



THE

AUGUST/SEPTEMBER 2023

LIBERTY LANTERN

Administration:

Dr. Lori Motsch
Superintendent

Shane Street
Principal

Ed Lesniak
Assistant Principal

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Office Hours:

7:00 AM - 3:55 PM

School Phone Number:

815-462-7951

Transportation:

815-717-3100

Website:

<http://www2.nlsd122.org/c/index.php/schools/liberty-jr-high/>

From the Main Office:

Welcome Back To School!!!

The Liberty Junior High School staff would like to say a big "WELCOME" to all of our Patriot families as we begin the journey that is the 2023-2024 school year. We are excited, eager, and looking forward to a great year. If the first week and a half is any indication, it is sure to be so.

Shane Street
Principal

Ed Lesniak
Assistant Principal

Introducing:

We welcome the following staff members
as they are new to Liberty Junior High:

Stephanie Bergeron - 8th Grade Math

Ryan Billig - 7th Grade Math

Raland Engle - 7th Grade Science

Amy Errek - 7th Grade ELA

Rebeca Haas - 7th Grade ELA

Jordan Lavin - 7th Grade Math

Melanie Berwanger - Diagnostician

Kim Brumley - School Counselor

Rachel Kirby - Social Work Intern

Eric Riordan - Social Work Intern

Hannah Santoro - Occupational Therapist

Nicole Morris - Administrative Assistant

NEWS YOU CAN USE



A Note From Our School Counselor:

Hello, all! My name is Mrs. Brumley and I am so excited to start this new school year as your School Counselor. I was born and raised in Orland Park and I love spending my free time reading fiction, playing with my two kids, Ben (4) and Hannah (2), and enjoying sports such as golf and football. I graduated from Illinois State University and received my Bachelors degree in Psychology, returning back to school to acquire my Masters degree in School Counseling from Lewis University. As a School Counselor, I work closely with our Social Worker, Ms. Butters, and alongside our staff to help students develop skills they need to succeed socially, emotionally and academically. I offer services such as individual counseling, small group counseling, classroom lessons and school-wide initiatives. I collaborate with families, school staff and community agencies to develop ways to improve students' overall wellness. When necessary, I share community resources and provide students and families with referrals for outside services. My credentials also include being an ASCA Certified Trauma & Crisis Specialist as well as a Diversity, Equity and Inclusion Specialist. I am committed to advocating for students' needs and providing the necessary support for them to feel safe and comfortable in our school. Serving as your School Counselor is an absolute privilege and I look forward to meeting you all! Let's have a great year!



Welcome Back To School From The Social Worker:

Hello from the Social Worker! My name is Kristen Butters and I am the Liberty School Social Worker. This is my ninth year working in our district and my fifth year working as a junior high social worker at Liberty. This year, I will be primarily working with our students with social work services listed in their Individualized Education Plans (IEP). Feel free to reach me with any questions or concerns at kbutters@nlsd122.org.

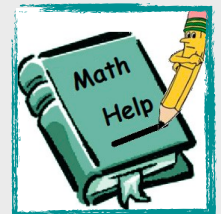


Emergency Drills Notification:

We regularly schedule emergency drills throughout the year. These drills include fire drills, severe weather drills, bus evacuation drills, and intruder/lockdown drills and the dates for these drills will be listed in the "Calendar of Events" section of our newsletter (on page 7 of this edition) going forward. We practice all drills in a non-threatening, as minimal stress level manner as possible. We also do not do unannounced intruder drills. **The next round of fire, severe weather/tornado, and intruder drills are scheduled for Friday, September 22.** Please contact Mr. Street should you have any questions about our drills.

Morning Math Starting Soon:

Morning Math is set to start Tuesday, September 5. This is an additional resource specifically for math help. It will run from 7:30am to 8:15am before school every day. Students will be able to drop-in during that time to request assistance from the math teacher running the help room that day. The teacher schedule for Morning Math will be: Monday = Mrs. Byrnes (room 202), Tuesday = Ms. Lavin (room 100), Wednesday = Mrs. Bethman (room 102), Thursday = Mrs. Bergeron (room 200), and Friday = Mr. Bahret (room 118). Students are able to visit any Morning Math session regardless of who their actual math teacher is. Prior notification to the teacher is also not necessary as it is a drop-in format.



Don't Forget:

- There is no school on Monday, September 4, as it is Labor Day.
- There is 11:25am early dismissal on Friday, September 22.

NEWS YOU CAN USE



Boys' Volleyball:

On Monday, August 28 and Tuesday, August 29, Liberty held its annual Boys' Volleyball Team tryouts. After two arduous days of evaluation, Coach Zumpano (7th Grade) and Coach Havlin (8th grade) are proud to announce the following students have been selected for this season's teams:

7th Grade Team:

Colin Bender	Maddyn Cullen	Alejandro Garcia-Alcantara	Mahmoud Ihmud
Crosby Jemillo	Joey Karr	Billy Kolacek	Mason Melton
Brenden Pritchard	Patrick Schwerha		



8th Grade Team:

Thomas Ball	Luke Fitterer	Tyler Leininger	Julian Lesak
Wyatt McDermott	Gavin Murray	Gabe Reyna	Ethan Scheiman
Jaden Smith	Jackson Zell		

The team has a lot of work ahead of them as they get ready for their first match of the season on Thursday, September 7, at Lincoln-Way West High School against Manhattan Jr. High in a "Future Warriors" showdown. Best of luck to all of our athletes on a fun, competitive, and successful season!

Girls' Basketball Tryouts Coming Soon:

With the start of a new school year comes the start of a new girls' basketball season. Both coaches Bollini and Didier want to thank the 30+ girls who tried out for the two squads and are looking forward to another successful year of basketball! The first home game of the season will be Monday, September 11, against Joliet Hufford. Looking forward to seeing a big turnout for what should be another exciting year of girls basketball!



7th Grade Team:

Keira Dempsey	Paige Freeman	Terryn Ostrowski	Penny Pinciak	Ruby Sheriff
Lucy Sheriff	Kacie Sheriff	Emily Smith	Hailey Trench	

8th Grade Team:

Brynn Fyke	Demi Lotus	Lexi McDaniel	Beatrice McDermott
Katelyn Mrozowski	Ava Peters	Liv Render	Alyson Rodriguez
Molly Saller	Tessa VanDerWal	Reagan White	

Cross Country:

The cross country season has begun. Best of luck to our 2023 cross country team as they will be enduring a variety of terrains and trails consisting of two miles for the next two months.



2023 Cross Country Team:

Bella Dul	Reagan Gatton	Adriana Litro	Brooke Martenz	Neve McSherry
Sophia Olszta	Penny Pinciak	Haley Trench	Ethan Brauch	Charlie Brennan
Nathan Davis	Kahne Debella	Dominic Doveri	Gavin Hanley	Drew Heilman
Tyler Jastrzab	Mason Lauricella	Blake Mraz	Chase Mraz	Rowan Paape
Sawyer Pritchard	Nate Silic	Colin Stack		

School Lunch Program Info:

School lunch prices for the '23-'24 school year will be \$4.00, with milk purchased separately at the cost of 35 cents. An order must be placed for your child to receive a school lunch and a School Messenger email containing a link to order is sent out by the District Office every two weeks. The links for September will be sent out on the 4th and the 18th. The menu and link are also available on our District website.

NEWS YOU CAN USE



Liberty's First Ever Baseball Is Off To A Great Start:

The Liberty Junior High Patriots baseball team is off to another great start this year. The team is currently 6-2 with quality wins over Hickory Creek, Mokena, and Homer. The boys have the first ever DPVC Baseball Conference tournament coming up August 29-31 at Inwood Complex in Joliet. The next home game is Tuesday, September 5, against Lockport Oak Prairie at 4:00pm. Outstanding pitching and timely hitting has been this team's identity and we hope to finish the season strong heading into regional play. Come out and support these young men! All home games are at field B9 behind Bentley school.



2022 Liberty Baseball Roster:

Nolan Blackburn	Ryne Boye	Landon Brauch	Kahne Debella	Benjamin Dilworth
Jeremiah Dilworth	Nick Elstner	Michael Granata	Carson Jacobs	Kaleb Kopacz
Caleb Lask	E.J. Marcinkowski	Colin Olson	Cooper Rourke	Dylan Ryan
Joseph Schmitt	Austin Voss	Jonathan Zaragoza		

Softball Season Going Great:

The girl's softball team has been going strong this season! Their record for the regular season is 9-2. These girls have worked hard, practicing and showing their skills in the field. The girls participated in an All Conference Tournament located in Joliet and they are preparing for regionals, which start on September 6. Coaches Schultz and Diaz are so proud of the work these girls have put in this year and are hoping to make a great run in state playoff series!

The 2022 Liberty Softball Team:

Brynn Ballantine	Addison Black	Johonna Calderon	Paige Freeman
Cece Gregus	Demi Lotus	Maryn Lucas	Olivia Olszta
Katelyn Popp	Alyson Rodriguez	Kyndall Teresiak	Madison Terdic
Addison Thayer			



Golf Club Update:

The Liberty Golf season is underway. Sectionals are quickly approaching and our athletes have been working hard trying to advance to the sectional tournament. Sectionals will be held at Wood Creek Golf Course, 21062 N 1850 E Rd, Pontiac, IL, for both the boys' and girls' teams. The boys will compete on September 6 and the girls will compete on September 7. Our Boys' Sectional team will include: Logan Kelley, Caiden Catellier, Judah Portwood, Colton Gagan, Patrick Willis, and Owen Wills. Our Girls' Sectional team will include: Lillian Pearson and Avery Neubauer. We wish you the best of luck next week!!



8th Grade Washington, D.C. Trip Information:

Over 100 Liberty Junior High 8th grade students will be headed to Washington, D.C. on October 5. We are looking forward to giving all the details of the trip to parents /guardians and participants at a mandatory meeting on September 20 at 5:00pm in the gym. Please contact Mrs. Zettergren if you have any questions or concerns prior to the meeting.



Archery Club:

Archery club began this week. We are still accepting students who are interested in joining the club. Permission slips are available in the main office and main gym if your student is still interested. The club meets on Tuesdays through the fall (with the exception of Monday, October 30, so students can enjoy Halloween). If you have any questions, please contact Mrs. Hartwig at khartwig@nlsd122.org.



NEWS YOU CAN USE



Chorus Starting Soon:

The Liberty Patriot Chorus is looking for all students who want to sing. Parents and guardians, please encourage your child to join this fun and enriching group. They perform several times throughout the year, both at Liberty and locations off campus. Singing in choir is beneficial to students in so many ways! It improves their academic grades, helps develop social and emotional skills, self-confidence, problem-solving, creativity, and memory. It's also a lot of fun. Permission slips are available in the Music Room. Any questions? Email Mr. Jesse: tjesse@nlsd122.org



Orchestra Update:

Welcome back Liberty Orchestra members!! We have a great year ahead of us with lots of musical moments! To begin with, please mark your calendars with our performance dates:

- Wednesday, October 18 - Fall Concert
- Monday, December 18 - Winter Concert
- Thursday, March 7 - Lincoln Way Step Up Day
- Wednesday, May 15 - Spring Concert



Those are the big four, but there are other performance opportunities, including Solo/Ensemble Day, ILMEA, and of course, Allegro! Students interested in Allegro need to return the club activity form and double-check the Allegro performance dates:

- Thursday, November 9 - Performance at the 6th grade concert
- Friday, December 8 - Winter Concert
- Wednesday, April 17 - Spring String Fling

Happy 2023-2024!

Band Update:

The Liberty Band completed a great two weeks of summer band camp in August. During camp, the band worked on learning *America, The Beautiful* and our percussion cadence for the Frankfort Fall Festival Parade. The parade will be on Sunday, September 3, at 1:00pm through the streets of downtown Frankfort. Please come out to support our hard working musicians! After the parade performance, the band will be busy preparing for their next performance at a Lincoln-Way West varsity football game on Friday, September 22. The band will join forces with the Lincoln-Way West Football Band and the Manhattan Junior High Band to perform the *Star Spangled Banner*, the Lincoln-Way West Fight Song, and fun stands tunes to cheer the team on to victory. In addition to the music for the football game, the band will also work on concert band music to prepare for our first concert of the year in mid-October.



Important Band Dates:

- Sunday, September 3 - Frankfort Fall Fest Performance
- Wednesday, September 6 - Jazz Band begins at 7:30am
- Wednesday, September 20 - Deadline to sign up to audition for the ILMEA Festivals
- Friday, September 22 - Performance at LWW Football Game

NEWS YOU CAN USE



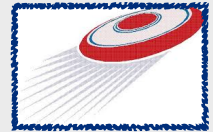
Liberty Student Council News:

If you like to help improve our school and community, then Student Council might be the perfect club for you! The Liberty Student Council is a group of students that work together to plan activities, such as pep assemblies and spirit weeks at school. We also participate in service activities in our community and at Liberty. Liberty's Student Council is a volunteer-based club which anyone can join. We typically meet twice a month on Tuesdays, but sometimes more frequently when planning for an activity. Since there are no elections, all you need to do is come to the first Student Council meeting on **Tuesday, September 5, after school until 3:45pm**, in Mrs. O'Brien's room, C-216. Please see Mrs. O'Brien or Mrs. Patras to get a permission slip if you'd like to participate in Student Council. All students must have a signed permission slip turned in to be a part of Student Council. If you can't make the meeting or have questions, please feel free to stop by and see Mrs. O'Brien or Mrs. Patras at your convenience. We are looking forward to another great year with the Student Council here at Liberty!



Ultimate Frisbee Club:

If you enjoy running around outside with your friends playing a game that's similar to soccer and football, then Ultimate Frisbee is the club for you! Ultimate Frisbee is a club open to all students at Liberty. Everyone is welcome to join and there will not be any "cuts". Come play Ultimate Frisbee every **THURSDAY** after school until 3:45pm, weather permitting. Please see Mrs. O'Brien to get a permission slip if you'd like to participate. All students must have a signed permission slip turned in to be a part of the club. Meet in Mrs. O'Brien's room, C-216, after school and have your ride here to pick you up at 3:45pm. Please wear gym shoes and bring a water bottle if you wish. Ultimate Frisbee is a lot of fun, and a great way to hang out with your friends and meet new friends! See you for our first game on Thursday, September 7, after school until 3:45pm -- any questions, see Mrs. O'Brien in room C-216!



Open Studio (Art) Club:

If your child is interested in joining Open Studio Art Club please have them sign up using GOOGLE CLASSROOM! There will be a 25 artists cap on the club. These dates are for the first session. Look at attachments for more information! Email Mrs. McKimson @ Amckimson@nlsd122.org with any questions.



NEWS YOU CAN USE



National Junior Honor Society:

Current 8th Grade NJHS members will have their first meeting of the year on Friday, September 15, at 7:30am in the Band Room. See you then! A special thank you to all the NJHS members who hung locker signs to spread positive messages as we start the school year and to all members who helped redesign the main hallway bulletin boards. Everything looks great and we are thankful to you for helping make our school a welcoming place!



National Junior Honor Society Applications:

Attention all students interested in joining NJHS. In late January, students with a cumulative grade point average of 3.9 or higher will be added to the NJHS Application Google Classroom. Once in the classroom, students will have access to the NJHS digital application as well as specific information that will outline what achievements are needed to be considered for induction into Liberty Junior High's chapter of NJHS.

Some of the basic requirements are as follows. If you are interested in applying for NJHS later in the school year, please take note of the requirements to make sure you are working to maintain the minimum requirements for membership.

1. Maintain a minimum cumulative G.P.A of a 4.0 at the end of the second trimester.
2. Participate in at least three clubs or activities, one of which must be a Liberty club or activity.
3. Obtain at least five hours of service to either school or community.
4. Maintain a positive discipline record.
 - If an office referral OR four classroom steps are on your record, you will not be eligible for NJHS.
5. Demonstrate strong character in the classroom.
 - If you receive four or more late and/or missing assignments, you will not be eligible for NJHS.

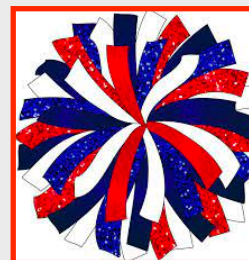
Cheer and Poms Team Tryouts Coming Soon:

Attention everyone with Liberty Patriot pride!

If you love to cheer, please consider trying out for the cheerleading team. The team will perform at eight games throughout the boys' and girls' basketball seasons. The clinic will be held on Monday, September 18, and will begin directly after school and end at 5:00pm. Tryouts will be held on Wednesday, September 20, starting right after school. Once a student has performed, they are free to leave. All participants MUST have a current sports physical on file to attend. If you have any questions, please see Mrs. Johnson or Mrs. Zinkel. Hope to see you there!



If you love to dance, please consider trying out for the Poms team. The team will perform at six games throughout the boy's and girl's basketball seasons. The clinic will be held on Tuesday, September 19. It will begin directly after school and will end at 5:00pm. The tryout will be held on Thursday, September 21, and will begin directly after school. Once a student has performed, they may leave. All participants MUST have a current sports physical on file to attend. If you have any questions, please see Mrs. Brumley or Ms. Lavin. Hope to see you there!

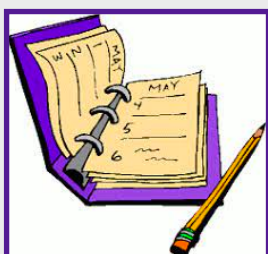


CALENDAR / NEWS



Assignment Notebooks:

Students are strongly encouraged to utilize their assignment notebooks on a daily basis. They are a key to developing responsibility and maintaining organization. When used properly, they can be very helpful with homework completion and remembering events. We also encourage parents to check their child's assignment notebook as it is a great way to stay updated on their child's progress.



What Do I Do When My Child Is Absent From School:

It is very important that your child be in attendance each and every day, but at the same time, we do realize that there will be times when they are sick and need to stay home. If your child is going to be absent, please be sure to call the main office at 815-462-7951 by 8:30am on the day of the absence. **Please be sure to call even if you send a note or email your child's teacher.** School personnel will call parents/guardians and emergency contact numbers if we do not receive a call by 8:30am.

Trimester Information:

There will be three twelve-week trimesters this year. Here are the important dates to be aware of:

Mid-Terms:

- 1st Trimester = September 29
- 2nd Trimester = January 12
- 3rd Trimester = April 12

End of Term:

- 1st Trimester = November 10
- 2nd Trimester = February 23
- 3rd Trimester = May 31



Calendar of Events:

September:

- 3 Band Performance @ Fall Fest
- 4 No School ~ Labor Day
- 5 Home Baseball Game (4:00pm)
- 11 Patriot Day
- Home Girls' Basketball Game (4:15pm)
- 12 Social Media Parent Presentation (6:00pm)
- 13 Home Boys' Volleyball Game (4:00pm)
- 14 Home Boys' Volleyball Game (4:00pm)
- 18 Home Girls' Basketball Game (4:15pm)
- 19 Board of Education Meeting
- At The Manville Admin. Center (6:00pm)
- 21 Home Girls' Basketball Game (4:00pm)
- 22 Early Dismissal @ 11:25 am
- Intruder, Severe Weather, & Fire Drills
- 22 Band Performance @ LWW Football Game
- 25 Home Boys' Volleyball Game (4:00pm)
- 28 Home Boys' Volleyball Game (4:00pm)
- 29 Mid-Term Day

October:

- 2 School Pictures Day in PE Classes
- 3 Home Girls' Basketball Game (4:00pm)
- 4 Home Girls' Basketball Game (4:30pm)
- 5 Home Girls' Basketball Game (4:00pm)
- 9 No School ~ Columbus/Indigenous Peoples' Day
- 12 Home Girls' Basketball Game (4:00pm)
- 16 Home Girls' Basketball Game (4:00pm)
- 17 Fire Drill
- Home Girls' Basketball Game (4:00pm)
- Board of Education Meeting
- At The Manville Admin. Center (6:00pm)
- 18 Band, Orchestra, & Chorus Concert (6:30pm)
- 23 PSAT Standardized Test for 8th Graders
- 26 Home Girls' Basketball Game (4:00pm)
- 28 Band Performance @ N.L. Commons
- 31 Early Dismissal @ 11:25 am

COUNSELOR'S CORNER



Back-to-school season is here! It's time to sharpen pencils, pack backpacks, and meet the teacher. Beyond the logistics of school supplies and first-day-of-school outfits, we also need to prepare our children to thrive socially, emotionally, and academically this school year.

Going back to school is a major transition that brings both excitement and anxiety. With social and emotional learning (SEL), families can ensure that children feel connected and supported as they head back to school. SEL also helps families equip children with skills like planning and problem-solving, so they're empowered to navigate the school year successfully. In this post, we'll share three ways for parents, caregivers, and other family members to get started with SEL this school year.

1. Stay connected.

Feeling connected, loved, and supported can help your child return to school with more confidence. For example:

- Make extra time to connect with your child as the new school year starts.
- Create a simple daily routine, like eating a snack together or sharing one good thing about your day over dinner or at bedtime.
- Invite your child to share how they're feeling about going back to school—and listen!
- Share some of your own favorite memories from school.
- Check your own emotions, which can impact how children feel. Model calmness and share what you're looking forward to.

2. Help them make a plan and problem-solve.

Talk to your child about how the school day will go so they know what to expect every step of the way. Feeling more prepared will also help them feel more confident. If problems arise, listen to your child and help them brainstorm solutions.

- Involve your child in making a plan for school days, from how they'll get ready to what will happen after school. For older children, also make a homework plan.
- Make time to listen to your child about how school is going and how they're feeling about friends and teachers.
- Empower them to solve problems with open-ended questions like:
 - Why do you think that happened?
 - How might you do this differently next time?
 - What could you do to make the situation better? What do you think will happen if...?
 - Have you ever seen a problem like this before? If so, how did you solve it?

3. Keep communication lines open.

Positive partnerships between families and schools improve children's academic achievement, social competencies, and emotional well-being.

- Let your child's teacher know that you want to partner with them and play a role in your child's education. Share your contact information and the best way to reach you.
- Share any important information you want your child's teacher to know about them.
- Ask what you can do at home to support the social, emotional, and academic development that's happening at school.

NURSE'S CORNER



Welcome back to school Liberty Families!

As we begin a new school year please familiarize yourself with our District's general health procedures that are outlined in the *Health and Related Information* section of the Parent/Student Handbook.



MEDICATION: Our District's Board of Education has adopted a strict medication policy and requires a Student Medication Authorization form to be completed by the physician and parent for any medication to be taken in school, including prescription and over-the-counter medications. Please note that OTC medications including Tylenol and Ibuprofen must be supplied by the parent or guardian and cannot be supplied by the school. If it is necessary for your child to take any medication during school hours, please contact the nurse.

FOOD ALLERGIES REQUIRING AN EPIPEN: Children who have food allergies requiring an EpiPen are required to have an emergency action plan in place. If your child has a food allergy requiring an EpiPen, please make sure to turn in a completed ILLINOIS FOOD ALLERGY EMERGENCY ACTION PLAN AND TREATMENT AUTHORIZATION form. The form must be completed by a licensed health care provider and the parent/guardian.

GENERAL ILLNESS: Please keep your child home if they are sick. Students should be fever free for 24 hours without the use of fever reducing medications before returning to school. If your child tests positive for Covid, your child should stay home for five days after symptom onset, or positive test result, and have improvement of symptoms before returning to school. We ask that your child wear a mask while at school for an additional 5 days (this is a recommendation).

HEARING AND VISION SCREENINGS: Screenings will be performed over the next couple of months. Screening is performed for all students who receive special education services and vision screening is performed for all 8th grade students. You will be notified if your child has any difficulty with the screening.

ATHLETICS: Please be sure to get your child's sports physical completed prior to tryouts. Sports physicals are valid for 13 months. The 6th grade physical rarely meets the requirement for sports.

Please do not hesitate to call or email me if you have any questions or concerns. I am in the office Monday through Friday from 7:55am to 3:10pm. You can reach me by email at any time.

Jeana Kerzman, BSN, RN, PEL-CSN
Certified School Nurse
Liberty Junior High School
815-462-7806
Fax 815-462-0672
jkerzman@nlsd122.org



NLSD 122 IS HIRING!

**INTERESTED IN WORKING IN THE
BUILDING YOUR CHILD
ATTENDS? DO YOU NEED TO
WORK THE HOURS YOUR CHILD
IS IN SCHOOL? IF SO, APPLY
NOW TO BE A
PARAPROFESSIONAL!**

With a short-term approval,
paraprofessionals need only to be 19
years of age with a high school
diploma (or equivalent), or higher.
This approval is available now until
June 30, 2025.

Interested applicants can apply on
our website linked [HERE](#).



PLEASE CONTACT MANDY NOVOTNY AT MNOVOTNY@NLSD122.ORG FOR MORE INFORMATION.

SEXTING CYBER-BULLYING SNAPCHAT INSTAGRAM



A powerful presentation **empowering students** on how to protect themselves and understand the risks of social networks and gaming.

New Lenox School District 122 will be hosting a "Keeping Our Kids Cyber Safe" presentation on the following dates:

9/12/2023 - 6:00pm-7:30pm at Liberty Jr. High

9/13/2023 - 6:00pm-7:30pm at Martino Jr. High

9/14/2023 - 6:00pm-7:30pm at Spencer Crossing

All parents, guardians, teachers, and grandparents are welcome to attend. Detective Diane DiSalvo of Be Sure Cyber Training is a nationally recognized High Technology Cyber Crimes Specialist. He will be presenting proactive strategies, expert insight, and invaluable resources designed to empower you to combat Cyber-Bullying and Sexting.

Presenting Information and Strategies on:

- Understand cyber-crime and that "No one online is anonymous"
- Understand appropriate protocols when a someone discloses issues of cyber-bullying, sexting, or sextortion.
- How to protect your kids from drug use.
- How to report criminal Cyber-Bullying.
- Understand the dangers of many popular apps
- How Internet investigations are conducted using subpoenas and search warrants.
- Understand social media laws such as: Harassment, Cyber-Stalking and False Personation.
- How to empower yourself to report cyber crime and harassment.
- How to protect your "digital foot print" and understand what it means to your future.
- Open Forum Q&A.



TIME

CBS



Newsweek

THE
WALL STREET
JOURNAL



For more information please visit www.besureconsulting.com

FOOD ALLERGY AWARENESS



Foods that most often cause an allergic reaction:

PEANUTS
TREE NUTS
WHEAT
SOY

MILK
EGGS
FISH
SHELLFISH



However, other, less common foods can also cause allergic reactions. Reactions can range from mild to deadly.

Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. The most common causes of anaphylaxis are food, medication, insect stings, and latex.



Common warning signs and symptoms of an anaphylactic reaction:



- Complaint of a tingling, itchiness, or metallic taste in the mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth and throat area
- Diarrhea
- Vomiting
- Cramps and stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

If you see someone showing any of these symptoms, **ACT FAST! Call 911**, mention anaphylaxis, and say you need someone who can administer epinephrine.



The Food Allergy & Anaphylaxis Network
11781 Lee Jackson Hwy., Suite 160
Fairfax, VA 22033-3309
(800) 929-4040
Fax: (703) 691-2713
faan@foodallergy.org
www.foodallergy.org