. High School Principal ____ Lyon
- Venezuelan military leader Simon ____
- With 64-Across, father of Financial Services Manager Rachel Wigle**
- Operates; employs
- ITS Administrator Sharon and wife of 60-Across
- Ebert's ex-partner in movie reviewing
- At wit's ____
- Ransom E, ____ US automotive pioneer
- Moved away from the land; receded
- Comrade; chum
- "I ____ before you even said it!"
- Actress Liv Tyler's dad's band**
- Cuts off the outer skin of
- Prayer ending
- Chest muscles, briefly
- Airport info abbrev.
- Actress Bailey or novelist Buck
- Private Eyes* singers Hall and ____
- Speech-givers or lecturers
- Environmental Protection Agency; acronym
- To notice the loss or absence of
- Guido Sarducci, Time, or June 19 Day**
- Collection of weapons; arms
- ____ Pointe, Michigan
- Hillary has a Super one
- Sidehorse, highbars, or balance beam, technically
- Natural abilities; capabilities
- Russian playwright ____ Chekhov
- Senior U.S. Senator for Utah, ____ Hatch
- T.Rex lyrics, *Get it on, bang ____*, *get it on*
- Advert-- or prom-- suffix
- Santa Maria-Bonita District Coordinator of Special Education; init.
- Adams School's Office Manager, Ernestina ____
- Piece of land surrounded by water
- Ring-shaped island formed of coral
- Lompoc District Pupil Support Services Director; init.
- Lucie Arnaz's dad**
- Secretary III at Peter B Fitzgerald Community School; init.
- Buenos Aires is its cap. city
- Principal Alzina, Psychologists Gillespie and Smith
- Gershwin piece, ____ *Got Rhythm*
- Delivery truck, often
- "More Cowbell" skit show; acronym
- What to do to get a sum
- Teacher Programs and Support Director; init.
- Eugene campus, "Home of the Ducks"

Down

- Type of Daddy, maybe in real life, or in candy stores**
- Specialty grocery store chain name (2 words)

