

Partnership For Awareness

1613 Chelsea Road, Suite 154

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From The President

As we embark on a new school year, I am happy to assume the duties of President of Partnership for Awareness for another year. Our board of directors hopes to continue taking the organization in the direction we started last year, offering meaningful speakers and programs for the youth of our community and their parents. Please check our calendar and watch for publicity for upcoming programs, and we hope you will be able to participate. Once again, all programs will be offered at no cost.

I would like to thank our current board of directors for their time and energy in continuing to volunteer with Partnership for Awareness. We are happy to include on the board parents from all four San Marino Unified Schools, as well as from private schools in the area. Our advisors include administrators and community members. The board truly reflects the community spirit of PfA.

One of the major goals of our board for this year is to have a fully functioning website. Marion Fong has taken on this task, and I know she will welcome information from knowledgeable members of our community. You can reach her at Mfong@mreadvisors.com with suggestions for our website. Thank you Marion, for taking on this important project.

On our schedule will be "Cool Stuff", a program for young teens, teens and their parents with current information on practical matters; The State of San Marino Safety Seminar will be moderated by the San Marino Police and other civic groups; an internet safety program targeted for middle school students is under development, and we have more programs coming during the year. We will be publicizing these events as the plans are finalized.

Please join our efforts to help build "emotionally hearty" young people in our community, and volunteer with us, support us financially, and attend our programs. We are truly an organization of our community and we appreciate your support.

Janet Morgan
President, Partnership for Awareness

CHECK OUT OUR WEBSITE:
www.partnershipforawareness.org

THE INTERNET: What Is A Parent To Do?

Charles Weinstein, Ph.D., A.B.P.P.

Much of the fanfare regarding media attention and the internet has passed. Yet for those living with pre-teens and teens, the issue is a daily one. Concerns regarding exposure to graphic sexual material continue. In addition, risks regarding predators are ever present. There may not be any new solutions, but in consulting with parents I have arrived at a few conclusions.



- ◆ There are options for parents. However, the essential first step is for parents to become computer savvy and internet savvy. Read a book, ask a friend, hire a computer consultant. You must know the technology. You do not need to be an expert and the technology is less daunting than you imagine.
- ◆ Speak honestly and with knowledge to your teens regarding your concerns. Scare tactics or exaggerated stories will either turn them off or make the internet even more alluring. Speak from a values point of view ("These are my values. You may not agree with all of them, but these are values we live by in this family. I want to hear your opinions, but the bottom line is we all try to live by these values in this home."). Discussions regarding

good judgment, the risks of contacting people online, and concerns regarding graphic sexual material are crucial to helping your teen understand your issues and to encouraging an ongoing dialogue.

As a parent it is important to decide how you will monitor your teen's internet usage.

- ◆ A good faith approach assumes that your teen will abide by your limits without much monitoring. In addition, it assumes that you will find out if your teen does not follow those limits. The positives of this approach include trying to give your teen an opportunity to make wise choices and building trust between you and your teen. The negatives include that you may not discover if your teen is not following your limits and is exposed to situations that are not healthy.
- ◆ A monitoring approach includes purchasing software that will block access to certain websites and will allow you to monitor which websites your teen is visiting. This approach puts less responsibility on the teen and gives the parent some sense of assurance, but it can create conflict ("You don't trust me." "You are treating me like a child.")

There are several options which lie between those two options. If you think about the internet and your teen as you think about alcohol and your teen, you might come to some consistent approach. Some parents lock up the alcohol in

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GET INVOLVED WITH PFA!

Partnership for Awareness is looking for concerned and energetic people with various skills to help us organize events like Red Ribbon Week, find articles, perform administrative duties, or help with the mailing of these newsletters. We meet during the year to share news and ideas that pertain to the mission statement of PFA.

If you are concerned about the welfare of our children and are looking for a way to help, please contact Partnership for Awareness President Janet Morgan at:

jmorgan007@aol.com



SAN MARINO UNIFIED SCHOOL DISTRICT
FOOD SERVICE DEPARTMENT
 1665 WEST DRIVE,
 SAN MARINO, CA 91108

WHERE ARE THE SODAS?

By establishing healthy habits early in life, children can reduce their health risks, and live healthy and productive lives. They will also increase their chances for longer, more productive lives. We all want the best for our children. Here's what we are doing in our schools here in San Marino.

The San Marino Unified School District encourages parents and guardians to support our efforts to create a healthy and nutritious environment for our children. In accordance with State Laws SB12 and SB965 and Board Policy 3550 we are promoting healthful food choices and sensible portions throughout our schools. The new laws and policies apply to the school snack and meal programs as well as all vending machines. We are also supporting nutrition education and physical activity. The beverage choices now include 100 % fruit and vegetable drinks, other beverages with no added sweeteners or soda water, and a variety of milk and electrolyte drinks. Snacks items now contain less than 35% calories from fat, less than 10% calories from saturated fat and contain no more than 35 % sugar by weight.

You can help your children lead the healthiest lives possible by supporting our efforts to create a healthy school environment and reinforcing healthy eating habits at home.

To read more about SB12 and SB965 and the District' Board Policies visit our website at <http://www.smusd.us/di/administration/foodservices>.

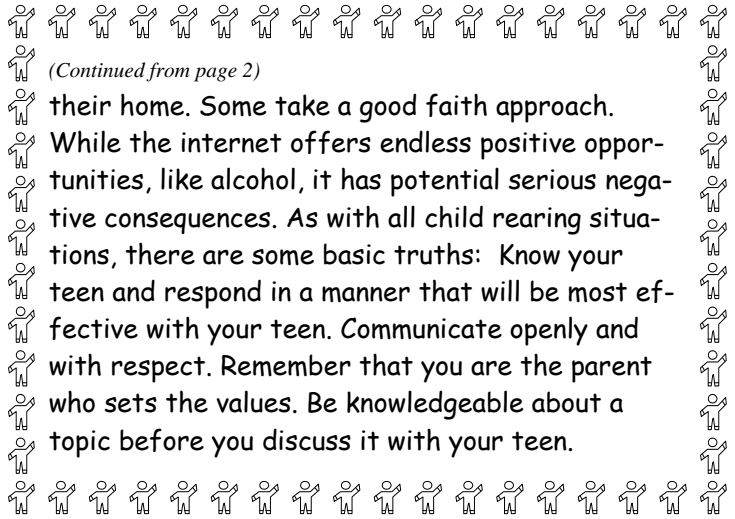
Visit these other sites for useful information and and fun activities:

<http://www.cde.ca.gov>

<http://www.fns.usda.gov/tn>

<http://www.eatright.org/public>

Please call Carolle Thompson, Director of Food services, at (626) 299-7000 ext 323 if you have any questions.



Family Dinner Is The Recipe For Great Kids

Gayle Jo Carter, *USA Today*, 09/22/2006



As the hectic fall days start to crowd your family time, let's take a nudge from the National Center on Addiction and Substance Abuse: Monday is its Day to Eat Dinner with Your Children. Studies show teens of families that dine together are less likely to smoke, drink, try marijuana or have weight problems and are more likely to get good grades, have friends that parents approve of, and confide in Mom or Dad.

Sound like an impossible dream? Author and social psychologist Susan Newman has these family meal tips:

- Lower your standards. Takeout, delivery or prepared foods are fine. Try breakfast for dinner. The point is togetherness, not gourmet cooking.
- Eat with whomever is available.
- Soccer game? Dance rehearsal? Pack a picnic and take it on the road.
- Get the kids involved in the menu, prep and cleanup. Once they are invested, they'll be motivated to attend.
- Make sure you don't gripe, grill, criticize or argue at the table. "Dinner should be positive," Newman says. The point is to make it fun, not drudgery, for everyone.

Recipe for a

FIREPROOF KITCHEN

Liberty Mutual Publication, Vol. 10, Issue 3, Fall 2006

Parents call it the “witching hour,” that time just before dinner when everyone is hungry, tired and clamoring for attention. It’s also prime time for kitchen fires—the leading cause of home fires and related injuries.

Mark FIRE PREVENTION WEEK (October 8 to 14) and this year’s theme, “Prevent Cooking Fires: Watch What You Heat,” by reviewing your kitchen safety routine.



- ◇ Smoke Alarms & Extinguishers: These are kitchen essentials. A multipurpose ABC-rated extinguisher can put out small fires involving appliances, linens or electrical outlets. Learn how it works before you need it, and follow its maintenance instructions.
- ◇ Young Children: Make sure they understand the dangers of interrupting you while you’re cooking. Give them your full attention for a few minutes before starting to cook.
- ◇ Stove Top: Never leave a pan when cooking with oil, grease or butter, which are highly flammable. If oil starts to bubble, remove the pan from the burner, rather than turning down the heat. Never pour water on a grease fire or use a fire extinguisher on a pan fire—both can spread the flames. Smother small grease fires with baking soda or by covering the pan. Then turn off the burner and slide the pan off it.
- ◇ Oven: Keep an eye on food in the oven, and never leave the house when the oven is on. Keep it clean—food and grease spatters can ignite. When broiling, place the rack two to three inches from the heat and set a pan beneath the rack to catch fat drippings. Don’t use aluminum foil for this purpose—the drippings can catch fire or spill. If a fire starts, keep the oven door closed and turn off the oven.
- ◇ Microwave: Turn off and unplug the microwave in case of fire. Don’t open the door until the fire is completely out. Have the appliance serviced before using it again.



DON'T GET BURNED!



- Use a frying pan splatter guard.
- Never move a flaming pan.
- Don't use a wet oven mitt—your hand could be scalded.
- Let food cool slightly before removing it from the microwave.
- Don't leave hot food and liquids within a young child's reach.



PfA In Our Community!

RED RIBBON WEEK

Betsy Felix and her four school site Red Ribbon Week Chairs planned a series of events to celebrate National Red Ribbon Week October 23-27. Students at all four sites received silicone red bracelets and special lollipops that remind them to "Live Smart."



...At San Marino High School: Huntington Drive was festooned with red ribbons thanks to the efforts of volunteers headed by the SMHS chair Susan Seaman.

...At Huntington Middle School: Alison Hodgkiss featured a week of activities that included faculty and students in games and fun as well as a message of healthy choices.

...At Carver Elementary School: Connie Knott had Carver kids emphasizing healthy choices in all aspects of life with different activities each day.

...At Valentine Elementary School: Valentine hosted a Drug Free BMX Bike Show with the help of chair Elizabeth Saldebar.

Thank you to all participants in the organization and execution of this year's Red Ribbon Week. Partnership for Awareness is proud to fund and sponsor the events that promote positive choices for the young people in our community.

PfA Speakers Program—Mark Your Calendars!!!



Tuesday, November 7th, 2006

7:30 – 8:30 pm, Webb Auditorium, San Marino High School



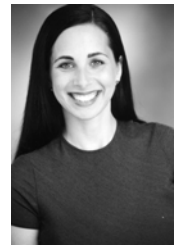
Kent and Kyle Healy, Two Brothers who Speak about “Cool Stuff They Should Teach in School”

“Cool Stuff They Should Teach in School” is a presentation by the two famed brothers, Kent Healy, 21 years old, and Kyle, 22 years old. Their message and approach on how to really succeed in life, following their book of the same title, is a unique one delivered to youths by youths, the generation to whom our kids really listen. The two brothers come in jacket and tie with board shorts and flip flops to deliver their message to kids of all ages on how to develop a mind set for personal success and getting what you really want out of life. Their wisdom has been gained through tons of research and personal experiences in, to name just a few, starting their own skim board business at fifteen and sixteen, living abroad in New Zealand, and attending five different high schools. Their message is entertaining, interactive, practical and inspirational. They have won numerous awards for their presentation, and have been hailed as “America’s Coolest Young Success Coaches”. The Healy’s are authors and columnists for the Orange County Register and the Sun Post News. They have appeared on TV and radio stations across the country, all while attending UCLA and Saddleback College. Both Parents and kids will take something useful away from this presentation. This is an hour well spent.



Tuesday, January 30th, 2007 *Date tentative!*

7pm, Location TBA



Overcommitted, Overwhelmed, and Over it!!! “Stress Management for High Achieving Families”

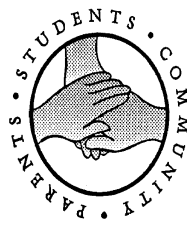
To make the A-list of life, kids today have to do it all. They’ve got be academic, athletic, and loaded with extra-curriculars. They’ve got to be social butterflies, dress like movie stars, and perform community service. They’ve also got to be STRESSED OUT! How can students manage this stress? Can they slow down without falling behind? How do we celebrate accomplishments in the age of “never enough”? Juliet Funt, columnist, author, improvisational comedienne, and daughter of Candid Camera’s creator Allen Funt, will entertain enormously and help us to laugh at our lives as she describes practical advice for dialing down the stress and holding onto your sanity. Parents with children of all ages are welcome. Middle School and High School students are encouraged to come with their parents.



Programs still coming from Partnership for Awareness:

- **Safety and Community Issues Forum moderated by San Marino Police Department, School Administrators and Community Leaders.**
- **Internet Safety Program for students.**

*Please watch for information and publicity on these programs as their scheduling is firmed up.



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1613 Chelsea Road
San Marino, CA 91108

PfA Schedule of Events (2006-2007)

November 2006

11/07 "Cool Stuff They Should Teach In School"
(Webb Auditorium, SMHS, 7:30PM—8:30PM)

January 2007

01/30 Overcommitted, Overwhelmed, and Over it!!!
"Stress Management for High Achieving
Families"
(Location TBD, 7:30 pm)

If you have suggestions for future events or have resources you would like to share with the PfA community,
contact Janet Morgan at jmorgan007@aol.com.