

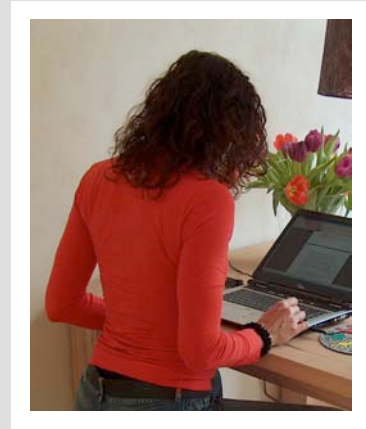
AWP MONTHLY REMINDER – NOVEMBER 2009

Alliance Work Partners (AWP) is available to assist you and your family in finding balance in work and life through education, resources, referrals, and counseling. Call us anytime, 24-hours a day. We can help.

Reducing Victimization by Online Sexual Predators

A missing piece of the puzzle when it comes to stopping Internet predators is having frank discussions to discourage teens from having romantic relationships with adults. Studies show that Internet sexual predators pose as adults, not teens, 95% of the time. They typically do not target young children. Instead they target teens and try to develop trusting relationships. They then engage in face-to-face meetings that victims perceive as romances and sexual adventures. Teen victims are more likely to have histories of physical or sexual abuse, family problems, and risky behavior. Most victims, perhaps as many as 75%, meet with the perpetrator more than once.

Source: American Psychological Association, Press Release, February 8, 2008.



Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Harvest Apples

INGREDIENTS

- 2 Tbsps seedless raisins
- 2 Tbsps coarsely chopped walnuts
- 2 Tbsps brown sugar
- Dash ground cinnamon, and nutmeg
- 2 firm. Tart apples (such as Granny Smith)

DIRECTIONS

1. Preheat oven to 350 degrees
2. In a small bowl mix raisins, walnuts brown sugar and spices together.
3. Wash and core the apples
4. In a baking dish, arrange apples with tops up. Fill each apple with one-fourth of raisin mixture.
5. Pour water into baking dish to depth of ½ inch.
6. Bake for 30-40 minutes. Baste apples once or twice with cooking liquid. Apples are done when they still hold their shape and yield to a knife when pierced. Serve when cooled.



Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

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