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April–September 2017

Community Involvement Matters



Douglas P. Haubert, Long Beach City Prosecutor enjoying Dr. Seuss with students. (please see page 5)



Laura Doud, Long Beach City Auditor participating in Principal for a Day program. (please see page 5)



Leadership Long Beach Government & Public Service day (please see page 10)

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Kay Coop
Founder/Publisher



Netragrednik

Happy Spring!

This is always a fun time of year with trees and plants new growth, seniors making final college decisions and students rejuvenated after their Spring Break and focusing on their year-end goals.

Thank you for your emails regarding your interest in articles on health and nutrition. The Long Beach Health and Human Services (page 6) article is on health and wellness and Miller Children's & Women's Hospital (page 7) discusses children and headaches. The Mayor of Signal Hill (page 4) writes about health and wellness. Also, the Nutrition Update is on page 42.

You'll want to find your favorite comfortable chair to enjoy all of the information in this issue. You will read about the annual celebration of Read Across America honoring Dr. Seuss' birthday, students helping others, Doctors for Diversity Program, SeaPerch Robotics Program, VEX Robotics Team, Chess Club, contact with the International Space Station and so much more...

Be sure to enter our Word Search Contest on page 42.

Our next issue is October 11. In the meantime, congratulations to the Class of 2017. We'll be back in time for the new school year.



Kim Lu Lawe, Ed.D. '16
Director, Eastvale STEM Academy

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21018



Dr. Robert Garcia
Mayor

Investing in Education

As an educator and mayor, I believe there is no better investment we can make as a community than in education.

In the past year, our city has added 900 public pre-school seats for our youngest residents. And our city is keen on providing more opportunities for young families to enroll their kids in year-round quality educational programs. That's why earlier

this year, I unveiled the Mayor's Fund for Education, a new non-profit which supports scholastic programs throughout the city and increases access to early childhood education. Part of that investment in early education will come through promoting early literacy campaigns at our city's libraries, supporting the preschool centers at LBUSD, CSULB and Long Beach City College and supporting the opening of a new Educare Center in north Long Beach serving nearly 200 children from birth to age five. Investing in early education will strengthen the prospects of educational success and other achievements for generations to come.

However, we know learning is not limited to school classrooms and textbooks. The Mayor's Internship Challenge has increased internship opportunities from last year's 1,500 to more than 3,800 spots for our local students. Internship experience with Long Beach entities, coupled with a good education, allow students to gain the life and work skills necessary to succeed in the field they choose to pursue.

In addition, the Long Beach College Promise offers a full year of free tuition at Long Beach City College and local preference admission at Cal State Long Beach for graduates of our Long Beach Unified School District. We know higher education has become critical to securing a better future. We also know that Long Beach is one of the most popular destinations for college with more than 91,000 prospective students applying to Cal State Long Beach this past fall. As more students prepare to enter higher education, we need to make sure we are providing our local graduates with opportunities for a better future, regardless of income.

Together, these programs are building on the progress we've made in recent years and continue our investments in our kids and their education. I am proud to say that we will continue to work hard to bring a world of opportunities for our Long Beach kids and families.

333 West Ocean Blvd., 14th Floor, Long Beach, CA 90802 • 562/570-6801 • www.longbeach.gov



Lori Woods
Mayor

Health and Wellness

The National Recreation and Parks Association (NRPA) recognizes the importance of public parks and recreation services in supporting healthy lifestyles and overall wellness within communities. NRPA has partnered with healthcare providers to promote "park prescriptions," relying on the medicinal effects of outdoor exercise to improve health in individuals

and communities. Here in Signal Hill, we strive to provide services that support these ideas, while also keeping them accessible and affordable to all.

One of the easiest ways to benefit from these services is to take advantage of the parks located throughout the city. Visit Reservoir Park and check out our brand new playground, featuring fun instruments for children to play with, or take a walk around the fitness loop while trying out some of the exercise equipment. For those who enjoy basketball, courts are available on a first-come, first-serve basis at Las Brisas and Signal Hill Park, while Discovery Well Park features both a handball and basketball courts.



Many of our parks provide opportunities for family fun by offering open spaces for a multitude of activities including play structures for young children. The picnic shelters in Signal Hill Park provide the perfect setting for family gatherings and can be reserved ahead of time. For a more scenic experience, Hilltop Park provides excellent views for sunset and is a popular destination for those looking to stretch and meditate.

Implementing a balanced and nutritious diet is also important for overall health and wellness. Visit the Healthy Living Page on our website, www.cityofsignalhill.org, for tips on healthy snack options for any age, as well as resources for finding local Farmers Markets.

The City of Signal Hill is proud of the abundance of opportunities to get outside and enjoy our parks no matter what season it is. For more information about our park amenities, please contact the Community Services Department at (562) 989-7330.

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Laura L. Doud
City Auditor

College Begins in Preschool

Recently, I had the amazing opportunity to learn more about Early Childhood Education through LBUSD's annual "Principal for a Day" program.

After a warm welcome at the Monroe Child Development Center, Director Cindy Young took our group to a colorful CDC classroom at King Elementary. Arriving during an intentional play session, we were immediately immersed in a room full of energetic, happy 3 to 5 year-olds engaged in various versions of lively play with joyous laughter. Within seconds we were drawn into their activities – down on the carpet building train tracks, joining in explorations of a caterpillar habitat, reading and role playing. Nurturing teachers involved children in conversations, sparked imaginations by guiding their learning experiences and all while nudging these little children to extend their knowledge and skills. It was very evident that these youngsters were definitely learning.

I gained a newfound respect for Cindy and the many dedicated teachers who work hard to ensure these children achieve school-ready benchmarks such as color recognition, enriched vocabulary and math skills. Through their guided activities, they also promote children's social and emotional development.

Education holds the promise of leveling the playing field and preparing all students for the next steps in their lives. Early Childhood Education is the important first step every child deserves to ensure they transition successfully into Kindergarten and beyond. This means, then, that college begins in preschool. While college may seem far off for children under 5-years-old, the education these young children receive is crucial to their future. It is this early learning that builds the critical foundation for later success.

Given this, I am thrilled that Long Beach is expanding its Early Childhood Education program with Educare. Educare, a partnership involving non-profits, federal funds, LBUSD, and private donations, will ensure young children in Long Beach, including the financially disadvantaged, have the best possible chance for success in life. It will not only give students the school readiness skills they need, it will allow for partnerships with parents and provide teachers with resources. As this program kicks off, I am honored to be part of the Educare Steering Committee. This educational approach extends beyond the classroom to help children, families and the Long Beach community thrive.



Douglas P. Haubert
City Prosecutor

Lessons from Dr. Seuss

I ran into Dr. Seuss twice last week. Both times I was reminded how much wisdom endures in his books. My first Seuss encounter was during a visit to Starr King Elementary School. I was awe-struck by Ms. Hayley's Preschool class, where I interacted with 3-5 year olds building block houses during their structured playtime.

The kids showed an awareness of others, the ability to communicate verbally, and social development far beyond what I expected. When structured playtime ended and it was time for a lesson, the kids quickly put away the toys and cleaned the floor before taking their assigned squares on the carpet. These kids will be ready for Kindergarten.

There were traces of Dr. Seuss around the room, and before I left the students gave me a book personally signed by the kids, with a photo of the students wearing hats from Dr. Seuss' classic, "The Cat in the Hat."



City Prosecutor Doug Haubert with Preschool students at Starr King Elementary

Dr. Seuss taught kids to read, but also to think and to wonder. "The more that you read, the more things you will know. The more that you learn, the more places you'll go." The effort by LBUSD to make high quality early education available to every family will not just benefit the kids, but our entire community. Studies show it makes them more successful when entering school, and gives them head start in life.

The next time I saw Dr. Seuss was at my daughter's school production of *Seussical the Musical*. Jam-packed with life lessons from Dr. Seuss books, the show's main character, Horton the Elephant, teaches about the value of keeping your word, listening to your conscience, doing what's right despite pressure from peers, and speaking up for others because, "A person's a person, no matter how small."

Those of us in public service see our purpose refreshed by the words of Dr. Seuss. On days when the pile of work seems too high, progress seems too difficult, and the personal costs too high, Theodore Geisel, a.k.a., Dr. Seuss, inspires and reminds us why we are in this line of work:

"Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's not."



Kelly Colopy
Director

Spring into Health!

Lara Turnbull, MPH
Project Director, LBDHHS' Healthy Active Long Beach

Springtime is here and with the longer days and warmer weather it's a great time to focus on daily activities that can help keep you and your whole family healthy throughout the year.

See below for a few simple tips on how you and your family can spring into health!

Fuel Up with a Healthy Diet

Eat More Fruits and Vegetables: Add them to your favorite dishes or enjoy them as healthier snacks and desserts. Fruits and vegetables are naturally low in salt, fat, and cholesterol – all nutrients you want to limit to keep your heart healthy.

Limit Sodium (Salt): Limit “fast”, processed and packaged foods. When you do have them compare food labels, and choose the product with the least amount of sodium. Use herbs and spices to add flavor when cooking, instead of salt.

Rethink Your Drink: Stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. And make it fun! Add flavor with your favorite sliced fruit, mint, or cucumber.

Make Family Time Active Time

Keep it Simple: Children and teens should get at least 60 minutes of activity every day. Active time doesn't have to mean gym time. Use what you have available and plan activities that don't require expensive equipment. Take a walk, play in the yard, clean the house together, or dance around the house. Anything that gets you up and moving counts!

Turn off the TV: Set a rule to limit “screen time” to no more than 2 hours per day. Screen time includes playing video games, TV, and using the computer (except for school work). And when you do watch TV take advantage of the commercials to get up and get moving!

Be a Healthy Role-Model

Lead the Way! Eat healthy meals together, be active, and provide healthy snacks for the family to enjoy. Let your kids see how much you like to eat healthy and be active and they will want to do the same. Get kids involved in cooking and planning meals. When kids get involved with planning and preparing meals they are more open to trying new (healthy) foods. And the family will be an added bonus and another opportunity to model healthy behaviors.

For more tips www.championsforchange.org

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Dulling the Pain of a Headache



Naser Elbalalesy, M.D.
*pediatric neurologist,
Miller Children's & Women's Hospital
Long Beach*

Nearly two out of three children will have a headache by age 15. Headaches are one of the most common reasons for pain, missed school days and visits to the doctor. During a headache, your child may experience a dull pain around the front, top, back and sides of their head.

Headaches in kids can be either "primary," such as a migraine, or "secondary" to an exhaustive list of conditions that could be as simple as a nasal sinus infection or as serious as a brain tumor. A detailed history and examination is critical to differentiate different headaches.

While it's not possible to prevent all headaches, making sure your child avoids identified triggers, stays well hydrated, maintains a well-balanced diet and keeps a regular sleep schedule will help reduce their frequency and severity and also will optimize the response to other treatments, if needed.

Migraine headaches in particular can be triggered by a variety of factors, including:

- Dehydration
- Irregular eating
- Inadequate physical activity and exercise
- Poor sleep hygiene or habits
- Emotional problems, such as a big life change like social and family problems
- School-related stress (whether academic, sports-related or personal problems)
- Weather changes
- Certain foods, drinks and odors

If your child continues to experience recurrent and worsening headaches or pain in the head area that is not responding to the usual measures directed by your primary care physician, your child may be suffering from a primary headache such as a migraine, or from one of the secondary headaches.

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Assistance League® of Long Beach

ALLB Orthodontic Program

*By Dr. Joshua Schneider,
Assistance League of Long Beach Orthodontist*

The Assistance League of Long Beach (ALLB) Orthodontic Program provides quality orthodontic treatment for children from families with limited financial resources. Founded in 1969 by ALLB, it's now located at the Earl B. and Loraine H. Miller Foundation Orthodontic Center, 6220 E. Spring St., Long Beach. The program is Long Beach's only service provider exclusively dedicated to orthodontic care for the underserved children in the community.

Orthodontic screenings of prospective patients are held throughout the year. Children accepted into the program must be between the ages of 11 and 16 and live in Long Beach, Lakewood or Signal Hill or attend a Long Beach school. Following the screening, parents are required to participate in a financial screening with ALLB to verify household income and establish an affordable monthly fee.

Originally, the program served a small number of patients using local orthodontics facilities. As the community's needs grew, so did the program's size and scope. Currently, the Center is managing approximately 1,000 patients in different treatment phases. The program operates Monday through Thursday, 8:30 a.m. to 5:00 p.m., and Friday, 8:30 a.m. to 2:30 p.m., and employs



an orthodontist and a treatment and support team. A dedicated orthodontics program committee volunteers over 1,000 hours annually; generous foundation grants and individual donations help offset the cost of treatment.

The next screening will be May 8. A limited number of slots are available and will be filled on a first-come, first-served basis. Contact the Orthodontic Center at (562)425-9453 or www.ALLB.org/ortho.htm to reserve a spot today.

Aquarium of the Pacific

Earth Day

By Aquarium of the Pacific Youth Volunteer & Internship Coordinator Raelene M. Bautista

Earth Day is right around the corner, and it is time to celebrate this wonderful planet we live on. Learn what you can do to help our ocean planet while visiting the Aquarium of the Pacific for its annual Earth Day Celebration. You can journey through the Aquarium to celebrate Earth Day by learning everyday tips on how to protect our environment. You will have the chance to visit booths from various Earth-friendly organizations and to participate in hands-on learning demonstrations for people of all ages. There will be environmental films screened at the Aquarium to give guests a chance to learn about climate change, sustainable seafood, and reducing marine debris. Aquarium animals will be on hand with experts, who will bring them out of their exhibits so guests can get up close and even touch some of them as they learn about these creatures. Some of the animal ambassadors include snakes, birds, and small mammals.

Earth Day at the Aquarium of the Pacific will also include information about the critically endangered vaquita. With only 30 vaquitas left in the world, drastic



measures are needed to save this critically endangered species of porpoise found only in the Gulf of Mexico. During its Earth Day Festival, the Aquarium will highlight a new international plan to rescue the remaining vaquitas and share ways the public can get involved in this effort.

So come out on April 22 and 23 to enjoy Earth Day with the Aquarium of the Pacific and discover why the Earth is such a magnificent place that requires our care.

100 Aquarium Way, Long Beach, CA 90802
562/590-3100 • www.aquariumofpacific.org

Arts Council for Long Beach

Pieces of the Community

By Cynthia Luján, Education and Community Programs Associate

In the last couple months, Arts Council's Eye on Design students from Bryant and Tincher Elementary ventured to



Downtown Long Beach for their second public art tour. All 120 artists from five different classrooms, were instructed by Teaching Artist Betty Rosen to identify elements of art in various public artworks at the Promenade and neighboring streets. Upon returning from their field trip, they drew out ideas and designed their mosaic. The theme they used for inspiration is the water cycle. After designing their mosaic they began, piece by piece, to lay down hundreds of tile pieces. This collaborative public artwork will join the other artworks viewed on their field trip and in the future, be installed in Downtown Long Beach

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Rancho Los Alamitos

Historic Gardens

By Pamela Seager, Executive Director



Rancho Los Alamitos is home to four acres of restored gardens that reflect Florence Bixby's gardening effort from 1906 through the late 1940s. Mrs. Bixby worked with the premier landscape

architects of the time including the Olmsted Brothers, Florence Yoch, Paul Howard, Alan Chickering and William Hertrich. Discovery of oil in Signal Hill and Seal Beach in the 1920s enriched the Bixby family's wealth and fueled development of the Rancho's gardens. Visitors marvel at the proximity of this peaceful landscape to the urban environment. Curated garden tours, led by the Rancho's own historic garden expert, Janet Brown Becker, are available by reservation only on the second Saturdays of each month from now through August, 2017. The Rancho is open Wednesday-Sunday, 1-5 pm.

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www.ranchosalamitos.org

American Business Women's Association



Vanessa Willis
National President

The Gift of Wisdom

By Cecile Harris Walters, National Ambassador and Member of the Diamonds of Southbay Chapter, Long Beach, CA

When Aldeana Frazell joined the American Business Women's Association (ABWA), she managed an online publication for women, Soluv Magazine. With a BBA in Finance and an AA in Computer Design, her career and life plans entailed being of service to her family, the community, and ABWA. After experiencing an unexpected health issue, Aldeana's new business became self-care. Her desire to help others transformed into a need to gracefully receive help and assistance. A portion of ABWA's mission is to "...provide opportunities for [women] to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition." ABWA also gave Aldeana support that she could have never expected, the gift of wisdom, derived from those that experienced and survived the unplanned portions of life's journey. ABWA is a cherished part of Aldeana's life, one that reflects strength and imparts value both personally and professionally.

To locate an ABWA chapter near you, call 562.591.2625 • www.abwa.org

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Pictured above: Jan's sisters, Jacki, Marilyn, and herself (left), Jan and her two children, Jack & Lauren (right)

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Government & Public Service Day

By Alofaifo M. Faleono III, YLLB Class of 2017
Jordan High School, Junior, Class of 2018



Mayor Garcia with Alofaifo M. Faleono, III

Youth Leadership Long Beach (YLLB) provides various opportunities to high school students throughout the city by educating, inspiring, and motivating them to be successful in life. It instills leadership principles such as integrity, teamwork, and respect to create the future leaders of tomorrow.

Our Government & Public Service Day at City Hall helped us to focus on learning the role of ethics and accountability in leadership and life. Humbled to be elected the program's youth mayor by my classmates, I was eager to step into the lives of our city leaders to receive insight of the challenges they combat daily. We were fortunate to have not only the elected officials, but the Leadership Long Beach Institute (adult) alumni who work for the city share their experiences about their jobs.

The highlight of this opportunity was when we concluded our day in the council chambers with our mock debate on whether or not to permit recreational marijuana dispensaries. As Mayor, my task was to lead the debate and delegate time to the concerned citizens or councilmembers. I experienced firsthand that part of the Mayor's job can be unpopular because he/she has to enforce the time limit to each person who has the floor so the agenda can move forward and end in a timely manner.

As one who strives to become a future President of the United States, both the program and this experience has given a glimpse of a possible future role for me.

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Rotary Club of Long Beach



Jean Bixby Smith
Rotarian &
TEK Team Member

Teaching Ethics to Kids

Rotarian and TEK Team Member

“Is it the truth?”

“Is it fair to all concerned?”

“Will it build goodwill and better friendship?”

“Will it be beneficial to all concerned?”

Sometime soon you may hear these questions asked by an LBUSD middle school student about a decision they need to make.

If you wonder where these thought-provoking questions came from, the middle-schooler is probably a student in the Long Beach Scholars Program ethics course, created by members of the Rotary Club of Long Beach in partnership with the LBUSD.

To mark the Rotary Club of Long Beach's 100-year anniversary, Rotarians developed a legacy gift based on the 'Four Way Test', the ethical compass of Rotarians worldwide, which begins "Of all the things we think, say or do..."

Rotarians recently presented the three-year curriculum, Teaching Ethics to Kids (TEK), to the LBUSD Board of Education. At that meeting they showcased lesson plans and materials for the 1st year's course. Rotarians have created and tested a novel card game for the course that teaches Foundations of Ethics using kid-friendly, soccer-based terms.



School Board Members received the curriculum enthusiastically. Board Chair Jon Meyer thanked Rotarians for the "fabulous program" and Board Member Megan Kerr said, "...it's more timely than ever!"

"This curriculum gift was possible because of a uniquely strong partnership of Rotary with LBUSD," said Rotarian Lynne Wainfan, TEK development team leader, "Rotary's desire to help our kids become ethical community members was a happy fit with the LBUSD's need for an ethics component in their Scholars Program."

Thanks to Rotarians, dedicated teachers, and leadership of the LBUSD, Long Beach students will soon be asking themselves and others:

"Of all the things we think, say or do

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?"

Jean Bixby Smith is a businesswoman and community volunteer. She is one of the first 4 women members of the Rotary Club of Long Beach. To learn more about the Rotary Club of Long Beach and its Youth Programs: www.rotarylongbeach.org 1119 Queens Hwy. #103, Long Beach, CA 90802 • 562/436-8181



CathyLyn Brooks

Should You Tip Your Movers?

The short answer on this is, maybe. You tip your hairstylist and waiters and have mastered those guidelines. But you don't move as often. So what is the proper thing to do?

Use the professionalism of the moving crew to help you decide whether to tip 5 percent, slightly more, slightly less or nothing at all. Evaluate how the moving crew interacts with you. A friendly, courteous crew

deserves more of a tip than one that is unpleasant, careless, does not show up on time, or does not follow your requests. Observe the level of care the movers pay to your items. A crew that deserves a tip is one that packs and handles your boxes and large items as if they were their own.

If you choose to do so, it is suggested to divide the amount among the workers. For example, if hiring the team costs \$650, a 5 percent tip is \$32.50. If you had three movers, a tip would be \$10.83, so round up to \$12-\$15 each.

Regardless of whether you decide to tip, you can, and should, provide a comfortable working environment for the moving crew. It's a kind gesture to offer refreshments to the movers. Have some bottles of water on hand (they really do prefer water to quench a thirst) and consider ordering a pizza or sandwiches around a mealtime. Also be aware of movers who are working in extreme temperatures. Leave the air conditioning on during a hot day, or place a space heater in the garage on a cold day.

For a specialty move, such as a piano, tipping is not expected, but consider the effort required to transport this heavy, awkward, and valuable item and tip accordingly. The American Moving & Storage Association doesn't provide recommendations about tipping for moving a piano. However, a piano moving firm indicates that the average tip given to their staff is between \$20 and \$40 per person. Obviously you'd skip this if they drop your piano from the sky as portrayed in the movies. Does that ever really happen? I hope not with your piano.

CathyLyn Brooks, CRS, GRI is affiliated with Main Street Realtors. She has worked as a real estate broker since 1980, is a graduate of USC, the UCI paralegal program, and serves FINRA as a public arbitrator. Consumers should seek legal and tax advice pertaining to their transactions.



Jeffrey A. Napper
President & CEO

Steps to Protect Yourself from Identity Theft

The number of identity theft cases has grown tremendously over the years, despite heightened awareness and attempts to educate consumers about these scams. Fraudsters continue to invent new and different ways to steal your information. Here are some tips for avoiding identity theft and credit card fraud:

1. Create strong passwords and update them frequently.
2. Keep sensitive personal and financial documents secure.
3. Protect your mobile device. You should always secure your device with a strong password and use your phone's auto-lock feature to protect personal information.
4. Check your credit report (at least once to twice a year).
5. Don't share or post personal information online or social media.
6. Don't respond to unsolicited requests for personal information (your name, birthdate, social security number, or bank account number) by phone, mail, or online.



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California State University Long Beach



Jane Close Conoley
President

Ground Broken for CCPE Building

By Janis Carr, Senior Communication Writer

Cal State Long Beach officials broke ground on March 3 for a \$30 million College of Continuing and Professional Education (CCPE) building that will give the college a central location for its students, faculty and staff.

“This is the first building for the college, so clearly it is a dream,” said Jeet Joshee, dean of CCPE. “We’ve always needed instructional space for the students and faculty.”

The 35,000 square-foot building is expected to be completed by Summer 2018 and ready for students that fall. Construction is in its early stages, but President Jane Close Conoley, Provost Brian Jersky, Vice President of Administration and Finance Mary Stephens and Joshee helped the process by shoveling dirt during the groundbreaking ceremonies.

“Our last new building from the ground up was the Hall of Science about eight years ago,” Conoley said. “So, it’s been a long time between brand new buildings.” The Hall of Science was dedicated in September 2011.

The CCPE project will create a new three-story building consisting primarily of modern general classrooms, a conference center and support spaces, as well as outdoor



gathering areas. The project will be constructed at the highest level of sustainable green building standards and will be the first net-zero energy building in the CSU system. It is also being certified through the U.S. Green Building Council as a LEED (Leadership in Energy and Environmental Design) Platinum building.

Conoley called it a “great example of blending high technology in the learning community environment, and it shows our commitment to sustainability.”

Joshee said discussions for the new building began in earnest six years ago, but ramped up the past two to three.

“It’s been a long process but with a very good result,” he said.

1250 Bellflower Blvd., Long Beach, CA 90804 • 562/985-4111
<http://www.csulb.edu/>

Long Beach City College



Ann-Marie Gabel
Acting Superintendent-President

Developments at LBCC

The search for a new Superintendent-President is well underway. The Board of Trustees have interviewed five finalists and are expected to make a decision in the coming weeks. Former Superintendent-President Eloy Ortiz Oakley

left LBCC in December to serve as Chancellor of the California Community College System. I will continue to serve as LBCC’s Acting Superintendent-President until June 30.

On March 8 we celebrated a groundbreaking for the renovation of Building P, which is one of the oldest LBCC buildings and the home of our English Department. The improvements will bring the building up to date with modern technology, larger classroom spaces and ADA accessibility, while still preserving much of the historic elements.



Dr. Terri Long, LBCC Vice President of Academic Affairs; Lori Woods, Mayor of Signal Hill; Vivian Malauulu, LBCC Board of Trustees; Sunny Zia, LBCC Board of Trustees; Dr. Virginia Baxter, LBCC Board of Trustees President; Jeff Kellogg, LBCC Board of Trustees Vice President; Ann-Marie Gabel, LBCC Acting Superintendent-President; and Lee Douglas, Dean of the School of Language Arts and Communication.

Olympic gold-medalist Misty May-Treanor, the College’s Director of Volleyball Operations. The team recently kicked off its inaugural season and is already crushing the competition!

Liberal Arts Campus 4901 E. Carson St., Long Beach, CA 90808 • Pacific Coast Campus 1305 E. Pacific Coast Hwy., Long Beach, CA 90808 • 562/938-4111 • www.lbcc.edu/

LBCC now has a beach volleyball program, led by



Christopher J. Steinhauser
Superintendent

Community Sees Schools Up Close

About 150 guest principals shadowed Long Beach Unified School District principals recently during our annual Principal for a Day event. Afterward, the guest principals, other educators and community leaders gathered for a debriefing at the Beverly O'Neill/Center Theater. This year's debriefing doubled as a discussion on the State of Early Childhood Education.

We were fortunate to have several distinguished participants in this year's debriefing, including: California State Assemblyman Patrick O'Donnell; Long Beach Mayor Robert Garcia; Michael Burke, vice president, Buffett Early Childhood Fund; Sonia Campos-Rivera, director of Education and Public Affairs, Los Angeles Area Chamber of Commerce; Maria Harris, principal, Educare Los Angeles at Long Beach; Lou Anne Bynum, executive vice president, College Advancement and Economic Development, Long Beach City College; Claudia Sosa-Valderama, director of LBUSD Head Start; and Long Beach Police Chief Robert Luna.

Assemblyman O'Donnell had just spent the morning at Stanford Middle School, where his children attend.

"I have a sixth grader and an eighth grader at Stanford Middle School, and I can't tell you how proud I am of that institution," he said. He also encouraged the audience to advocate in Sacramento for further support of early childhood education in California's draft budget.

The "State of Early Childhood Education" discussion included a description of the Educare of Los Angeles in Long Beach project planned at our Barton Elementary School. The new Educare facility will be located within about 2.6 acres of the existing Barton Elementary School campus, and it will serve nearly 200 infant, toddler and preschool children. Educare is an early education program serving children from birth to five years old within the community.

The Educare project fits into our Long Beach College Promise initiative, a partnership among the school district, Long Beach City College, Cal State Long Beach and the City of Long Beach. The Promise initiative includes an emphasis on early childhood education and greater access to preschool.

The Educare project will consist of a new 32,000 square foot facility with one two-story administration and support services building and three one-story classroom buildings surrounding a central outdoor educational and playground space.

Construction is set to begin this month and continue through March 2018, though some students will start in fall of this year. The Educare project began with an anonymous donation of \$7 million, and efforts to raise matching funds are well under way.

LBUSD is partnering with the national Educare organization and other agencies on the project. Learn more about the Educare organization at educareschools.org.



Jon Meyer
President

Off to Impressive Start

Just last September we dedicated the Sato Academy of Mathematics and Science in honor of the school's namesake, Eunice Sato, and already the school is making great strides.

Sato teacher Lenny Perez recently earned a regional Educator of the Year Award and advanced to the state level of recognition. Each year the California League of High Schools and California League of Middle Schools recognize 22 educators representing

regions throughout California. Honorees exemplify educational excellence and have made significant efforts to implement educational reform in middle and high schools.

Mr. Perez was modest about the honor.

"It feels great, but it's a little embarrassing to be singled out when it's such a group effort," he said. "It validates our work, and I couldn't have done it without supportive administration and a supportive district."

We appreciate Mr. Perez's camaraderie, but also his great expertise. He's a master teacher for Project Lead the Way, a leading science, technology, engineering and math curriculum. He also advises the Society of Women Engineers chapter at Sato, and he's been instrumental in arranging visits to local manufacturers so that students can see engineering principles at work. He and his school principal, Mona Merlo, also arranged for Sato students to visit fifth graders at 22 elementary schools recently to celebrate National Engineering Week and try some hands-on engineering activities.

The fifth graders worked with Sato students to design tin-foil boats, testing them to see which would hold the greatest amount of cargo. They created wind-powered vehicles, checking to see which could travel a set distance the fastest. Other students designed and tested air-powered rockets and hoop gliders. Principal Merlo was so enthused about the experience that she called it her best day in 30 years of being an educator.

We opened Sato Academy as a small high school on the former Hill Classical Middle School campus. Sato is modeled after our nationally recognized California Academy of Mathematics and Science, or CAMS, located on the campus of Cal State Dominguez Hills. CAMS has been recognized for academic excellence by U.S. News and World Report, the Washington Post, USA Today and the U.S. Department of Education, among others. Like the students at CAMS, Sato students can take advantage of course offerings at their nearby university while they're still in high school. In Sato's case, the school is located directly adjacent to Cal State Long Beach, allowing for a number of beneficial partnerships.

We're so pleased that Sato Academy is quickly becoming a jewel of East Long Beach, much to the credit of its dedicated staff, students and parents. Congratulations to all on their auspicious start.

Barton Elementary

1100 E. Del Amo Blvd., Long Beach, CA 90807 • 562/428-0555 • www.lbschools.net/barton



Richard Littlejohn
Principal

Helping is Contagious!

Barton Elementary School students have been hard at work following the recent deluge of rain. Students volunteered their time during lunch to pull the weeds that had taken over our garden.

Students were provided with gloves, shovels, and bags, and they went to work. We had groups sharing tools because we didn't have enough!

A fourth-grader shared, "It feels great to have a garden and see it grow, but we are learning about other plants that we do not want. So we help to pull them, and we can smile that we helped."

When they were done, students spread new garden soil, so now classes can plant fruits and vegetables to continue our focus on Science, Technology, Engineering, and Math (STEM).



**Barton students working to pull weeds and set up the fruit/vegetable beds!
Helping is contagious!**

Birney Elementary

710 W. Spring St., Long Beach, CA 90806 • 562/427-8512 • www.lbschools.net/birney



Athena Uribe
Principal

Birney's Got Talent!

Once again, our Birney Bees showed they have not only talent but, soul, courage, commitment and a sense of humor! Our annual talent show was a great success this year. We had a fun evening with our Birney community.

Smiles, laughter, and applause filled the auditorium.

We owe a huge thank you to our teachers: Merry Goodman, Tina Clayton, Georgina Iverson, Eleanor Thrane, and Kris Damon for their hard work and support of our TK-5 performers.

Our PTA and parent volunteers made the evening complete, running the sound system, selling tickets and snacks, and welcoming Birney families. At the end of the night, students talked excitedly about plans for next year's performance. A good time was had by all.



Burbank *Elementary*

501 Junipero Ave., Long Beach, CA 90814 • 562/439-0997 • www.lbschools.net/burbank



Vanesha Davis
Principal

Read Across America

In honor of Dr. Seuss' birthday, Burbank Elementary celebrates the week by celebrating reading! At our Monday morning assembly the students were visited by a special

guest, "Cat in the Hat" who led the students in an oath, they pledged, "To make reading my way of feeding my brain what it needs every day. Some of the fun activities we celebrated during the week were, Dr. Seuss hat day, reading to their furry stuff animal friends and reading Dr. Seuss books in the library and digital books in the computer lab while

lounging in their pajamas on pajama day. They also enjoyed classroom buddy read, visiting neighboring classrooms to share in reading stories.



Bryant *Elementary*

4101 E. Fountain St., Long Beach, CA 90804 • 562/498-3802 • www.lbschools.net/bryant



Matt Hammond
Principal

Is There a Doctor in the School?

Each year, Bryant Elementary School has the privilege of having the Doctors for Diversity program visit our school to inform and inspire the students. Dozens of white coated medical students from the Student Medical Association at the University of California at Irvine descend upon our campus

to share the wonders of medicine. They go to all the classrooms and make presentations giving our students interactive experiences with medical equipment and explanations of how the body works. During a visit our students had the opportunity to feel their heartbeat and pulse, learn the parts of the heart, see the actual heart in action in a live ultrasound, hear the heart pumping blood, and more. The goal of the program is to provide students with positive role models and encourage the students to pursue higher education through learning activities in science, health care, and medical technology. And that they do.



Burcham (K-8)

5610 Monlaco Rd., Long Beach, CA 90808 • 562/420-2685 • www.lbschools.net/burcham



Burcham Engineering Day

Sato Academy high school students visited Burcham recently for a special Engineering Day where they taught mathematics and science lessons to our fifth-graders.

Chris Eckert
Principal

Our students rotated through three different engineering stations where they learned about wind-propelled vehicles, rockets, and how to construct a boat out of foil that can support up to 75 pennies. District Five Board Member Diana Craighead also attended the event, and was impressed by the high school students' academic knowledge and teaching ability. It was an incredible opportunity for our Bobcats to be mentored by older students.



Our students had a great time launching rockets, building wind-propelled vehicles, and testing the efficiency of their boat designs. We are looking forward to collaborating with Sato again in the future.

CAMS

1000 E. Victoria St., Carson, CA 90747 • 310/243-2025 • www.lbschools.net/cams



Science Fair

On February 24th the CAMS hosted its annual Science fair. Student research a range of topics from animal biology to engineering application. Many months of research culminated with students communicating their findings to volunteer judges. Judges included representatives from Boeing,

The Aerospace Corporation, Gulfstream, Northrop Grumman, CAMS PTSO, LBUSD as well as CAMS alumni. Students were interviewed and judges decided on the best projects. In addition, judges recommended finalists that will move on to the Los Angeles County Science Fair where they will compete on March 24th for county representation at the state level.

Wendy Poffenberger
Principal



CAMS students recommended to compete at the Los Angeles County Science and Engineering Fair.
Antony Alvarado, Samrina Vasani, Etisone Escamilla, Elpidio Dimayuga, Matthew Obrique, Kayla Vo, Afelix Le, Griselda Chicas, Angelina Truong, Stephanie Becerra, Gabriela Pena, Kamar Godoy and Christina Ventura

Carver *Elementary*

5335 E. Pavo St., Long Beach, CA 90808 • 562/420-2697 • www.lbschools.net/carver



Matthew Monaghan
Principal

SeaPerch Robotics Program

A select group of Carver 5th graders are involved in the SeaPerch Robotics Program after school. The SeaPerch Program provides students with the opportunity to learn about robotics, engineering, science, and mathematics (STEM) while building an underwater ROV as part of a science and engineering

technology curriculum. Throughout the project, students learn engineering concepts, problem solving, teamwork, and technical applications. Once their robot is built, students test its operation in a local pool. Based upon their observations, students determine what adjustments need to be made to make their robot run more efficiently. Later this Spring, students will participate in the SeaPerch competition against Middle and High schoolers from all over California. During the competition, students are judged on how well the robot

gets through an obstacle course, the mobility of their robot, and a written description of its functional purpose. Good Luck Carver Cougars!



Chavez *Elementary*

730 W. Third St., Long Beach, CA 90802 • 562/590-0904 • www.lbschools.net/chavez



Hugo Figueroa
Principal

We Have A STAR!

Kelly Sommer, our kindergarten and first-grade teacher of students with mild to moderate needs, received the STAR AWARD from the Council for Exceptional Children. This award recognizes Mrs. Sommer for the exemplary support she provides for her students every day.

While recognizing her students' needs and helping them achieve their goals, Mrs. Sommer prepares her students for the future and challenges them to do more than they have done previously. Mrs. Sommer creates a positive, nurturing environment for her students, where the focus is always on learning. The variety of opportunities helps students strive to learn new things.

Ms. Sommer is truly a STAR teacher. She helps each of her students to be successful academically and socially.



Mrs. Sommer holding her plaque surrounded by Certificated Staff

Child Development Center



Cynthia Young
Director

Celebrating Springtime Holidays

By Allison M. Thompson, Prisk Kids' Club Supervisor III

This March and April, the Prisk Kids' Club is traveling across the globe to learn how different cultures welcome the spring season. Our children will be discovering the unique qualities of many springtime holidays through original arts and craft activities, organized group games, hands-on cooking activities, and challenging science experiments.

The children will discover Ghana's Aboakyere festival through beautiful and intricate kente cloth weavings. We will also learn how Pakistani children celebrate Basanth by constructing colorful kites. We will even tap into our math and science skills by measuring the heights at which they soar.

We will also explore the traditions of the Holi spring festival in India and Nepal by experiencing a tradition that uses water toys and colored powder for an exciting event. We will end our journey by tasting foods of the Passover



A 5'x8' collaborative watercolor mural completed by the children

Seder, like matzo bread, boiled eggs, and bitter greens. We look forward to learning about ourselves and others as we experience these exciting celebrations together.

4310 Long Beach Blvd., Suite 200, Long Beach, CA 90807 • 562/422-6868
www.lbschools.net/Departments/Child_Development/

Cleveland *Elementary*

4760 Hackett St., Lakewood, CA 90713 • 562/420-7552 • www.lbschools.net/cleveland



Ellen Ryan
Principal

Storm Watch 2017

Remember when the newscasters would say "Storm Watch," and you would laugh because they were predicting a sprinkle? Now, it's no laughing matter. Just ask Emerie, a first-grader at Cleveland.

On Friday, February 17, a torrential storm began at dismissal. Figures. Emerie was picked up by her mom. She and her little brother Evan, age 3, were in their car seats when a humongous tree came crashing down on their car, shattering the driver's-side window. Thank goodness her mom was not



in the car yet! Emerie's mom was so scared that her babies might be hurt. Fortunately, they were totally fine.

Because they were soaking wet, a sweet neighbor invited Emerie and her brother inside and bundled Emerie in a big pink towel and her brother in a blue towel while waiting for the police. This sweet neighbor even drove the family home!

Cleveland is so fortunate to be surrounded by caring neighbors!



Cubberley (K-8)

3200 Monogram Ave., Long Beach, CA 90808 • 562/420-8810 • www.lbschools.net/cubberley



Cathleen Imbroane
Principal

VEX Robotics Team

By Jeremy Jackson, 8th-Grader

This year, Cubberley welcomed its newest addition to its on-campus clubs with the VEX robotics teams. The teams are composed of 10 experienced MESA eighth-graders who show promise of making the first year of robotics successful.

The teams have built their first robot—a Clawbot—and are now constructing their

competition robots. This year's Robo Bowl is called Starstruck. The goal of the game is to get the scoring objects over a barrier separating one team from another. Experienced high school robotics students volunteer each week to assist the teams. Team one consists of Mya C., Micah C., Mackenzie C., Jayce F. and me. Team two consists of Tana A., Jacob B., Amberlyn M., Phoebe M. and Aliyah N.

The competition is going to be fierce, and we hope Cubberley will be amazing!



Dooley Global Studies Magnet School

5075 Long Beach Blvd., Long Beach, CA 90805 • 562/428-7274 • www.lbschools.net/dooley



Nicole Howton-Chiles
Principal

Reading Recovery

*By Nick Galanis,
Teacher on Special Assignment*

By providing Reading Recovery, Dooley is helping first graders who are at risk of not reading to being confident readers and writers who perform independently in their classroom at the average to high level. Within a 30 minute lesson, children read books, compose, write and read their own stories, use magnetic letters to sort

and assist them with visual discrimination, as well as look closely at how words work. It is an exceptional program which not only teaches children to be independent readers and writers within 12-20 weeks, but it also bolsters their self-confidence, and offers them the one on one emotional and educational support needed to be successful learners. There is no better reward than to see a child thrive happily while learning at school.



Emerson *Parkside Academy*

2625 Josie Ave., Long Beach, CA 90815 • 562/420-2631 • www.lbschools.net/emerson



Rose Vitetta
Principal

Launch of Love

By: Cindy Emami, Parent

Emerson has love in the air. We have a long-standing tradition of Lunch with a Loved One on the First Friday of the month. March 3rd was the first one of 2017 due to rain and the stored up love was bursting at the seams. 142 family members enjoyed the beautiful weather and lunch with their student on the healthy, green grass.

Project: Give a Little Love, is set to kick off on April 4th. This will be a month long, school wide project with the theme of "Kindness Matters." Everyone will be challenged to spread extra love for 4 weeks. Kindness is contagious, we look forward watching it spread throughout the campus.



Franklin *Classical Middle School*

540 Cerritos Ave., Long Beach, CA 90802 • 562/435-4952 • www.lbschools.net/franklin



Wendy Sowinski
Principal

Chinese New Year 2017

Chinese New Year celebration came late to Franklin Middle School. On February 24th, Michelle Greene's Dance Class put on colorful lunch time performances of the popular Dragon Dance and the lesser known Lion Dance. Twenty students wore a full dragon costume along with props that were provided by a local community group. This

local group also taught the dance steps to the students. Afterwards, the students used a video recording to critically reflect on their performance. In the week leading up to the event students researched and reported on the traditional Asian Lunar New Year celebration. Previously in Quarter 3, Ms. Greene's students had studied the dance of African-American and Polynesian cultures. Their next focus will be Mexico's ballet folklórica.



Fremont *Elementary*

4000 E. 4th St., Long Beach, CA 90814 • 562/439-6873 • www.lbschools.net/fremont



Mark Curran
Principal

Rancho Days

Eighty-six fourth-grade students participated in Fremont Elementary School's annual Rancho Days celebration. The fourth-graders have been studying and doing research about the time when California was under the control of Mexico, before the state joined the United States. Students learned how life was for the citizens of our region during this time.

Fremont teachers Jennifer Durazzo, Victor Pravednikov,

and Barbara Cool enabled students to “go back in time” and experience life on a California rancho. Students dressed up as young men and women would have dressed during this time, and they rotated to the different stations to experience life on a rancho. These included making homemade tamales, dipping candles, preparing and branding hides, making reatas (braided leather), roping, making flower decorations, and learning the Mexican Hat Dance.

Many parent volunteers helped to make Rancho Days a “fiesta” to remember.

Gant *Elementary*

1854 Britton Dr., Long Beach, CA 90815 • 562/430-3384 • www.lbschools.net/gant



Cassandra Fanton
Principal

Pi Night

Minnie Gant just celebrated Pi night on March 14. Students in all grade levels came out for the event. There were a variety of math stations that the students could

rotate through. Each grade level had a specific station and then there were several other stations ranging from addition battle, make a Pi necklace, and marshmallow and noodle tower. Parents, staff, and students all participated in the event. To end the night, slices of pie were given out to all in attendance! Once again, a fun time was had by all!



Although the focus was on math, there was lots of socializing and celebrating together, which is what brings our Gant community together.

Garfield *Elementary*

2240 Baltic Ave., Long Beach, CA 90810 • 562/424-8167 • www.lbschools.net/garfield



Claire Alvarez
Principal

Tiger Peace Builders

By Darlene Ly, School Counselor

Garfield Elementary students are celebrating citizenship as the monthly character-value trait for March. Students are learning about what it means to be a responsible citizen at school and in the community. We are establishing a student club called Tiger Peace Builders to promote unity and put a stop to bullying.

Students in grades three through five are eager to participate and learn how to resolve conflict independently with peaceful solutions. During the club meetings, students will be given the opportunity to learn and practice important communication and problem-solving skills that will help them develop into ethical decision makers, role-model citizens and the peace builders of our school and community. By involving students as key players of change, we are confident of creating a school culture and climate that embraces learning, compassion and success for all students. Gooooo Tigers!

Hamilton *Middle School*

1060 E. 70th St., Long Beach, CA 90805 • 562/602-0302 • www.lbschools.net/hamilton



Kathy Cruz
Principal

MESA Magnificence!

Forty three Hamilton students participated in Mathematics, Engineering, Science Achievement (MESA) Day at Cal State Long Beach. Nineteen of these pupils finished in the top three in the events in which they competed, thereby earning the most medals ever by any Hamilton MESA team in our school's history. Competitions included: making a model of the human body's Gastro Intestinal Tract, creating



Hamilton teacher Ethan George pumps up pupils prior to their competitions.

a Mousetrap Car, building a Rube Goldberg model, constructing a balsawood glider, participating in an Eggxpress (3 story) drop, and constructing a bridge design with the most strength to weight ratio. The 19 winners will compete at USC in the MESA Regionals on April 1st.

Herrera *Elementary*

1620 Temple Ave., Long Beach, CA 90804 • 562/494-5101 • <https://lee-lbusd-ca.schoolloop.com>



Christi Granado
Principal

Project Lead the Way

As part of a grant, three Herrera teachers take the lead in Project Lead The Way, a STEM curriculum that provides students in grades 3-5 with instruction in computer science, engineering, robotics and biomedical science. Students and teachers will use iPads, donated as part of the grant that Herrera received, to explore, record and assess their scientific discoveries. Florinda Rasmusson, the third grade lead teacher, said, "This program gives access to state of the



art, hands-on projects that entices all learning styles. I feel fortunate to prepare our future leaders and innovators of an ever-changing and advanced world." Leticia Robles, our 5th grade lead shared, "What motivates me is that science can be experienced through technology. They both inspire students to read and research topics that interest them." Ms.

Rasmusson, Ms. Robles and Ms. Verdugo will begin their Project Lead the Way training at San Diego State University this summer.

Jefferson *Leadership Academies*

750 Euclid Ave., Long Beach, CA 90804 • 562/438-9904 • www.lbschools.net/jefferson



Kevin Maddox
Principal

Black History Month

By Aameelia Johnson, Teacher

Through words, music and dance, Jefferson Leadership Academy celebrated Black History Month by educating, motivating and encouraging students to learn more about African-Americans. The celebration of Black History Month included a daily "Who Am I" trivia challenge, a campus wide assembly and the "Taste

of Soul" staff potluck. Culminating the month long celebration, students were treated to an assembly that highlighted the imagination and innovation of African-Americans and their contributions to the fabric of our country. The assembly was well received especially the skit, "If there were no black people," which acknowledged the many inventions by Black, African-Americans.

Honoring these bold, brave and innovative Americans was inspiring to us all.

Holmes *Elementary*

5020 Barlin Ave., Lakewood, CA 90712 • 562/633-4427 • www.lbschools.net/holmes



Luana Wesley
Principal

Basketball Rivalries

There is always something exciting about crosstown rivalries, especially when you are talking about basketball. Holmes recently hosted an exciting tournament with our friends from Dooley. Playing to an enthusiastic crowd from both campuses and encouraged by loud and supportive cheerleaders, the teams put on a thriller that had both sides whooping and hollering.

The crowd was impressed with the great technical skills that the athletes demonstrated, as well as the high level of sportsmanship that both teams exhibited towards each other. The Holmes crowd and our coaches, Mr. Bath, Mr. Yaeger, Mr. Anthony, and Coach Willy were wearing big smiles by the time the tournament ended. Can you guess why? To our friends from Dooley, we say, GOOD GAME!



Hudson (*K-8*)

2335 Webster Ave., Long Beach, CA 90810 • 562/426-0470 • www.lbschools.net/hudson



Terri Jarels
Principal

IB MYP Community Project

By Heather Mills, IB Coordinator

Hudson's International Baccalaureate Middle Years Programme (MYP) culminates in an eighth grade community project. Individually or in groups up to three, students research a personal, local, or global issue of their choosing, identify a community need, then design and participate in service as action to meet this need. The students

devote at least 15 hours to the project outside of class time and meet with their project supervisor at least three times

over the course of the project. The students are assessed on the objectives of investigating, planning, taking action, and reflecting as evidenced by a process journal and public presentation. Examples of this year's projects include: volunteering in a home for the elderly; teaching MESA projects to a special education class; children's book drive; awareness of fake news; anti-bullying campaign; and creating a children's book about resilience. Altogether, 60 students completed the project providing the opportunity to apply the skills, knowledge, and attitudes of the MYP to real-world issues. There is no doubt that Hudson students are more than ready for high school, college and beyond.

Hughes *Middle School*

3846 California Ave., Long Beach, CA 90807 • 562/595-0831 • www.lbschools.net/hughes



Edward Samuels
Principal

Giving Back to the Community

Whether it be a donation drive or green projects around the school, our Owls are going above and beyond the call of duty.

For example, our Environmental Science students run several green projects around campus, which include recycling and landscaping programs. Hughes teacher Ms. Lopez stated that, "There is no way this program could be a success without the help

of our PE department, parent volunteers, and Ms. Cathy Procopio."

During the month of March, our Student Council also

launched a Pennies for Patients Drive benefiting the Leukemia and Lymphoma Society. Our school-wide goal is \$4,000. According to Student Council Member Mikayla Curry, our families will be able to purchase necessary medications with these funds. Our LB Scholar students also hosted a school-wide clothing drive. Students were encouraged to bring clothing items for donation to the Salvation Army.

Hughes student Alex Woodward-Ganz took the initiative to bring another worthy cause to our campus. "Soles for Souls" is a non-profit organization that provides shoes to those in need. As Alex stated, "The shoes collected will benefit people around the world."

Jordan High School

6500 Atlantic Ave., Long Beach, CA 90805 • 562/423-1471 • www.lbschools.net/



Veronica Coleman
Co-Principal



William Salas
Co-Principal

A Powerful Role Model

A native of North Long Beach, Fidel Mendez has grown up attending Long Beach Unified School District (LBUSD) schools, including Addams Elementary School, Lindsey Middle School, and now Jordan High School. Fidel

comes from a hardworking family, including his father, his mother, his four younger siblings, and his grandmother, who plays a very important role in his life. He respects his

family's values and strives to be a role model to his younger siblings.

Fidel has not only proved himself to be a strong athlete, he has also maintained a 3.75 grade-point average while taking some Advanced Placement classes. His dedication has paid off; he was selected as a football team captain and a member of this year's Dream Team in the Long Beach area, despite only having played for a short time. He is the first offensive lineman from Jordan High School to receive this great honor.

The sky is the limit for Fidel's future. His short-term goal is to become the first member of his family to earn a college degree. Long term, he wants to give back to the community by encouraging youth to follow a positive pathway.

Kettering Classical Elementary

550 Silvera Ave., Long Beach, CA 90803 • 562/598-9486 • www.lbschools.net/kettering



Juan Gutierrez
Principal

Celebrating Fitness and Community

By Fit Fest Committee

February 24th Kettering Elementary held their largest fundraiser, Fit Fest 2017!

Fit Fest is dependent solely on donations, volunteers, and community support. For 60 minutes, every Kettering student participated in 5 different fitness activities that tested their endurance and drive.

Students got to learn from over 25 community partners about a sport they have never tried before like rugby, tennis, skateboarding, and jujitsu. Not only did Kettering's Fit Fest raise over \$33,000 but it raised awareness of all our differences. There are so many countries represented at Kettering; so many different cultures and languages. Fit Fest gave us the chance to celebrate each and every one our uniqueness's as well as what we all have in common; a shared space; our beautiful community. Go Kettering KIDS!



Lafayette *Elementary*

2445 Chestnut Ave., Long Beach, CA 90806 • 562/426-7075 • www.lbschools.net/lafayette



Wendy Thompson
Principal

Read (with buddies) Across America

By Nancy Jo Rettig, Counselor

How do you introduce the love of books to the littlest of learners?

Ms. Edwards understands the challenge and responds with a creative, and fluffy activity.

Her Kinders pair their favorite

Dr. Seuss books with a matching toy in the room.

By the photo, you can see the glee in their eyes while they present their two loves.

“Our furry friends make reading fun.

There’s a character for everyone!

Stuffed animals become our pals.

The ‘Things’, the ‘Sneetches’

And even cows.

So join us as we read aloud,

To our family or a bigger crowd.

We know that we are little ones

But we are learning by the tons!”



Lakewood *High School*

4400 Briercrest Ave., Lakewood, CA 90713 • 562/425-1281 • www.lbschools.net/



Shawn Abbate
Co-Principal



Mario Jimenez
Co-Principal

Academic Decathlon Team takes the Gold!

One of Lakewood High School’s gems, the Academic Decathlon (Aca-Deca) team has done it again. Aca-Deca is

a competition amongst 13,000 students and approximately 500 high schools within California. Teams are evaluated in a variety of disciplines, skills and presentations. Lakewood medaled in several categories where Jacky Kheang received the prestigious Gold Medal in the overall category. Lakewood’s team was given special recognition as they amassed 12,000 points more than the prior year’s total. Lakewood’s Aca-Deca team is distinguished in several ways; it is the only team within the LBUSD, and its mentor, Irma Magana, is a LBUSD “Teacher of the Year.” Lakewood recognizes the team’s dedication and countless hours of preparation by all involved.



Lindsey Academy

5075 Daisy Ave., Long Beach, CA 90805 • 562/423-6451 • www.lbschools.net/lindsey



Renny Chu
Principal

Improvement Recognized

By Federico Martinez

Student of the Month has been a staple at Perry Lindsey Academy for years. This year, teachers recognize their

Most Improved Student to the monthly awards assembly. This award reaches the student that is showing effort and a growth mindset.

How often do we overlook the student who is striving to be the best, but isn't quite there?

Well this award recognizes this student. The student not only receives the award, but they bring one friend to a special lunch and activity with the Principal.



Our growth and improvement can be seen in each and every one of our students, every day!

Los Cerritos Elementary

515 W. San Antonio Dr., Long Beach, CA 90807 • 562/595-6337 • www.lbschools.net/loscerritos



Alissa Gamboa
Principal

Waxing Poetic!

Roses are red. Violets are blue...funds were raised by the student poetry crew! Los Cerritos Roadrunners got poetic for a good cause recently. Kindergarteners through fifth-graders wrote poems during school, and scholars were selected from every class to read their work aloud at a Children's Poetry and Book Fair Night, hosted by the school's business partner, a local bookstore. Last year, Los Cerritos hosted a Book Fair fund-raiser at the bookstore, featuring acclaimed children's author Patricia Polacco.

The theme of the poems was "Love"—love of the planet, a pet, a person, pizza—anything. About 100 people attended the event, which also featured a raffle and a book wish list for classrooms. Afterward, students' poetry was displayed in the auditorium.

A portion of sales from the Book Fair benefitted our literacy programs. The school raised over \$225. More importantly, it raised appreciation of poetry and children's writing.

"The students, teachers and families really enjoyed the creativity of this," said Principal Alissa Gamboa, who added that plans are in the works to make it an annual event.

Marshall Academy of the Arts

5870 E. Wardlow Rd., Long Beach, CA 90808 • 562/429-7013 • www.lbschools.net/marshall



Marie Hatwan
Principal

Everybody has a Story

*By Rachel Keith and Alicia Estrada,
8th Grade Teachers*

Our attitude towards immigration reflects our faith in the American ideal.

— Robert F. Kennedy

Marshall eighth-grade accelerated students have learned that history doesn't always come from a book. Listening to another's story brings a history to life.

Students learned this lesson through a cross-curricular oral-history immigration project. In their history class, they learned how to prepare for and conduct an oral-history interview. They asked their interviewees about their

immigration stories, and researched and wrote them in their English class.

"This project has caused many to reflect upon their past, remembering special places and moments they would not have otherwise," student Amanda Dover said. "It also gives a sense of respect, appreciation and pride in the wonderful country we live in."

The students were eager to share their stories of people with parents, guests and one another Marshall's Cultural History Night in February.

Student Anthony Enterline expresses the essence of the night with "My grandma didn't think that people would want to hear her story, but when she saw the people who listened to me, she was surprised."

Lowell Bayside *Elementary*

5201 E. Broadway, Long Beach, CA 90803 • 562/433-6757 • www.lbschools.net/lowell



Lester Lawson IV
Principal

Chess Club

Chess may have been around for over 1,500 years, but, at Lowell Elementary School, it dates back to 1992. The Lowell Chess Club, originally, began as a lunchtime activity for third-graders in Mr.

Brunner's class, but quickly expanded to a weekly before-school meeting for all grades. Students learn to plan ahead, looking at not only their current positions on the board, but, also at many moves further along. In chess it doesn't matter your age; it only matters how carefully you craft your game. In the Lowell Chess Club students definitely learn the value of seeing the big idea, as well as learn to look for changes over time; even if those changes only take place on a board full of squares.



MacArthur *Elementary*

6011 Centralia St., Lakewood, CA 90713 • 562/420-3588 • www.lbschools.net/macarthur



Scott Fleming
Principal

Meaningful Relationships

The real purpose of a relationship is about people coming together to serve the growth and evolution of each other's souls.

— Kute Blackson

Two elements that combine and are necessary for healthy growth are Hydrogen and Oxygen. For those familiar with science, you will recognize both elements as components of water. On February 17, the water from the torrential rains only served as a medium for our MacArthur community to continue our growth process together. Over 300 people attended our first ever Pastries with Parents event. The event was an opportunity for parents, students, and school staff to come together to enjoy one another over a wonderful breakfast treat.



McBride Sr. High School

7025 Parkcrest St., Long Beach, CA 90808 • 562/425-3539 • www.lbschools.net/mcbride



Steve Rockenbach
Principal

Contact with International Space Station

McBride sponsors student-run clubs like the McBride Amateur Radio Club to engage the interests of the students. Currently fifteen students have earned their FCC licenses and have contacted radio operators from Argentina to New Zealand. On March 15, The McBride Radio Club set its sights higher and worked to talk directly with

Thomas Pesquet, a French astronaut currently on the Space Station. The club coordinated with NASA to make direct radio contact with the International Space Station as it passed over Long Beach. Students asked questions ranging from “Do you ever feel afraid in space?” to “Could you navigate the ISS with calculations done by hand like in Hidden Figures?” Students from Rogers and Bancroft Middle Schools also participated.



McBride students who reached out to the International Space Station

McKinley Elementary

6822 Paramount Blvd., Long Beach, CA 90805 • 562/630-6200 • www.lbschools.net/mckinley



Scott Tardibuono
Principal

Keeping Scholars Thinking

Our McKinley Elementary School teachers and students are working hard to implement one of the Long Beach Unified School District's best practices: Thinking Maps.

Thinking Maps have been a key component of the district's curriculum for over 10 years. At McKinley, our teachers have recently participated in several training sessions so that they can continue

to use Thinking Maps to implement the Common Core curriculum.

The eight Thinking Maps are visual tools that are used

in each grade level and subject area. At McKinley, both our teachers and students are using these eight maps — as well as the space outside of Thinking Maps called Frame of Reference — to cite evidence, analyze different points of view, and prepare to write.

One fifth-grade McKinley scholar named Lizette Enriquez shared that, “I like Thinking Maps because they help you understand things and stay organized. They also help you to understand what you read when you make one during reading.”

Thinking Maps can be found all over our McKinley campus. In a nutshell, a major school focus is to keep both our teachers and students thinking, thinking, thinking!

Millikan High School

2800 Snowden Ave., Long Beach, CA 90815 • 562/425-7441 • www.lbschools.net/



Alejandro Vega
Co-Principal



Michael Navia
Co-Principal

LBUSD Students Honor Navy Officer in Rally

By Katie Hickox

Lakewood High School's Naval Junior Reserve Officer Training Corps and Millikan's Associated Study Body joined together to arrange a surprise reunion of a decorated Navy officer with her daughter.

Captain Sabrina Bobkowski, a senior procurement agent at the Boeing Corporation, is serving a tour of duty in Africa that began in August 2016.

Captain Bobkowski reunited with her daughter, Taylor Bobkowski, a junior in Millikan's QUEST program, in a spring rally at the school's gym on February 17. Captain

Bobkowski surprised her daughter at the rally, which featured a salute from Lakewood's NJROTC.

"My heart felt thanks to all who could make this happen," said Captain Bobkowski, who was in Long Beach on a brief leave from her unit's mission help stabilize the Somalian government. "It truly means the world to me."

A longtime volunteer in Long Beach Unified schools, Captain Bobkowski earned the Defense Meritorious Service Medal, Meritorious Service Medal, Navy and Marine Corps Commendation Medal with three Gold Stars, the Navy and Marine Corps Achievement Medal with four Gold Stars, among other military service awards.



Newcomb Academy (K-8)

3351 Val Verde Ave., Long Beach, CA 90808 • 562/421-8851 • www.lbschools.net/newcomb



Donna Ryono
Principal

The Spartan Sprint

The Spartan Sprint is the number one fundraiser for the Newcomb Foundation. Students from Kindergarten to fifth grade gather sponsors and train with their classes for the big event.

Donations are based on the number of laps that the young Spartans run, so they really put their hearts into it. Our inspiring parent announcer encourages the students while they run laps by playing song requests and reading words of inspiration from the parents. The cheerleaders also come out in full force for this event. The Foundation supports our science lab, computer lab, electives, and music programs. Thank you to all who participated as we hit our goal of raising \$30,000 for these valuable programs for our students!



Prisk *Elementary*

2375 Fanwood Ave., Long Beach, CA 90815 • 562/598-9601 • <http://prisk-lbusd-ca.schoolloop.com>



Damon Jespersen
Principal

Prisk Rocket Coffee!

Speech and Language Pathologist Sarah Lupo and 4/5 combination class teacher Brad Mastro teamed up to support the student-led project, Rocket Coffee. With great entrepreneurial spirit, students from Mastro's class are in their second year of

running Rocket Coffee.

Students have the opportunity to apply learned skills from class and speech therapy. Some of the skills include getting ready for "work," following instructions to make drinks, language and social skills by delivering drinks, building independence, weekly math to figure out profits, and functional life skills to buy supplies.

Through these ongoing interactions students and staff build relationships. Also, Mastro's class donates their profits to student council twice a



The Prisk Rocket Coffee crew is ready to serve with bright shiny faces and winning smiles!

year. As a result, \$300.00 will be given to support other student-focused projects. With friendly service and a tasty beverage, we all benefit from Rocket Coffee!

Polytechnic *High School*

1600 Atlantic Ave., Long Beach, CA 90813 • 562/591-0581 • www.lbschools.net/poly



Quentin Brown
Principal



Diane Prince
Co-Principal

An Active Season

*By Jordyn Saunders,
Yesenia Pacheco,
and John Berry*

Long Beach Poly's motto is "The Home of Scholars and Champions," and our students are definitely living up to the billing this spring.

Poly sophomore Heinglee

Va was honored in February at a luncheon for students that was featured in an ABC7's "Cool Kids" segment. Va, who received \$500 as part of the recognition, volunteers weekly at beach cleanups and other activities that help protect and restore the environment. He began doing this when his

uncle first introduced the idea, and he figured that "it beats sitting at home watching TV."

Va also recently joined other Poly students at our Hamilton neighborhood tree planting event on February 25. Sophomore Leann Avenado said, "I feel like I'm making a difference when I'm planting a tree." Added sophomore Ivan Alvarez, "I went for the extra credit."

With a March 4 victory over Harvard-Westlake, Poly's girls basketball team once again won the CIF-SS Open Division. This marked the 120th CIF championship for Poly's athletic program, and the first Open Division Title for the Lady Jackrabbits. The team features McDonald's All-American senior Ayana Clark, as well as All-American-nominated seniors Danae Miller and Jasmine Jones.

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Renaissance *High School for the Arts*

235 E. 8th St., Long Beach, CA 90813 • 562/901-0168 • www.lbschools.net/renaissance



Kimberly Holland
Principal

Busy Year

It's been a busy season for the Renaissance High School for the Arts Dance Department! In February, over 100 students performed in the Faculty Concert at Jordan High School. Last week, RHSA dancers brought two pieces to the Dance Spectrum Concert at Millikan High School. They performed a jazz dance called Purple Reign, and a modern trio about the life of insects called Uearthed. In April, Keith Johnson, faculty professor at CSULB and director of Keith Johnson and Dancers, will come give a master class and demonstration. We'll wrap up the year with our student concert, featuring choreographed works by RHSA students at the beautiful Martha B. Knoebel theater at CSULB. It's shaping up to be a great year full of exciting opportunities!



Riley *Elementary*

3319 E. Sandwood St., Lakewood, CA 90712 • 562/420-9595 • www.lbschools.net/riley



LaShell Diggs
Principal

Li'l Musical Roadrunners

*By Kendra Clements,
Instrumental Music Teacher*

After a successful winter concert, our instrumental music program is back in action, learning new music to take our skills to the next level. In music class, students can learn violin, trumpet, flute or clarinet. With limited rehearsal time, they've had an outstanding show of motivation and

improvement. Students always work hard and try their best in everything.

This year, the size of the music program has almost doubled! A shout-out goes to the Riley teachers for their amazing support in sending the students to music each week, prepared and on time. Music education is changing their lives as they continue to work together as a team in preparation for their spring concert and assemblies.

Riley students are becoming well-rounded citizens. Go Roadrunners!



Rogers Middle School

365 Monrovia Ave., Long Beach, CA 90803 • 562/434-7411 • www.lbschools.net/rogers



Douglas M. Jordan
Principal

We Go Green!

Pamela Weinstein, Green Team Advisor
Rogers Green Team Elective/

Advisory is making a difference in their community which earned the California Green Ribbon – Gold Level Achiever. Since September, the class recycled a ton of cans and bottles from campus and community; reduced lunch trash by 90% and overall school trash by 55%; inspired 500 kids to walk/bike to school; swapped 400 books; planted 1500 sq. ft. of drought tolerant native plants; lined up 12th in the Belmont Shore parade; and collected 300 pairs of shoes for His Little Feet (www.hislittlefeet.org). Our latest campaign brought attention to the problem of single use plastics through a straw free pledge on www.onelessstraw.org. Rogers was awarded on March 3 at a reception for all 32 state winners hosted by the California Department of Education.



Petter Hennem, Energy Manager, LBUSD; Tom Torlakson, State Superintendent; Pamela Weinstein, Green Team Advisor, Rogers; Doug Jordan, Principal, Rogers.

Smith Elementary

565 E. Hill St., Long Beach, CA 90806 • 562/595-9466 • <http://burnett-lbusd-ca.schoolloop.com>



Monica Alas
Principal

Dr. Seuss Assembly

On Wednesday, March 1st, Smith celebrated its annual Dr. Seuss Assembly with students, staff, and community. This annual event is organized by our wonderful school librarian Mary McCarthy.

The school wide event even included a surprise visit from The Cat in the Hat, who entertained the crowd from beginning to end. Smith will be hosting two more school wide community events which include our annual Jog-A-Thon and Smith Carnival.

Tincher Preparatory School (K-8)

1701 Petaluma Ave., Long Beach, CA 90815 • 562/493-2636 • www.lbschools.net/tincher



Rosemary Sissons
Principal

Spring Showers Bring out Student Green Thumbs

Tincher's instructional garden is a focal part of the school campus. It serves as a meeting place for students, parents, and staff. In preparation for the spring planting season, Margarita Bossa of the Kitchen Community, conducted a workshop with the help of several Tincher parents and student volunteers. After a short preparation meeting, students participated in a planting lesson that incorporated both math and measurement. Students learned the proper care of their seeds and seedlings and will soon be harvesting a rich bounty of 'homegrown' vegetables including radishes, carrots, peas, onions and lettuce.



Principal Rosemary Sissons and Margarita Bossa, garden educator, supervise Spring planting with the help of parents and students.

Stanford *Middle School*

5871 E. Los Arcos St., Long Beach, CA 90815 • 562/594-9793 • www.lbschools.net/

Dr. David Costa, *Principal*

Musical Success

You'll be on your way up! You'll be seeing great sights!
You'll join the high fliers who soar to high heights.

— Dr. Seuss

For twenty-five years Mrs. Riley has led Stanford's chorus and performing arts ensemble to the highest of

heights. On March 11, 2017, she led her last Seussical the Musical here. It was a remarkable show, highlighting her knowledge, skill, and commitment to our students. All three nights students delivered extraordinary performances as a tribute Mrs. Riley's service. Thank you, Mrs. Riley for your service to our students and to the entire Stanford community. We wish you all the best at Wilson High School next year.



Stephens *Middle School*

1830 W. Columbia St., Long Beach, CA 90810 • 562/595-0841 • <http://lbstephens.schoolloop.com/>



Salvador Madrigal
Principal

A Night at the Museum

By Becky Robbins, Librarian

We stepped back in time as Stephens Library was transformed into a historical gallery when our History Department held their 1st annual "Night at the Museum" event.

Over 300 were in attendance throughout the evening, as proud students and parents walked through and studied the display boards, dioramas, exhibits and research projects covering Ancient Civilizations, World History and U.S. History. Students had spent many hours on

these projects, researching topics and creating their final displays. Our Student Council also sold food and drinks as a fundraiser. It was a wonderful success and plans are being made for next year's event. Thank you to our History Department for a successful and informative evening!



Washington *Middle School*

1450 Cedar Ave., Long Beach, CA 90813 • 562/591-2434 • www.lbschools.net/washington



Megan Traver
Principal

Focus On Attendance

If you're not here, we can't teach you! That's why we "Strive for Less than Five" as an encouragement for our students to miss no more than four days per year.

Each day in their first-period advisory classes the students track their attendance and on-time data. This helps them keep a running record of their total number of

absences. We have also implemented some school-wide incentives focused on attendance, including "perfect attendance" spirit tags for the students to wear on their lanyards for the months they didn't miss any school.

We also have a big, shiny trophy for the top classes in each grade level with the highest average weekly attendance. The students love the recognition, and having the trophy in their classroom!



Ms. Gilley's 1st period class of 7th graders winning the best attendance for the week.

Webster *Elementary*

1755 W. 32nd Way, Long Beach, CA 90810 • 562/595-6568 • www.lbschools.net/webster



Sarah Forrester
Principal

The Great Kindness Challenge

Webster students, staff, and community accepted The Great Kindness Challenge during February. Each day during Kindness Week, students and their families were encouraged to demonstrate kindness in many different ways. Ideas included: smile at 25 people, help a younger student, cut out hearts and give them to friends, read a

book to a younger child, say thank you to staff members on campus, among many other challenges.

The week culminated with the red carpet walk through a kindness tunnel. Every Webster student walked down the "red carpet", greeted by parents, staff, community, district employees, and a school board member all of whom cheered, shook hands, and waved posters, encouraging the students in their efforts to be successful and to continue demonstrating kindness.



Whittier Elementary

1761 Walnut Ave., Long Beach, CA 90813 • 562/599-6263 • www.lbschools.net/whittier



Lori Grady
Principal

Kindness Matters

At Whittier, kindness matters! This month, Whittier staff kicked off a campaign about showing kindness toward others. The teachers brainstormed with their students about different ways to show kindness toward others on our campus. Each student was given a bookmark with ideas of ways he or she can show kindness. Some examples

are smiling at 25 people today, saying thank you to a playground teacher, picking up trash on the playground, and making a new friend.

When a student sees or hears someone showing an act of kindness, the student fills out a heart telling what the student did and presents the heart to him or her. Each classroom is collecting and posting the shared hearts to keep count of how much kindness is being spread in their room. Soon, our rooms will be filled with acts of kindness! Whittier Wizards are building a culture of kindness!

Willard Elementary

1055 Freeman Ave., Long Beach, CA 90804 • 562/438-9934 • www.lbschools.net/willard



Dr. Cassandra Richards
Principal

S.T.E.A.M. Night!

By Jonathan Guevara, Teacher

Willard's 3rd Annual S.T.E.A.M Night was a total success! Approximately 900 students, families and community members came to join Willard staff and California State University – UTEACH (Urban Teaching Academy) student teachers to an evening full of sciences, technology, engineering, arts and mathematics!

UTEACH student teachers work together for several months to produce this annual event. The purpose of this event is to spark and interest for students to prepare them for the future. This year's theme was "Under the Sea!" with all activities revolved around the ocean. For example, the Sea Life Activity that focused on the environment inspired a 3rd Grade Excel Class to begin research on how to help endangered animals, both in the ocean and in land.



Wilson Classical High School

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481 • www.lbwilson.schoolloop.com



Sandy Blazer
Co-Principal



Gonzalo Moraga
Co-Principal

AP Tutoring

*By Shannon Chek,
Loudspeaker Reporter*

AP Tutoring is a one-on-one free service for AP students who need extra help with the material. Tutors are students who have done well in their own AP classes.

Tutoring benefits tutors

as well. Peter Tran, a senior who teaches calculus, said, "It helps me review material. I started tutoring because so many individuals asked me, so I decided to sign up for it." Senior Logan Nantis said, "Teaching someone else helps

you learn as well, so I feel like I learn the material also as I teach others."

Tutors receive pay for their work, but payment isn't the only reason students have signed up to help.

"I was invited to do tutoring, and it sounded like a good idea not only for the money but because I do love helping other students," said senior Arielle Wilson, who tutors multiple subjects. "If I'm able to teach something I'm learning to someone else, then I'm going to learn it even stronger than I did before."

Payment for a job that helps others learn shows that tutors are learning to their full capacity and being rewarded for it.

Westerly School of Long Beach (K—8)



David Perram
Director of
Student Affairs

The CCEJ Intercultural and Interfaith Breakfast

By 8th Grade Student Ivy Martin.

Last month, Westerly's eighth grade class attended the 2017 annual CCEJ Intercultural, Interfaith Breakfast in the Long Beach Convention Center. It was an opportunity for people of all racial, ethnic, sexual orientation, religious, and cultural backgrounds to come together to celebrate our rich diversity and share in the celebration of a truly inclusive community. This breakfast was a chance for me and my fellow classmates to learn and listen to active members in our district discuss the wonders that make Long Beach unique, and the things we can do to improve it.

For the past four years, Westerly eighth graders have attended this event and every year it has been a wonderful success. It's a way to learn about others and their unique cultures, and respect and commemorate our similarities and our differences. Luis Rodriguez, one of the many memorable speakers we listened to, found his way out of poverty and despair through education and writing. He explained to us that if we want to truly be happy and viewed as equals, we have to make sure that everybody



Ivy Martin

As a person who works to be politically active as a thirteen – year old can be in the community, it was quit the enlightening experience and I think I speak on behalf of all the students who attended when I say that it was worth getting up at five thirty in the morning.

is happy and viewed as an equal, then of course so will we! Mr. Rodriguez is also known for helping start a number of prominent organizations that assist and teach people from all over the world, he truly was a great role model and Long Beach is lucky to have him. I truly believe that what Mr. Rodriguez taught us is a skill that anybody can use to truly be successful in life, that an accomplishment is making sure you are well off in the world, but a great accomplishment is making sure so is everybody else.

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www.westerlyschool.org

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Community Tour Dates

Tuesday, May 16, 2017

2950 East 29th Street | Long Beach, CA 90806

Tour schedule is 8:30-9:45 a.m.
Reservations are encouraged.
Please contact the Westerly office
at 562-981-3151 or register online
at www.westerlyschool.org. If you
cannot attend a scheduled tour,
please request a private tour.

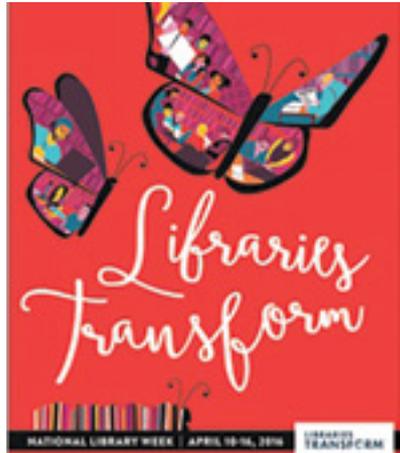


Long Beach Public Library

Libraries Transform

By Pam Carlson, Children's Librarian

The Long Beach Public Library is preparing to celebrate National Library Month. Visitors to the brand new mobile Studio will learn about 3D printing, coding, editing videos and creating online games. Bay Shore staff will be transforming neighbors into library users and inviting kids to create long-lasting art projects using Bio Putty paint.



Got little brothers and sisters? Bring them to the debut of baby story time at Mark Twain Library. Take a virtual field trip to a library in another country at Main Library while tweens and teens plot a breakout from an escape room. Dates and times of all transforming events can be found on the calendar at lbpl.org.

Main Library 101 Pacific Ave., Long Beach, CA 90822 • 562/570-7500
www.lbpl.org



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Christina's Book Review

A Story with Deep Meaning Side Stories



Christina J.

By Lloyd Alexander
The Remarkable Journey of Prince Jen is a story about a Prince who, following the advice of a wise old man named Master Wu, sets off to deliver six specially chosen

items to give to the King of an amazing Kingdom. Master Wu chooses some strange, random items as gifts: an iron sword, a leather saddle, a wooden flute, a bronze bowl, a sandalwood box, and a kite. But, there is a reason he chooses these gifts. They are all magical, and they are all eventually needed, not to give to the King, but to hand out, one by one, to other people to help these people with their struggles, which creates interesting separate stories about what the receivers of these items do with their new magical power. For instance, the sandalwood box contains a special ink



with which the artist using it can draw objects and animals that come to life though the canvass and it helped the artist earn his living and improve his life. Kite in the shape of a bird allows the person holding it to fly, and it helped a girl flew away at the hour of grave danger! And at the end of the story the Prince learns that there is no King of an amazing Kingdom, and the purpose of his journey was to help his people and see life outside of the castle walls. I liked that the story was written in a way similar to classic Chinese literature and has deep meanings in each of its side stories, that all reconnect to the main story.

I give this story 4 out of 5 stars, with 5 being the best.

Christina J. is a 7th grader. She is an avid reader, who enjoys some peace and quiet with a good book about some great adventure. Christina is a young author herself, in 5th grade she wrote a book *Melody's Stories: I Am a Spy Now*, published by Studenttreasures Publishing (PIN #3582798).

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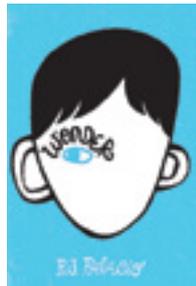
Alana's BookReview

Wonder



Alana F.

By: Raquel J. Palacio
At first, the Pullman family doesn't seem that different. Two kids, mom, dad, drama, fights, Star Wars infatuations- what could be different? The answer is simple- Auggie.



August Pullman is the younger of the Pullman children. Since he was born, Auggie has been different- to put it simply, his face doesn't look "normal". Auggie knows this- in fact, he's known it from a young age. But when Auggie is sent to school with other kids for the first time, will any innocence he has be shattered? Will he only witness from his peers evil and rejection, or will he receive the acceptance he deserves?

I'd give this book five stars because it really speaks to people nowadays. This book is sure to tug at your heartstrings more than a few times, and can teach anyone a thing or two about loving others no matter what

Alana is a student columnist. When she doesn't have a book in her hands, she enjoys playing video games and writing fiction. She rates books on a scale of 1-5 with 5 being the highest.

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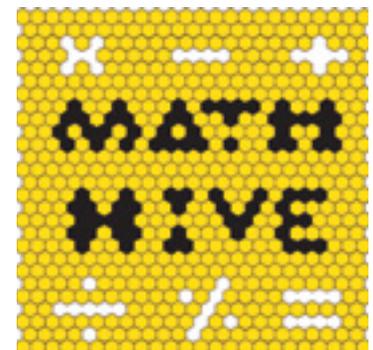


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Book Review By Katrina

A Gripping Crime Novel



Katrina D.

The Naturals by Jennifer Lynn Barnes is a book about a team of teenagers brought together because of their unique talents. But unlike other books, their talents aren't supernatural. Talents like



profiling just by looking at someone, being a human lie detector and managing to remember stats just to name a few came naturally. Now, this team of teens must solve cold cases that not even the finest CIA members could. Even with an unknown murderer on the loose. This book is filled with snarky comments, obsessive mystery and a writing style that cannot be matched. Honestly I couldn't stop reading this book until the very end, hungry to learn the murderer's identity. The characters are developed, the plot moves at a perfect speed and you find yourself holding your breath with every page. If you're looking from a gripping crime novel, then this is for you! I rate this book 5 out of 5 medals.

Katrina is a ninth grader who loves reading books as much as writing her own stories and enjoys watching anime. Katrina hopes to be an author one day very soon. Katrina will rate the books from 1 to 5 medals with 5 being the best.

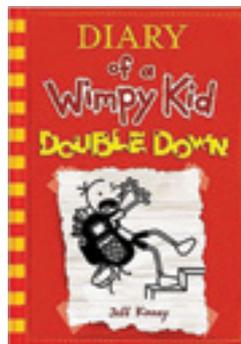
Michael's Book Review



Michael H.

A Hilarious Book

Greg's imagination is at it again. He talks about how he feels like his life is being filmed and people are watching his every move. He also talks about how his family



is secretly a bunch of robots, and worries that what his mom said about his nana watching over him since she died is literally true. His mom thinks video games and TV are turning his brain into mush. She tells him to explore his "creative side."

This is all happening near Halloween and Greg feels like frights are coming his way from every direction. He joins the band. That would make his mom happy and he would be invited to the Halloween party. Going to the party he freaks out when he realizes his mom isn't just dropping him off she plans on staying. Will she embarrass Greg and ruin his whole plan?

I give this book 5 stars although it didn't have a main story line it was hilarious and can't wait to read the next one.

Michael H. is a 4th grade student. Besides his love for reading, he also enjoys Karate, playing guitar and sharing new adventures with his mom. He will rate the books 1 to 5 stars with 5 being the highest.

Book Review by Abbas

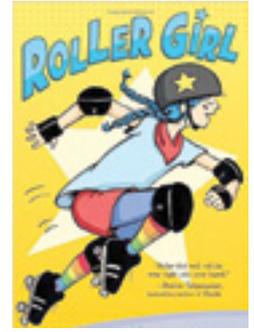
Amazing Graphic Novel



Abbas D.

Roller Girl is a graphic novel by Victoria Jamieson.

This book is about a girl named Astrid and her best friend Nicole. One day the girls go to a roller derby. Astrid later on begs her



mom to go to roller derby camp and her mother agrees by signing her up. Astrid is elated and hopes her best friend will sign up too. Nicole signs up for dance class instead. This turns her summer upside down. Astrid's nemesis Rachel is now friends with Astrid because they're taking the same dance class. Rachel is a mean girl who keeps pressuring Nicole to stop being friends with Astrid. How will Astrid survive the summer without Nicole? This book is an amazing novel because it made me feel like branching out and trying new things can lead to new friendships. This book is great for people who love graphic novels and skating. Will Astrid continue her roller derby fame? I rate this book 5 out of 5 smiley faces.

Abbas D. is a fifth grade student who enjoys cooking in his free time, swimming and loves roasted marshmallows. Abbas will rate the books 1 to 5 smiley faces with 5 being the best.

Keira's Book Nook



Keira

A Spooky Story

The Night Gardener

By Jonathan Auxier

This spooky story is about two kids, Molly and Kip, who go on a journey to earn money. When they arrive at a mysterious house in

the middle of the forest, they learn a haunting secret about the people that live there. Will they find the source of the mystery before it's too late?

This book makes me want to read more from this author, because it is so suspenseful and amazing! However, I would not recommend it for little kids. I rate it 4 out of 5 apples, because although it's fascinating and fun, it is also scary!



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Lucy's Book Review

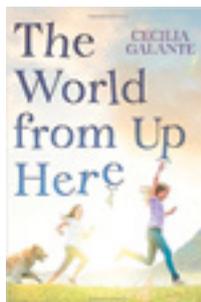
The World from Up Here



Lucy Davis

Author: Cecilia Galante

Wren Baker has never been brave. She hasn't ever stepped out of her comfort zone, or done something risky and unpredictable.



That all changes when her mother is put in the

hospital, and Wren doesn't even know why. Her dad seems to cover everything up, and he sends her to live with her aunt and "perfect" cousin, Sliver. Soon after her move, everything she's doing is dangerous, from riding a spooked horse to trekking up a seemingly haunted mountain. To top it off, what was supposed to be research for a history project turns into one of the most scary experiences of her life. Throughout her adventures, Wren is learning more about her own past than she ever thought she would.

Cecilia Galante's novel is fantastic, and I give it five bookworms out of five for its suspense and thoughtfulness.

Lucy is a fifth grade student that enjoys theater, playing guitar and singing. She's a Harry Potter fanatic and hopes to one day publish a series of her own. Lucy will rate the books 1 to 5 bookworms with 5 being the best.

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Nutrition Update

This column provides insight from Carol Berg Sloan RDN, FAND (a registered dietitian for 37 years) and her daughter, Kelly Sloan (a student/intern in the Master's Nutrition and Dietetics program at California State University, Long Beach). Both give their perspective and tips to help you make healthier food and beverages choices.



Carol Berg Sloan, RDN

Creative Summer Salads

Carol says: Leftovers are not common in my house but when there are, often times it's not enough to make another dinner for two people. Not a problem. Try an entree salad for dinner! Rotisserie chicken, roast beef, carnitas, even fish can all be added to a bed of lettuce with any vegetables you may have on hand or need to use up. Carrots, onion, broccoli, cauliflower and tomatoes are favorites.

Entree salads don't necessarily have to contain animal protein. Black rice, quinoa, pasta, bulgur, or even potatoes can be tossed with a vinaigrette dressing and mixed with cut up vegetables, olives, nuts and even fruit. Sliced apples, with celery, carrots, raisins and walnuts can be made into a hearty "Waldorf" entree salad that is very satisfying.

Try my Grilled Chicken Salad which is a perfect week day dinner as the days get warmer. <http://www.livingdreamnutrition.com/recipes/grilled-chicken-salad-apples>

Contact Carol @CBSRD
www.livingdreamnutrition.com/cbsrd@verizon.net



Kelly Sloan BS

Kelly says: With the weather warming up and summer salad combinations on the rise, I sometimes enjoy a typical side salad as an entrée. Many restaurants have added entrée salads to the menu due to the lower calories and plant-based ingredients. Just by adding some protein like chicken or salmon, an appetizer salad can become your whole meal, leaving you full and satisfied. Not to mention the nutrient packed ingredients make an entrée salad a healthy option!

But where can I find an entrée salad when eating out?

Well one of my favorite places to eat, where nutrition is also important, is Panera Bread. Panera Bread believes in "raising, serving and eating food that is good and good for you" so I am not surprised they have many nutritious options when choosing a salad. One of my favorites is their Roasted Beet, Quinoa and Citrus salad is packed full of healthy ingredients and is only 490 calories.

If eating out is not your forte, try making your favorite salad at home for dinner.

Contact Kelly @kellysloan • www.kellysknackforcooking.com
kelly.e.sloan@gmail.com

Lacrosse—Word Search Contest

One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put LBUSD in the subject line)

Word Search by Kai Coop

Rules! Entries must be received by May 15, 2017
From the correct entries one name will be drawn to win a GAZUMP game - fun for all ages!

ATTACK	HEAD	SCORE
CLEATS	HELMETS	SHAFT
COACH	MIDDIES	SIDE LINES
CREASE	MOUTH GUARD	STICK
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Congratulations Jessica Matson
February issue winner!



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