



## BATTLING “THE PRESSURE POINT”

Gloria Sandoval rushed eagerly to the stage when she was picked as a participant for *The Pressure Point*, a traveling Oregon Children’s Theatre production sponsored by Kaiser Permanente. The game-show-like play aims to bring up the daunting issue of peer pressure—and to teach children how to resist it.

Gloria was excited when she got to help one of the play’s characters decide to stay home and study instead of skateboarding with a friend. The character was a student athlete who knew skateboarding would be fun. Luckily, she and Gloria also realized that a night studying for an important test would get her closer to making her school’s soccer team.

### After the curtain goes down

*The Pressure Point* has helped Gloria make good decisions both on and off stage. “Now I know how to make better decisions and have better solutions for my problems,” she says. “I feel like a better person, and I have been trying to be really nice to other people.”

Since she saw the production, Gloria’s found a lot of ways to face peer pressure in her own life. One great way to avoid peer pressure in the form of bullying, she says, is to try to understand how the other person might be feeling.

“It’s good to try to be patient,” she says when telling the story of a bully on her school bus. “Maybe she’s just having a bad day.”

Gloria is also writing a book, *50 Lessons of Life*. In it, she’s including lessons she’s learned along the way. They include things like “You should always be respectful to everyone” and “Being helpful can help you and others.” She’s hoping to be able to share the book with friends and families once it’s done.

### A friendly face in the crowd

Gloria, a longtime Kaiser Permanente member, admits she was excited to see the play was sponsored by her health care provider. Her pediatrician, Dr. Frances Boulosa at North Lancaster Medical Office, has been her doctor almost her entire life.

Gloria and her family recently enrolled for Kaiser Permanente dental coverage, too.

Oregon Children’s Theatre traveling productions, designed to promote healthy living, are performed at schools throughout Oregon and Southwest Washington. In 2009, the theatre company will be presenting *The Amazing Food Detective* to children in kindergarten through third grade.

