



# Keeping Touch

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

There is an anonymous quote I've always liked. It says, "Without teachers there would be no other professions." The obvious meaning is that no one is born knowing a profession – someone had to teach practitioners what to do. An equally important message imparted by the quote is that teaching itself is a profession. It requires just as much skill and training as any other career – maybe more so than many others.

As we begin the month that celebrates Thanksgiving, it is fitting to give thanks to many of the unsung heroes and heroines in our midst, who make a difference every day in the lives of local children—and to all the staff members up and down the line in our office whose work directly or indirectly makes teachers' jobs a little easier and more effective.

Teachers personify our society's belief that universal public education is key to meeting the challenges of a changing world.

They strive to make every classroom an exciting environment where productive and useful learning can take place and all students are encouraged to grow and develop.

Our teachers reach out to foster the well-being of each student, regardless of ability, motivation, background, race, ethnicity, or religion. Teachers also help inspire students to find new directions in life and reach for high levels of achievement.

We are thankful for everything they do, and especially for the support from parents, business leaders, and members of the community that is so vital to their work.

In particular, I am thankful to everyone who works at the County Education Office, helping provide service and leadership to an institution that is so vital to our democracy and our communities.

It is a fitting time to say a sincere 'thank you' to all.

## KUDOS: Breakfast with the Authors a gala 60<sup>th</sup> diamond jubilee

The 60th annual Breakfast with the Authors in October was its diamond jubilee and was, by all accounts, a huge success. Special thanks go to **Fred Borchers**, who agreed to dress up as the Earl of Sandwich to complement my reprise of Queen Elizabeth (who also celebrated her diamond jubilee this year).

Thanks also to **Doris Buchanan**, whose touch can always be seen in the ambient decorations. And kudos to **Shelley Takeuchi**, who helped with the event by taking pictures and hosting the photo booth in which attendees were encouraged to record themselves speaking about their favorite children's book. **Matt Zuchowicz** was his usual brilliant self emceeing the occasion, and his lovely daughter **Alegra**, attending for the first time, was a big help with clean-up and breakdown.

We had tons of positive feedback from authors, librarians, and school administrators, which is just icing on the cake (which was also delicious, by the way!).  
—Rose Koller/ETS

### Quote of the Month...

“

None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy.  
—Fred De Witt Van Amburgh

Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.  
— William Faulkner

Our thanksgiving today should include those things which we take for granted.  
—Betty Fuhrman

”

# Question of the Month???

## What is your 'go to' recipe ?

### 15-Minute Vegetarian Chili - Serves: 4

- 1 tsp. canola oil
- 1 medium garlic clove, minced
- 14 ½ oz. stewed tomatoes
- 15 oz. canned kidney beans, rinsed and drained
- 15 ¼ oz. canned yellow corn, drained
- 15 oz. canned tomato sauce
- 1 Tbsp. chili powder
- 1/2 tsp. dried oregano
- 1/2 tsp. crushed red pepper flakes
- 1/4 cup onion flakes
- 1/4 tsp. black pepper
- 4 Tbsp. sharp cheddar cheese

Heat oil in a large, nonstick, heavy-bottomed pot over medium heat. Add garlic, cook, stirring frequently until aromatic, about 2 minutes. Add tomatoes, beans, corn, tomato sauce, chili powder, oregano, red pepper flakes, onion, and pepper, stir well.

Increase heat to high and bring chili to a boil; cook, stirring frequently, until chili is thick and flavors are concentrated, about 5 minutes. Spoon into serving bowls and sprinkle with cheese.

Prep time: 7 min. Cook time: 8 min  
—Joan Gilmore/Communications

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For company: BBQ chicken (cooked by my husband), big salad, and garlic sourdough bread

For potluck: big salad or garlic bread or chocolate chip cookies

For just us: graze the fridge and see what's there.

—Lonnie Hughes/Teacher Induction Program

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### Chocolate Espresso Cookies

I love to cook and bake from scratch, but the most requested cookie I make is from a mix. Buy one box of Trader Joe's Truffle Brownie Mix. Follow the package directions to make either cookies or brownies. The trick: Add 2 tablespoons (more or less) of instant espresso powder

(not ground coffee — I use Megalia d'Oro brand instant espresso) to the butter and egg mixture. It also doesn't hurt to add an additional 1/2 cup or so of chocolate chips. Bake as directed. Trader Joe's website also has some interesting variations with this mix: Pumpkin Swirl Truffle Brownies; Peanut Butter Brownies; Rumble Cakes; and Decadent Brownie Pie.

—Tracey Beauchamp/  
Communications

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### Crunch Salad - Serves: 5

This salad came to be known in my family as Crunch Salad. Everybody likes it. The cabbage and sesame seeds are good for you, although the dressing is not, but hey. It sure tastes good. You can substitute some sesame oil if you like but mind the amount, as it's a powerful flavor. My kids think the more noodles, the better.

- 3 tablespoons red wine vinegar
- 2 tablespoons white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (3 ounce) package chicken flavored ramen noodles, crushed, seasoning packet reserved
- 1/2 cup vegetable oil
- 1 (16 ounce) package broccoli coleslaw mix
- 1/2 cup chopped green onions
- 4 ounces toasted slivered almonds
- 1/4 cup sesame seeds, toasted

1. In a small saucepan, cook the vinegar and sugar over medium heat until dissolved. Remove from heat and stir in salt, pepper, ramen seasoning packet and oil. Set aside to cool.
2. In a large bowl, combine the uncooked ramen noodles, broccoli coleslaw mix, and green onions. Pour dressing over salad; toss evenly to coat. Refrigerate until chilled.
3. Sprinkle with almonds and sesame seeds before serving.

—Kris Mainland White/CFF

### Angel Hair Pasta With Fresh Tomatoes

This is a summertime favorite. I only make this when tomatoes are really ripe and sweet.

- Makes 6 first-course servings
- 1 small garlic clove
- 3 lbs. tomatoes
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon sugar (optional)
- 1/2 teaspoon black pepper
- 1 lb. dried capellini (angel-hair pasta)
- 1/2 cup chopped fresh basil

Accompaniments: finely grated Parmigiano-Reggiano, extra-virgin olive oil for drizzling

Mince garlic and mash to a paste with a pinch of salt using a large heavy knife. Core and coarsely chop two thirds of tomatoes. Halve remaining tomatoes crosswise, then rub cut sides of tomatoes against large holes of a box grater set in a large bowl, reserving pulp and discarding skin. Toss pulp with chopped tomatoes, garlic paste, lemon juice, salt, sugar (if using), and pepper. Let stand until ready to use, at least 10 minutes, or up to 2 hours at room temperature.

While tomatoes stand, cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, until al dente, about 2 minutes. Drain in a colander and immediately add to tomato mixture, tossing to combine. Sprinkle with basil.

—Tracey Beauchamp/  
Communications

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When I asked, "What does 'go-to' recipe mean?" everyone had a different idea. So here is what I came up with: A recipe you can make with your eyes closed (you've made it THAT many times): In this case it would be "leftovers" and rice. This is a way to kill two birds with one stone: create a good meal AND clean out the fridge at the same time! Recipe: Cook the rice, add

*continued on next page*

*Question of month, cont'd.*

sautéed onion (and celery too if you like), add cooked, cut-up chicken (or pork), whatever vegetables you have on hand (I prefer a mixture of diced carrots and peas), and butter, salt, and pepper to taste. Mix it all together, and there you have it. Hearty, tasty, easy, and you can rid your refrigerator of several leftovers in one fell swoop. —Rose Koller/ETS

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I like to keep frozen Margaritas on “standby” in my freezer for when unexpected guests show up. When I hit them with, “How ‘bout a frozen Margarita?”, they ALWAYS resoundingly say “Yes!” So, you might also want to keep 3 or 4 nice crystal tumblers in your freezer for serving these babies. SO EASY TO DO THIS! Warning: This process tends to generate more and more drop-in company. —Carole Cole, SBAS

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In a pinch... it's bologna sandwiches. If I have a few extra moments and a source of fire—Fried Bologna sandwiches. —John Kafel/ITS

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GO TO the phone – dial SB Chicken Ranch – GO TO the car – GO TO De la Vina – pick-up food – GO TO the fridge for a beverage. —Fred Borchers/ETS

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For a delicious, quick and easy appetizer, my uncle's nacho recipe is perfect. Requires only one can of chili, bag of corn chips, can of black olives, and one bag of shredded cheddar cheese. Turn on the oven, heat the chili in a pan, and pour the chips into a baking dish.

When the chili is hot, pour it over the chips, toss on the olives, then sprinkle with cheese. Bake until the cheese melts. I don't make this that often, but whenever I do, it's a huge hit. —Tom Heiduk/HR

**Question of the Month for December...**

“

If you could retire tomorrow, what would you do?

”

*Alan News*

Another person from the past came in to renew his credential and proceed around the office to say hello. Eric Sonquist worked here in 1986 for a couple of years as Assistant Administrator in SBAS and as personnel director. He then went on to become Chief Financial Officer at UCSB with an impressive employment history in between, including board memberships and affiliations with nonprofit organizations. He's a busy guy. It's nice that he took the time to come by and say hello to those of us who know him. —Carole Cole/SBAS

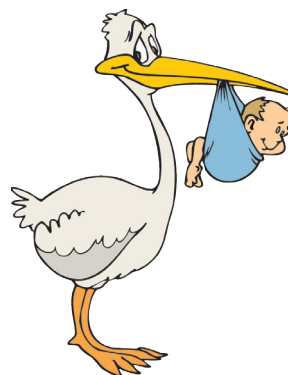
*Book Reviews:*

*The Soul of a Horse:  
Life Lessons from the Herd*

by Joe Camp

Joe Camp's memoir is written for everyone who has ever loved a horse. It teaches us about horses, especially from the horse's perspective, which is entirely different than ours. Not only is it informative, it is interesting and sometimes downright funny. Joe's insight into horses will make owning your own horse more enjoyable than you ever thought possible. The author is also the creator of the superstar Benji. He has written several books about horses as he continues to learn, and I can't wait to read his next one. He is an excellent and entertaining storyteller.

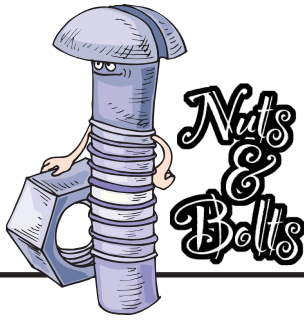
—Carole Cole/SBAS



**Oh, baby!**

Congratulations to **Maria Miramontes** (North Substitute Caller) and her precious new bundle of joy, Rebecca Abigail Miramontes, born Sept 14. She weighed 7 lbs. 12 oz., and measured 21 in. long.

—Vera Alarcon/SESS-N



## Business cards and ID badges

If you are ordering SBCEO business cards, please keep the following in mind: For business cards, the print shop needs a reprographics order form with a signature from the program manager and a budget code. If the order is for a new card, or if there are changes to an existing card, the print shop also needs a business card request form. Both of these forms are available at [sbceo.org/sbceo\\_forms/forms.shtml](http://sbceo.org/sbceo_forms/forms.shtml)

ID name badges require an ID Badge Request Form with a signature from the program manager. Graphic artist Olga Aguilar takes pictures for the badges the second and fourth Friday of the month between 8:30 a.m. and 3:30 p.m. Please

call Olga at ext. 5270 at least 15 minutes before arriving to make sure she is at her desk, and remember to bring the required form, with manager's signature.

—Matt Evans/Reprographics

## Got coffee?

Now that the 2012-13 school year is well underway, let's talk coffee. Some of you may not know about the Coffee Club at the Cathedral Oaks site. Regular and decaf are available, with all the sugar and non-dairy creamer you care to pour in, for a mere \$4 per month.

Interested? Call **Fred Cook** at ext. 5209; he's a great guy and can get you set up as a member. —Tom Heiduk/HR

## Calling 911

We do our best to be safe at work, and always hope for no emergencies. However, if an emergency situation does arise and you find yourself calling '911' for emergency assistance, please be sure your next call is to '0' so the operator knows where to direct emergency services personnel when they arrive.

Seconds can count: don't make the paramedics track down the injured party. —Tom Heiduk/HR

## I'm so proud

My son Zac's picture was chosen last Friday for the KEYT Friday Football Focus picture of the week. Zac is #94 of the D3 Santa Barbara Red Saints (bottom at right) and the picture is of him taking down the quarterback in their game against Santa Ynez Black. This is Zac's first year playing and the picture captures the highlight of his season so far.



—Jessica Lopez/HR

## Welcome aboard!

### Juvenile Court & Community Schools

**Crystal Godwin**, Secretary I,  
Los Robles High

### Special Education

**Donald Austin**, Instructional  
Assistant III, Los Olivos  
School District

**David Bauer**, Instructional  
Assistant II, Cabrillo High

**Rolando Beltran**, Instructional  
Assistant III, Santa Maria High

**Teresa Carter**, Clerical  
Assistant III, Cathedral Oaks

**Roberta Evans-O'Donnell**,  
Interpreter of Deaf/Hard of  
Hearing, Ralph Dunlap School

**Melissa Garcia**, Instructional  
Assistant III, Itinerant, South

**Josephine Gause**, Accounting  
Assistant, Cathedral Oaks

**Jeffrey Laird**, Vocational  
Assistant, South Count

**Alicia McFergy**, Licensed  
Vocational Nurse, Aliso School

**Tara Neeley**, Instructional  
Assistant III, Montecito Union  
School

**Jesus Sanchez**, Instructional  
Assistant III, Hapgood  
Elementary

**Ashley Saxon**, Instructional  
Assistant III, Montecito Union  
School

**Irene Seyer**, Instructional  
Assistant III, Goleta Valley  
Junior High

**Marc Simonetti**, Instructional  
Assistant III, Mission  
Community School

**Nancy Singelman**, Instructional  
Assistant III, Hollister School

**Evelyn Trusca**, Licensed  
Vocational Nurse, South  
County

**Ricardo Velazquez**,  
Instructional Assistant III,  
Lompoc Early Start

## Movin' on up – or rather, down

Wondering what all the hammering, sawing, and other construction related noise has been all about downstairs at Cathedral Oaks in Suite 107?

ETS (Educational Technology Services, formerly IMS) welcomed **Steve Keithley** and **Courtney Stockton** (nee Taylor) of Teacher Program and Support, who moved from the trailer near Special Ed last week into newly created offices.

Very soon we'll be adding Teacher Induction Program (formerly BTSA) staff **Lonnie Hughes**, **Brigitte Almquist**, and **Ryan Gleason** to their new digs. Welcome to everyone! Now we have enough for a baseball team...or something.

—Rose Koller/ETS

## Breakfast fundraiser a success

The SoCo Social Committee Breakfast Fundraiser held in September was a smashing success. Over \$200 was raised for Social Committee events, and folks at the office were looking quite well-fed and satisfied. Many thanks to all who donated breakfast items, and to those who came and ate delicious treats.

—Tom Heiduk/HR

## Thanks from Migrant Ed

Our big “family” is getting smaller and smaller since Luciana Gallegos and Maria Gomez retired in spring. **Esther Garcia** was out for a few weeks getting knee surgery. She is back now and we are all happy to hear her voice when she calls the office. Welcome back, Esther. We also miss **Jo Costantini**, **Laura Lazo**, and **Nora Zepeda**, who have been out working to get their health back. We send them our best wishes and hope to welcome them back very soon. **Maria Sagrero** has also been out taking care of her brand new baby. He is handsome—but what would you expect? Thanks to **Maria Garcia-Cacique** for all her support and being there for us.

This time has been challenging but it has made our family stronger and brought our team together. Everyone has stepped up to cover for these absences. Thanks to everyone of you in the program. We've made it through the first third of the year, had a successful summer program and a positive start to 2012-13.

We also wish to thank everyone at Cathedral Oaks. We could not have made it through this challenge without the help and support from staff in fiscal services and human resources, **Zonia Chaney** and **Jan Clevenger**, as well as the encouragement from our neighbors at North County. Thank you, everyone.



—Patricia Rodriguez/Migrant Ed

## sbceo Crossword

### Across

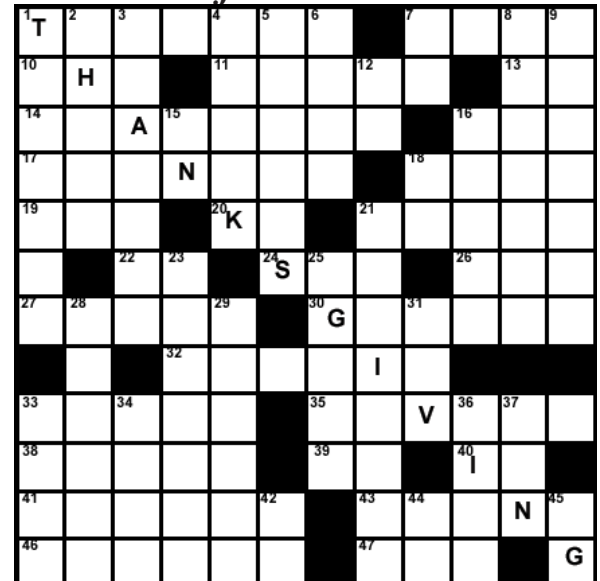
- 1 Chips & salsa are often part of this
- 7 Go off-target
- 10 Atomic make-up of water
- 11 To entertain in a playful manner
- 13 Admin. Sec. I in Teacher Progs.; init.
- 14 Responding to a stimulus
- 16 The James Joyce in S. Barbara is one
- 17 Acquiring or deserving as a result of effort
- 18 SBCEO's Barbara, Carole, or Susan
- 19 Fun to watch on Super Bowl day
- 20 Lompoc Unified School District Board Member; init.
- 21 Unrestrained indulgence or outburst of activity
- 22 Liberty School Asst. Principal; init.
- 24 Tree fluid
- 26 80's Rocker Adam
- 27 SOUNd Navigation And Ranging
- 30 Rasps; Scrapes; Grinds
- 32 Uttered again
- 33 Gordon Sumner alias
- 35 To spend or devote for future benefit or advantage
- 38 Dogpatch denizen Lil' \_\_\_\_\_
- 39 HLN TV commentator and DWTS contestant; init.

- 40 Polish-born violinist and conductor; init.
- 41 Description of a “blue “ state
- 43 Yields
- 46 Has life
- 47 Wade's legal foe

### Down

- 1 Colloquial term for clothing
- 2 Clothing store “Territory \_\_\_\_\_”
- 3 Make less subtle or refined
- 4 Javanese wax-resist dyeing technique
- 5 Building block acids that comprise protein
- 6 Ladder step
- 7 Repro/Comm. Admin. Asst. ; init.
- 8 Triangle with all different sides or angles
- 9 Wall and Main
- 12 MEES Clerk at Hope Educ. Center; init.
- 15 La Colina Jr. High School Asst. Principal; init.
- 16 Sacha Baron Cohen's Kazakstani reporter
- 18 Arthur Hapgood School Principal; init.
- 21 ROP Instructor Shelly at SMHS
- 23 Gathers or collects evidence
- 25 “Oops, I did it \_\_\_\_\_”
- 28 Where outgoing e-mails are temporarily stored
- 29 Bemoan; rue; lament
- 31 Part of speech that modifies the vb.
- 33 Mentally sound

## “Be Thankful”



Submitted by Fred Borchers/ETS

- 34 The Incan sun god
- 36 Irish Gaelic name for Ireland
- 37 nine-digit citizenry no.
- 42 North County Liaison Office Admin. Secty; init.
- 44 El Camino Jr. High Principal; init.
- 45 Sodium glutamate

# Health & Safety Tips

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

## The risks of sitting too much

Researchers have linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome—a cluster of conditions that includes increased blood pressure, high blood sugar, excess fat around the waist, and abnormal cholesterol levels. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer.

A study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day. Those with greater screen time had a nearly 50% increased risk of death from any cause and about a 125% increased risk of cardiovascular disease, including chest pain (angina) or heart attack.

Any extended sitting—at a desk or behind the wheel—can be harmful. What’s more, a few hours a week at the gym or otherwise engaged in moderate or vigorous activity doesn’t seem to significantly offset the risk. The solution seems to be less sitting and more moving overall. You might start by standing rather than sitting while talking on the phone or eating lunch.

The impact of movement can be profound. You’ll burn more calories, and this might lead to weight loss and increased energy. The muscle activity needed for standing and other movement seems to trigger important processes related to the breakdown of fats and sugars within the body. When you sit, these processes stall and your health risks increase. When you stand or actively move, you kick the processes back into action.

—Donna Scott/NoCo

### Answers to Crossword (p. 5)

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

## KIT also posted on the Intranet

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

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



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