

FREE

School News



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**Covering the Los Alamitos Unified School District
and the communities of Los Alamitos, Rossmoor, Seal Beach and Sunset Beach**

VOLUME 8, ISSUE 43

www.schoolnewsrollcall.com

OCTOBER / NOVEMBER 2011

SUPERINTENDENT



Dr. Sherry Kropp
Superintendent

“Igniting Unlimited Possibilities for Students!” is this year’s theme in Los Alamitos Unified School District (LAUSD), where passionate people are committed to helping all students

achieve at high levels in preparation for a future built on success and infinite opportunities. In every measure of performance, whether in academics, athletics, activities, or the arts, results are exemplary. This degree of success would not be possible without the commitment of talented and caring teachers and support staff. We are grateful that we are joined in this commitment by the parents and communities we serve.

The Los Alamitos Educational Foundation (LAEF) provides a myriad of programs that enhance and enrich experiences for students across the District. LAEF opportunities prepare students for academic success and help them develop special talents in activities and the arts. We urge everyone to get involved with this organization. Together, with your support, we’re creating an extraordinary place for students.

The EAGLE Has Landed—An Eagle Scout To Be That Is



Completed landscaping Eagle Scout project by Eagle Scout to be Chris Meyer.

*By Dennis Sackett, Principal
McAuliffe Middle School*

Chris planned, implemented, and supervised the landscaping of 1300 square feet in front of McAuliffe that faces Cerritos Avenue.

McAuliffe has reached the end of its Measure K Renovation Project and it is looking really good. A couple of outdoor landscape areas needed improvement and fortunately an Eagle Scout to be, ex McAuliffe student, Chris Meyer, and members of his Scout Troop 660 in Cypress, stepped up to finish the job. The ground needed to be refreshed (it was as hard as the soil in the Dakotas in January) and then extensive effort

SEE THE EAGLE HAS LANDED • PAGE 7

BOARD OF EDUCATION



Dr. Jeffrey Barke
Member

Los Alamitos Unified School District continues to Ignite Unlimited Possibilities for Students. All elementary and middle schools have an API above 900, providing a strong foundation for future academic success; and, the District API rose to an all time high of 912. As a testament to the District’s mission of educating all students, two schools posted an incredible 100% grade level proficiency in mathematics. In addition, Los Alamitos High School was ranked number 166 in the country by US News and World Report and received numerous awards in academics, athletics, activities, and the arts.

While these results are outstanding, excellence never rests! The Board and District are committed to ongoing improvement to further the District Priority Goals, which include all students academically proficient and prepared to achieve their future goals. I am honored to be part of an organization with this level of success and commitment to students.



Karen Russell
President

Los Alamitos Unified School District Board of Education



Meg Cutuli
Clerk



Dr. Jeffrey Barke
Member



David Boyer
Member



Diana Hill
Member



Happy Thanksgiving!

Enrichment Offerings

By Evelyn Garcia, LAEF After School Program Director

This is an exciting time for the Los Alamitos Educational Foundation (LAEF). We are continuing to bring forth programs and activities that enrich the lives of all our students while financially contributing to the success of our district.

We are thrilled to announce that this fall we are offering After-School Enrichment classes at all elementary school sites. Our Language Enrichment Institute is continuing to offer Spanish and Mandarin. Additionally, we have begun the school year launching new programs, such as Homework Club, Art Innovators, and Kinder Dance and Movement.

Enrichment does not stop with our primary students. September 30 through October 2, LAEF was proud to present The Young American Workshop. This three-day program was open to all students from fourth through 12th grades. Those who participated were able to learn from Young American performers who opened a window to the area of the performing arts. Our students were able to take part in the culminating show and demonstrate the skills gained through this exciting experience.

Currently, a five-week high school course, Preparing for the College Essay, is being offered at Los Alamitos High School. In this course, students are learning how to successfully write a college application essay.

Log onto the foundation Web site at www.loaledfoundation.com to read about specific programs offered at your school site.

If you have any questions please call Evelyn Garcia, LAEF After School Program Director, at (562) 277-6876 or e-mail egarcia@loaledfoundation.com.

We are thrilled to announce that this fall we are offering After-School Enrichment classes at all elementary school sites.



Kay Coop

Founder / Publisher



Fall is here and pumpkins are arriving as I write this. Our office is in Brita's Gardens on Main Street, Old Town Seal Beach so if you are coming this way for your pumpkin, stop in and say hi. Our golden retriever, Page, waits patiently for your visits.

This is our first issue for this school year and it is great to be back publishing the excellence from LAUSD under the leadership of Superintendent Dr. Sherry Kropp.

This issue we have two contests for you on pages 8 & 14. We are pleased to introduce the P.B & Chim cartoon by Robin Auwerda.

Happy Halloween & Thanksgiving!



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SCHOOL NEWS ROLL CALL
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Students Should Stop Texting



Michael P. Levitt
Mayor

Hi, I'm Mike Levitt, Councilman and Mayor of Seal Beach. I'm grateful to be asked to write an occasional column for this publication, for our cities and communities have much in common, and much to share with one another. For many years, Seal Beach has enjoyed a close and cordial relationship with the Los Alamitos School District, and with your former director, Dr. Greg Franklin. We look forward to continuing and even expanding that relationship under your new director, Dr. Sherry Kropp.

Having lived in Seal Beach since the 1970s, I am no stranger to the Los Alamitos School District. My three children attended Hopkinson, Oak and Los Al High schools. I can't tell you how many pizzas my wife Gail and I made and sold to raise money for the PTA or for out-of-state trips by the Show Choir. (Washington D.C. was certainly a chaperone's nightmare!)

Today I thought I'd share with you some advice I doled out at a recent contest. I'd been asked to be a judge for a civic club's annual scholarship-driven speech contest. As a former journalist and speech writer myself, this would appear to be a perfect fit. Except for a major generation gap, and, apparently, an even deeper technological chasm.

In critiquing the entries, I mentioned that not all good writers are also good speakers. I'm a prime example of this: I can write a mean speech or newspaper editorial, but abdominal butterflies are a constant companion when I'm anywhere near a microphone. I encouraged all of the contestants to practice their writing skills, whether or not they did well in delivering their speeches. Employment-wise, I mentioned, there are legions of well-paid speech writers behind every great speaker.

Up 'til this point, I was doing well, just cruising along the advice-from-the-old-guy highway. Then I hit the mega-pothole! I think I lost the attention, and trust, of at least half of the contestants, when I told them to stop texting. Not just texting when driving, and not just texting in class when there's a lecture in progress. I admonished them to stop texting. Period.

The very nature of texting precludes forming and expressing complete, coherent thoughts. Kids growing up today may have the fastest thumbs in history, but their spelling and grammar skills are a poor reflection of the excellent education they receive in Los Al schools.

When I was a sub in Long Beach Unified several years ago, I probably set the record for confiscated cell phones. Those students didn't like me very much, but they learned how to write a complete sentence. With correctly spelled words.

I strongly encourage all Los Al teachers to do the same.

The very nature of texting precludes forming and expressing complete, coherent thoughts.

Kids growing up today may have the fastest thumbs in history, but their spelling and grammar skills are a poor reflection of the excellent education they receive in Los Al schools.

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Real Estate Matters

A "New" Home Sweet Home



CathyLyn Brooks

The recession may have depressed the housing market, but new houses are still being built throughout the country. Many new homes are aimed especially at first-time buyers, according to real estate trend data.

Smaller Homes with more features:

Over the past few years, homeowners have begun to downsize, choosing cozier spaces over bigger homes. According to the National Association of Home Builders, the median size of new U.S. houses fell from 2,277 square feet in 2007 to 2,135 square feet in 2009. Yet, even though the size is shrinking, the number of rooms remains the same — the size of the rooms is decreasing by about 10 percent to 15 percent, according to industry experts.

Though homebuyers are going smaller, they still want all of the bells and whistles that come with larger homes. Some of these must-have amenities include high-quality faucets, higher-end appliances, and stone or granite countertops.

The front porch is back:

One reason that front porches are becoming more popular again is that they, "help create a sense of community, something that more traditional suburbs lack," according to MSN Real Estate. However, there is another factor. Because the soft housing market has hindered the building of new housing communities, home-builders are now doing more "in-fill," which consists of adding clusters of houses where needed around existing homes, and porches can help integrate these homes with the existing community.

Energy-efficiency is a top concern:

Many national builders are now offering energy-efficient homes as standard offerings, and many rated or certified through third-party programs. These builders believe these eco-friendly solutions, such as insulated walls, LED lighting, low-emission windows and Energy-Star-rated appliances, add value to their products.

Kitchens and baths are downsized: Homeowners are choosing functionality over larger kitchens and more bathrooms, according to the American Institute of Architects, which performs a quarterly Home Design Trends Survey. However, as kitchens remain the "heart" of the home, designers are challenged to create more efficiency with less space for consumers.

CathyLyn Brooks has been a local real estate broker since 1980, earning the advanced credentials of Certified Residential Specialist and Graduate Realtor through advanced education and sales volume. She has completed the American Bar Association's approved Paralegal certification and is an instructor at UCI in the Paralegal program. She also teaches real estate related courses in the extension program. The NASD, the NYSE, and the National Futures Organization have appointed her as a public arbitrator. Her degree is in finance and marketing from the University of Southern California. CathyLyn is affiliated with Main Street Realtors and can be reached at: 562/719-2530 or cathylyn@earthlink.net Consumers should seek legal and tax advice from professionals in each field

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12 IN A DOZEN

Robin Auwerda Copy Right.

HOW MANY EGGS ARE IN A DOZEN?



84?



IT'S 12!
 ...NOT EVERYTHING IS DONE IN DOGS YEARS...





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The characteristics of a good reader are the ability to understand written language; having background knowledge and strategies to derive meaning from print; and frequent practice.

Providing your young child with a high-quality language and literacy experience will help give them a head start towards becoming a good reader. Labeling games are also great practice for young children, such as “where is your nose” questions, or the verbal labeling of objects and events in your child’s world, like “Nina is on the blue swing.” Always encourage your child to label objects and events, and help them with the words.

Take time to talk with your child during routine activities, too. While driving, narrate the events which take place. When you take your child on outings, always surround them with new experiences that include comments, questions and answers. And talk about what you are going to do before and after the event.

Nurturing phonological awareness with activities like songs, rhyming games, language play and nursery rhymes is also excellent practice. Take advantage of everyday activities to talk about words and sounds. When buying fruit at the grocery store, you might want to ask your child which sound is the same, such as the words “peach” and “pineapple.”

Choose books that focus on sounds, such as those from Dr. Seuss. These can lead to lots of chanting and fun with rhymes. Allow your child to supply the last word of each rhyme when reading as well. And have fun with your child by making up your own games with various rhyming words or silly sounds and chants.

Learning the knowledge of narrative and the elements of character, dialog and prediction is also helpful for the young child. Simply reading storybooks in infancy can encourage the development of narrative skills. And as your child gets older, let them pretend to “read” to you.

Oral storytelling is another way in which children learn about narrative. Or you can let them witness one adult share a story with another. Either way, this is how they begin to learn the fun and purpose of stories.

Tell your children your own stories, too, and encourage them to describe their adventures in story form. Pretend-storytelling through puppet shows or dolls is another way in which your child will learn about narrative techniques. Children can also benefit through acting out the stories that have been told or read to them.

Providing a print-rich environment – which includes access to high-quality books, writing materials, alphabet blocks or magnets – is the beginning of good skill development. As your child gets older, start pointing out the different words in their environment. Words on a restaurant menu, labels on food containers, posters on a bus, or street signs and store signs can all lead to greater comprehension and meaning.

Physically labeling objects, toys and other belongings can also help establish the idea that print has meaning.

Meet Hope

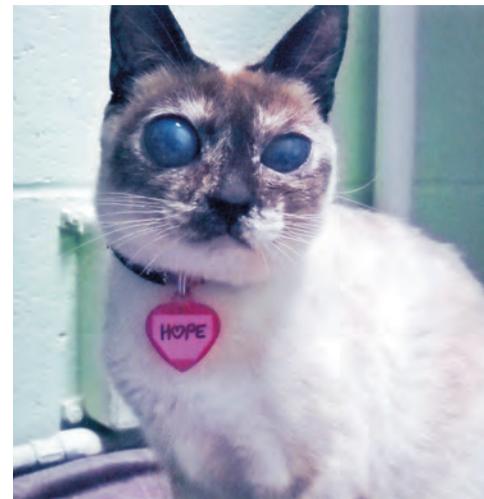
*Murlyn E. Burkes, Seal Beach Animal Care Center
Liaison*

Hope was born with a congenital eye disease which has left her blind in both eyes. Her eyes are very enlarged and will have to be removed soon. She is a favorite kitty of many volunteers who care for her daily.

It’s a sad fact that most shelters routinely euthanize blind cats because they are considered unadoptable. Blind cats can do almost anything a cat with it’s sight can do. Animals, like Hope, don’t realize they’re handicapped, so they learn to deal with changes and go on to live long, happy lives. Hope loves to play and her favorite activity is finding your shoestrings!

Consistency is the most important things when raising a blind cat. Keep food, water and a litter box in the same place all the time. Blind cats will point their whiskers out so that the whiskers will brush against something before they run into it. Their whiskers become their eyes and their other senses kick in, too.

Could you find it in your heart to adopt Hope? She would welcome a real home with open paws.



**Could you find it in your heart to adopt Hope?
She would welcome a real home with open paws**

RELIEF FROM HOMEWORK FRUSTRATION



Many children experience anxiety, frustration and feel overwhelmed when asked to complete basic classroom and homework tasks. Parents are often baffled as to the cause of their child’s struggle in school. Parents may be told that their child is unmotivated, lazy or has a learning disability, but these labels don’t help find a solution to their child’s problems. The hours spent on homework are painful and frustrating and frequently accompanied by tears.

The cause of these struggles may be due to poor vision processing skills. Children lacking vision processing skills experience difficulty copying information from the chalkboard, are unable to complete assignments quickly, do poorly on timed tests, often have poor spelling skills and suffer from poor reading comprehension.

The Vision Improvement Program (VIP) is a program designed to attack these underlying vision processing skills. Students average 3.1 years growth in visual processing skills during a 10 week treatment program.

Symptoms of poor vision processing skills include:

- Losing one’s place or skipping words or lines
- Forgetting what has just been read
- Reversing letters (b,d, p,q) or words (was and saw)
- Making “careless” errors
- Poorly spaced or “sloppy” writing
- Always “daydreaming” or not paying attention
- Moving entire head when reading
- Failing to complete assigned work
- Working slower than their peers

Does your child or someone you know have these symptoms? If so, Dr. Wilkins is providing a **free** screening to identify children with vision processing learning problems.

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Hopkinson *Elementary*

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Dr. Linda Stewart
Principal

Out With the Old and In With the New!!

Driving by Hopkinson you can see that we are fully into modernization mode updating our 1960's school. Again, I'd like to extend a huge thank you to the wonderful residents of Los Alamitos, Rossmore and Seal Beach for passing Measure K. We are all thrilled to be moving ahead and are excited about the newly renovated classrooms our students and teachers will be occupying. The thirty year old portables, Rooms 6, 7, and 8, have been torn down and replaced with four brand new buildings. The new spaces will be a three month temporary home to our teachers as their own classrooms are being brought into the 21st century. With the challenges and anticipation of construction, the theme our entire Hopkinson community for this year will be "Flexibility."



Before and after.

Lee *Elementary*

11481 Foster Road, Los Alamitos, CA 90720 • 562/799-4540 • www.losalUSD.k12.ca.us



Robert Briggerman
Principal

Community Spirit= Unlimited Opportunities for Students

I'm thrilled to join the Lee community as Principal. I am equally proud to work with a school community that is entirely dedicated to creating opportunities for all students to succeed. The Lee staff and community share a common vision. High quality classroom instruction, students who are highly motivated to learn, a warm and nurturing learning environment, and a supportive and encouraging parent community make Lee a wonderful place to learn and work. This partnership is a cornerstone to student success. We can work together to ensure that 100% of our students achieve.

Whether helping PTA, working with Project L.E.A.P., or volunteering in a classroom, I encourage you to join us and be an active participant in your child's education. When you value education and believe it is important, so will your children. Our partnership in this shared value is critical. I look forward to working with you.



Parent, Liz Crabtree (left) and Mrs. Renee Keeler, work together to lead the Student Conflict Managers.

Laurel *High School*

10291 Bloomfield St., Los Alamitos, CA 90720 • 562/799-4820 • www.losalUSD.k12.ca.us



Dr. Brent Forsee
Principal

From the School

Laurel High School began Wednesday morning August 31st with their traditional welcome back breakfast for students and staff introductions by new Principal Dr. Brent Forsee. Another new addition to the Laurel staff is English/Reading teacher Chandee Wood who comes to Laurel with an extensive background working with students in alternative education environments.

The beginning of the school year also brought great news regarding Laurel's results on the 2010-2011 California Standards Tests (CST) administered last spring. As a result of the tremendous dedication by the staff and exceptional work by the students, Laurel is currently the highest performing continuation school (ASAM) in Orange County with an API of 687. This represents a 4 point increase over last year. We look to build upon this success for the 2011-2012 school-year with a focus on teamwork, building a community of learners dedicated to excellence and igniting unlimited possibilities for each student.



Laurel students cultivate their creative energies in Applied Science.

Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losalUSD.k12.ca.us



Dr. Sunghie Okino
Principal

A Bucket-Filling School

Student scholars at Los Alamitos Elementary School (LAE) celebrated another year of academic achievement by recognizing individual scholars and declaring LAE a bucket-filling school. Uplifted and inspired by each other, LAE's scholars not only increased the school's Academic Performance Index (API) to 918 but also launched a school-wide movement to fill each other's invisible buckets with positive comments and interactions intended to send the message that everyone matters and is meaningful. The campus challenge is to see how many buckets each person can fill in a day.

Dr. Okino, Principal, invited student scholars to fill their own and each other's buckets by praising their peers for their achievements. In addition, she asked students to set their own scholarly goals and to help each other pursue them. This year, the school recognized 37 scholars for scoring a perfect score on their California Standards Test. Both Marcus Linture, third grade, and John Kim, fifth grade, received special recognition for achieving a perfect 600 on both the English/language arts and math tests. Twenty-nine scholars were also recognized for improving their scores by 100 points or more, and 52 scholars were recognized for improving their scores by 50 points or more. Some scholars received double awards as they climbed over 100 points to reach a perfect score or improved their scores in more than one area by more than 50 points. An additional 48 sixth-grade scholars received notes from Dr. Okino for their achievements while still at LAE.

Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losalamsd.k12.ca.us



The Opening Funnel

While there are several ways that schools can be evaluated, perhaps the best measure of success is often overlooked. I like to call it the “expanding funnel.”

One of our main goals at LAHS is to provide students with as many options as possible to graduate so that they can choose whichever path best fits them, and with all of the options on the table.

Dr. Grant Litfin
Principal

But no matter which path they choose, we want students to leave LAHS ready to succeed. This means making a cultural change from what was once a single-ended goal to one where the “funnel” of options is ever-expanding. We want their doors to be always open to post-graduation opportunities.

Our counselors and teachers have made tremendous strides in this area. Dramatic growth can be seen in our very positive UC a–g completion rate. This is the number of students who are eligible for the most elite colleges in California.

The class of 2011 had 68 percent of its students eligible for the UC system. Two years ago only 58 percent had the same option. This means that in just two years we had a 10 percent expansion in our “funnel.” In other words, over 80 more students per year have had access to schools that would not have been otherwise available.

This is enormous growth, and we are thrilled that so many of our students have these valuable options. We anticipate this number to climb, too, as we progress through our upcoming graduating classes.

This is just one more reason why it’s great to be a Griffin!

McGaugh *Elementary*

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • www.losalamsd.k12.ca.us



Technology Learning

This fall, McGaugh School continues its rapid transformation into a 21st century learning institution through a number of grants targeting technology integration in Special Education, mathematics and, most surprising of all, physical education.

In August, McGaugh received a \$5,000 grant from the Barona Band of Mission Indians to purchase digital projectors, document cameras, and iPads for several Special Education classrooms. The technology will be used to offer multiple learning pathways, to provide behavioral modification strategies, and as a communication tool for students with special needs.

A more recent \$25,000 grant through the MIND Institute will bring the much lauded MIND ST program to McGaugh. The MIND ST program is a state-of-the-art, Web-based software program that leverages students’ spatial temporal reasoning abilities to explain, understand, and solve multi-step math problems. McGaugh students in kindergarten through fifth grade will certainly benefit from this powerful new approach to math.

Possibly the most unique new program at McGaugh comes as the result of a grant from the annual Seal Beach Run. The \$4,000 grant will be used to purchase several Nintendo Wii devices and the accompanying Wii Fit program. Using a projector and screen, the Wii Fit program will be broadcast onto walls in the gym, allowing student to compete with each other in a variety of digital sports, including tennis, track and field, and even bowling!

McGaugh students, staff, and parents are enthusiastic about the new opportunities and learning that these new technologies will bring to our school. Rah, McGaugh!

McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losalamsd.k12.ca.us



THE EAGLE HAS LANDED • FROM PAGE 1

was needed to remove some soil, dig the holes, insert the plants, and spread the mulch. We sincerely appreciate the efforts of Chris and his 660 buddies (we also had parent help, McAuliffe Ecology Club help, and school district staff help) and their end product is awesome. Thank all of you for what you did.

Dennis Sackett
Principal



Brian Joseph, Chris Meyer, Paul Stevens (on the ground) and Steve Meyer (father of Chris).

Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losalamsd.k12.ca.us



Reaching New Heights

Oak Middle School celebrated several record-breaking events as we started a new school year. First of all, we welcomed the greatest number of students ever—over 1,100—into the Lion Pride. Every day is exciting with that many eager, clever, and bright learners filling our classrooms. An increased number of students means we have added more teachers, bringing our teaching staff to 40 highly qualified instructors.

Oak’s growth is not just represented by the number of students, but also by the Academic Performance Index (API) that summarizes the achievement level of students determined to be proficient or advanced in academic content areas. We are very proud to announce that we achieved a 21-point increase, bringing our API score to 911, the highest ever for Oak.

There are a few more “mosts” that tell the story of ongoing growth and improvement at Oak. Some of these are: 83 advanced band members; three sections of Honors science; 460 students in the Honors program; over 165 students in the 500 and 600 clubs on California Standards Tests (CSTs); and more than 1,100 students who are kind, eager to learn, and proud to be Oak Lions!

With the dedication of Oak’s students and staff, supported by a strong community of families and friends, we are sure to continue making great strides in learning for all students who enter Oak’s doors.



Rossmoor *Elementary*

3272 Shakespeare Drive, Los Alamitos, CA 90720 • 562/799-4520 • www.losalUSD.k12.ca.us



Kiva Spiratos
Principal

Rossmoor's Navy Seal Team 2 Pen Pals

Rossmoor Elementary School has the privilege of knowing a Lieutenant officer in the United States Navy SEALs (Sea, Air and Land Teams) organization. The SEALs are the U.S. Navy's principal special operations force. Little Creek, Virginia serves as the home and headquarters for our pen pals SEAL Team 2. In honor of Patriot's Day, the fifth grade classes composed written letters to the Team 2 SEALs inquiring about their training camp, why they became a SEAL, inquiries of their most challenging situations, curiosity about combat, global travel, their role in protecting our country and more. All year, the Rossmoor fifth graders will send letters and participate in online Skype chats with the Lieutenant and his team 2 Navy SEALs.



Students Steven Sarkisian, Luke Alvarez, Korynna Anderson, and Claire Brandenberger

Weaver *Elementary*

11872 Wembley Road, Los Alamitos, CA 90720 • 562/799-4580 • www.losalUSD.k12.ca.us



Erin Kominsky
Principal

Welcome Back to School!

August 10th was the first day of school at Weaver Elementary, and the campus was buzzing with excitement. In the Media Center, our PTA was coordinating a team of parents to take commemorative first day of school photos. Welcome back to school! The heart of Weaver School's mission centers on rigorous curriculum, high expectations, skillful instruction, character development, social responsibility and family/community partnerships.

Congratulations Weaver students for raising our Academic Performance Index to 984! Weaver is the highest achieving elementary school in all of Orange County. Way to go Weaver Whales!!

This year we welcome Mrs. Christine Nguyen and Ms. Leslie Hong to our staff. Also new at Weaver this year is our state of the art rolling Ipad2 labs. Thanks to Friends of Weaver we now have 80 Ipad2's, new document projectors, digital cameras, student response systems, and smartboards.



Fifth graders using their new Ipad2's

Birds



Word Search Contest

Entries must be received by November 15, 2011

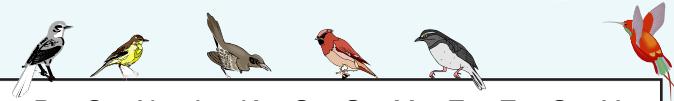
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- | | | | |
|-----------|-----------|-------------|------------|
| Bittern | Cormorant | Hummingbird | Pelican |
| Blackbird | Cowbird | Junco | Pheasant |
| Bluebird | Crow | Killdeer | Robin |
| Bluejay | Eagle | Loon | Sparrow |
| Bobolink | Flamingo | Meadowlark | Swallow |
| Bobwhite | Goldfinch | Mockingbird | Tanager |
| Cardinal | Gull | Nuthatch | Woodpecker |
| Chickadee | Hawk | Oriole | Wren |
| Condor | Heron | Owl | |

**Congratulations to Jaylen Sams
Winner of the June Word Search Contest!**

NEW Rules!!!

**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 is the word you email to:
Kay@schoolnewsrollcall.com
(Please put LAUSD in the subject line)**



D	R	I	B	G	N	I	K	C	O	M	E	Z	G	Y
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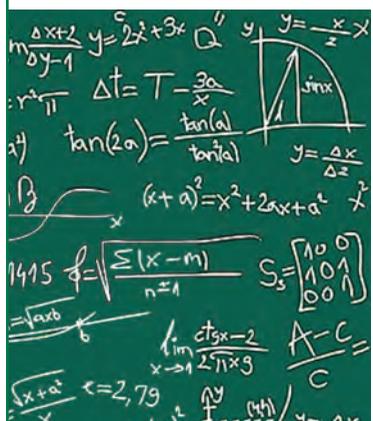
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Coach Lou's Life Lessons



Kent Kawaguchi

September to January is a special time for college sports fans. It's the season when millions of people watch football games and sports analysts almost 24/7 during the weekend. As I watch sports television, I remember my interview with the ESPN analyst and former Notre Dame head coach Mr. Lou Holtz when I was 13 years old. Lou Holtz, also known as "Coach," won three national Coach of the Year honors, is the only coach to ever lead six different schools to bowl games, and as head coach is ranked ninth in most career wins in college football history.

As a successful coach and sports analyst, Lou Holtz is known

for his knowledge, wit, and enthusiasm. Before my interview with Coach, he gave a lecture to a large audience, where he discussed his three simple life lessons: do what is right; do everything to the best of your ability; and care about people.

Coach suggested that you should do what is right and develop trust with your peers. He said that all relationships are based on trust. Gaining trust from someone can be as simple as being on time and/or doing what is right. He added, if you are late or make a mistake, don't just say you're sorry; be genuine about it.



Coach Lou Holtz with 13 year old Kent Kawaguchi

Coach's second simple life lesson is to do everything to the best of your ability. When I asked Coach Holtz, "What do you tell kids who don't make the team?" he responded by saying, "Find something that you can do pretty well and do what you like to do. Then work at it. Do the best that you can. If it doesn't work out, the fact that you did something to the best of your ability will make you win in the long run. You are not competing against anyone except for yourself. So ask yourself, 'What am I capable of doing?'" In addition, Coach Holtz said everyone must have: passion and dreams; love for someone; something to dream for; and something to believe in. To achieve those dreams, Holtz said not to cut corners when life is tough, as you will only be fooling yourself. Although achieving dreams requires sacrifice and can be tough, one should never do something half way because in the end, it will be worth it.

He said, "It should not be all about me. Rather, it's about others. Ask how you can genuinely help, care about others. Learn to be unselfish for the benefit of your teammates."

I will always remember Coach Holtz's authentic personality and willingness to talk to me. His kindness towards others on and off the field is what makes him an icon in the football community. Coach Holtz's final words of advice were, "Keep life simple. God put you on Earth to do something. Have a vision, make a plan, lead by example, be accountable, and have core values so that you can make a difference in people's lives. Play like a champion today. Live like a champion every day."

See the World

By Chad Wells

As a surfer, it's in your nature to aspire to see the world because of the images you are constantly being fed on the Internet as well as in the magazines. I started taking trips when I was 15 years old with some of the older surfers in my town. They introduced me to places like Trestles in northern San Diego and Palos Verdes up in Los Angeles. At the time, Seal Beach was all I knew! They also took me to Mexico just across the border to experience surf spots like the famous big wave, Killers, on Isla Todos Santos and Baja Malibu. Those early memories will forever be etched in my mind because they were the beginnings of many surf trips and amazing experiences.

Stepping out of your comfort zone and getting on a flight out of town or even out of the country is always exciting. Traveling really opens your eyes to different cultures and ways of life. Sometimes they are better, and sometimes they are worse. Either way, it gives you a perspective of how people live and also the appreciation how fortunate we are to grow up in homes where just a simple clean glass of water is something that some places in the world just don't have.

My favorite thing for the last 20 years has been paddling out at surf spots that I've seen in the magazines and on the Internet and experiencing them firsthand. Almost all of them are in different countries. I've done trips to Jeffreys Bay in Port Elizabeth, South Africa, which took about 30 hours to arrive at one of the best point breaks in the world. It lived up to everything I have ever read and imagined. I've also been to Brazil, Portugal, Tahiti, Spain, Costa Rica, Nicaragua, Australia, New Zealand, Chile, Peru, Panama, El Salvador, mainland Mexico and France. The memories and friends I have made and places I've seen are priceless. Thinking back to when I was young, I would never have thought I could have or would have ever seen these exotic places, and I'm very grateful to have a job that enables me to travel out of the country every year.



Chad Wells/Nicaragua May 2011

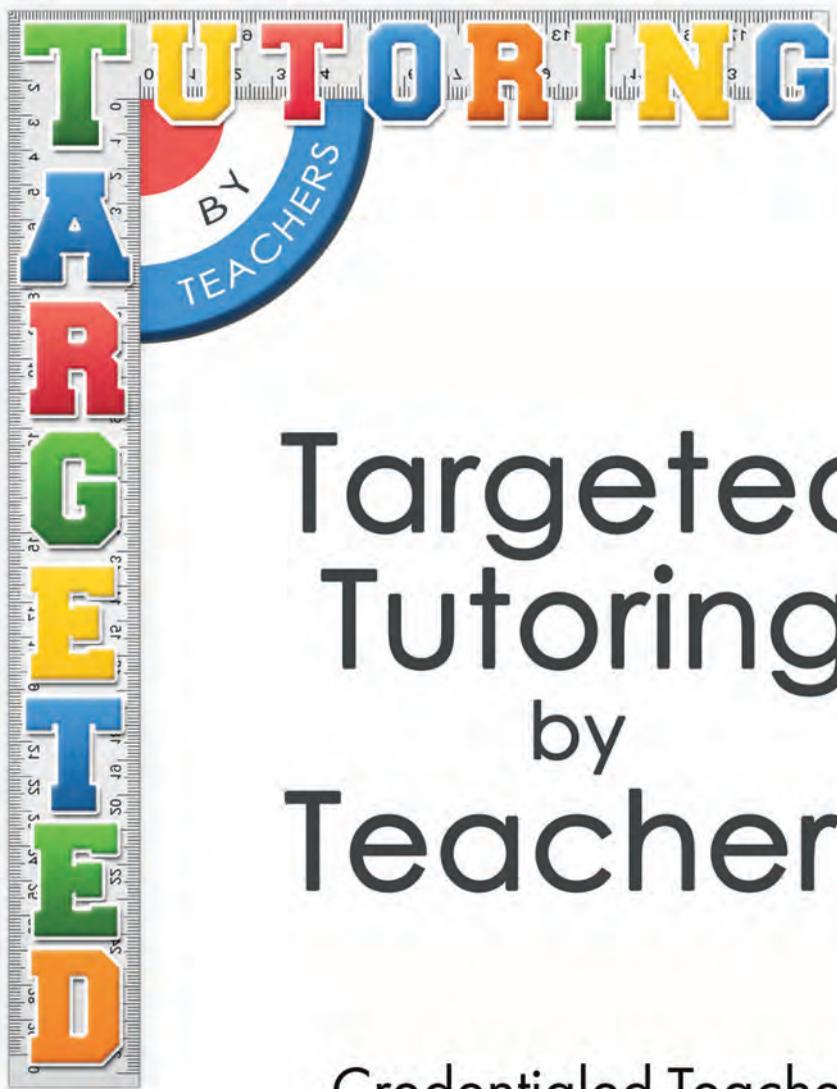
Chad Wells is a resident of Seal Beach, class of 1987 Los Alamitos High School. A 2X Masters National Champion and Surf Program Coordinator for Quiksilver, Inc.



Happy Halloween!

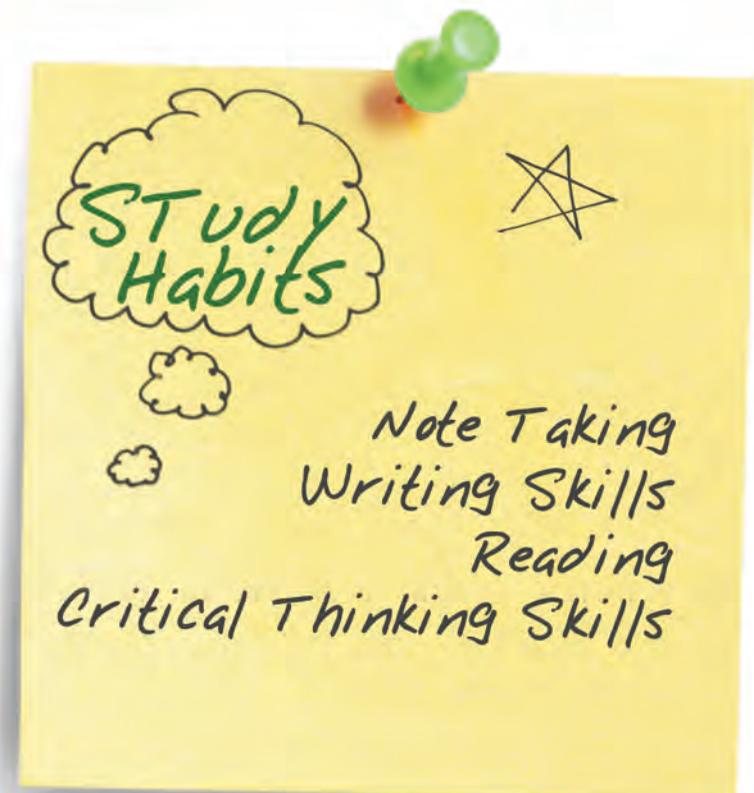
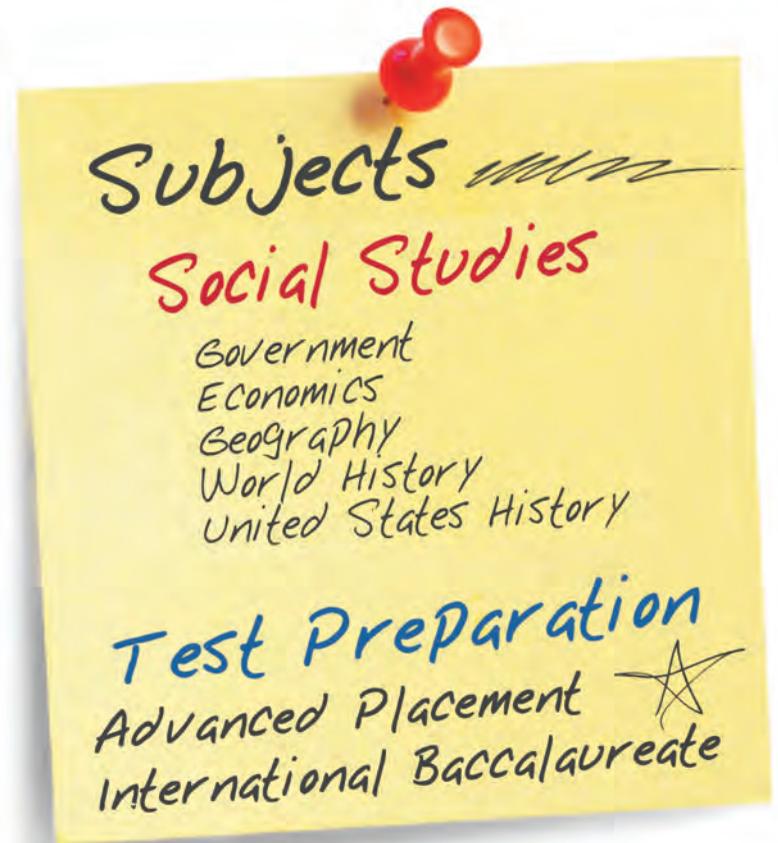


From the School News staff



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Minimalist Shoes



Dr. Doug Richie

The barefoot running craze has spawned the development of a whole new category of “minimalist running shoes” which are now sold in most major department stores. While originally designed to mimic the effects of running barefoot, the newer minimalist shoes are now being marketed for all forms of fitness activities including aerobics and cardio kick boxing. These shoes are extremely lightweight and flexible—but offer little support or cushion for the foot.

At the same time consumers and physicians have begun reporting cases of injury where these new barefoot or “minimalist” shoes. The internet now is full of stories from runners who experienced stress fractures, achilles tendon injuries or skin injuries when exercising in this new form of footwear. This is probably the result of people wearing these shoes without a gradual adaptation period for the feet to get accustomed the greater strains which occur when poorly supportive shoes are worn. This is exactly what the first “barefoot shoes” were designed for. They were intended to be used as a training tool for serious runners who want to strengthen their feet during special workouts that are only part of an overall weekly schedule when standard running shoes are usually worn.

Minimalist shoes are really designed for a special group of runners who are blessed with healthy normal feet. Unfortunately for most of us, our feet require the support and protection of performance running shoes when we run on asphalt and concrete.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 28 years. He is president-elect of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S.A. Track and Field. 562/493-2451

From the Boathouse

Indoor Rowing Classes

Created in 1932 for the rowing events of the Xth Olympiad, Marine Stadium in Long Beach was the first manmade rowing course in the United States. Its width allowed four rowing teams to race abreast, eliminating additional heats and allowing oarsmen to enter the finals at the peak of their form. Later, the row course served as the venue for the 1968 and 1976 United States men’s Olympic rowing trials and the 1984 United States women’s Olympic rowing trials. The site remains an important training and competitive rowing center for many top rowers, including our National and Olympic teams. The boathouse is a unique indoor rowing gym with an inspiring view of the water.

The Powerhouse Fitness Center offers indoor rowing, Spinning, and new Zumba dance classes, taught by US National Team athletes. Rowing is the new sport of choice in Long Beach—and the only place you can try it.

Long Beach Rowing Association is also home to the Long Beach Junior Crew which is where I started to row in 1996 at the age of 16. LBJC currently has over 105 young men and women coming from Southern Los Angeles County and North Orange County schools to participate in the fall and spring rowing seasons and also offers summer rowing camps for beginners and conditioning camps for returning rowers. Through my experience on the Junior Crew in high school I was offered a full-scholarship to Cal Berkeley and then went on to represent the United States Senior National Rowing Team for five years!



Jack Nunn/Owner, Powerhouse Fitness Center, 5750 Boathouse Lane, Long Beach, CA 90803 562/688-1716, www.powerhousefit.com.

Fun With Food—Roll Your Own



Carol Berg Sloan, RD

I was jonesing for Mexican food the other day and while most would run to the local corner tacos shop for their fix, I go to the local supermarket with a grocery list in hand. Buying your own ingredients for a healthier delicious Mexican meal is less expensive and puts you in control. My favorite is a burrito.

Let’s Take This Step by Step

Tortilla: Whole wheat or flour. Nutritionally speaking there is not much difference so find one you like. Size is more important ... no need to buy bigger than a 12 inch unless you plan on one burrito as big as you head that can feed a family of four. Most 12 inch burritos have about 300 calories and serve as a nice vehicle for your favorite fillings.

Fillings: ground or shredded beef, carne asada, chicken, carnitas...all are good but keep portions small, one to two ounces per person. Better yet...make a veggie burrito. **Beans:** refried (no added fat), or whole pinto or black beans work well. One half cup makes a good base. Spread heated beans around on your warmed tortilla. **Rice:** I see no place for rice in a burrito... pass.

Veggies: chopped or shredded lettuce (preferably the darker varieties), chopped tomatoes, sliced black olives, actually any veggie you like!

Cheese: There is so much going on in my burrito that I usually skip the cheese, but if you must have, sprinkle 1/2 ounce of your favorite on top of heated beans.

Salsa: There are many fine salsas on the market but you can make your own simply. See recipe below. Know that salsa is fat free and full of vitamin C, carotenoids and fiber. **Extras:** I enjoy a dollop of nonfat plain yogurt to add extra tang and calcium to my masterpiece.

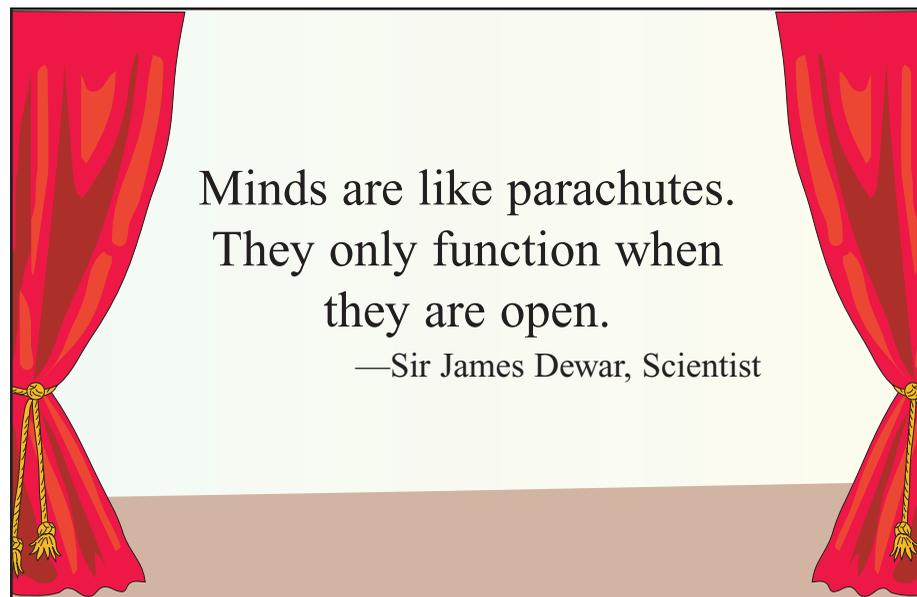
Pièce de résistance—the guacamole: my husband and I went on a cruise a few years ago and one of the tours in Puerto Vallarta was a cooking class that included how to make a killer guacamole. And while others on the cruise laughed at our tour choice, we use no other recipe. See below.

When nothing else but a Mexican dish will do, take the time to make it special and make it at home. By the way, if you want to leave out the tortilla these ingredients make a bomb salad.

Salsa

- 2 Roma tomato, chopped
- 1 white onion, chopped
- 1 garlic clove, chopped
- 1 jalapeno, seeded and chopped
- 1 tablespoon cilantro, chopped
- Juice of 1 lime
- Mix well, chill to marry ingredients.

- Guacamole,** 1 medium avocado, peeled and mashed
- 1/2 Roma tomato, chopped
- Juice from 1/2 lime
- 1/2 Serrano chili pepper, seeded & diced
- 1/4 medium white onion, salt and pepper to taste
- 1 tablespoon cilantro, chopped
- Mix well, chill to marry flavors. Serve.



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If you are new to the process, there are online instructions, a list of frequently asked questions, and an e-mail address to send inquiries. With the holiday season approaching, you may own an electronic reader quicker than you think!

Also featured on our Web site is BookFlix, an online literacy resource for children in prekindergarten through third grade. The database pairs classic video storybooks from Weston Woods with related nonfiction eBooks from Scholastic. This resource helps early readers develop and practice essential reading skills and introduces them to a world of knowledge and exploration. It includes: Spanish language versions of 22 stories; read-aloud supports so students can hear each book narrated and hear definitions of key words; educational games and activities; safe, age-appropriate Web links selected by Scholastic's editors; and a meet the author section.

Contest!!



This drawing is hidden somewhere in this publication. When you find it, email the page number to: kay@schoolnewsrollcall.com

(Please put LAUSD in the subject line)

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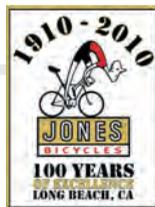
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FUN & SAFE

Sharing the Road

By Lisa Genshock



Part 1: Operating Your Bicycle

Every person riding a bicycle upon a highway has all the rights and is subject to all the provisions applicable to the driver of a vehicle.

—California Vehicle Code Sec. 21200

This is part 1 of a 3 part series of articles relevant to the rights and responsibilities of California cyclists when they share the road with motorized vehicles. You may be surprised to learn what rules are included as part of the California Vehicle Code.

- Bicyclists may not wear earplugs in both ears or a headset covering both ears, except hearing aids. CVC 27400
- Bicyclists may not ride while under the influence of alcohol or drugs. CVC 21200.5
- Bicyclists may not hitch rides on vehicles. CVC 21203
- Bicyclists may not carry items which keep them from using at least one hand upon the handlebars. CVC 21205
- Bicyclists must yield the right-of-way to pedestrians within marked cross walks or within unmarked crosswalks at intersections. Bicyclists must also yield the right-of-way to totally or partially blind pedestrians carrying a pre dominantly white cane or using a guide dog. CVC 21950 and CVC 21963
- Bicyclists and bicycle passengers under age 18 must wear an approved helmet when riding on a bicycle. CVC 21212

Part 2: Equipping Your Bicycle

The California Vehicle Code has several provisions regarding how a bicycle must be equipped in order to consider it roadworthy. Most of the provisions follow good, safety-oriented, common sense:

Lights: At night a white headlight visible from the front must be attached to the bicycle or the bicyclist.

Reflectors: At night bicycles must have the following reflectors:

Visible from the back: red reflector

Visible from the front & back: white or yellow reflector on each pedal, shoe or ankle

Visible from the side: 1) white or yellow reflector on the front half of the bicycle and 2) a red or white reflector on each side of the back half of the bike. These reflectors are not required if the bike has reflectorized front and back tires.

Seats: All riders must have a permanent, regular seat, unless the bicycle is designed by the manufacturer to be ridden without a seat. Bicycle passengers weighing less than 40 lbs. must have a seat which retains them in place and protects them from moving parts.

However, the fixed gear or singlespeed movement has challenged CVC 21201(a) which states that every bicycle must be equipped with a brake that allows an operated to execute a one-braked-wheel skid on dry, level, clean pavement. Because it is hipster to ride your bike without brakes, many young fixie riders are removing the brakes from their bicycles. Most also ride without helmets.

No brakes + No helmet = No sense.

Part 3: Important Rules of the Road

Founded in 1880, The League of American Bicyclists (bikeleague.org) is the oldest cycling advocacy group in the United States. The group has developed six common sense rules of the road that all cyclists should follow in order to be safe.

1. Follow the law

You have the same rights and responsibilities as a motor vehicle. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

2. Be predictable

Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

3. Be conspicuous

Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

4. Think ahead

Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Cross railroad tracks at right angles.

5. Ride Ready

Check your tires have sufficient air, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.

6. Keep your cool

Road rage benefits no-one and always makes a bad situation worse.

Jones Bicycles & Skateboards, 5332 East 2nd St., Long Beach, CA 90803, 562/434-0343
<http://jonesbicycles.com>

Part I was originally published in the *School News* April issue. The importance of bicycle safety for both the riders and the vehicles sharing the road cannot be emphasized enough; therefore, this article is being printed in its entirety. Please share with your family and friends. I thank Lisa Genshock for her valuable contribution to *School News* readers. —Kay Coop, Publisher

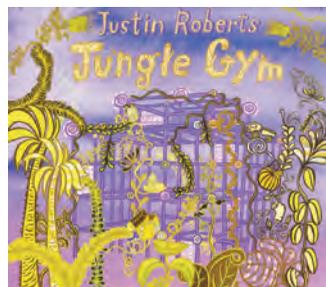
Note-ables

Jungle Gym



Kate Karp

Jungle Gym by award-winning singer-songwriter Justin Roberts's could be a musical soundtrack for *Tales of a Fourth-Grade Nothing* or *Alexander and the Terrible Horrible No-Good Very Bad Day*. For every instance of childhood angst and glee, Roberts, who's a former preschool teacher, has created clever lyrics that children will relate to.



"I write stuff that makes me feel something, and then I hope kids will like it, too," Roberts said. Children will not only like them but will also easily relate to songs about a truck-obsessed younger sibling, sleepovers and homesickness, and getting lost in the mall.

Each song is a vignette of a child's life. There are fun and games—"We Go Duck" expresses delight at a rainy day that brings indoor recess and Duck Duck Goose to kindergarten; in "Gym Class Parachute," a child who admittedly isn't the athletic type sees his teacher dragging out the giant parachute and knows that they'll all be playing games in which there's no winner or loser. "Sign My Cast" has the temporarily dethroned self-anointed King of the Jungle Gym telling his friends, with the swagger of youth, to choose a "color with a good contrast" and "form a line while there's still time" to sign his cast. And there's "Snow Day," which of course we don't have in Southern California, but your child may nag you to move to Minnesota after hearing it.

You can pick a favorite jelly bean out of the *Jungle Gym* bag for a classroom lesson or a family situation. You can also just play it through and enjoy Roberts's songs backed by the Not Ready for Naptime Players, a group of talented musicians who play flutes and French horns, Wurlitzers and Moog synthesizers, ashtrays and hair clippers. And ducks. Of course.

Kate Karp is an editor for *School News Roll Call* and a freelance writer and editor.

The Gift of History Event—November 8



William M. Habermehl
Superintendent

The Gift of History event began four years ago in the city of Anaheim. All third graders in the city were invited to the event, which celebrated Anaheim's history and literacy development. Each student in attendance received a backpack with school supplies and a children's history book. The success of this program inspired the Children's Education Foundation of Orange County to expand the program county wide.

This year, the program will be held on Tuesday, November 8, at Angel Stadium, from 10:30 – 11:20 a.m.

This memorable learning experience will kick off subsequent lessons addressing third-grade content standards in social studies and language arts.

Thirty five thousand third grade students from across Orange County are invited to participate in breaking the Guinness world record for the largest history lesson ever delivered. On this day, students will actively participate in an interactive history lesson about Orange County and its cities. Each student in attendance will receive a backpack, a copy of *Nothing Rhymes with Orange* by Stan Oftelie, school supplies, and a unique experience at Angel Stadium.

The program is intended to serve multiple purposes:

- Support implementation of Common Core State Standards
- Integrate literacy and history-social science
- Instill appreciation for and a sense of connection to Orange County and student's home cities
- Develop an understanding of how history affects each of us and our potential to affect the future
- Learn about the people who have made a difference in Orange County
- Recognize that history is alive and all around us and the "big idea" that things change over time

As a key sponsor, Disney's production company will coordinate this outstanding academic and entertaining event. Orange County Department of Education (OCDE) is developing a classroom guide to support instruction and use of the book *Nothing Rhymes with Orange*. OCDE is providing academic oversight to the event to ensure it is a meaningful, standards-based, academic learning experience for all participating students.

The Children's Education Foundation of Orange County has committed to supporting transportation to The Gift of History event. They will work with district transportation directors to coordinate and oversee transportation logistics. Upon registration, participating schools will be invited to contact the Children's Education Foundation of Orange County for transportation information.

To learn more about this exciting opportunity, contact Vicki Green, Executive Director, Children's Education Foundation of Orange County, at vgreen@giftofhistory.org.

Carbon Monoxide



Chief Keith Richter

Effective July 1, 2011, a new law may help prevent senseless carbon monoxide (CO) poisoning in the home. CO is formed from the incomplete lighting of any flame-fueled (i.e., not electric) device including ranges, ovens, clothes dryers, furnaces, fireplaces, grills, space heaters, vehicles, and water heaters. Carbon monoxide can be dangerous –when inhaled, it passes from the lungs into the hemoglobin molecules of red blood cells. The result is that the body becomes oxygen-starved, which can lead to tissue damage and death.

Many reported cases of carbon monoxide poisoning say that while victims are aware they are not well, they become so disoriented that they are not able to save themselves by leaving the building or calling for assistance. Carbon monoxide alarms are designed to alert residents before exposure to CO causes a health hazard.

Carbon monoxide is a tasteless, odorless, and invisible gas. Low levels of CO poisoning can cause shortness of breath, mild headaches, nausea, and fainting.

Carbon monoxide poisoning is the leading cause of accidental poisoning deaths in the United States according to the American Medical Association.

Per California Senate Bill 183, beginning July 1, 2011, all existing single family homes must have carbon monoxide alarms. All other types of residences (apartments, condominiums, etc.) will need carbon monoxide alarms beginning January 1, 2013. The law does not designate local fire departments as enforcing agencies.

The new requirements apply if ANY of the following are present within a home:

- Attached garage
- Natural gas or propane furnace and/or natural gas range and/or oven, or Gas or wood-burning fireplace.

For existing homes, the CO alarms may be battery powered. At a minimum, CO alarms are required: Outside of each sleeping area or bedroom and on each level of the home.

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