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## Special points of interest:

- *Raising Financially Fit Children*
- *Parent Education offerings*
- *JGMS After School Program - Spring 2011*
- *Youth and Family Services Committee 2010-2011*
- *Safe Routes to School*
- *How to Tell if Your Kids Are Addicted to the Internet*
- *Youth and Family Services Donors*
- *Safe Routes to School*
- *Look for 2011-2012 Parenting Calendar*
- *Bedford Veterans*
- *Job Match*



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## Raising Financially Fit Children - March 30th

Are you having satisfying conversations with your children about saving and spending money? Or do you just feel like a Family Bank, doling out cash upon request? Many parents are bewildered about how to teach responsible money habits to their children. To help parents with these issues, the Town of Bedford Parent Education Series is sponsoring Lea Ann Knight, CFP, **Raising Financially Fit Children**. Parents will learn a variety of tips and techniques to help raise a financially fit child, including:

- Recognizing the money behaviors of middle school children
- Helping your child set attainable financial goals
- Creating allowance strategies that reinforce your money management messages
- Helping your child make wiser choices for spending now or saving for later

- Developing discussions around family money decisions and charitable donations
- Teaching your child the difference between saving and investing



Parents will also leave with a list of online and print resources that will help them continue the journey of raising financially fit children. The two-hour workshop will be offered twice, on **March 30, 2011**, a morning and an evening to accommodate the different schedules of today's parents. **NOTE: SIGN UP IS REQUIRED AND SPACE IS LIMITED!** Call 781-275-7727 to sign up for either the **10:00 a.m.** session or the **7:00 p.m.** session. While the workshop is free and geared to parents of Middle School youth it is open to all on a first come, first served basis. The workshop will be

at **Bedford Town Center** in the **Mudge Room** on the second floor.

Lea Ann Knight, CFP is the Principal of Garrison/Knight Financial Planning LLC, a fee-only financial planning firm in Bedford. Over the past 25 years, she has provided financial and investment advice to individuals, families and businesses. Ms. Knight is a frequent speaker and workshop



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## Parent Education Spring Offerings

### Social Host Liability - All You Need to Know!

Will be offered **Wednesday, April 6, 2011**, at **7:00 p.m.** at **Bedford Town Hall** in the **Auditorium**. Attorney Richard P. Campbell and the Boston law firm of Campbell Campbell Edwards & Conroy are offering a pro bono multimedia program designed to educate students, parents, teachers and members of the community about the

Social Host Law in Massachusetts and to illustrate the legal consequences of allowing those under the age of 21 to possess alcoholic beverages. While the workshop is free and geared to parents of Middle and High School age youth, it is open to all parents and community members interested in this topic.

**YIKES! They Are Growing Up!**

Is focused on changes occurring in the middle school years and features **Dr. Kathryn Yamartino**. The focus of the presentation is to get parents grounded in understanding what cognitive, emotional, and social changes are stirring in their early adolescent, and how those changes interact with the demands of school and home life. The workshop will be on

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## JGMS After School Program Spring 2011

**BABYSITTER  
TRAINING!  
GIRL TALK!  
WORDSMITHS!  
SHOOTING AND  
EDITING FOR  
TV!**

Bedford Youth and Family Services (BYFS) in collaboration with John Glenn Middle School is gearing up for another successful Spring After School program with a focus on the most popular activities: Babysitter Training with Carol Eaton, Girl Talk with Bedford High School student leaders, Wordsmiths with Lisa Fontaine-Rainen and our ever popular special program Shooting and Editing for TV with Bedford TV.

Programs start the first week of April, with the exception of

Shooting and Editing for TV which starts on Monday, March 21st (registration deadline of March 17th). The registration deadline for all other programs is April 1st. Space is limited; be sure to sign up as soon as possible to secure your spot.

You can view our flyer and download a registration at: [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Click on Youth Development.

Hard copy flyers available at John Glenn Middle School office as well

well as BYFS office at Town Center.

Questions? Contact Jessica Santos at 781/275-7727 x262 or [jessicas@bedfordma.gov](mailto:jessicas@bedfordma.gov)



### 2010-2011 Youth and Family Services Committee:

Tom Pinney, Chair ♦ Sheryl Barkan, at Large ♦ Kristina Philipson, at Large ♦ Alison Malkin, at Large  
Cathy Cordes, Selectman Liaison ♦ Dave Ellis, Recreation Commission ♦ Jeff Wardwell, Police  
Noreen O’Gara, School Committee ♦ Kevin Wormstead, Board of Health Liaison

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## Safe Routes to School

# SafeRoutes

National Center for Safe Routes to School



Parents want to create a healthy lifestyle for their children. That is one of our goals as parents, to help our children establish the habits that will lead to healthy and productive lives. However, unfortunately, we have a “growing” problem with our kids. The fact is, they’re getting heavier on average, and they’re getting heavier quickly. Recent studies show a dramatic increase in childhood obesity. Some researchers even think that the current generation may not enjoy the same life expectancy their parents had.

Across the country parents are trying to understand the cause and what they can do to change this trend. This “obesity epidemic” has been directly linked to lack of adequate physical activity. The Centers for Disease Control (CDC) recommends that school age children participate in a minimum of 1 hour of physical activity per day for health. Incorporating walking and biking to and from school is a great way to log physical fitness time, as well as build family connections, social skills, and neighborhood connections as parents and kids walk together. For example, some communities have established walking and biking “school buses” as a tradition and found them to be a lot of fun. This is where a group of students (and parents sometimes also), walk or bike along a specific route “picking up”

other students along their way to the destination school.

Safe Routes to School (SRTS) is an international initiative supporting these and other efforts. If you would like more information about SRTS or how you can participate, contact Carla Baer at [saferroutes@bedfordma.gov](mailto:saferroutes@bedfordma.gov) or 781-275-7727 on Thursday mornings.

**Look for our new  
2011-2012 Parenting  
Calendar available  
in August 2011  
at our offices!**

## Raising Financially Fit Children cont'd from page 1

facilitator on financial literacy topics and is the author of the weekly blog, [Financially Fit After 40](#).

This event is sponsored by Bedford Youth and Family

Services (BYFS) and is part of a year long series coordinated by BYFS in conjunction with school parent associations and several local groups.

Questions about the series may be directed to 781-275-7727



## Parent Education Spring Offerings cont'd from page 1

**Wednesday, April 27th, 2011** in the **Flint Room** at **Bedford Town Center**. The free event begins at **7:00 p.m.** and will run until 9:00 p.m. While parents of kids of all ages will find some take away material and are encouraged to attend, this free event is geared mostly for parents of first time sixth graders and fifth grade entering sixth next year.

All winter and spring events are listed in the Town of Bedford Parent Education Series brochure

which was mailed to every household in Bedford and Hanscom Air Force Base. Brochures are also available at the BYFS office at Town Center or on their web site at [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

You may recall that Bedford received the Kenneth E. Pickard Municipal Innovation Award January 2010 as part of the Massachusetts Municipal Association Annual Meeting for

its 2009 - 2010 Parent Education series.

This is the fourth such effort coordinated by BYFS and involving town and school organizations in collaborating on a cohesive program for its residents.

All events sponsored by Bedford Youth and Family Services (BYFS) are free though contributions are always welcome. Questions about the series may be directed to 781-275-7727.

## How to Tell if Your Kids Are Addicted to the Internet

You may be worried about your child's use of technology or think he or she spends too much time on the computer, the Internet, or the cell phone. You may struggle getting your child to do homework or chores when computer games, online chatting, text messaging, and Facebook are more appealing. Perhaps your child's grades have dropped or he/she has been falling asleep in class, perhaps due to staying up late on the computer. Parents had these questions and more when Benjamin Silverman, M.D., an Addiction Psychiatry Fellow at Partners HealthCare System presented **Are Your Kids Addicted to the Internet?** earlier this month at Bedford Town Hall. Sponsored by Bedford Youth and Family Services (BYFS) and part of a year long parent education series coordinated by BYFS in conjunction with the school parent associations and several town

groups, this workshop focused on the growth in technology over the past 20 years. Silverman noted that our youth are plugged into something an average of 11 hours a day.

Although computers and the Internet play an essential part of children's lives and are integral to academic success and future growth, they pose a risk of harm when their use becomes excessive and inappropriate. Silverman defined "Internet Addiction" as *excessive time spent using Internet technology to the detriment of other normal or role-appropriate behaviors or to the extent of causing significant psychological distress*. While Silverman was quick to note that consensus was lacking for defining criteria due to this being a relatively new phenomenon, he did reference a "Parent-Child Internet Addiction Test" developed by Kimberly Young. Those questions can be

found at [www.netaddiction.com](http://www.netaddiction.com) or in a handout available at the YFS office in Town Center.

Silverman noted that Internet overuse may be secondary to or a symptom of other psychiatric illnesses, including depression, obsessive-compulsive disorder, or attention deficit disorder and reminded parents that they were the best models of appropriate behavior for their children and that they needed to regulate and monitor their child's internet and computer use just as they do any other potentially harmful behavior.

For questions about this topic or ideas for parent education speakers for next year, contact Sue Baldauf at 781-275-7727 or [sueb@bedfordma.gov](mailto:sueb@bedfordma.gov)

## Thank you to our Donors:

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The Residents of  
Bedford through  
your Taxes

## From Veteran Agent, Fred Gordon Agent Orange: Thailand Military Bases



A recently declassified Department of Defense (DOD) Report written in 1973 titled, "Project CHECO Southeast Asia Report: Base Defense in Thailand 1968-1972," contains evidence that there was a significant use of herbicides on the fenced-in perimeters of military bases in Thailand to remove foliage that provided cover for enemy forces. DOD determined that herbicides used on the Thailand base perimeters may have been tactical and procured from Vietnam, or a strong, commercial type resembling tactical herbicides.

Vietnam-era Veterans whose service involved duty in or near the perimeters of military bases in Thailand anytime between

February 28, 1961 and May 7, 1975 may have been exposed to herbicides and may qualify for VA benefits. The following Veterans may have been exposed to herbicides:

**U.S. Air Force Veterans** who served on Royal Thai Air Force (RTAF) Bases at U-Tapao, Ubon, Nakhon Phanom, Udorn, Takhli, Korat and Don Muang, near the air base perimeter anytime between February 28, 1961 and May 7, 1975.

**U.S. Army Veterans** who provided perimeter security on RTAF bases in Thailand anytime between February 28, 1961 and May 7, 1975

**U.S. Army Veterans** who were stationed on some small Army

installations in Thailand anytime between February 28, 1961 and May 7, 1975. However, the Army Veteran must have been a member of the Military Police (MP) unit or was assigned an MP Military Occupational Specialty whose duty placed him/her at or near the base perimeter.

To receive benefits for diseases associated with herbicide exposure, the Veteran must show on a factual basis that they were exposed to herbicides during their service as shown by evidence of daily work duties, performance evaluation reports, or other credible evidence.

If you think you qualify or need further information, contact your Veterans Agent, Fred Gordon

at 781-275-1328 or by email at [fgordon@bedfordma.gov](mailto:fgordon@bedfordma.gov) to schedule an appointment at your convenience or drop in Thursday from 2:00 to 7:00 p.m. at his Town Center office.

The Veterans Office is located in Bedford Town Center Building in Room 210. Town Center is the yellow building directly behind Bedford Town Hall. Any Bedford veteran or family member of a veteran with questions about veterans benefits and services can drop by the office.

### BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & Resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Santos, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Baer, Safe Routes to School Coordinator, x260 most Thursdays

Fred Gordon, Veterans Agent, 781/275-1328 - Any veterans related question

Eliot Counselors: Debby Hardy & Kate Imhoff x261, Lynne Chapas x260, Melinda Gonyea 781-275-7727

## Job Match - Applications on line or BYFS office

Students from middle and high school interested in working at jobs such as child care, yard work, snow shoveling or odd jobs may find a great job match with Bedford Youth and Family Services (BYFS).

Young people, who for a variety of reasons, including an after school commitment to sports, music or other school activity

may not be able to work in the stores or private industry.

Bedford youth may register with Job Match. While some may be inexperienced, many are not. The younger youth want a little extra spending money and this opportunity gives them practice for the world of work to come. The older youth may enjoy the flexibility.

BYFS matches the student with an available job. We give residents who call us the names of a few students who are a good match considering the resident's expectations and the youth's skills and time. The resident and the youth negotiate the rate of pay, depending on the job. Odd jobs have included helping out at home parties, light office work, and light

house work.

Young people can download an application at [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) under Job Match or pick one up at our Town Center office.

Residents with a job can call our office at 781/275-7727 to be matched to students.

