Thoughts and Thanks from Saralyn

As part of AWARE’s work toward empowerment for women who use our services, one of the tools we offer is group meetings. These groups are regularly scheduled for women in residence and women in the community. This week, it was my turn to facilitate an evening group. The women spoke about the wonderful support of women, of AWARE advocates and also of one another. That evening, I was honored to witness the heartfelt openess, compassion and encouragement AWARE residents shared with each other and with women from the community. It is the best AWARE has to offer.

And that is one of the many successes AWARE is experiencing since our last newsletter. In April, we recognized Sexual Assault Awareness Month with a First Friday art exhibit and brief program at the Silverbow, and a Waterfront Walk/Run. AWARE sponsored Linda Chamberlain, PhD, MPH, for a 4-hour training on the impact of violence on brain development. All of these events were very well attended and supported by the community.

At the end of May, Girls on the Run of Southeast Alaska held a 5k for Juneau girls who had participated in the program this winter- from Gastineau, Harborview, Mendenhall River and Auke Bay Elementary Schools. Girls, their coaches, parents, sisters, brothers, cousins, aunts, uncles, grandparents and friends cheered and ran and walked the 5 K at Twin Lakes. The enthusiasm and pride of people there was palpable and contagious. This is the strength of primary prevention of violence against women.

In June, I was working in my office and a co-worker told me that Aleeka St. Clair was here to see me. She has been a friend for many years; I wasn’t expecting her. (Aleeka gave me permission to share this story; it’s only partially my story.) I went downstairs and we hugged one another, and she told me that her father had recently passed away. Aleeka explained that she had so much appreciation for the services AWARE provided her many years ago, that she doesn’t know where she would have been without that or even if she would still be alive. She proceeded to write a check to AWARE, the largest individual contribution I have ever seen or received on behalf of AWARE.

How does this happen? What is happening when AWARE is extending connection, relationship to self and others? What is happening when individuals and groups are extending the same back to us? Program participants, volunteers, staff, in one constant flow. This is community- it is giving and receiving, sharing resources that go round and round. Every minute piece is significant- take away one moment, and we create something different.

I write with deep gratitude to you for your extensions of caring, to AWARE and to the community, for being a part of the flow that ensures AWARE offers the best we have to offer.
What is emotional intelligence? Someone who has emotional intelligence has the ability to understand his or her own emotions and the emotions of others. They have the ability to act appropriately based on their or the other’s emotions.

When developing your emotional intelligence, it is important to understand that our actions and behaviors are driven by feelings, and realizing that we can often choose how we respond to an emotion helps us feel in control. Look at “negative feelings” as an expression of your unmet emotional needs, and ask what do I need in this situation. When we have awareness of our feelings, this builds self-knowledge and self-knowledge provides awareness for self-improvement.

As children become more emotionally intelligent, they learn how to be more accepting of differences, have an increased ability to deal with tough situations, and have the ability to be tolerant with others and their own emotions. As children become more aware of their emotions, they are able to express what they emotionally need.

7 Tips on Developing Your Emotional Intelligence

1. Become emotionally smart by labeling your feelings, rather than labeling people or situations: Start labeling your feelings by saying “I feel”……

2. Take more responsibility for your feelings. This can be done by listening to your feelings to help you develop a better understanding of your unmet emotional needs.

3. Use your feelings to help you to set goals. An example might be asking yourself how do you want to feel or how do you want others to feel?

4. Learn to change the feeling of “anger” into productive, action feelings. Anger can push someone to make a more positive change or to move forward, it doesn’t have to be viewed negatively.

5. Use feelings to show respect to others, ask yourself how would I feel if someone responded this way to me.

6. Take a moment each day with yourself or child and imagine you have a blank wall or piece of paper that is waiting to be painted. Assign colors to your feelings and paint your wall. Each feeling represents a different color. Keep track of your wall throughout the day or week. Once you know your patterns and colors of your wall you can brainstorm on what you need to change your wall to more positive feelings, or talk with your child on what they need to change their wall of feelings.

7. If you feel upset or short tempered with yourself or child, be aware of your body and tone of voice. Is your voice going up? If so, take a deep breath and slowly breathe out while becoming aware of how you are feeling.
IF YOU OR SOMEONE YOU KNOW WAS SEXUALLY MOLESTED OR SEXUALLY ABUSED BY A JESUIT PRIEST, YOU ARE NOT ALONE.

LEGAL NOTICE

NOTICE OF DEADLINE TO FILE CLAIMS

IF YOU SUFFERED INJURY BY PHYSICAL, MENTAL, OR SEXUAL ABUSE OR MISCONDUCT BY A JESUIT PRIEST OR OTHER PERSON FOR WHICH YOU CLAIM THE SOCIETY OF JESUS, OREGON PROVINCE HAS SOME RESPONSIBILITY, OR IF YOU HAVE ANY OTHER REASON TO ASSERT A CLAIM AGAINST THE JESUITS YOU MUST ACT NOW TO FILE YOUR CLAIM

THE LAST DAY TO FILE CLAIMS IS NOVEMBER 30, 2009

VICTIM NOTICE:

Protect your rights to file a claim against the Northwest Jesuits (Society of Jesus, Oregon Province). Contact us or call toll-free 1-888-667-0683. We help restore abuse survivors through empowerment, justice and compensation. Through your efforts – and ours – we can bring institutional change and protect this generation’s children.

Confidentiality

Victims of abuse may find it uncomfortable to come forward with their story. In most circumstances, your identity can be fully protected. In most situations, the Court will not allow a victim’s identity to be disclosed to the public without their permission.

The importance of making a connection with us

We realize that coming forward takes courage. We also want you to know that the abuse inflicted upon you by your perpetrator was not your fault.

For More Information:

Confidentiality:  http://www.jesuitabuse.com/confidentiality.html
Working Behind Bars: Considering Invulnerability

July 17th will mark my 6 month anniversary of teaching the Juneau Batterer’s Accountability Program (JBAP) at the Lemon Creek Correctional Center. This has been a journey for me and, I hope, the beginning of a journey for the group of men I work with. I have had to learn that the men in my prison group are both fundamentally the same as the community group and yet radically different. I am also the same and different when I am at Lemon Creek. If it sounds confusing...I can assure you it is! However, if you look at our intentions and process, both mine and the men, you can see the beauty inherent in testing your boundaries and opening your heart to new experience.

It is easy to see similarities between the men in prison and out of prison. They are often angry and resent having more requirements imposed on them by the courts. Even in prison, men like to decide what they do with their “free” time. They are not required to come to the group- so the men that show up are making a choice to be there, just like men in the community group. They also express the desire to be better fathers, and worry about what is happening with their kids.

The differences between the men in my two classes surprised me. I anticipated hyper-masculine posturing. I thought I’d be seeing more pathology, less ability to comply with societal norms. What I actually see is more openness, more candor and more fear. They can identify powerlessness in a way that they could not in the past. The feeling of invulnerability that Jackson Katz refers to as part of traditional masculinity is largely absent.

Invulnerability is the idea that masculinity should be preserved in all aspects of life. This presents itself fully when men choose to act out of an understanding of a cultural norm that promotes masculinity rather than regard for humanity. Ultimately, this idea frames a view of disregard for the health and well-being of the self and for the health and well-being of others.

Therefore, there’s a lot of hope in working with these who openly express a vision that’s counter to what society projects.

I am the same teacher for both groups in that I challenge the men’s beliefs about women, their beliefs about control, their buy-in to traditional masculinity. I ask them to articulate the cost of these beliefs for themselves and for their families and community. We explore the same untried ground- what it would look like if they committed to lives of non-violence in an admittedly violent world.

I am also a different teacher when I am with them. It is difficult for me as a human to stand in a room full of people who have caused so much pain and are in so much pain. It’s difficult to hear what techniques they’ve cultivated in order to blend in with more violent men, or to hear what it feels like to live without privacy or sunshine. I am also horrified by the casual way they talk about the terrible things they’ve done to the women and children in their lives. The environment- the bars, the locks, the gray walls- also informs my ability to be present with them. It is harder to talk about what is good and possible when faced with bleakness and limitations.

So while this work fits within the same job description I had a year ago- I still facilitate a batterer’s accountability program for offenders- my experience has changed dramatically. And as I continue to feel comfort in what is common between my two groups, I am also challenged to name and accommodate what feels different.

-Mandy O’Neal Cole
DATING VIOLENCE: Is it Abuse?

If the person you are with acts controlling, aggressive, coercive, or violent, that's abuse. Relationships can be abusive even if there is no hitting: Abuse can be verbal, emotional, physical, or sexual, or a combination of these.

One in five teenagers has experienced violence in a dating relationship...

Ask Yourself: Does my boyfriend or girlfriend...

- Call, text, or page me frequently to find out where I am, who I'm with, and what I'm doing?
- Tell me what to wear?
- Have to be with me all the time?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling, or bossy?
- Give me orders or make all the decisions?
- Get angry very quickly or fight a lot?
- Threaten to hurt me or someone in my family if I don't do what he or she wants?
- Threaten to hurt him or herself if I don't do what he or she wants?
- Follow me or track where I go? Show up repeatedly at my home, work, classes, or elsewhere uninvited? Check up on me all the time?
- Refuse to allow me or discourage me from having regular contact with my family or friends?
- Touch or kiss me when I don't want to? Force me to have sex? Not let me use birth control?
- Use alcohol or drugs and pressure me to do it too?
- Shove, punch, slap, pinch, kick, or hit me? Pull my hair? Restrain me? Drive fast and/or dangerously to frighten me? Strangle or choke me?
- Refuse to accept that the relationship isn't working or is over?

If you answered "yes" to any of these, you are in an abusive relationship.

Abuse also happens in straight and gay relationships. Both men and women are victims, but women and men often abuse their partners in different ways. In some relationships, the abuse only happens once in a while; in others it happens every day.

If you are in an abusive relationship, you deserve support!

- Talk to your school nurse, counselor, a parent, or other trusted adult

- Online Resources:
  - National Center for Victims of Crime: www.ncvc.org
  - National Teen Dating Abuse Helpline: www.loveisrespect.org
  - National Youth Violence Prevention Center: www.safeyouth.org/scripts/topics/dateviolence.asp
COMMUNITY SURVEY DETAILS

Enclosed in this newsletter you will find a loose page that is our Community Survey. Please complete it and return it to us so that we can continue to improve our services. We appreciate your time and value your feedback.

Thank You!!

Thank You Glide, SAGA & UAS

AWARE is honored and excited to unveil its new mural. Designed and executed by Glide and his co-volunteers at SAGA, the playground is the proud recipient of the Playground Fence Mural Project.

The mural tells a story of a mother and her baby overcoming adversity. This is a story of transformation: adversity born into a beautiful new life.

Their artistry and hopeful message bring a visual inspiration to children playing at AWARE.

Our thanks goes out to SAGA and UAS Mural Volunteers:

Carly, Grace, Cain, Marshall, Megan, John, Tyler, Dylan, Cristy, Linsey, Matt, Kristen, Jackie, Sammi, and UAS Volunteer Michael
Harnessing the Wisdom of Women:  
A note of appreciation

Thank you AWARE!

We've survived the bitter cold and relished the beautiful summer days. We've weathered unfinished chores and emotional breakthroughs, breakdowns and laughter, smiles and harsh words. More than anywhere else I've been - at AWARE I've seen that women together can survive through the toughest times. I've survived through the tough times, too, together with you - the women of AWARE. And now that my last day at AWARE approaches I can only think of one very inadequate phrase to summarize all that I've been through in my 11 month term at AWARE - “thank you.”

Thank you AWARE staff for giving me thoughtful words that comfort and console. Thanks for teaching me to listen to my own heart and my own voice, so that I can help others to listen to their own hearts and their own voices. Thank you for teaching me the value of silence, and teaching me how to make noise when it's needed. I really feel like I've become a part of the AWARE family- and that even when I leave I'll still be connected to the amazing women who work here.

Thank you to all of the women who have come to AWARE during the past 11 months. Thank you for teaching me that true strength shows through the weakest moments, and true wisdom shows through the toughest lessons learned. Thank you for showing me that compassion isn’t enough- that action and community are necessary for healing. Thanks for showing me that every woman suffers from the wounds of gender oppression, and that there is no one face of domestic violence and sexual assault. And thank you for showing me that every woman has the strength to become whole again- even if that whole is different than it was before.

I know that I'll take my experience at AWARE with me wherever I go. Though I'll be moving on to study public health and work with new families, I know that I'll always be asking a little bit more, understanding a little bit more, and seeing people in a new way.

- Emily Ravelle

SHELTER WISH LIST

- Towels
- Bedding (twin size)
- Bleach
- Cell phones & chargers
- Light bulbs
- Rugs in good condition
- Copy Paper
- Toilet Paper
- Heavy Duty Flashlights
- Bowls, cups, glasses, utensils

- Batteries (AA, AAA, 9V)
- Children’s music
- Planet Earth DVD’s
- Baby Wipes
- Diapers (all sizes)
- New sweat suits
- Bus tokens/passes
- Swim or rock-climbing passes
- Blank Journals (for women)
- Flat Screen TV
Girls on the Run Culminates Spring 2009 Season

Girls on the Run of Southeast Alaska held a fun run/walk for the participating Juneau Elementary Schools. Harborview, Auke Bay, Mendenhall River Valley Community School and Gastineau Elementary School offered the ten-week Girls on the Run afterschool prevention program for third to fifth grade girls.

After ten long weeks of playing and learning a curriculum empowering girls to a healthy lifestyle, about 48 participants and their doting coaches and many supportive community participants donned their running shoes, Happy Hair, Face Paint and bright green Girls on the Run t-shirts to finalize their season in a fun run/walk at Twin Lakes on May 30th.

Try out your sheroism skills! Find out...

What’s it Take to be a GOTR Coach?
Girls on the Run Autumn 2009 Season
D & D: Dinner and Details
July 10, 6 pm - 7 pm at AWARE’s Conference Room

Come see if you'd like to be a coach (no, you don’t have to be a great runner!), learn more about the curriculum, the season’s schedule, and location. No obligation necessary - come and be inspired. (all head coaches are women. Running buddies can be men and/or teens).

SAVE THE DATE – Girls on the Run Coaches Training will be held at the Shrine of Saint Therese August 1, 2, 2009. Women planning to coach or assistant coach can learn and practice this fun and empowering curriculum over the weekend at this beautiful location. Contact Ati or Swarupa for more information.

Autumn 2009 Season GOTR Coach Recruitment and Training

Girls on the Run Autumn 2009 Season preparation is beginning now. If you are a fun-loving and kid-oriented woman who would like to volunteer her time with other women coaches to present and play out the Girls on the Run curriculum AWARE Inc., Southeast Alaska’s Girls on the Run affiliate, is hosting a dinner and presentation for coach candidates in order to lay out the fun and exciting opportunity to coach for a season of Girls on the Run. What a gift it is to help young girls learn tools for overcoming bullying, how to not gossip, not to be in cliques, learning to listen, cooperation, standing up for herself, the value of values, how to make healthy decisions, being a good sport, community, media literacy, all and more while playing games and practicing to run/walk/skip a 5K at the end of the season.

To the Left, Ati Nasiah, Council Director of Girls on the Run of Southeast Alaska, leads the girls in a cheer before the start of the 5K run!
Brownie Troop #48 volunteered their time and creativity to AWARE by making colorful and cuddly soft baby blankets. The Troop members delivered them as gifts to the mothers and babies in residence. Here they are with samples of their project. It is part of the Brownie creed to offer their generosity to community members. Thank you Troop # 48!

Welcome to Tillia Everett! AWARE is excited to welcome Tillia as our newest permanent employee. Tillia completed the Volunteer Advocacy Training this Spring and when an advocate position became available we were delighted to be able to hire her. Learn more about Tillia in our next newsletter...

Welcome Angus Robert Andrews!

Ellen Naughton Andrews and her husband Alex welcomed their son Angus on Monday, June 22nd at 8:43 pm. Angus came into the world at 8 lbs. 14 oz. and 20 3/4” long. Congratulations!

Thank you and Goodbye...

Jess Brown, our current Jesuit Volunteer, and Emily Ravelle, our current AmeriCorps Volunteer will be closing their year of service with AWARE at the close of July. We are grateful for their many contributions to AWARE and the Juneau community and wish them well in their adventures and aspirations ahead. Thank you!
The Alchemy of Empowerment:

AWARE's Autumn 2009 Advocacy Training

AWARE's mission is to provide safe shelter and supportive services for women and children who have been subjected to domestic or sexual violence, and to effect the social, political and legal changes needed to eliminate oppression and violence against women and children.

This two part training is eye opening, intense, informative and empowering.

Learn with fellow concerned community members more about AWARE’s mission and how you can support it. Each presenter in the training reveals the valuable experiences she has accumulated in her related field and the vast and rare wisdom that comes with it.

Part 1 is for those interested in learning more about domestic violence, sexual assault, child abuse and our services at AWARE, as well as information about the agencies that partner with AWARE in Juneau. Often we don't recognize when or how to support those who need it the most. What are the causes of the systemic damage done to our community members and what can relieve it? In Part 1, participants learn the history of domestic violence, sexual assault and child abuse and the foundations of personal and societal changes that heal this chronic damage.

Part 2 takes continues deeper into the work of AWARE. We invite those interested in applying for staff or volunteerism at AWARE, staff from sister agencies, as well as those in professions or volunteer positions that require a deeper, working knowledge of the services offered around domestic violence, sexual assault and child abuse situations to apply to participate in Part 2.

Take the time for your own empowerment and the empowerment of our friends, family and community members to immerse yourself in this valuable training. There is a $25 fee to cover the cost of the manual and other materials for the training.

Please register by Sept. 5.
Contact Swarupa at AWARE, 586-6623 or swarupat@awareak.org.

Bring your talents and spirit to this powerful training of support, prevention and upliftment.
Mark Your Calendars...

Advocacy Training is Drawing Near

September 21st – October 12, 2009
Contact Swarupa at 586-6623 or swarupat@awareak.org

Part I

Sept. 21- Oct. 3, 2009  Open to the Public

Monday 9/21   5:30 pm - 8:30 pm
Thursday 9/24  5:30 pm - 8:30 pm
Saturday 9/26  9:00 am - 3:30 pm
Sunday 9/27    9:00 am – 3:30 pm
Monday 9/28     Yom Kippur, no class
Saturday 10/03  9:00 am - 3:30 pm

Part 2

Oct. 10 – 12, 2009: Training for Volunteers and Staff Requires a pre-training interview

Saturday 10/10  9:00 am - 3:30 pm
Sunday 10/11    9:00 am - 3:30 pm
Monday 10/12    5:30 pm - 8:30 pm

Topics Include:
Dynamics of Domestic Violence, Child Sexual Abuse, Peer Counseling Techniques, Rural Outreach, Community Services, Legal Advocacy And More...

At Right:
Patti Bland, co-chair of the board of directors of AWARE, leads a session of the Spring 2009
Board of Directors

Patti Bland, Co-Chair
Christopher Burke, Co-Chair
Cheryl Eldemar
Tisha Gieser, Secretary
Robin Gilerist
Maren Haavig
Jeremy Hansen
Jeff Irwin
Cathy Johnson
Michele Masuda, Treasurer
Barbara Murray
Jessica Srader
Freda Westman

AWARE Staff

Executive Director—Saralyn Tabachnick
Business Manager
Direct Services Manager
Program Manager
Rural & Community Outreach Manager/TRAIN Coord.
Children's Counselors
Children's Advocate
Education Specialist
Legal Advocate
DELTA Program Specialist
Lead Advocate
Shelter Advocates

Rachael Helf
Mandy O'Neal-Cole
Ellen Naugher Andrews
Ati Nasiah
Rachel Brown
Pam Baker-Williams
Meghan DeSloover
Sarah Aratson
Anne Bennett
Candice Bressler
Roxanne Thomas
Sarah Syfer
Veronica Laflin
Tillia Everett
Swarupa Toth

Jessica Brown
Emily Ravelle
Craig Alton
Brad Baker

Volunteer Coordinator
Administrative Assistant
Jesuit Volunteer
AmeriCorps Volunteer
Maintenance
AIDING WOMEN IN ABUSE AND RAPE EMERGENCIES
Community Survey 2009

AWARE provides a variety of services for residents of Juneau, Elfin Cove, Gustavus, Haines, Hoonah, Klukwan, Pelican, Skagway, Tenakee Springs and Yakutat. It is important that the services we provide meet the needs of the public we serve. Therefore, we would appreciate your time in completing this anonymous questionnaire. Your responses will be kept confidential, and will greatly assist us in planning for the future of AWARE.

Information on where to return the survey is on the bottom of the back page.

1. What is your gender? ................................................................. M   F

2. What is your age? .................................................................
   • Under 18
   • 18-25
   • 26-35
   • 36-45
   • 46-55
   • Over 55

3. What is your ethnicity? ...........................................................
   • Alaska Native
   • Asian
   • African American
   • Caucasian
   • Pacific Islander
   • Hispanic
   • American Indian
   • Other

4. In which community do you reside? ...........................................
   • Juneau
   • Haines
   • Pelican
   • Yakutat
   • Elfin Cove
   • Hoonah
   • Skagway
   • Gustavus
   • Klukwan
   • Tenakee Springs
   • Other

5. Which of the following AWARE services are you aware of?
   • Emergency Shelter for victims of domestic violence & sexual assault
   • 24-hour Community Crisis Line
   • Walk-in Crisis Intervention & Advocacy
   • Information and Referral
   • Legal Assistance
   • Housing Assistance
   • Emergency Transportation
   • Women's Support Groups
   • Teen Prevention Activities
   • Community Education
   • School Presentations
   • Networking with Other Agencies
   • Sexual Assault Emergency Response
   • Other

6. Do you believe that domestic violence is a problem in Juneau and the community? Y N

7. Do you believe sexual assault is a problem in Juneau and the community? Y N

8. Do you believe child abuse and neglect is a problem in Juneau and the community? Y N

9. Do you know someone who is or has been a victim of domestic violence? Y N

10. Do you know someone who is or has been a victim of sexual assault? Y N

11. Which of the following AWARE services have you had contact with? Please mark all that apply.
   • AWARE Emergency Shelter for victims of domestic violence & sexual assault
   • 24-hour Community Crisis Line
   • Walk-in Crisis Intervention & Advocacy
   • Information and Referral
   • Legal Assistance
   • Housing Assistance
   • Emergency Transportation
   • Women's Support Groups
   • Teen Prevention Activities
   • Community Education
   • School Presentations
   • Networking with Other Agencies
   • Sexual Assault Emergency Response
   • Other

12. In what capacity? I was a.....
   • Client
   • Employee or Volunteer
   • Legal Professional
   • Social Services Professional
   • Citizen
   • Donor/Contributor
   • Law Enforcement Professional
   • Medical Professional
   • Vendor/Contractor/Business
   • Other

Rate the following items using the scale below:
13. Interaction with AWARE staff?

14. The respect with which you were treated?

15. Effectiveness of AWARE's services to you?

16. Staff were respectful of your culture?

How important are the following programs currently provided by AWARE?

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<th>ES= Essential</th>
<th>VI= Very Important</th>
<th>IM= Important</th>
<th>SI= Slightly Important</th>
<th>NI= Not Important</th>
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<td>18. 24-hour Crisis Line? .........................................</td>
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<td>20. Information and Referral? ......................................</td>
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<td>21. Legal Assistance? ...........................................</td>
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<td>26. Teen Prevention Activities? ..................................</td>
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<td>27. Community Education on Domestic Violence &amp; Sexual Assault?..</td>
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<td>28. School Presentations on safe/unsafe touch, healthy relationships, etc.?</td>
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29. Does AWARE effectively communicate its services to the public? .................

30. How could AWARE better serve the community?

31. Do you have any other comments?

Thank you for taking the time to answer these questions to provide us with information for our planning. Please drop off completed surveys at AWARE or mail to AWARE, P.O. Box 20809, Juneau, AK 99802 or fax to 586-2479. If questions call 586-6623. Surveys must be returned to AWARE by July 31, 2009.