



# Ole Steller Yeller

February 5, 2010



## Welcome Back

If you are anything like I am, one of the things you did over the break in abundance was eat. Turkey, ham, yams, pies of all types etc... were consumed to the point of bursting. It was also a time for grandmas, grandpas, family, and friends to experiment with different concoctions that are lauded as “mm-mm good!” For example, a mixture of pineapple cubes, melon balls, and a dash of vanilla all combined with sparkling water was supposed to be “to-die-for”. And I almost did, trying to drink the delicacy while keeping a straight face!

The house was alive with the sounds of little feet running around and, yes, sometimes falling down. But, it was all in good fun and as soon as the “boo-boo” was patted, blown on, or kissed they were right back at it, giggling and screaming as though nothing ever happened. I never knew such small throats could produce such loud, penetrating sounds! However, I don’t think there is a more beautiful sounds than the laughter and screams of a small child having fun.

It is also very curious how moms and dads all over rush out to buy wonderful things for their young ones thinking all the while that “He is going to really love this!” or “She will be so happy to get this!” only to discover the truth.

What is the truth? Two-year olds would rather play with the paper and the styrofoam packing materials than their new toy! I think next year I will buy large quantities of brightly colored paper, ball it all up, stick it all in a large bag, and give it to my son.

My daughter acted as if she was in a competition to see how many presents she could open in the least amount of time. As soon as she unwrapped one she was on to the next and the item was cast aside never having been played with. Then she tried to take my son’s presents and open his. When asked why, she said that it is ok because she was “only trying to help”.

We wanted her to begin taking piano lessons this year. Some of you may be able to relate to this. Not having a piano, my wife and I began looking for one. We got one from Costco. Although it is not a Grande and does not fill up the entire room, it is pretty big, taking up a third of one of the downstairs playroom walls. I told her that someone had brought her a very special gift and it was downstairs. Keep in mind she had been unwrapping brightly colored packages for the last 15 minutes. We went downstairs and she looked around for presents, walking past and nearly bumping into the piano. She did not see the large black item against the east wall of our downstairs playroom! Neither my wife nor I said anything while my daughter asked, “Where is the present daddy?” In the meantime my little boy spotted it right away and rushed over. He climbed onto the stool and began to play the favorite tune of all two-year olds, “The Ode to a Little Kid”. Then my daughter said, “Oh, whose piano is that?” We just smiled...

Having had very little as a child, I am aware that I spoil my little ones and I know that experts say that I shouldn’t do that. However, I know for a fact that you are only young once and for a very short time at that. So, I intend for their childhoods to be the best of times for as long as I am able to make it so.

## Nurse's Notes



### **Health Screening**

Just a reminder, all 7<sup>th</sup>, 10<sup>th</sup>, and new-to-district students are completing health screening this month. Health screening includes vision, hearing, height, and weight. If your student fails any portion of the screening, a referral for follow up will be mailed home. If you have any questions or concerns please feel free to contact me @ 742-4963.

### **Cold Weather**

The days are starting to get longer as the minutes of daylight add up; however, this being Alaska, it is bound to get colder before spring arrives and the snow melts. Freezing temperatures put at us risk for cold weather injuries and related woes. Education regarding prevention, identification, and treatment of frostbite and hypothermia are important for all of us trying to stay warm while living in Alaska.

**Frostbite** occurs when skin and underlying tissue freezes. This occurs when you are exposed to freezing temperatures. Frostbite worsens progressively; initially, the affected area feels cold, turns white, stiffens, then becomes tingly or stings. As it continues to worsen, the tissues harden and may change from white to blue or grey. Eventually, the area numbs and the feeling of cold and pain go away. Areas affected most commonly are your extremities (fingers/hands/toes/feet) and the face (nose/cheeks/ears).

**Hypothermia** occurs when your body temperature falls below normal as a result of exposure to cold or freezing temperatures. Hypothermia worsens progressively; initially, you may begin to shiver and have difficulty performing fine motor tasks such as zipping your coat or tying a shoe. As hypothermia worsens, you experience slurred speech, weakness, disorientation, and become tired. Eventually, your pulse slows and your body becomes stiff.

**Treatment** for frostbite or hypothermia involves immediate medical attention by a health care provider. One should get out of the cold, change into warm dry clothing, and hydrate with warm water. Re-warming should be done slowly if possible via skin-to-skin contact, warm blankets, or a luke-warm water bath. Do not rub frostbitten skin as this can damage the tissues. The re-warming process is painful and tissues may swell. Remember, frostbite and hypothermia are life-threatening conditions and require medical attention as soon as possible.

**Prevention** is key. Remember to plan ahead, dress in layers, and wear cold weather accessories such as a hat, gloves, scarf, and wool socks. Go inside and warm up periodically, stay hydrated, and eat snacks to keep your energy up. Avoid tobacco and alcohol. Tobacco decreases circulation while alcohol impairs judgment and interferes with temperature regulation.

### **Cold Weather Vehicle Tips for You and Your Driving Teen:**

- ∞ Keep an emergency kit in your vehicle (blanket, flashlight, flares, jumper cables, extra winter clothes, a shovel, etc).
- ∞ Plug in your vehicle and let it warm up in temperatures below 20 degrees F.
- ∞ Be careful pumping gas. Gasoline on the skin lowers skin temperature as it evaporates putting you at risk for frostbite.

### **Building Our Youth's Developmental Assets**

Each month, in addition to the Nurse's Notes, I will include The Search Institute's "Ideas for Parents" a mini-newsletter containing suggestions and ideas on how to build your child's assets. This month's focus is Resistance Skills: Navigating Peer Pressure and Dangerous Situations. More information can be found at the Safe & Drug Free School's link via the ASD website, The Search Institute [www.search-institute.org](http://www.search-institute.org), or by contacting me directly. I also have a great book on developmental asset building in Alaskan youth if you are interested.

*Nurse Wendy*

# ideas for parents

**Practical Suggestions for Building Assets in Your Child**

**FAST FACTS**

**ASSET #35:  
Resistance  
Skills**

*Youth are more likely to grow up healthy when they can resist negative peer pressure and dangerous situations.*

**37%**  
of youth surveyed by Search Institute have this asset in their lives.\*

**What Are Assets?**

*Assets are 40 key building blocks to help kids succeed. "Resistance skills" is one of five social competencies assets.*

\*Based on Search Institute survey of almost 100,000 kids in 12th grade youth throughout the United States.

## The Double Bind of Resistance Skills

**Sometimes parenting feels like a struggle.** At times, your child challenges the boundaries that you've set. Or your child starts to question your advice. What is going on?

Your child is practicing resistance skills. While we all want our children to resist negative peer pressure and dangerous situations, our children don't easily learn what's important to resist and what's not. So they practice—at times—on everything. By saying no, they're figuring out what they don't want. And they're also discerning what they do want—what they want to say yes to.

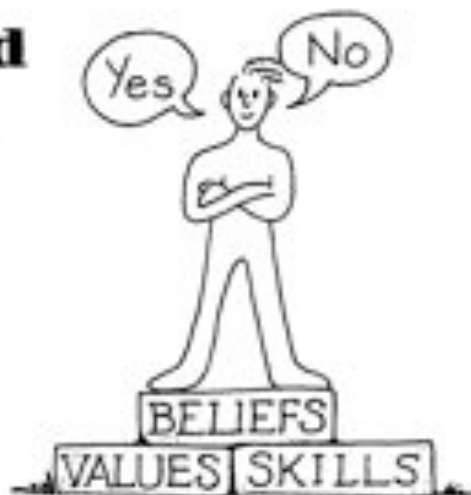
Teach your child resistance skills, but also teach your child the values that support why they would take a stand on an issue. A teenager who has had many conversations with her or his parents about drug use, premarital sex, safety, and personal boundaries will know what to do when asked to ride in a car with a person who has been drinking alcohol.

So as you build this asset in your child, focus not only on how to resist and assert, but also on what to value. What to say yes to. What is healthy. What is safe. Then when your child is confronted with a sticky situation, you can

### Helpful Hints

*Tips that help your child develop resistance skills:*

- Encourage your children to express their feelings, beliefs, values, and opinions at home.
- Allow them to tell you when they disagree with you.
- Point out two or three things youth are saying yes to by saying no.



feel assured that he or she will make a good decision and stand firm in what he or she believes.

## time together

*Three ways to help your child build resistance skills:*

1. Model and role-play resistance skills. Afterward, talk to your child about the experience and what was easy and difficult about it.
2. Read stories and talk about people in the world (such as Rosa Parks and Gandhi) who resisted doing what everyone else was doing. What were keys to their doing so?
3. As you observe others, point out the different ways people use resistance skills: some are subtle, some are obviously assertive, and some are aggressive. Talk about what's appropriate for different situations.

**Quick Tip:**  
Saying no doesn't have to be negative.

## talk together

Questions to discuss with your child:

- How easy is it for you to say no? Why?
- What is difficult for you to resist? Why?
- How do you act when you have trouble resisting? How do you act when you find it easy to resist?

### Observe and Talk

Observe how your child reacts emotionally when resisting something. Talk about your observation with your child.

## Ways to Resist

**R**esisting negative peer pressure and dangerous situations isn't always easy. With your child, discuss these possible ways to resist. Which of them does your child like? Dislike? Why?

- Walk away from the situation.
- Calmly say no.
- Share your feelings.
- Use humor.
- Stand up for yourself.
- Ignore the person or situation.
- Confront the person.
- Call a friend to help you.
- Stay away from the situation from then on.
- Invite a peer mediator to help.
- Tell a caring adult.

### More Stuff You Can Use

Helping Kids Learn Refusal Skills. This booklet gives creative, practical advice on how to help kids develop resistance skills. (Available from Johnson Institute, 7205 Ghms Lane, Minneapolis, MN 55439-2159; 1-800-231-5365.)

## Final Word

**"Saying no is like giving yourself a present . . . It establishes boundaries. It gives you self-definition and self-respect."**

—Louise Hart, Ph.D., author of *The Winning Family*

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### Steller Open House

Tuesday, February 9, 2010

7:00 pm.

Invite your friends and family with students 6th grade and above. Help us show them why Steller is the school to choose for an outstanding education.

### All Community Meeting

Thursday, February 18th

7:00 pm.

Sponsored By Op Group.



# Keep Gym In Our School

## Steller Community,



Please remember to nominate our school for the NFL Keep Gym in School Grant where we can get \$1,000-\$50,000 to improve our P.E. Program. Replacement of broken items, a larger weight room with better

equipment, better storage, an outside track and basketball court are all a possibility, but we need everyone in the Steller Community to come forward and nominate us.

### It's easy to do online:

- 1) Enter address: [www.keeptgyminschooll.com/nominate-school.aspx](http://www.keeptgyminschooll.com/nominate-school.aspx)
- 2) Click on button "Nominate your school".
- 3) On Grant Nomination Page:  
Type in your name.  
Provide an e-mail address. (If it doesn't accept it, put in another address.)  
Use drop down menu and select your relationship to the school.  
Enter school information:  
Steller Secondary School  
2508 Blueberry St.  
Anchorage, AK 99503
- 4) Complete 2 larger boxes-- stay under 1000 characters & spaces or do as a Word Doc & get a count, then cut & paste it into the boxes.
- 5) 1st box Explain why we need the grant.  
Describe our current program.  
  
2nd box Explain how we plan to use the money.

Remember: Your family and friends can also make a nomination, so please spread the word!! The deadline for nominations is March 1st.

**How we currently use the gym** (with Wt. Room, Locker Rooms/Bathrooms) at Steller:

- \* Wt. Training
- \* Lifetime Personal Fitness
- \* Volleyball
- \* Intro to dance
- \* Soccer
- \* Rec Games
- \* Lunchtime: Gym Hockey
- \* After School: Open Gym & Jujitsu (martial arts)
- \* After 4:00 P.M., our gym is rented out to various groups throughout the school district.

### Other uses of the gym:

- \* Steller Olympics
- \* Steller Auction
- \* Activity Night Games
- \* Intensive PE Classes (ex. fencing, volleyball, ping pong, badminton, soccer, gym hockey, kickball, cone ball, ultimate frisbee, frolf, tennis, basketball, football, golf, and baseball)

### What we would like to do:

- \* Repair basket ball hoops and replace nets
- \* Replace all old worn gym equipment
- \* Enlarge the gym to include a bigger weight room and more storage
- \* Build an outside track for running
- \* Build a hockey rink and basketball courts
- \* Get better weight training equipment, such as: some tread mills, exercise bikes, ellipticals, more hand weights, bench presses, a sauna and showers.

Thanks,

The Toni & Shanley Advisory Group and Troy Advisory Group

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# Reading Aloud to Teens Gains Favor Among Teachers.

Mary Ann Zehr: .EDUCATION WEEK

Mention teachers' practice of reading aloud to their students and a typical image comes to mind: In a cozy corner of an elementary classroom, youngsters are gathered on a rug, listening intently to *Charlotte's Web*.

But, in fact, many teachers across the country are reading to students in middle and high schools, too, and some education researchers say more teachers of adolescents ought to be using the same strategy.

English teachers are reading aloud to teenagers classics ranging from the *Odyssey* to *Of Mice and Men*. History and social studies teachers are voicing the words of the Declaration of Independence and letters home from U.S. soldiers in the Vietnam War. Even some math and science teachers are reading to adolescents in class.

The technique is getting attention amid a bigger push for improvement in adolescent literacy, as educators emphasize that literacy is not just a concern for the elementary grades.

Many teachers made reading aloud a regular practice after attending sessions at education conferences by Jim Trelease, a journalist and the author of the *Read-Aloud Handbook*, published by Penguin in 1982. Now retired, Mr. Trelease has been a longtime crusader for getting parents and teachers to read to students of all ages.

"If the only thing a teacher shares is from a textbook, how are you going to get students excited about reading?" he said in a recent interview.

Other teachers found by trial and error that reading aloud worked for adding interesting content or making literature come alive for students. And some educators say they read to their classes to model good reading, such as by asking comprehension questions as they go along, or simply because students love it.

Some of those ideas might have come from *Read It Aloud!*, a book published in 2000 by the **International Reading Association** based on a column advocating reading-aloud techniques for secondary-level students.

"Words of caution." Some educators and even those who are fans of reading aloud say the approach should not be **overused**. They say a teacher's reading aloud shouldn't become a crutch for students who don't want to read anything on their own. And, most research about reading aloud has been conducted on elementary school students; findings on how the strategy affects adolescents are limited.

*For the full article go to:*

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[http://www.edweek.org/ew/articles/2010/01/06/16read\\_ep.h29.html?  
tkn=UN\[Fx3bLjkKLdQye5ls2RalA9K576xX0pBAu](http://www.edweek.org/ew/articles/2010/01/06/16read_ep.h29.html?tkn=UN[Fx3bLjkKLdQye5ls2RalA9K576xX0pBAu)

## *Two of Steller's Own*

In case you didn't know, our choir teacher Mary Schallert is the aunt of two very brave young people that attended Steller. Her niece and nephew, both of whom were Steller students were in Haiti when the earthquake hit. Julian Brelsford was in a small village south of Port Au Prince doing relief work, and he brought Christa Brelsford who is currently working on her PhD in engineering to have a look at the infrastructure.

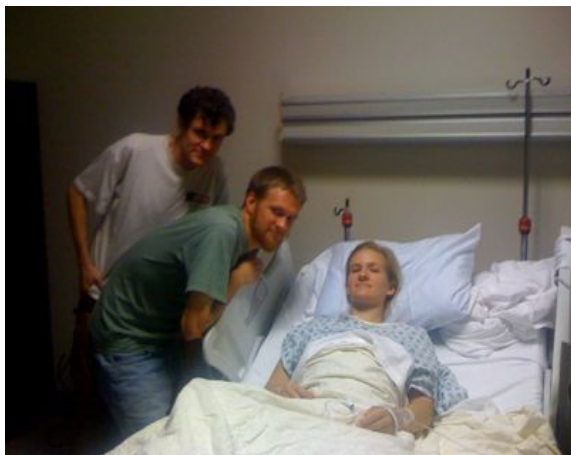
The village and the country gets pummeled every time a hurricane blows through. Christa left Steller at the age of 16 to go straight into college, and Julian did the same. She sort of jokes about being a high school drop out with a PhD. Julian and Christa are in Miami now- Julian with broken toes. Christa's leg was crushed under one of those buildings she was looking at, she will loose her leg but she is alive and was medi-vaced to Miami. "T'is handy to be American." These are kids to be proud of, and they are connected to the our school.

There is a big story on Christa in A.D.N and a video link to an interview Christa did on CBS. The story begins at the link below.

<http://www.adn.com/email/newsreader/story/1094915.html>

The story continues on the link below and you can view the video on this link as well.

<http://www.cbsnews.com/stories/2010/01/15/world/main6100292.shtml>



Following is an email sent from Alan Brelsford, also a Steller graduate who is completing his PhD from The university of British Columbia. I talked with Julian on Sunday, it was so great to hear his voice. The email below was sent to family and friends, but it gives you a picture of how they are doing. Thank you for your support in this. Christa would have died if she didn't get to an American hospital. How many Haitians with the same injury have died? It is hard to fathom.

Julian is requesting donations go to HaitiPartners.org I think this organization is run by Haitians. It is an umbrella for several non profits including the one Julian has been working with.

Thank you again. Mary

A big group of family is gathered together today and Robbie and Erica Schallert's apartment, which looks out over downtown Miami and across to Miami beach. Christa is having her third surgery this morning, and we will all visit her one by one this afternoon. Julian is here working tirelessly to get more aid to the areas outside of Port-au-Prince, especially the area around Dabonn and Leogane. He is very concerned that many of the friends and strangers who helped he and Christa get to safety may be stuck without access to food, water or medical care and supplies. However, we were all cheered to see the news reports that at least some aid had arrived in the Leogane area late yesterday.

Christa and Julian are asking friends and supporters to give through HaitiPartners.org.

Alan and Jess arrived in Miami on Saturday afternoon from Switzerland, so the whole family is together for the time being. Ethan, Christa's boyfriend, has been making sure that Christa gets everything that she needs. Having been here since Thursday, he has mastered the ins and outs of the hospital, and also makes sure that Christa doesn't get

## Two Of Steller's Own (continued)

overwhelmed with too much attention and activity in the room.

Yesterday, Christa kept a very busy schedule! We arrived during her physical therapy in the morning. She is already up and using the walker to get around her room and the hallway nearby. She is also instructed to eat, eat, eat to help her body heal - "a cheeseburger, but not from McDonalds"

was her first request. We then helped her wash her hair, which was still full of concrete dust. She had been looking forward to that for days! In the afternoon, Christa had a string of visitors, starting with Alex Sink, who is currently the chief financial officer of Florida and will be running for governor. She was in Miami to look at what else the state could do to help with the situation in Haiti. With her were two Haitian American state representatives, i.e. elected to office in Florida. They were particularly interested in trying to get aid to the more outlying areas, so Julian and Christa were able to give them more information about Dabonn and Leogane. In particular, Christa said that members of the Sri

Lankan peacekeeping battalion who helped her have advanced medical training, but no supplies to speak of. Getting supplies to that area would really help many of the wounded people who arrived and spent the night with her at the Sri Lankan outpost.

As soon as the politicians left, a young man whose leg was amputated below the knee arrived. He had seen Christa on the news, and wanted to offer her some advice that he wished someone had offered him when he was in the same situation. He was a very active kite boarder, and he gave her some advice about prosthetics, but he also said that she shouldn't have to slow down much. She remains really optimistic and resilient. Julian is starting to walk on his wounded foot, and also seems to be doing well.

We remain profoundly grateful for the calls and notes expressing support. We are not as quick in replying to all, but please understand. Jess is helping us to try to get update notes out more regularly.

Taylor, Alan, and Jess

## American Red Cross Coin Drive

It's time to empty that coin jar! This year, Steller Secondary students chose Haiti Earthquake Relief through the American Red Cross of Alaska as our annual coin drive fundraiser.



On January 12, 2010, a series of earthquakes with magnitudes ranging from 6.5 to 7.3 devastated Haiti. The American Red Cross is working with its partners in the global Red Cross and Red Crescent network, including the Haitian Red Cross, and other partners to assist those affected by this disaster.

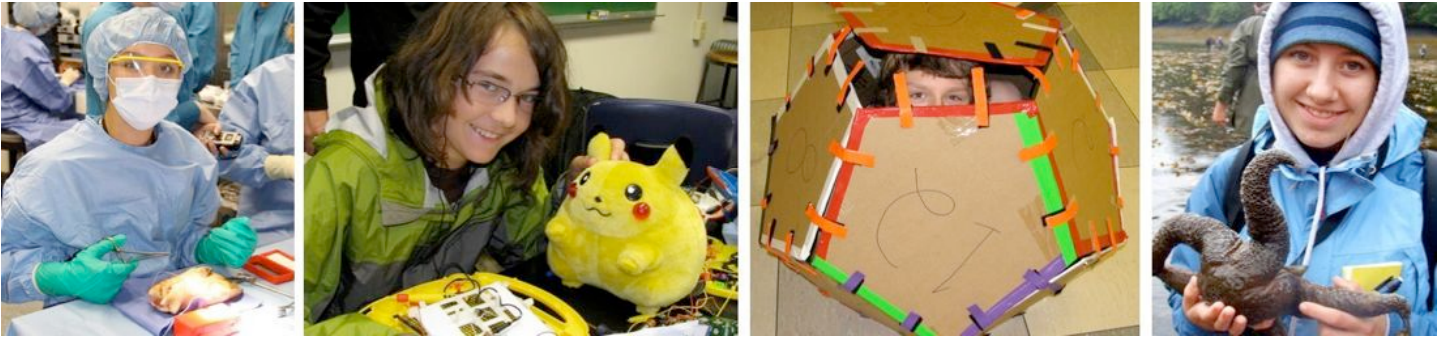
So empty your coin jar, check those couch cushions and turn your pockets inside out and lets put the estimated \$10.5 billion in loose change that sits idle in American households to a good cause. Steller's coin drive will run from 2/1/10 through 2/12/10. Donations can be spare change, cash, check, or made online @ via the American Red Cross website.

The advisory group who raises the most money will be treated to a pizza party!

[https://alaska.secureweb1.org//index.php#donate\\_form](https://alaska.secureweb1.org//index.php#donate_form) (Secure page link) Please be sure to write Steller and your student' name in the "remember someone special" box. This will be the only way we will know it is from Steller and for which Advisory Group.



# The Alaska Summer Research Academy - July 19 - 30, 2010



ASRA proudly celebrates it's 10th year. Please join us for a fabulous summer experience on the UAF campus.

New modules this year include Genetics, Advanced Robotics, Not So Simple Machines, and an advanced biology and engineering module.

Forensics and Civil Engineering are returning for a total of 17 exciting modules! Please check our website for complete details.

Applications will only be accepted February 15 to March 1, so don't wait!

Go to our website: <http://www.uaf.edu/asra>

Jeff Drake, Director  
Alaska Summer Research Academy (ASRA)  
College of Natural Science and Mathematics  
University of Alaska Fairbanks

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## Murkowski Internship

My name is Rochelle Hanscom and I am the intern coordinator for the office of Senator Lisa Murkowski. The office is now accepting applications for the 2010 High School Intern Program. This internship is an opportunity for graduating seniors to learn about the United States Senate while gaining experience in a professional office.

Interested students may apply or download applications at the website: <http://murkowski.senate.gov> under the "Internships" section.

The deadline for all applications is March 15, 2010. Applications should be sent via fax if possible.

Visit <http://www.stellerschool712.org/announcements/murkowski-internship> to download the internship information and application packet.

Sincerely,  
Rochelle Hanscom

## Become Credit Savvy!

The “Understanding your Credit” workshop is free and focuses on ways to build credit wisely and ways to repair damaged credit. It is open to high school and college students, parents, and the general public.

### Location:

#### **AlaskAdvantage Success Center**

Located on the 2nd level of the Dimond Mall, near the movie theaters.

### Dates and Times:

Tuesday, February 23 ~ 6 pm

Thursday, March 18 ~ 6 pm

Monday, April 19 ~ 6 pm

### Parents and Students:

Need help with the FAFSA?

(Free Application for Federal Student Aid)

Come to the AlaskAdvantage Success Center in Dimond Mall, Suite 200, for free assistance.

Workshops will take place from 6:00 to 7:00 PM\* on the following days and evenings:

Thursday, February 11th

\*Saturday, February 20th from 1:00 PM to 2:00 PM

Wednesday, February 24th

Tuesday, March 2nd

Monday, March 22nd

Please call 269-7980 for more information and to find out what documents to bring with you.

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## Fire Marshall Report

1/14/09, The Fire Marshall was dispatched to Steller due to a parent complaint regarding our students' leaving their personal belongings on the floor in the hallway. After I escorted him around the building and showed him the hooks that were placed in our halls over the summer and he noticed that most of the students did use the hooks for hanging their coats he understood. I explained that we did not have lockers in our halls, that we had some storage in each classroom but that being in the classroom made it inaccessible to our students during the day due to classes being in session he understood. His comments on the complaint was, “ Complaint not justified”.

### **In the ticket I received he did make some comments:**

\* Principal has been installing coat racks on the hallway walls & having the clothing hung on them. Backpacks are neatly stored along several areas adjacent to the hallway walls and as long as these are neatly stored tightly up against the wall & a minimum of 6' wide egress hallway is maintained, this meets current code for an educational occupancy.

\* One temporary table was out in the egress way today in a hallway-it has been removed.

\* Building was converted from an elementary school to a middle/high school- therefore there are no lockers for student storage.

\* No clothing is allowed on the floor areas- they are to be hung up.

\* Referenced Codes are Ifc 1017.2 & 807.4.3.1

### **The loud and clear message in all of this is:**

\* Backpacks are fine on the floor against the walls

\* All articles of clothing must be hung on the existing hooks or somewhere other than the floor in the hallway.

Please share this with your students and we will address it in our advisory groups. The alternative is to be fined a ridiculous amount of money for every item of clothing on the floors if and when he or someone else comes in to inspect us. I believe because we had a parent complaint lodged about this they will be coming back to check that we are in compliance.

Harlod

## Lost and Found



There are about 5 thumb drives that have been turned into the office. There are also overflowing barrels of found coats and other items in the lounge. Students and parents, please check to see if any of these items belong to you.

## Art Contest

The Youth Alliance for a Healthier Alaska presents: Make Art. Not Babies. An art contest to promote healthy teen relationships and sexual responsibility.

### Rules and Regulations:

Winning entries for each category will receive: \$150 VISA gift card for first place, \$50 VISA gift card for second place, \$25 VISA gift card for third place

### Categories:

1. Video/radio
2. photography/graphic art

There will be a total of 6 winning entries.

### Guidelines:

- The competition will be open to teenagers 14 through 19 years of age.
- Participants may enter one entry per category.
- Participants can only win in one category.
- Entry deadline is February 19, 2010. Entries received after this date will not be evaluated.
- Email submission to Sophie Wenzel: [Sophie.wenzel@alaska.gov](mailto:Sophie.wenzel@alaska.gov) OR Mail to: YAHA, 4701 Business Park Blvd, Suite 20, Bldg J, Anchorage, AK 99503
- By entering the contest the entrant is giving YAHA and the State of Alaska the right to: (1.) publicly

display his or her artwork. (2.) The right to photograph or otherwise reproduce the artwork for the use in connection with promotional or advertising activities by YAHA.

-All artwork must be original. All photographs must have been taken by the contestant. All videos and radio announcements must have been produced by contestant

-All entries must be "PG-13"- entries that are not appropriate will not be considered.

### Regulations:

Video: Must be 2 minutes or less, Must be on a decrypted disc

Audio: Must be 30 seconds or less, Must be in MP3, WIM, or MPEG4 format

Photograph/Graphic art: Must be no less than 4" x 6" and no bigger than 11"x 17" in JPEG or Adobe format, Must have caption/name on entry

**Criteria to Judge:** Must have reality, originality and creative pizzazz, and relevancy to the issue.

For questions, please write [Sophie.wenzel@alaska.gov](mailto:Sophie.wenzel@alaska.gov)

Alaska Legal Services Corporation has been at the forefront of providing free civil legal services to thousands of low-income Alaskans for 44 years.

## Volunteer Attorney Support

1016 W 6<sup>th</sup> Avenue, Suite 200  
Anchorage, AK 99501  
(907) 272-9431



### 2010 Anchorage Legal Clinics Schedule

Clinic	Dates	Times	Place
<b>Pro Se Custody Clinic</b> Designed for <b>unmarried</b> parents seeking child custody and child support orders.	January 20 February 17 March 17 April 21 May 19 June 16 July 21 August 18 September 15 October 20 November 17 December 15	3 <sup>rd</sup> Wednesday Starts at <b>2:00 p.m.</b>	Fairview Rec. Center (1121 East 10th Ave. corner of 10th and Karluk)
<b>Pro Se Divorce Clinic</b> Designed to teach people how to file their own paper work in an <b>uncontested, default</b> divorce.	January 13 February 10 March 10 April 14 May 12 June 9 July 14 August 11 September 8 October 13 November 10 December 8	2 <sup>nd</sup> Wednesday Starts at <b>2:00 p.m.</b>	Fairview Rec. Center (1121 East 10th Ave. corner of 10th and Karluk)
<b>Landlord/Tenant</b> Provides in-depth advice on Landlord/Tenant Law, as well as offering special assistance for some tenants with certain types of problems.	January 7 February 4 March 4 April 1 May 6 June 3 July 1 August 5 September 2 October 7 November 4 December 2	1 <sup>st</sup> Thursday Starts at <b>6:00 p.m.</b>	Fairview Rec. Center (1121 East 10th Ave. corner of 10th and Karluk)
<b>Chapter 7 Bankruptcy</b> Designed to teach people how to file their own paper work in a Chapter 7 Bankruptcy. Please contact our office for additional information.	TBA	Appointment Only Please call ALSC at 272-9431 in Anchorage	APPOINTMENT ONLY

## Mark Your Calendar

Tue Feb 9 - 7pm – 8pm Open House  
Thu Feb 11 - 7pm – 8:30pm Parent Group Meeting  
Mon Feb 15 - No School - President's Day Holiday  
Thu Feb 18 - 7pm – 8:30pm All Community Meeting  
Fri Feb 26 - No School - Inservice  
Fri Mar 5 - School in session at Steller  
Mon Mar 8-Fri Mar 12 - No School - Spring Break  
Thu Mar 18 - 7pm – 8:30pm Parent Group Meeting  
Thu Mar 25 - 6pm – 7:30pm Ad Board Meeting  
Fri Mar 26 - No School - Inservice

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STELLER SECONDARY SCHOOL  
2508 BLUEBERRY STREET  
ANCHORAGE, AK 99503

