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School News

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Covering the Long Beach Unified School District

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MAY–AUGUST 2013

SUPERINTENDENT



Schools Rank Highly In National Reports

Recent weeks have brought a whirlwind of well-deserved recognition for our high schools, as *Newsweek*, the *Washington Post*, and *U.S. News and World*

Christopher J. Steinhauser

Report have all ranked our schools highly.

The *Washington Post's* list of the nation's most challenging high schools includes seven schools in the Long Beach Unified School District. The 2013 rankings include schools that surpass 91 percent of other high schools nationwide in terms of their ability to offer rigorous college prep courses.

The *Post* divides the number of Advanced Placement, International Baccalaureate or other college-level tests a school gave in 2012 by the number of graduating seniors. Only

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Next Generation of Leaders



Rotary Club of Long Beach promotes youth leadership development at its annual Camp Enterprise.

By Douglas P. Haubert
City Prosecutor

America needs a new generation of leaders. No democracy can thrive without having youth ready, willing, and able to step forward as the next generation of leaders. Leadership comes in many different forms – not just serving in elective office, but serving as heads of industry, innovators and entrepreneurs.

Where will we find the next generation of leaders? At this moment, almost certainly those future leaders are attending local schools right here in Long Beach. That is why Long Beach's Rotary Club started Camp Enterprise, a five day leadership program for local high school students held each year at Camp Oakes near Big Bear, and a few weeks ago 60 LBUSD students returned from the camp.

As camp began, the students

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BOARD OF EDUCATION



Small Learning Communities afford our high school students the opportunity to learn required courses within a specific area of focus. With Linked Learning, students follow industry-themed

Diana Craighead
Member

pathways in a wide range of fields. Pathways engage students through their interests preparing them for the demands of college and the workforce. The combination of Small Learning Communities and Linked Learning provides a high school experience rich in rigor and real-world experience tailor-made for diverse interests and career aspirations.

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Responsible Pet Owners



As the days get longer and summer approaches, more families are spending time outside, often with their four-legged family members, their dogs. It's good to take your dog for a walk or to a park, but there are some important things

Michael Noll
Mayor
City of Signal Hill

to remember so your dog is safe and your experience is enjoyable. It is also important to remember that caring for a pet is a big responsibility, so here are some reminders about how you can enjoy your furry friend and be sure your pet and your community stay healthy and safe.

Common sense tells most people that leaving their pet for an extended period of time inside a

See **CITY OF SIGNAL HILL** • Page 27

After-School Programs



Supporting our youth through after school programs is incredibly important to maintain an safe well educated city. Currently, the City of Long Beach Parks and Recreation Department offers free, non-custodial after school programs throughout 24 parks around the City to

Dr. Robert Garcia
Vice Mayor
City of Long Beach
and Joint Use
Committee Member

youth participants from 5-12 years old. The hours of operation vary at each park site, but are offered Monday through Friday for three hours after school.

Our dedicated recreation staff offer homework assistance, arts & crafts, games, fitness, tournaments

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Hire-a-Youth Program



I recently kicked-off the Summer Hire-a-Youth program and it reminded me of my own first summer job. I learned a trade, put in a full day's work and received my first paycheck. Most importantly, I learned good work habits that

Bob Foster
Mayor
City of Long Beach

have lasted me a lifetime. Summer jobs are often the first time young people step into the workforce and gain invaluable experience. The Pacific Gateway, our region's public workforce agency, offers programs to assist our Long Beach youth with summertime jobs as well as a year-round internship program.

By placing them in temporary summer jobs, the Summer

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Friends of Long Beach Animals

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Walking Your Dog Safely

By Miriam Yarden, B.Sc., MS, APDT

You are walking your dog daily for exercise for both of you—a most enjoyable activity and a necessary one. Or it should be, but there are instances when this enjoyable walk can become irksome, annoying and, at times, downright dangerous. And the cause of all these are—believe it or not—other owners walking their dogs carelessly, irresponsibly and illegally. They walk their dogs off leash! They don't control their dogs! They think they know your dog better than you do!

Have you heard them say, "My dog loves all dogs" or "My dog is off leash but never leaves my side?" Or do they just come up and bend down to pet your dog without your permission because "all dogs love me?" The next thing is a serious dogfight that will injure the dogs and you when you attempt to separate them. Now you have the pain and suffering of your companion, a hefty veterinary bill, and possibly medical care for you! And where are "they?" Disappeared, left the scene, blaming your dog, or giving you the famous "dogs do that" (no, they don't!) and refusing to take responsibility for walking their dog illegally because it is, indeed, against the law to have your dog off your property without a leash.

Cross the street if your pet shows any nervousness, apprehension or stress. Change your route to avoid such owners, and if necessary, point out in no uncertain terms that you do not wish them to meet. If they are insulted, so be it. The choice between them being insulted and you avoiding injury and expense and sometimes even frivolous lawsuits is obvious.

Happy walkies, everyone!



Kay Coop
Founder / Publisher



It seems this school year went by quickly. Congratulations to the LBUSD as they continue to receive accolades with high academic rankings. The Board of Education article on page 1 discusses Small Learning Communities and Linked Learning. The terminology has certainly changed throughout the years, but the focus of academic success remains the same. Congratulations to the Class of 2013!

Our next issue is August and we are excited to introduce our new look. To be sure you receive a digital copy sign up on our web site www.schoolnewsrollcall.com

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Covering the
LONG BEACH UNIFIED SCHOOL DISTRICT

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Pictured above: Jan's sister Marilyn, brother Patrick, mother Marcene, father Bernie, herself and sister Jacki. Picture taken July 4th, 1966.

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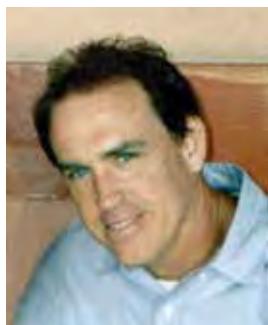
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New Foundation President



Judy Seal
Executive Director

Jeff C. Fellenzer will become President of the Long Beach Education Foundation come June 30, 2013. Jeff was born and raised in Long Beach, graduating from Woodrow Wilson High School in 1972 and continued his education at LBCC. Holder of undergraduate and graduate degrees from USC Annenberg, Fellenzer has been faculty adviser for the USC Sports



Jeff C. Fellenzer

Business Assn. and professor for the last 23 years. He is the son of one of LBUSD's finest educators Suzanne (Sue) B. Fellenzer. Sue Fellenzer served LBUSD for over 50 years, the last 20 years as a principal. Jeff joined the Board of the Long Beach Education Foundation soon after his mother passed away in January 2002 after a sudden illness. He wanted to continue to contribute to his mother's legacy so he created one of the first Memorial granting accounts in the LBEF called the Spirit of Sue Fund. Teachers and principals can submit a proposal to the Spirit of Sue Fund for up to \$1500. He has funded several of the murals on elementary school walls, the Special Education Dance for several years, cross-culture events celebrating the traditions that LBUSD students celebrate at home, school musicals, after-school family nights, and more.

He is well-known in the school district for bringing Coach John Wooden and WWII hero, Louis Zamperini as keynote speakers to the Most Inspiring Students Awards.

Jeff Fellenzer has more than three decades of experience as a sports entrepreneur, journalist, writer/editor, TV/radio commentator, consultant and adjunct professor at the University of Southern California's Annenberg School for Communication and Journalism. His "Sports, Business, Media" class, which he has taught since 1999, was completely full with a record 204 students in spring 2013. Among the sports newsmakers Fellenzer has interviewed in class include John Wooden, Jerry West, Pete Carroll, Al Michaels, Scott Boras, Keyshawn Johnson, Larry Scott, Ned Colletti, Pat Haden, Kevin Love, Jeanie Buss, George Raveling, Casey Wasserman, Sam Cunningham and World War II hero/U.S. Olympian Louis Zamperini. His "Weekly Wooden" segments in class are a tribute to the life lessons of his friend, the late Hall of Fame basketball coach and teacher. In a student survey conducted in spring 2012, "Sports, Business, Media" was voted the No. 4 most popular among all classes at USC.

He has a mind for business and has organized and developed outstanding programs including the Pete Newell Challenge as its founder and President. This college basketball event was held in the Bay Area from 1997-2006. It still holds the record for the largest crowd ever to see a college basketball game in the state of California, December 2000 in Oakland. Jeff has been a featured speaker in CSULB's College of Business Administration "Notable Speakers Series." He has raised funds for organizations far and wide, but his favorite place to donate is the Long Beach Education Foundation. Middle School Sports athletes can thank Jeff Fellenzer among others for keeping their program alive. "I understand the importance of participating in sports," he said recently. "It teaches all athletes to follow a code of ethics, develop self-confidence, understand what working as a team means, and to win and lose gracefully."

Asked what he is looking forward to the most in his command of the LBEF, he responds, "LBUSD is where I grew up. There really is no place like home. I plan to continue our commitment to raise funds for the students, schools, and programs of the Long Beach Unified School District. I plan to continue our tradition of collaboration between LBUSD and this great community. Every penny that comes into the LBEF goes to where it is designated. Individuals, groups, business, and nonprofits can make a huge difference when they donate to the LBEF. I would like to believe I can contribute to making a positive difference in the lives of our students, too."



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First Time Home Buyer Tips (Part 1)



Jeffrey A. Napper
President & CEO
LBS Financial
Credit Union

Buying a new home for the first time can seem so overwhelming, exciting and intimidating. First time home buyers often don't know where to begin, but with the proper tools and guidance, this big life experience should be a memorable and pleasant experience. There are multiple ways to learn about the home buying process without having to spend any money. Research the internet, ask friends or family for their home buying experiences or consult your local credit union or bank about the first time home buying process.

After you've completed your research, consider the following before you take the final plunge and get serious about your purchase:

Budget: Why waste time looking at homes that are out of your price range? Come up with a realistic amount of how much you can put down for a deposit and what you can afford for your monthly mortgage. Be sure to evaluate the true cost of making those monthly payments along with property taxes and insurance in addition to your other monthly living expenses by subtracting everything from your take-home pay.

Your Needs: Determine the type of homeownership that meets your requirements based on budget and goals: a traditional single-family home, a townhouse, a condo or multi-family building with two or more units. Come up with a realistic wish list that will work with your budget and the size of your family.

Get Pre-Approved: It's best to start your home buying experience armed and prepared. Approach your local credit union or bank to get pre-approved for a home loan before you start shopping for your dream home. You will need to provide your lender of choice with details of your credit, job history, income and assets to start the process.

How to Avoid Foreclosure Scams



CathyLyn Brooks

Last year, the Federal Trade Commission halted a business that promised distraught owners they could find defects in their loan documents that would make foreclosure impossible. With \$2,000 to \$3,000 upfront, they pledged to study the loan papers and discover irregularities that would stop foreclosure proceedings.

Sadly, there are many variations of scammers like this. The authorities cannot keep up with them all and homeowners must be on guard and seek out reputable assistance.

Should you find yourself in a foreclosure situation, here are some guidelines that will help you.

- Beware of promises. If they claim a special relationship with lenders, offer a money-back guarantee, or say they can stop your foreclosure now, run – do not walk – away from them. No one can make a guarantee such as this.
- Do not let anyone persuade you to stop making your mortgage payments. This will likely not work and will certainly damage your credit which will only make things worse.
- Do not be fooled by letterheads and logos that are designed to look like they are associated with a government agency. Look closely at all offers to help.
- Watch out for attorneys that make promises or try to lure you into hiring them. Look into the background of anyone who is going to help you by researching them with the Bar Association and your Better Business Bureau. A lawyer representing a party in California, for example, must be licensed to practice in California. And they can be a help. Just beware of those charging large sums up front.
- Never sign your property over to another person in the hopes of dealing with a foreclosure.
- And never, ever make payments to someone other than your lender.

If you need some assistance navigating the waters of a foreclosure situation, here are some places you can obtain legitimate help.

Free counseling agencies are available through the Department of Housing and Urban Development at <http://www.hud.gov> or the Homeownership Preservation Foundation at <http://www.995hope.com>.

You can report scammers to the Financial Fraud Enforcement Task Force at <http://www.stopfraud.gov>, the Consumer Financial Protection Bureau at <http://www.cfpb.gov>, the Lawyers' Committee for Civil Rights Under Law at <http://www.preventloanscams.org> or to your state attorney general's office.

The Federal Trade Commission is another consumer watchdog and they are found at (<http://www.ftc.gov>).

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 tax advice from professionals in each field.

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F. King Alexander Accepts New Position



F. King Alexander
President

California State University, Long Beach (CSULB) President F. King Alexander has accepted an appointment by the Louisiana State University (LSU) Board of Supervisors to become the system president of LSU and chancellor of Louisiana State University A&M.

He will remain president of CSULB through June.

"My tenure as president of Cal State Long Beach has prepared me to assume the role as the head of the Louisiana State University system," Alexander said. "The challenges facing LSU are similar to those in California and elsewhere. Universities

throughout the nation are struggling to serve more students while managing declining state revenues. At the same time, leaders in the field of higher education know the burden is on us to demonstrate that the public's money is well spent.

As president, Alexander helped strengthen ties between the Long Beach Unified School District and Long Beach City College through the College Promise, increasing the college-going rates of area students and reducing their need to remediate before taking college-level math and English. He also persevered in securing capital funding to construct three significant building projects. They include a \$110 million state-of-the-art Hall of Science, a \$70 million Student Recreation Wellness Center and a new School of Nursing building. Both research and external funding increased significantly at CSULB during his tenure.

"Louisiana State University is very fortunate to get King Alexander as its president-chancellor. He has done wonderful things to elevate the stature of Cal State Long Beach, and he has remained a true friend of our K-12 school system during some difficult times for California's public schools," said Long Beach Unified School District Superintendent Christopher Steinhauser. "We are saddened to see King leave, but we know that wherever he goes, he will have a tremendous, positive impact upon the lives of students.

"I'm personally grateful for all that he has done to help ensure equity and access to a college education for all students in our community," the superintendent added, "and I wish him all the best."

Alexander will participate in the 2013 CSULB graduation ceremonies.

"I look forward to continuing my work at Cal State Long Beach over the next several weeks," he said. "I am especially excited to be a part of this year's upcoming commencement ceremonies where I will have one more opportunity to shake the hand of every 2013 CSULB graduate and wish them success."

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Rosana Madrid-Arroyo
Principal

Our New PTA

The parents at Addams help form a vibrant community, all coming together to support our students. We are blessed to have a group of leaders among our parents who have come together to create the first Addams PTA in a very long time. They have worked closely with the 33rd Regional PTA District to make bylaws and develop capacity. Now that PTA has been organized, we have voted in our inaugural officers. They are Livier Lorenzo, president; Singrid Duenas, secretary; Blanca G. Ramirez, treasurer; Sharleen Cleveland, VP for fund-raising; Jennifer Tyus, historian; and Dalila Diaz, financial secretary.

The general membership is growing under their directions. PTA will always accept new members. Our next general meeting is Wednesday, May 22. We thank all of the parents who are members for their support of our school.

Barton *Elementary*

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



Lori Grady
Principal

Going the Extra Mile

Barton salutes recreational aide Elvia Gutierrez for her service and dedication to the Barton students, staff, and parents. In addition to supervising our students as they play on the playground, eat in the cafeteria, or load the busses, Elvia uses her creative ideas to beautify the school. She decorates classroom doors, office/hallway bulletin boards, and the auditorium for school recognition programs and events. She takes pride in organizing our ball shed and typing up agendas and items for our recreational aide meetings. We thank her for being a hard worker, treating students, staff, and parents in a professional manner, and for always being willing to go the extra mile!

Beach *High School*

3701 E. Willow Ave., Long Beach, CA 90815 • 562/595-8893 • www.lbschools.net/beachhs



Matt Saldana
Principal

Total Family Support Clinic

Beach High School has partnered with the Total Family Support Clinic for almost two years. This collaboration was initiated at a Long Beach GRIP (Gang Reduction, Intervention, Prevention) meeting in the fall of 2011. The Total Family Support Clinic offers an effective drug-abuse prevention program that targets at-risk behaviors within the youth at Beach High School. Group sessions provide cognitive motivation enhancement activities to not use drugs, detailed information about the social and health consequences of drug use, and correction of cognitive misperceptions. Our counseling team also

addresses topics that include active listening, effective communication skills, stress management, coping skills and self-control to counteract risk factors for drug abuse and relevant to high-risk teens. Ms. Cheryl and Ms. Linda meet with the students four days per week in both morning and afternoon sessions. Student remarks:

Student #1 states: "This program has helped me a lot because now I have a better understanding of what can happen if I keep doing the wrong thing. It has made me think a lot. I like this program because it is confidential, and I feel comfortable telling about my feelings and how I feel and what's been going on. This program releases my stress. When I'm mad and angered, I can talk it out with her, and I know no one will find out what I said."

Student #2 states: "This program benefits us because it teaches us responsibility and character. Therefore, it keeps us, the clients, on track with our daily objectives and makes us better persons."

Student #3 states: "This program benefits me because I learn something new every day that helps me get through my daily life. This is really a good program."

Beach High School appreciates the efforts of Ms. Linda and Ms. Cheryl, under the direction of Jodie Marholz, and the personal and professional manner in which they provide support to students.

Alvarado *Elementary*

1900 E. 21st St., Signal Hill, CA 90755 • 562/985-0019 • www.lbschools.net/alvarado



Dr. Brett Geithman
Principal

They Go the Extra Mile

At Alvarado Elementary School, we are exceptionally fortunate to have an outstanding classified staff that truly goes the extra mile. For example, our IA-Specials, who work with our pre-kindergarten through fifth-grade students are always willing to lend an extra hand when we have a staff member out and support our students as if they were their own.

The other day a student shared with me, "The cafeteria always has the best food!" That, of course, is due to our hardworking supervisor Pat Sadler and the cafeteria staff.

At Alvarado, we have a constant stream of visitors. Our plant supervisor, Erik Houston, and our custodian, Joe Vanis, are always working to make sure our school shines on a daily basis.

Rosemarie Burio, our school nurse, takes extra special care when helping our students who are not feeling well. She also regularly updates staff with health and safety tips.

Our recreation staff has really stepped up to help out a team member and make sure our students are appropriately supervised and safe.

Last, but not at all least, is the captain of our ship, Becky Halbmaier, the school secretary. Becky is the "all of the above." She's not only the secretary, but she also helps our pre-kindergarten students off the bus, tends to our sick students four days per week, supervises the playground, and helps in the lunch lines. Basically you name it and Becky's stepped in and done it.

One huge piece of the Alvarado identity is teamwork, and that is clearly visible across the entire campus.

Bancroft *Middle School*

5301 Centralia St., Long Beach, CA 90808 • 562/425-7461 • www.lbschools.net/bancroft



Kimberly Dalton
Principal

Hooray for Instructional Aides!

Among Bancroft Middle School's best kept secrets are our instructional aides. Our aides work with students as a part of the Bancroft Special Education program. Some of our aides provide one-on-one support in general education classrooms, and others provide assistance to students in Special Day classrooms. A few of our instructional aides assist students and teachers in our general education program, too.

Our excellent aides focus on Individualized Education Program (IEP) goals attainment while building a trusting rapport with our scholars. The aides get to know the students through their interactions with individual students. During these interactions Bancroft's instructional aides check for student understanding, teach organizational skills, monitor class work and projects, and support social skills development. They often communicate with parents about what is happening in the classroom or upcoming projects through planners or phone calls. Bancroft's aides often support students outside of class through attendance at sporting events, school productions, and clubs.



Instructional Aides take part in Crazy Hat Day.

Bancroft is fortunate to have such a dedicated group of classified employees on our staff working to ensure our students success!

Buffum *Total Learning Center*

2350 Ximeno Ave., Long Beach, CA 90815 • 562/498-2431 • www.lbschools.net/buffum



Miriam Garcia
Program
Administrator

Buffum TLC Classified Staff and Volunteers ROCK!

In our second year at Buffum TLC, we are very fortunate to have classified staff and volunteers who are committed to working and helping our preschoolers and teachers. Whether it is the October parade, Picture Day, Jog-a-thon, Chuck E. Cheese Night, assisting with students on and off the bus, keeping our campus spotless, enrolling students, helping with sick children, or other school-wide day or evening events, we can always depend on our Classified Staff and Volunteers! They truly make a difference! The Buffum TLC Staff and Faculty thank you for all that you do for our little ones and their families...YOU ROCK!



Burnett *Elementary*

565 E. Hill St., Long Beach, CA 90806 • 562/595-9466 • www.lbschools.net/burnett



Lucy Salazar
Principal

Move Over, Cee Lo

By Nancy Jo Rettig, Counselor

Talk about the Voice!

Creativity knows no bounds here at Burnett. You would think we employed a professional talent agent on campus, given the outstanding musical attributes of our students. What starts out as typical 'begging for participation' from musically inclined teachers results in awe and thundering applause for those students who really give their heart and soul to their singing.

But it's the, "What, I have to sing in front of everyone?" that is our biggest challenge.

As we all know, facing challenges is the shortcut to building confidence. So these once shy, now brave boys and girls can eventually croon, rap, twang and

wail better than most American Idols we have seen. Their parents' proud faces glow, and video cameras get propped open like frozen paparazzi.

When they finally bow for their finale, every bitten nail and sleepless night seems to have been worth it.



Performers Club

Cabrillo *High School*

2001 Santa Fe Ave., Long Beach, CA 90810 • 562/951-7700 • www.lbschools.net/



Dr. Elio Mendoza
Co-Principal



Alejandro Vega
Co-Principal

Volunteers Make a Difference

By Lushandra Prioleau, Dean of Students

The Cabrillo Academy of Law and Justice has benefited greatly from the government and local industry volunteers who support its Teen Court and Exploring Careers in Long Beach programs.

Our outstanding volunteers for Teen Court include Judge Debra A. Cole, Judge John C. Lawson II, District Attorney Mariela H. Torres and probation officer Derek Grandison. These

volunteers work with our CAL-J students in the Cabrillo courtroom on actual juvenile cases that provide real-life learning experiences about the judicial system.

In collaboration with Cabrillo, Amy Grat, the CEO of the International Trade Education Program (ITEP), connects 30 of our students to industry leaders

who graciously donate their time and expertise to provide insight into the specific skills, training and education they need for jobs in these industries.

About this opportunity, sophomore Naima Jordan said, "I am grateful for the program, and I learned so much about the careers in Long Beach." Next year the current students will be mentoring a new group of students.



As part of the Exploring the Careers in Long Beach, Fireman volunteers explaining the responsibilities for the job.

CAMS

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



Dr. Janice Filer
Principal

A Terrific Office Staff

The California Academy of Math and Science functions smoothly as a result of a terrific office staff. Dorothy Jerzycke, (far left) is the High School Office Supervisor, who, after 24 years at CAMS, knows the school from its infancy and possesses the historical memory. Aurora Ballesteros (second from left), the School Support Secretary, after 33 years working for LBUSD, still says that CAMS is her favorite site, having worked here for 16 of those years. The other person would be CSUDH Liaison, Monica Barbosa (second from right). She enjoys working with the CAMS

office staff after 8 years together. Finally, our newest addition is Sharon Grimes (pictured far right). She came to CAMS three years ago and is our Data Tech. CAMS appreciates the commitment that each one of our office staff provides for our school community!



Chavez *Elementary*

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



Kimberly Weber
Principal

Volunteers Make the Difference

At Chavez Elementary School, we are fortunate to have a core group of volunteers who go above and beyond to support the students and staff. Our small, but mighty PTA has been able to provide our students with field trips to great places like Knott's Berry Farm, the Santa Ana Zoo, Centennial Farms, and the Museum of Natural History. They also support our incentive programs by providing special assemblies and T-shirts for the students who score proficient or advanced on exams. In addition to supporting the fund-raisers and working at our events, our

volunteers monitor our front gate every morning to make sure only students and staff enter the campus without a pass.

We are especially grateful to Mrs. Aquino, Ms. Kidwell, Mrs. Sanchez, and Mr. Thompson for their dedication. Without their time and commitment, we could not do as much as we do for the Chavez students.



Ms. Aquino, Mr. Thompson, and Ms. Kidwell helping with Kite Day activities."

Dooley *Global Studies Magnet School*

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



Gerardo Gloria
Principal

Parent Involvement

Dooley Global Studies would like to thank all of its parent volunteers for being extremely active in engaging with their children's education. This year a great focus has been made to better help our parents transition into the role of campus leader.

Our parent volunteers (VIPS) are a common sight at Dooley. They assist with monitoring students in the school yard, working in classrooms, going on field trips, and organizing parent workshops.

Special workshops are provided throughout the year to help our parents gain more insight into how they can assist their children at home. Some of the topics we have addressed are understanding the Common Core State Standards, the current state standards, Dooley's IB program, how to read to your child, grandparents as parents, and dealing with bullying and cyber-bullying.

These informative workshops provide our Dooley parents with the kind of information that can actively involve them in the student learning process.



Cleveland *Elementary*

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



Teresa Montoya
Principal

Our VIPS

Cleveland always welcomes the supportive parents, grandparents, family members and community members who volunteer their time to be part of our school. They provide assistance to our students and teachers in a variety of ways.

The Volunteers in Public Schools (VIPS) program is a valuable program that is endorsed throughout LBUSD. Parent, family and community volunteers provide support to our school, teachers and students. Cleveland currently has approximately 113 VIPS who are eligible to provide support to our students and teachers throughout the year. Our active VIPS take personal time during their day to assist with the educational programs for our students and teachers. Our VIPS provide in-class support, one-on-one tutoring and assistance to our teachers.

Our PTA honored Cheryl Cox, an active and dedicated VIPS, with the PAT Award at our March Spirit Assembly. This year, she volunteers three days a week working with three Cleveland teachers and has been a VIPS for Cleveland for several years. Recently, Cheryl wrote a letter to all our families encouraging them to volunteer one or two hours per week. She knows how valuable the VIPS support is to our students and teachers, especially with the dates approaching quickly for STAR testing, Open House and PTA Carnival. She stated in her letter that "it takes a village," and she is encouraging more "Villagers" to participate in these rewarding experiences. We are fortunate to have supportive VIPS like Cheryl Cox at Cleveland.

Thanks to all our VIPS for the support you give to Cleveland.

Cubberley

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



Terri Jarels
Principal

Daily Commitment

Cubberley School is fortunate to have a dedicated, involved recreation staff. It is the daily commitment made by these energetic individuals that adds to the safety and well being of our students. Whether the area of supervision is the morning's valet parking, the cafeteria during breakfast, the entire grounds during lunch, or the afternoon dismissal, the rec staff is vigilant, caring, informed and on top of things. Their presence is counted on, rain or shine, and they always come through. Because of the longevity of the rec staff, Cubberley students are fortunate to

know that there are adults here who know their name, remember birthdays and other special events in the student's life, and recognize when someone needs an encouraging word. The rec staff rocks!



Cubberley School recreation aides: Royce Smith, Roxann Porter, Rayann Rotondo, Linda Vaughan, Christine Thompson, Kathy-Lee Miller, Virginia Garza & Patrice Fithyan.

Emerson *Parkside Academy Charter*

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



Margaret Kerns
Principal

Our Volunteer of the Year

Emerson Parkside Academy is proud to recognize the work of Cassian Corey-Holder, or as we know her, C.J.

When the school was struggling to raise money for the Foundation, C.J. and her husband Wayne came up with the idea of hosting food trucks during the dinner hour. Not only did this raise some much-needed funds, it also helped bring our community together. Her assistance has been truly invaluable.

Each year the fifth-grade committee is faced with the need to plan activities for promoting students on a very limited budget.

So, C.J. thought of a way to get some seed money by starting a “Kaleidoscope Run.” She created a two-mile course on campus, and on one special Saturday morning a number of our families gathered at the school to run/walk the course.

It was a great event. There were T-shirt sales, sports drinks, medals, and a live band to help round out the fun. C.J. and Co-chair Denelle Schaffel have also spent countless hours working on our talent show by auditioning, rehearsing, promoting, selling tickets and making treats to help guarantee a top-quality event.

C.J. is also our SSC chairperson, a member of our School Safety Team, and a past board member of the PTA. She works in both of her children’s classrooms, helps with book fairs, field trips, the school carnival, and even volunteers in the office!

Mrs. Cassie Cory-Holder truly brings our campus to life. Whether it is behind the scenes or at center stage, her influence is far reaching. So it is with pride and appreciation that we honor Mrs. Holder.



Gant *Elementary*

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



Jeff Wood
Principal

Volunteerism

From our Volunteers in Public Schools to our PTA to the caring families at Gant, this year has inspired many people to give more than ever before. The contributors, collaborators, donors and committee members all deserve recognition.

Caring, kind and generous are just a few of the words to describe the volunteers at Gant. Through the year, we hear the phrases paying it forward, helping others, supporting our community and doing the right thing numerous times. It is truly inspiring to see and hear the reaction of the recipients of the efforts of our volunteers.

Here are just a few examples of doing the right thing: donations to Bethune Transitional Center; clothing and uniform donations to needy student in other schools; a family “adopting” a student in a middle school, enabling the student to attend enrichment activities; PTA members exceeding the number of students in our school; food drives; and Student Council Community Service Projects encouraging students to make healthier choices.

Although each of these efforts is worthy of recognition in and of itself, this year, one volunteer embodies the spirit of each leader, donor, participant, student and member: Heather Searles is just one example of someone doing the right thing. She identified schools and organizations with a need and made great things happen. She coordinated donations to multiple groups to have a positive effect on others. Her efforts have improved the daily lives of numerous people through giving back to people in our community. She should serve as an inspiration to us all.



Heather Searles

Hamilton *Middle School*

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



Pamela Sawyer
Principal

Our MVP

By Stephanie Bilvado, Counselor

“Don’t take it personal” are words to live by from Marcus Eglund, gang intervention specialist at Hamilton Middle School. Mr. Eglund is a positive influence who keeps us focused and moving forward in providing a positive school climate for our students. The student body loves and respects his hard-nosed attitude, and Hamilton has definitely felt the effects of his strong ethics for discipline and school policy.

If you ask the staff from Hamilton, they will tell you that he is our MVP. His influence has improved our school climate. With GEAR UP in its first year at Hamilton, Mr. Eglund contributed to our college-going culture by decorating his office door and presenting at our PIQE graduation. Mr. Eglund covers all ends of the spectrum; from dusk to dawn, he makes himself available to our staff, students and the families of North Long Beach. He has worked for the district for over 20 years, serving most of our high schools from staff security to gang suppression.

Mr. Eglund likes to be referred to as Marcus, or “Mr. Marcus.” He has taught the staff at Hamilton not to take things so personally, a lesson to be learned by all educators. He shares that sometimes it’s difficult for parents to believe that their child is in trouble. It is our job to educate both parent and student so these mistakes don’t continue to happen. His advice to them is, “Take every opportunity as a lesson learned.”

It is a privilege and an honor to have Marcus Eglund as a member of the Hamilton team. We will continue to learn and grow from a positive force such as Mr. Marcus.



Holmes *Elementary*

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



Luana Wesley
Principal

Celebrating Our Volunteers

Holmes Elementary School recently recognized longtime volunteer Mr. Walton, who on a daily basis gives so much of his time to help support our staff and students.

Every morning Mr. Walton arrives with the plant supervisor and helps get the school ready for the day. He even runs the copier for the office and classroom teachers! “The staff members love and anticipate his daily visits,” says Principal Luana Milburn Wesley. “Mr. Walton is truly dedicated to helping children and serving the staff at Holmes.”

Barbara Morris also gives so much service to Holmes Elementary. Currently she is our book fair and T-shirt coordinator, and with this job comes a lot of responsibility. She has put in a tremendous amount of time between meetings, various events, and managing fundraisers. She has also been quietly serving our PTO for several years, and has been involved with their numerous fall and spring fundraisers, book fairs and much more.

Barbara also helps out in her grandson’s classroom. She is a very cheerful, upbeat person who is always willing to be of service to everyone. We are so grateful to have her on our team!



Hoover *Middle School*

3501 E. Country Club Dr., Lakewood, CA 90712 • 562/421-1213 • www.lbschools.net/hoover



Jeannie Fells

By Doug Jordan, Assistant Principal

Hoover Middle School is very fortunate to have a homegrown talent, Jeannie Fells, who has been working here for the past 33 years. A Long Beach Polytechnic High School and Long Beach City College graduate, Jeannie worked in the attendance office at Poly during her high school years. On the advice of the attendance clerk at Poly, Jeannie applied for a position with the Long Beach Unified School District (LBUSD), was hired, and worked as a college aide at Grant and Barton Elementary Schools. After a brief absence from LBUSD, Ms. Fells returned in 1980 as the full-time counseling clerk at Hoover.



Dr. Avery Hall Principal

Jeannie has seen many changes during her tenure at Hoover: a leadership change from her first principal, Dr. DeNoyelles, to Dr. Avery Hall today; the transition from typewriters to computerized student information systems; and the adjustments as the junior high school became a middle school. The one constant has been the ever-pleasant, smiling face of Ms. Fells.

When asked about staying at one site so long, Jeannie simply replied, "Hoover has always had a great faculty and staff!" A great staff indeed, thanks in large part to Ms. Jeannie Fells.

International *Elementary*

700 Locust Ave., Long Beach, CA 90813 • 562/436-4420 • www.lbschools.net/international



The Heart of Our School

The staff and community at International Elementary School want to take this opportunity to highlight the outstanding contributions of our very own Leticia Keller, or Tisha as we like to call her.

Tisha is our office supervisor. She has been faithfully serving this site for the past nine years, and her wonderful expertise benefits us all.

When asked what they would like to express about Tisha, some of the teachers had this to say. "Tish is always willing and ready to help me with anything I need. She always says, "What do you need honey?" and then she helps me! She wears so many hats, and she miraculously stays on top of all of it."

Others shared that, "Our Tisha is the heart of our school. She truly connects with the entire school community and she works hard to meet their needs. She is a super-caring individual."

A teacher new to IES had this to say. "As a new teacher to International I had so many needs, and the job of explaining things often was handled by Tisha. She is always professional, accommodating, and helped me with a smile."

Another staff member stated that, "Tisha always has a moment for everyone. I wish I could return to her as much as she has given me."

Leticia Keller brings the best of herself to school each day. Her smile knows no limit, and her heart is for whoever is standing right in front of her at any given moment. Her can-do attitude is contagious, and her heart to serve is overflowing.

We love you, Tisha! Thank you for being you!



Hughes *Middle School*

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



The Green Team

By David Michaels, Seventh-Grade English Teacher

The students and staff at Hughes Middle School take great pride in the fact that our school recycles most of its reusable materials.

Thanks to the Green Team after-school club, recycling has also reached a full implementation phase on campus. Every day after school you will find Green Team members separating paper and plastic from the regular trash. Our classrooms are also "trash-audited" to make sure that all the trash and recyclable materials are separated.

Dr. Sally Gregory Principal

When I walk around our California Heights Campus, I often think to myself about what a green, eco-friendly place it has become. Much of our school's beautification effort is due to the tireless energy of Green Team parent advisors Kim Peterson and Cathy Procopio. Both volunteers are constantly working to improve the accessibility of our recycling bins. They also coordinate the students who participate in our after-school Green Team club, a group which will be meeting for the duration of the school year.

The Green Team is currently celebrating the success of its "Grow-Eco Earth Day Fair" in April. Held at Longfellow Elementary, this event featured a huge plant sale, free document shredding, free eco-craft projects, compost workshops and gardening tips.

Another event for the club is a field trip to Spring Street Farm in Long Beach. Selected students will also be going to the Angeles National Forest to plant trees. This field trip is sponsored by the TreePeople, a California-based nonprofit environmental advocacy group.

The Hughes staff appreciates our parent volunteers. They make all of these experiences possible for our students.

Jefferson *Leadership Academies*

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



Words for the Unsung

I'm sure we all feel fortunate, across the district, to have such amazing Classified Personnel (CPs.) Please pardon our candor, but we believe Jefferson Leadership Academies has the best classified personnel in the district!

One attribute that many of our CPs share is an almost impervious desire to dodge the spotlight of recognition, which they all so well deserve. So, you understand our problem then: we couldn't choose just one.

In addition to the fact that they are excellent at their jobs, they are terrific, unique people with whom we are very lucky to share our time. That being said, let's get that spotlight of recognition turned on!

Grover Khem, our custodial savior, is humble, humorous, and possesses top-notch ethics. Lee Walker, a one-man supporting machine, is diligently uplifting, with no nonsense and a great deal of grace. Joanne Keenan, our

paraprofessional queen, offers insightful inspiration with a spoonful of humor. Sue Murphy, our attendance guru, shares her shiny hilarity and wisdom. Rene Norris, a banking whiz, is energetic yet easy-going and is always student-centered. Martha Rodriguez, a feeder of both bodies and spirits, is a thoughtful humanitarian; she'd give the shirt off her back.

We are grateful for all of our classified heroes!



Jordan *High School*

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



Shawn Ashley
Principal



Dr. Jay Camerino
Principal

Parent Groups and VIPS

By Octavio Mojica, Parent Center Coordinator

There are many opportunities to volunteer at Jordan, and our parents can be as active and involved in school as they want to be to help their children succeed.

For example, on-campus parents with ELL students can be part of the English Learners Advisory Council (ELAC), which meets on the first Wednesday of each month in the Jordan

library. The Jordan Parent Advisory Council (JPAC) is a town hall meeting where our Ninth District Office, LBP North Division, and our Jordan principals can provide a report on how the school and our community is doing.

Parents can also serve JPAC as chair and vice chair. Another organization where parents can volunteer their time is the School Site Council (SSC), which manages Title I spending. Jordan parents are also needed to serve at the district level as well. They can serve on the Superintendent's Parent Forum, the Community Advisory Council, the High School Parent Forum, or on the Concerned African-American Parents group.

Jordan is fortunate to have some of the most active parents in the district. Ms. Elena Acosta is our representative in the High School Parent Forum and Superintendent's Parent Forum, and she also serves on Jordan's ELAC group. Ms. Maria Chavarria is another active Jordan Parent. She serves on both the High School and Superintendent's Parent Forums.

Mr. Juarez is the JPAC and ELAC president, and SSC representative. Ms. Martha Barajas is our JPAC vice president and SSC representative. Ms. Carolina Zuniga serves as SSC representative. Jordan's VIPS are coordinated by Octavio Mojica at the Parent Center in Room 207.

Lakewood *High School*

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



Cheryl Cornejo
Co-Principal



Mario Jimenez
Principal

Making a Difference, Behind the Scenes

Classified employees are the backbone of our schools. At Lakewood High School, Dave Johnson has been more than a backbone; he's been a strong foundation to the appearance of our school.

When Dave arrived in August as the interim plant supervisor, he made an immediate impact on the school campus. His efforts to organize the custodial team to make the most of every minute of the day to provide students, staff, and community with a safe, clean, and orderly campus have been exemplary. Dave has been an agent of change, encouraging students to be accountable for cleaning up after themselves and instilling a sense of pride among students.

Dave has been at the beck and call of our staff, and, when there is a need for a repair or an adjustment, no matter how big or small, he comes to the rescue. He avoids recognition and would rather do his job reaching out to students and staff from behind the scenes. The time Dave is most visible is when he is around students during non-instructional time. His conversations while he works are similar to those a grandfather would share with a grandchild. The high fives from students and the smiles he receives from so many speak volumes about who Dave is.

Dave was given the task of preparing the campus for our Western Association of Schools and Colleges (WASC) Accreditation, and our campus has never looked better. From longtime staff to alumni, the compliments are a testimonial to Dave's efforts. He truly makes a difference behind the scenes.



**Congratulations
Class of 2013!**

Kettering *Classical Elementary*

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



Deborah Anderson
Principal

They Keep Us Running!

In quoting Oprah Winfrey through a time of limited funding and resources, "be thankful for what you have." Fortunately, Kettering is a school that runs on limited staffing and outstanding performances.

Ms. Derby and Mrs. Mowery maintain an efficiently run office as they answer phones, account for all students, follow up on attendance, and make sure parents stay aware of what is happening with their little ones. Although the school mascot is KIDS, they are often called the school bulldogs who make sure that all information and every student is accounted for.

Comments are made daily about the school environment: shiny floors and a clean and neat campus with green grass. There are days that the custodial crew of Mr. Phelps and Miss Daniels move so fast that we just see them as a blur as they maintain the campus and take care of all of the staff needs that include a lightbulb in one room, a cleanup across campus, help in the auditorium at night, bathrooms opened for a meeting and then recleaned, and much more. All of this with a smile, all the time.



**Doris Fielder uses texture to help
Sofia Palencia and Abigail Martinez write their names.**

The cafeteria and recreation group make sure our KIDS are healthy and safe. And of course, the numerous aides with all of their specialties that assist students with their various needs take complete responsibility for helping out KIDS through the daily educational challenges they must face.

So with all of the cuts and "belt tightening," Kettering has been very fortunate to have the help of an outstanding classified group that helps to make it the great distinguished school it is. And although they are not unique to the Kettering site, we must make sure our district maintenance team knows how thankful we are for all the work they do.

Go Classified Team!

Lafayette *Elementary*

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



Wendy Thompson
Principal

Invaluable Volunteers

Lafayette Elementary School is fortunate to have many outstanding volunteers, but this year two stood out and were named Volunteers In Public Schools (VIPs) of the Year for their more than 30 years of combined service to the school.

Sandra Garcia is a legacy at Lafayette, having volunteered for over 15 years. Mrs. Garcia has always made volunteering at her three children's school a priority. She has been instrumental in establishing Lafayette's Parent Booster Club (PBC) and helping to significantly increase parent involvement at the school. Last year, as president of the PBC, she and her team helped raise enough money to buy 10 new printers, send all of the students on field trips, and help finance the Friendship Dance and all fifth-grade promotion activities. Mrs. Garcia is a highly valued member of our Lafayette family and the community at large.

Karen Gurkey is an invaluable member of our school family as well. She has spent the last 20 years of her life in service to Lafayette. From 1993–2010, she served as a transportation aide who, when her busses departed, would stay and assist the team in a variety of ways, including copying, distribution of materials, and beautification of the halls and bulletin boards. Despite being laid off in 2010, Ms. Gurkey continues to come to Lafayette every day, full time, and volunteer in whatever ways she is needed. Her dedication and work ethic are incredible. She is a beloved and well-respected member of the Lafayette family.

The dedication of these Lafayette volunteers truly matters!

KAMPS / ACTIVITIES FOR KIDZ

By **SUSAN PETERSON**

Noted author of the comprehensive guidebook:

Fun & Educational Places to go with Kids & Adults in Southern California.

THE WORD “SUMMER” brings to mind a myriad of images from my childhood—going to the beach, reading a good book, eating popsicles, building a treehouse, and hanging out with my friends.

Those are great memories. I also remember getting bored. And I remember sharing this information, persistently, with my mom—I think she referred to it as *WHINING*.

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'Gently Down the Stream'—Not!



Emily Harris

Emily Harris comes from Rossmoor, where she attends Los Alamitos High School. She began rowing in the fall of 2009 and currently competes for Head Coach Alfredo Montenegro and the Long Beach Junior Crew Club. Emily's most memorable race to date was piling 26th out of 85 boats in the Junior 8+ at the 2012 Head of the Charles Regatta. She participated in most sports and activities like soccer, swimming, Junior Lifeguards, softball and dance.

Her best sport by far was softball, and she made All-Star every year she played. She had good speed for her size and hit with power and pitched, but she just didn't enjoy it. Her father, Mike Harris, suggested she try rowing because

of her size and love of the ocean, and it worked out. She has been to the very prestigious Head of the Charles in Boston twice and has rowed for four years with the very successful Long Beach Junior Crew Team. She has always done well in school and is always on the honor roll.

Emily has been recruited by Loyola Marymount University in Los Angeles and will be rowing for them next year. However, it was not an easy road for her. Beyond on-water rowing performance with the Long Beach Junior Crew, a high school coach's recommendation, height and weight, and erg score can mean the difference between getting recruited and accepted to the college of your choice or missing the cut. Rowing-machine scores are the one piece of data that coaches can accurately use to make a comparison between a rower and every other potential recruit. Therefore, the lower a machine score, the better the chance of being recruited to the college or university of your choice. With this in mind, Powerhouse Fitness offers personalized ergometer-training programs to help rowers meet and exceed their specific ergometer goals.

'Erging' On the Rower

Emily started training and rowing with Powerhouse Fitness in Long Beach beginning in 2011, with one goal in mind: to get faster on the rowing machine. One-on-one coaching at Powerhouse Fitness is result driven and within the recruiting process. College coaches have certain criteria, specifically ergometer Concept 2 rowing-machine scores, that they use to identify potential recruits. Coaches are not shy about letting an athlete know which erg score they require the athlete to be at or under in order to be seriously considered for the recruiting process. With this in mind, one-on-one coaching at Powerhouse Fitness provided structure, guidance and support to help Emily meet and exceed the requested and required goals.

Powerhouse Fitness helps create programs to help athletes achieve their personal bests for ergometer testing. We realize that college programs look at a variety of stats on the ergometer, and thus we can help students prepare for any and all testing distances and types that a college coach may ask for, whether they're 500m, 2k, 6k, 10k, 1-minute power test, or max-wattage power test. Through assessment, goal setting and the proper implementation of training, Powerhouse Fitness, along with Long Beach Junior Crew, worked with Emily in order to improve her performance to the level necessary to be considered for the recruiting process at LMU.

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



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Nutrition Update

Fill'er Up With the Good Stuff



**Carol Berg
Sloan, RD**

According to recent United States Department of Agriculture data, Americans are consuming more calories per day than they did nearly 40 years ago. In 1970, we consumed about 2,169 calories a day. In 2010, calories went up to 2,614 calories. Of this 445-calorie increase, grains (mainly refined grains) accounted for 188 calories; added fats and oils, 188 calories; caloric sweeteners, 42 calories; dairy fats, 16 calories; fruits and vegetables, 15 calories; and meats, 8 calories. Only dairy products declined (12 calories).

As a dietitian this tells me we are eating more cookies, cakes, chips and other foods that provide calories but not nutrients. With kids home this summer, load up on healthier versions of foods and beverages they love. You are responsible for filling up the refrigerator, freezer and pantry; your kids are responsible for making good choices

Stock up on:

Whole grain foods contain all the naturally occurring nutrients of the entire grain seed, according to the Whole Grains Council. If the grain has been processed in any way it should still contain the nutrition in the original grain seed.

Good examples to include in your pantry:

- Kashi Heart to Heart® Whole Grain Crackers- Original
- ak-mak® sesame crackers
- Whole wheat pastas (slightly more fiber, protein)
- Wheat bread, bagels or English muffin Thins (100% whole grain or 100% whole wheat must be on the label!)
- Canned foods

Being a baby boomer I was raised on canned food and hence my kids were brought up on a number of canned fruits, veggies and meat. Obviously fresh can be best, but canned foods can fill in healthfully in a pinch. Items you must have on hand:

Tomato sauce or variations: great for a quick pasta meal or pizza topping. Favorites are our house are fire roasted diced tomatoes or any with added ingredients such as green chilies, onion, basil, garlic.....yum!

Canned beans: you pick your favorite, I just know that if I need a quick dish such as chili, 3 bean salad or hearty salsa with added beans, I reach up into the cupboard and it's done! If you need more ideas go to the Canned Food Alliance (mealtime.org) for traditional and crazy recipe ideas (i.e. cakes, smoothies crostini).

Fruits: Hey we live in SoCal.....go to the produce section...enough said!

Vegetables: see Fruits above!

Dairy: Milk consumption is decreasing and so is Vitamin D and calcium in our children's diet. Continue to drink milk for a satisfying and delicious beverage, but don't forget the creamy Greek yogurts that are flooding the shelves. What's easier than these ready to go containers for the kids!

If you have children old enough to cook in the kitchen without your supervision or if you get home late and need a quick dinner...try this delish pasta dish.....great for lunch the next day too!

Enjoy summertime!

Homemade Healthy Beefaroni

Recipe courtesy of: mealmakeovermoms.com

Makes 6 Servings

Using whole wheat pasta ups the fiber, and the lean ground beef adds high-quality protein as well as important nutrients like iron and zinc. If you have a vegetarian in your family, leave out the meat and double up on the mushrooms; they give a "meaty" texture to the dish and add umami, a taste sensation described as robust and savory.

- 1 tablespoon extra virgin olive oil
- 1 medium red bell pepper, cut into 1/4-inch dice (about 1½ cups)
- 8 ounces mushrooms, roughly chopped
- 1 pound lean ground beef (90% or higher)
- One 26-ounce jar marinara sauce
- 2 cups water
- 8 ounces dried whole wheat rotini pasta
- 1 cup shredded light Italian cheese blend or Cheddar cheese (4 ounces)
- 1/4 cup grated Parmesan cheese, optional
- Chopped fresh basil, optional

1. Heat the oil in a large Dutch oven or saucepan over medium-high heat. Add the bell pepper and mushrooms and cook, stirring frequently, until tender, about 10 minutes

2. Add the meat and cook, breaking up the large pieces, until no longer pink, about 5 minutes. Drain excess fat.

3. Stir in the pasta sauce and water, raise the heat to high, and bring to a boil. Stir in the pasta and return to a boil. Reduce the heat and cook at a low boil, covered, stirring occasionally, until the pasta is tender, about 15 minutes.

4. Remove from the heat and stir in the cheese. Cover and let stand until the cheese melts. Sprinkle with Parmesan cheese and basil as desired.

Nutrition Information per Serving: 400 calories, 13g fat (5g saturated), 580mg sodium, 43g carbohydrate, 6g fiber, 31g protein, 30% vitamin A, 50% vitamin C, 20% calcium, 25% iron

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at: cbsrd@verizon.net

Creative Summer Camps

This summer Long Beach Parks, Recreation and Marine has dozens of week-long day camps that give kids a chance to explore interests as diverse as engineering, science, animation, sports and singing.

The titles tell the story of all the fun that will be available: Top Chef Cooking, Sand Castle Camp, Star Wars Camp, Hunger Camp (inspired by the Hunger Games series, but without the violence), Fort Building, Zombie Survival Camp, and Harry Potter Camp.

Does your child like to build and create? Play Well Engineering Camps will let future engineers explore Pre-Engineering, Engineering Fundamentals, Jedi Engineering and Jedi Masters based on the Star Wars movies, Flight Club for future aerospace engineers, Jr. Super Hero Lego Engineering and Super Hero Masters Engineering.



Young sports enthusiasts can hone their skills in the “British Soccer Camp” series that offers separate sessions for young players and half and full day sessions. A multi-sport sampler camp, “Mini Hawk covers baseball, basketball and soccer; and “Flag Football” works on passing, catching and defense.



Little mad scientists can explore gravity, inertia and energy through building and flying stunt planes, magnets, plasma balls, electrical circuits and more in “Summer Science Spectacular,” investigate science mysteries in “Secret Agent Lab” and learn even more in Inventor’s Camp, Red Hot Robots, Crazy Chemworks.

Budding young filmmakers will love the “Flix” camps where they can build confidence and bring their imagination and creativity to life. Flix Camps include Super Hero Filmmaking, Creature Animation, Filmmaking. Animation, Lego Flix, Green Screen Animation All students receive their movie on DVD to enjoy their experience for a lifetime.

Sign up now and banish boredom all summer long. For dates, times, locations, age appropriateness, fees, and registration information, visit www.lbparks.gov or call (562) 570-3111.

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PARK DAY CAMPS • Fee is \$105/week

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Veterans • 570-1695 (June 17-August 23)
PEE WEE CAMP (Ages 5-8)
Wardlow • 570-1705 (June 17-August 23)

EL DORADO NATURE CENTER

Discovery Workshops • Fee is \$55/week
El Dorado Nature Center • 570-1745
(Ages 5-9) (June 24 - August 30)

visit us at www.LBParks.org

RANCHO LOS CERRITOS

Summer Adventures • Fee is \$90/week
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AQUATICS DAY CAMPS

4000 Olympic Plaza • 570-1888

Belmont Junior Aquatics Camp • (Ages 5-7)
Fee is \$155/week (June 17-August 30)

Bayshore Marine Biology Camp • (Ages 8-12)
Fee is \$155/week (June 17-August 30)

Bay Club Teen Camp • (Ages 13-15)
Fee is \$118/week (June 17-August 23)

Counselor-In-Training Program • (Ages 14-17)
Fee is \$310 for 3 weeks (July 8-August 26)

Monday-Friday, 9am-4pm, June 17 - August 30, unless otherwise noted.
Extended hours - 7-9am and 4-6pm - \$25/week (am or pm). Field trips at additional cost. Sign ups are going on now. Contact each site for details and to register.

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June 24, July 1, July 8, July 15

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1) American Revolution

10:00am – 11:00a.m

2) Civil War

11:15am – 12:15pm

3) W.W. II

12:30pm – 1:30pm

Location: 225 Main Street, Seal Beach

Tuesdays 4 Week Course

June 25, July 2, July 9, July 16

Course \$60

Socialization through History

11:00a.m – 12:30p.m

(combining dance with history)

Location: Long Beach



For Information (562) 852-5242

Note-ables

Can You Canoe?



Kate Karp

The Okee Dokee Brothers—actually lifelong friends Justin Lansing and Joe Mailander—invite us on a canoe trip down the Mississippi by grace of their 2013 Grammy-award-winning CD/DVD combination. The DVD's video chronicle of their monthlong trip is a study in geography and sociology, utterly American in the topographic and literary senses. Trains rumble by on the riverbank, turtles lay their eggs in the mud, two children dressed as Becky Thatcher and Tom Sawyer are captivated by the Brothers' challenge to spell *Mississippi*.

It's hard to select a standout selection on the music-only CD. Like the Mississippi, the songs flow into the motif of the river journey. American traditional bluegrass and melody lines from familiar public domain sea chanteys and folk songs combine to re-form as the paddles that move the craft. Lansing and Mailander play banjo and guitar, respectively, and the canoe's crew, if canoes have crews, consists of technicians, photographers, guest artists, and musicians who play everything from accordions and fiddles to bass harmonicas and tomato boxes. The CD is easy to listen to and provides a great background to the outstanding, remarkable DVD video.

Evident to viewers and listeners will be the strong undercurrent of respect for and appreciation of the beauty of everything nature manifests, from the soaring water birds to the terrible storm that uprooted their tent to 22 pesky mosquito bites. Completing the theme is the wisdom of the river people. In the most memorable part of the video, Kenny Selway, the "last river rat," spoke of the generations before him and the trouble on his mind: the eroding respect for the river's ecology. The Okee Dokee Brothers brought this home with them, and it's their souvenir gift to you.

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

Word Search Contest—Words Associated with School

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 word you email to: Kay@schoolnewsrollcall.com (Please put LBUSD in subject line)

Entries must be received by July 15, 2013
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

Achievers	Focused	Principal
Character	Homework	Recess
Classrooms	Instructors	Reunion
Curiosity	Integrity	Student
Discipline	Learning	Success
Educators	Mentors	Technology
Encourage	Nutrition	Thinkers
Excellence	Parents	Workers

Congratulations to Victoria Lahney!
Winner of the April Contest

S	R	E	V	E	I	H	C	A	F	T	L	L	F	D
R	R	H	M	E	C	N	E	L	L	E	C	X	E	E
E	S	O	O	T	E	C	H	N	O	L	O	G	Y	S
K	U	E	T	Y	C	H	A	R	A	C	T	E	R	U
N	C	N	Q	C	F	S	I	S	W	Y	A	N	M	C
I	C	I	S	U	U	G	S	E	A	Y	Q	C	E	O
H	E	L	X	R	B	R	N	E	T	X	S	O	N	F
T	S	P	K	I	O	S	T	I	C	T	G	U	T	C
N	S	I	L	O	H	T	R	S	N	E	T	R	O	N
E	R	C	M	S	S	G	A	E	N	R	R	A	R	B
D	E	S	R	I	E	L	R	C	I	I	A	G	S	M
U	K	I	T	T	K	A	F	T	U	F	Z	E	E	B
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S	O	I	Y	X	X	O	K	R	O	W	E	M	O	H
T	W	P	R	I	N	C	I	P	A	L	B	V	U	X

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On The Run

Foot Injuries at the Beach



Dr. Doug Richie

With summertime here again, it is appropriate to alert beachgoers about the potential for injury in the sand and in the ocean. For various reasons, there are reports of increased foot and leg injuries affecting unsuspecting visitors to the beaches of southern California.

Walking in sand barefoot may be a unique and joyful experience, but some caution should be considered.

Unfortunately, our beaches may be filled with debris, such as broken glass, torn aluminum cans, and even hypodermic needles.

The use of sandals can minimize the risk of a laceration or puncture wound from a potential hazard buried beneath the sand.

In the ocean, natural wildlife may pose a threat to your feet and legs. Jellyfish abound in the waters off California. A jellyfish sting can be annoying, if not painful, but can be quickly remedied by applying rubbing alcohol to the affected area.

Sting ray injuries can be far more painful, and they seem to be on the rise along California beaches. To avoid these injuries, shuffle your feet in the sand as you walk slowly in and out of the water. If you have the misfortune of getting stung by one of these creatures, your best remedy is to soak the affected foot and leg in a bucket of very hot water (100–105 degrees F) for 30 minutes, then repeat once every hour until the pain subsides. Occasionally, antibiotic therapy will be needed as a follow-up treatment, so seek the advice of your physician.

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

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The Mission of Westerly School is to develop each child's full potential intellectually, emotionally, morally, and physically.

Westerly is now providing private tours and accepting summer program registration. To learn more about Westerly's safe and inclusive community, its engaging curriculum, to schedule a tour, or to see Westerly's impressive alumni matriculation list, please visit www.westerlyschool.org and www.facebook.com/WesterlySchool

Westerly's young artists invite you to their annual Arts Festival on campus May 31st at 5^{pm}

2950 E 29th Street | Long Beach, CA 90806 | (562) 981-3151

Lee *Elementary*

1620 Temple Ave., Long Beach, CA 90804 • 562/494-5101 • www.lbschools.net/lee



Dedicated and Appreciated

By Athena Uribe, Learning Director

Lee Elementary School feels fortunate to have such a hardworking, wonderful staff. Our teachers are highly accomplished, and students are successful. An important group of people who work at Lee and support both teachers and students are Lee's classified staff. Lee would like to extend our appreciation and thanks to our classified team for their dedicated work at our school every single day.

Caroline Nemec
Principal

The classified staff includes the office, custodial, cafeteria, and recreation staff members. The office staff greets and supports parents and staff in countless ways. They are the organizers and record keepers for our site. Our custodial team helps maintain the campus in tiptop shape. Classrooms and common areas are kept clean, well stocked, and free of litter and potential hazards. The cafeteria staff prepares and serves meals for approximately 986 students twice a day and makes sure students take their share of veggies and



Lee Recreation Staff

fruits. Finally, our recreation aides are the protectors on campus. These ladies mindfully supervise students in the common areas. They reinforce positive behavior and safety expectations, working closely with administration and office staff to support all students.

Our classified staff is the best! We count on them each day to keep our school a happy and safe place to be. We appreciate them all. Thank you!

Lindsey *International Studies Magnet*

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



Tea Time at Lindsey

Lindsey parent volunteers were honored on March 29th with a very special and elegant tea party. Lindsey administrators and staff hosted a tea party in appreciation of our volunteers and their service to Lindsey International Studies. The tea party not only gave volunteers the opportunity to interact with one another, but also to help plan future events at Lindsey. During the tea party, volunteers discussed different ways they could support school activities. They also shared ideas for future fund raising events. Lindsey volunteers are looking forward to assisting teachers and students with the annual International Faire in June.

Thank you to all our VIPs, for their continuous help and support this school year.



Lincoln *Elementary*

1175 E. 11th St., Long Beach, CA 90813 • 562/599-5005 • www.lbschools.net/lincoln



Our Caring Classified Crew

By Osvaldo Ocampo, Assistant Principal

When our students first arrive at Lincoln School in the morning they are greeted by many friendly faces: our dynamic classified staff members! These special adults create a kind of school "home" for the students, one where the campus is always clean, the children are well supervised with care, and the meals they serve are nutritious.

Christi Granado
Principal

But these essential services occur only because of the hard work and commitment of our classified school employees. Their collective role enhances the climate of the school. What is interesting about our classified employees is that they all perform crucial roles that support student learning. They reinforce student safety, ensure good health, or often just provide tender loving care. Without these great employees our Lincoln family would certainly not be complete.

So on behalf of the 1,140 Lincoln students, parents, teachers and administrators, we want to send a big thank-you to all of our classified staff members. You always display the highest degree of dedication and professionalism to others.



We are very fortunate to have such a wonderful custodial crew, cafeteria staff, office team and recreation staff. They always give their best to the students at Lincoln.

Longfellow *Elementary*

3800 Olive Ave., Long Beach, CA 90807 • 562/595-0308 • www.lbschools.net/longfellow



Parent Volunteers

By Todd Johnson, Teacher – 3rd Grade

With the fabulous efforts of our Longfellow Elementary School volunteers, our school is in a unique position few can boast about. Longfellow is an outstanding place to learn and foster creativity because many parents realize early on that they are their children's first "teachers." These diligent parents donate thousands of hours, both in and out of the classroom, to create an active, productive campus.

The extra-curricular activities, field trips and extending learning would not be possible if it weren't for our parent support staff. The PTA March Jog-a-Thon raised thousands of dollars through the concentrated efforts of many parents who made it "run-off" without a hitch.

Our parents love working with children in classrooms, helping with reading, math flash cards, art projects, and writing skills. This added help reinforces learning and enables many children meet the state standards.

Outside the room, many adults have literally rolled up their sleeves and offered hands-on assistance in keeping our site clean and environmentally conscious. Some of our volunteers literally dig their hands into the muck and yuck to help children separate refuse, such as paper, plastic, cans, bottles, food wrappers, chip bags, and food waste. Leftover "cold foods," including milk, fruits, and juice, from breakfast and lunch meals are saved for local food banks. This ongoing effort earned the praise of the nation when Longfellow was awarded the 2012 National Green Ribbon School award. And while some of the volunteers who spearheaded the effort have moved on with their children to middle school, new parents continue to join in and make Longfellow the very best!

Los Cerritos *Elementary*

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



Marie Hatwan
Principal

Recreation Leader Extraordinaire

Los Cerritos has an excellent family of classified employees. It is no wonder that we have chosen to highlight one of them. Debi Barnaby, our Recreation Leader, has given her best every day for over twenty years! Her smiles are contagious, and she is always looking out for our students' safety and wellbeing. When she is on our playground, she resembles a 'mother

hen' as students are always following her, anticipating a kind word, patience, consideration, and respect. Debi will do all she can to help any member of the Los Cerritos family. Her positive attitude in all situations is an example to all students and staff members.



Mann *Elementary*

257 Coronado Ave., Long Beach, CA 90803 • 562/439-6897 • www.lbschools.net/mann



Donna McKeehan-Marr
Principal

The Heart of Mann

There are special ladies at Mann Elementary who go the extra mile for our students every day.

One of these is Martha Oswald, our school secretary, and who has been at Mann for 11 years. She is the heart of our school because of her caring attitude. As a bilingual employee, Martha also has the ability to communicate effectively with our families and make sure that everyone's needs are being heard.

Miss Martha, as the school calls her, keeps everything running smoothly, effectively and in a caring manner. Many days she is a one-woman show! She runs the office, answers the phones, acts as nurse to 340 students, and helps our teachers get the materials they need.



Martha Oswald (School Secretary)
and Jackie Walker (Recreation Leader)

Mrs. Jackie Walker is the other half of Mann's "heart." She is our recreation leader, and has been at Mann for the past 11 years. Ms. Jackie oversees the supervision of the students while they are in the cafeteria and on the playground.

Going that extra mile is putting it lightly when it comes to how Ms. Jackie does her job! She is always looking for new ways to engage the children in fun, character-building activities while also keeping them safe.

The relationship she has built with our school community is special as well. But Ms. Jackie does not just stop at supervising. She also finds ways to celebrate special days and events, such as providing arts and crafts activities, or working closely with the PTA and WRAP programs.

Both of these ladies help make Mann a special learning place. They are determined to see that every student will be happy and well taken care of when they are at our school!

Lowell Bayside *Academy*

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



Samuel Platis
Principal

A Million Thanks

The rich, distinguished Lowell legacy of academic excellence and exemplary character is one that is rooted, nurtured and made to flourish because of the selfless dedication of our countless stakeholders. Our teachers, classified staff, volunteers, families and community members all pull together to ask, "What is it that can we do, together, to sustain and exceed our current high expectations for students?"

So with our current focus on the classified staff members and volunteers, nothing could be more appropriate than to highlight how these two groups contribute to making Lowell a better place for all of 762 of its Sea Star scholars.

Our classified staff always goes above and beyond the call of duty. In addition to performing their usual job duties, they are always seen greeting everyone with professionalism and a smile. Our office staff, aides, custodians and cafeteria workers are dependable and dedicated supporters of this great community of learners.

Additionally, our award-winning VIPS program and PTA are, without a doubt, unparalleled when it comes to the positive and lasting contributions they make to our school. From supporting families who are less fortunate, including those at other schools, to contributing literally thousands of combined volunteer hours, to helping raise money for our enrichment programs, we are indeed blessed and fortunate.

But the best part is that we have a humble, selfless and committed group of volunteers who keep our students at the center of their collaborative efforts.

A million thanks to our classified staff and volunteers!

MacArthur *Elementary*

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



Juan Gutierrez
Principal

Service With a Smile

MacArthur School is proud of many things, but most importantly, we take the most pride in our service to the community. Our entire staff goes above and beyond in making every student, family and guest feel right at home. What's our secret? A simple heartfelt smile to everyone who walks through our doors.

It all begins with the amazing team we have in our front office. Sylvia Flegal and Michelle Olsen have both worked at MacArthur for over 10 years each and love their jobs. Their

positive spirit and attitude bring smiles, joy and a pleasant working environment to all who visit the MacArthur office. Mr. Alejandro, our community worker, joined the team a couple of years ago and has added his humor and hard-work ethic to the team.

We are grateful for Ms. Flegal, Ms. Olsen and Mr. Alejandro and appreciate their refreshing spirit they bring to our school.



Michelle Olsen, Alejandro Gonzalez, Sylvia Flegal

Millikan *High School*

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



Dr. Jeffrey Cornejo
Principal



Monica Daley
Principal of Instruction

Career Day Landing!

By Katie Hickox, Millikan English Department

With the thump of helicopter blades over the football field, Millikan Career Day landed on campus for the second year in a row. The event featured a Long Beach Police Department helicopter, a fire-department truck and professionals in dozens of other fields.

"We've got an awesome team effort going," said Felicia Anderson, Gear-Up coordinator and part of a Career Day team that included

Monica Daley, principal of instruction; Diana Craighead, school board member and PTA member; Jessica Mullen, counselor; Bari Stevens-Chapman, activities director; Renee Shipman, Small Learning Communities coordinator; and Sandy Shewchuck, president of the PTA.

More than 150 community members from local businesses and government volunteered as speakers. Career topics included aerospace engineering, banking, marine biology, acting, law, interior design, journalism, teaching, military, hair styling, wedding planning, marketing, real estate, software engineering, global systems, health care, dentistry, travel, fashion, national security, and municipal and county government leadership.

Monroe (K-8)

4400 Ladoga Ave., Lakewood, CA 90713 • 562/429-8911 • www.lbschools.net/monroe



Mark Curran
Principal

Aloha, Monroe

Monroe School first opened its doors to students 60 years ago in 1953.

But this June, Monroe is closing its doors, and it will not be opening them up in the fall for those students anxiously awaiting the new school year.

Monroe is unique place, one that has a caring and dedicated staff, great parental support, and a diverse student population that I have been extremely proud to work with during these past three years as principal. As you walk the elementary halls, or the middle school quad, or visit the classrooms, you will see the benefits of the K-8 environment in action.

Many parents have had their children attend Monroe for the full nine years, from kindergarten to the eighth-grade. They have developed a strong sense of community with this school. The staff at Monroe was also deeply saddened at the news of our closing, but they showed that they had professionalism and character enough to last through the end of the year.

I wish to send out my heartfelt "mahalo" to a staff that I will miss next fall. I send my warmest aloha to my Monroe ohana!

Naples Bayside *Academy*

5537 The Toledo, Long Beach, CA 90803 • 562/433-0489 • www.lbschools.net/naples

Volunteer of the Year

When I think of volunteers and classified employees, one name comes to mind: Sandy Headley has been working and volunteering at Naples for over 30 years!

Sandy works as our Naples recreation supervisor three hours a day, and then volunteers an additional five hours a day helping students and coordinating programs for the Naples school community.

Elizabeth Flynn
Principal

Mrs. Headley's patience and love for Naples' children is obvious every day. She supervises breakfast, lunch and after-school programs. She helps in the JiJi math computer class and the after-school computer activities class. She coaches physical education and volunteers in our school office.

You can also find Sandy laminating art for teachers' bulletin boards, or helping them when their computers go down. Sandy is actively involved in all of our extra activities, from career day and family night, to the Jog-a-Thon and talent show.

She even transforms our auditorium into a beautiful theater to showcase the best talent in every child. Sandy is truly invaluable each and every day. She is worth her weight in gold, and we are lucky to have her here.

We are very thankful for such an inspiring and caring lady. She is an integral part of our Naples community. So congratulations to Sandy Headley, our Naples Volunteer of the Year.



Newcomb *Academy (K-8)*

7020 E. Brittain St., Long Beach, CA 90808 • 562/421-8851 • www.lbschools.net/newcomb



Wendy Sowinski
Principal

Outstanding VIPS Member Lisa Mitchell

By Lan Nguyen, 8th Grader

The Newcomb Academy students and staff are extremely grateful for the amazing support of phenomenal PTSA and VIPS (Volunteer in Public Schools) members. The PTSA helps us in so many ways, such as funding field trips and buses, and planning events such as Fall Social, the Carnival, Red Ribbon Week, the Reflections Contest, movie nights and many, many fund-raisers.

PTSA president Lisa Mitchell, a VIPS and PTSA member for 12 years, has always been extremely active and involved with the Newcomb community. Because of her dedication and hard work, she has been selected as Outstanding VIPS of the Year. We are so lucky to have her volunteering and helping to make Newcomb a wonderful school.

When asked about the PTA's achievements this year, Mrs. Mitchell said, "I'm most proud of how Newcomb and Keller families merged together on our temporary campus to become a better Newcomb community. I am also happy that all Newcomb's teachers and staff became PTSA members this year and were involved in our events."

With Mrs. Mitchell leading the way, Newcomb's PTSA helped the school to adjust to the new campus. "This year was, in a sense, a new and different year since we are at a new site," she said. "Some of the traditional events had to be tweaked to do them here, but we all came together and had successful events."

The staff and students agree and appreciate the hard work that Mrs. Mitchell and fellow PTSA members have done to make our temporary campus feel like home. "It's always about our students, and I think everyone had fun this year!" she said.

Thank you, Mrs. Mitchell, for working so hard to make our school outstanding!



Lisa Mitchell, Outstanding VIPS, is honored on March 6, 2013.

Muir Academy

3038 Delta Ave., Long Beach, CA 90810 • 562/426-5571 • www.lbschools.net/muir



Lori Clark
Principal

by students and teachers alike. Even though she works outside the home, she is always willing to volunteer on her days off.

Rosie always has such a cheerful attitude; she is willing to do whatever it takes to get the job done. She is a great asset to our teachers and school, always giving 100% percent. We appreciate all she does for our school!

Rosie Vallejo Valued Volunteer

By Estella Wimberly, PTO President

Mrs. Rosie Vallejo volunteers after school in the PTO store. She is always available to help during back to school nights and Open House. She volunteers in the lower grades, even though both her daughters are no longer in primary classes!

Rosie also volunteers for field trips in both her daughters' classes, in 5th grade and in middle school, allowing for better supervision and enjoyment of the event



Prisk Elementary

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



Cindy Young
Principal

From the time students arrive at school to the time they head home at the end of the day, every aspect of their educational experience is touched by a classified school employee. Be it in the classroom, on the playground, in the cafeteria, or at the office, the classified staff at Prisk make a difference in the daily lives of our students.

We honor, salute, and appreciate them for all they do.

Classified Staff Rocks

By Marybeth Murray, Teacher

Classified staff members focus primarily on supporting the education of all students. At Prisk Elementary School, our classified employees do the essential work that keeps our daily operation running like a well-oiled machine. These staff members keep our school safe and clean, create an environment for students to learn and grow, and support the teaching staff in many different capacities. More importantly, they are dedicated to improving the lives of our students every day in every way.



Pictured are several classified members of the Prisk Staff

Powell Academy

150 Victoria St., Long Beach, CA 90805 • 310/631-8794 • www.lbschools.net/powell



Wendy Clafin
Principal

The office staff is outstanding under the direction of Angela Arellano, our office supervisor. The custodial staff, led by our plant supervisor, Eddie Richardson, keeps our campus clean and provides that special touch which makes Powell such a beautiful place to learn. The cafeteria manager, Sharon Wilson, and her staff ensure the children are eating healthy meals, and our recreation aides help to maintain a safe and fun campus.

We have an exemplary VIP volunteer, Malinda Rosell, who volunteers in the classroom to support and empower our students, including the most vulnerable, at-risk students. She assists with lunchtime supervision and is passionate about the safety of students. She coordinates the supply room, the uniform exchange, and the bus zone. She recruits parents and community members to get involved in activities at Colin Powell. She makes a personal connection with our students and families, creating a stronger bond between our community and their school.

Our mission at Powell is to provide all students with daily positive experiences that develop the intellectual, emotional, and physical abilities needed for success. Our VIPS and classified staff are certainly helping to support this mission. We are pleased to have this opportunity to recognize and thank them for their time and commitment.

Classified and VIPS Make a Difference

We are staffed with classified employees and a Volunteers In Public Schools (VIPS) volunteer who work together to foster student success and build support for the students and the staff at Colin Powell Academy. They are passionate workers who truly make a difference.

The office staff is outstanding under the direction of Angela Arellano, our office supervisor. The custodial staff, led by our plant supervisor, Eddie Richardson, keeps our campus clean and provides that special touch which makes Powell such a beautiful

place to learn. The cafeteria manager, Sharon Wilson, and her staff ensure the children are eating healthy meals, and our recreation aides help to maintain a safe and fun campus.

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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



Quentin Brown
Principal

Our Classified Staff

It is our extreme pleasure to introduce you to our extraordinary Classified Staff at Renaissance High School for the Arts. We firmly believe each person on our campus is part of the TEAM. Our Classified Staff adds value each and everyday at Renaissance High School for the Arts. They provide exemplary service, professionalism, and guidance to our students. Our Classified staff embraces our School Wide Goals and clearly understands their roles and responsibilities as it relates to success at Renaissance High School for the Arts. Our

EXCEPTIONAL Classified staff members are Patricia Avila, Duong Oanh, Juana Jimenez, Holly Jones, Rhasheda Slayton, Alfredo Alonzo, Wesley Bradford, Jamie Dyer, Vicky Grant, Sofia Chow, Niikole Newman, Thomas Jackson, Don Jester, Millie Martin, Nathan Sheffield, Ingrid Bonilla, Miguel Barraza, and Juan Luna. Thanks for all you do for RHSA!



Riley *Elementary*

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



Stacy Sanchez
Principal

Running Smoothly

Riley is an extraordinary school for so many reasons! We have great teachers, fabulous students, and awesome parents and community support. But we couldn't do anything without the phenomenal classified team that supports us all.

In our office, Ms. Tanya and Mrs. Martha are always working hard helping parents on the phone or at the counter, as well as supporting our students and teachers and taking care of the little things that help keep us running smoothly. Our cafeteria staff of Nancy, Linda, Nabanita, Cherry and Alex see that our students make healthy food choices for breakfast and lunch every day.

Our special education paraprofessionals Haydee, Sarina, Sandra and Cristina also provide additional support to teachers and students every day in grades K-5.

The students stay busy and safe on our Riley playground due to the supervision and guidance of recreation aides Yoshie, Gloria, Lupe, Billie, Tori and Janelle. And thanks to our hard-working custodial staff of Anita, Jose and Ve, our school remains clean in and out of the classrooms.

Finally, a special shout-out to our CDC and WRAP staffs. The CDC is under the guidance of Mrs. Jackson and Mrs. Baldwin, and WRAP is under the guidance of Ms. La. These individuals work before and/or after school to provide our students with homework help and enrichment activities and opportunities.

Again, it is the work of this support staff that allows our teachers to teach, our parents and community members to stay informed, and our students to learn. Thanks Riley classified staff. You are the best!

Rogers *Middle School*

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



Kimberly Holland
Principal

Thank You!

The month of May is host to Classified Employees Week. Most organizations require many different members to help them run smoothly. The same is true for Rogers Middle School. The Rogers staff would like to recognize key support personnel, who help our wonderful school run smoothly.

Our top-notch office staff is headed by our office supervisor, Cassandra Clydesdale, our attendance clerk, Alicia Waldren, our counseling clerk, Kris Donald, and our banker, Sue Johnson. Jann Jeffrey, our nurse, and our health assistant, Carrie Hirn, help with the day-to-day ailments and health of our students.

Our plant supervisor, Sam Cameron, and his custodial crew, comprised of Doug Blanton and Jorge Sanchez, ensure that our students have a well-maintained, clean campus.

Our recreation leader, Heather Jimenez, and our recreation aide, Michael Sombrito, assist school staff in their daily duties, as well as the supervision of students.

Our campus security officer, Brandon Blair, the newest temporary addition to the Rogers family, works with administration to ensure the safety of our scholars.

Marta Morri and her cafeteria staff greet students for breakfast and lunch every day.

Also a kudos to our instructional aides: Katie Albrecht, Tami Bent, Debbie Collier, Gillian Collier, Abel Dominguez, Lila Garcia, Ryan Gedris, Adrienne Rambo, and Kristin Speir.

On May 17, our Rogers family celebrated the contributions of our classified staff members, including our office staff, custodial team, recreation aides, and instructional aides. Without them, Rogers would not be the same. Thank you!

Signal Hill *Elementary*

2285 Walnut Ave., Signal Hill, CA 90755 • 562/426-8170 • www.lbschools.net/signalhill



Lauren Price
Principal

Our 'VP'!

Signal Hill hasn't had a vice principal in the past several years, but we are so fortunate to have a very special VP in the office. Veronica Plascencia, or "Miss Veronica" to our students, heads up the incredible duo we have working in the office at our school. She and her trusted

partner, Maria Perez, are the folks who keep everything running smoothly for students and for staff.

Under her watchful and dedicated eye, students receive absence excuses and bandages, clean uniform shirts because of those chocolate milk mishaps, ice packs, and even words of correction and encouragement! Parents get beautifully designed fliers in English and Spanish and a pleasant smile when they walk in the door. We are so lucky to have her as a member of the Signal Hill family and as our unofficial VP!



Stephens *Middle School*

1830 W. Columbia St., Long Beach, CA 90810 • 562/595-0841 • www.lbschools.net/stephens



Diane Prince
Principal

Mentoring Makes a Difference

Stephens Middle School is fortunate to have Damon Dunn as a school mentor. He motivates, inspires, and spends time with our students.

Damon's motivational assemblies, his one-on-one chats with students who have been identified as needing a little something extra, and his warm smile that engages everyone on campus truly make a difference. When Damon enters the campus, students run over to talk to him and just listen. He drops in at lunch to visit with students, plays basketball, and speaks to students in our elective classes.

The positive effect that Damon's presence has had on our students is unbelievable. He engages the students in real-life conversations on the importance of school, taking care of business, and making a difference in the lives of others every day.

Touching children's lives is something you can watch happen when Damon is on our campus!



Damon Dunn

Roosevelt *Elementary*

1400 E. 20th St., Long Beach, CA 90806 • 562/591-7477 • www.lbschools.net/roosevelt



Dr. Christopher Lund
Principal

Singular, Sensational Students!

Since day one of our after-school dance program, the children have shown a deep and genuine excitement that the program has never seen before: children arriving on time to class ready with their dance clothes, asking questions, desiring to know what comes next, memorizing choreography, and more. They have an urgency that can be seen in their eyes: this is something they would prefer to do for the greater part if not all of their lives. They work patiently with the guest artists who come in to divulge their expertise. They work well with the volunteers that assist us each class. They are eager to perform, which is the most important culmination of the program's preparation in their journey toward professional artistry. And these students continue to surprise us day by day with what they know and bring to the table through their passion and personalities.

It is truly amazing, the experience that has changed the lives of the students, and it continues to be surreal. Only three and a half short years ago, this organization was still a dream, waiting to be expanded upon; waiting for some opportunity to become a reality. Now, it is something that children look forward to every week and schools continue to ask for. Being able to work with a wonderful district as well as a phenomenal school is extremely awe inspiring, and LPDA hopes to remain an integral part of the vision of Roosevelt Elementary and the city of Long Beach as a whole.



Stanford *Middle School*

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



Kathleen Cruz
Principal

VIPS and Volunteers

Times in education have not been easy over the last few years. With finances declining and schools' needs maintaining, it's become more evident with each passing year that the only way to fill the divide is with the greatest resource of all—people. Volunteerism is alive and well as evidenced by on-campus organizations and parent groups that have all stepped up to assist our school site and the community at large.

Parents assist our Recycle Team on Tuesday mornings by collecting recyclables from area families. Parents also volunteer for Trashless Tuesday lunch duty; they present raffle tickets to pupils who bring trashless lunches to school. On campus, students on our Recycle Team handle the site's recycling efforts and promote responsibility not only for our campus but also for the world in which we live. Student Council has provided our pupils with a number of opportunities to assist worthwhile causes. This year, we've supported the Salvation Army food drive, Pennies for Patients and our local SPCA. In April, Student Council sponsored Food Truck Evening. Proceeds went to fund equipment needed by our journalism students.

Our PTA parent volunteers organize meetings and staff-appreciation events, oversee use of funds, schedule parent-education sessions, and step in to assist where and when needed—anything for the benefit of all our students and everything without a paycheck. Parents of our GATE/Accelerated students have donated time for family evenings and assisted with fund-raising and parent-information evenings.

Parents of AVID students donate their time supervising field trips to local college and university campuses. Parents of students involved in music volunteer through SMSBOA (Stanford Middle School Band and Orchestra Association) and fund instrumental tutoring opportunities for our students. Our choral parents assist with supervision at choral performances and field trips throughout the school year.

By definition, a volunteer is an unpaid helper. With the challenges facing education today, our volunteers have become much more than unpaid helpers—they are vital pieces of what makes our schools work. Students, parents and interested, active community members are our wealth. They step in and step up when needed, with neither fanfare nor tangible credit. Yet they do it anyway, and we are very appreciative.

School Subjects

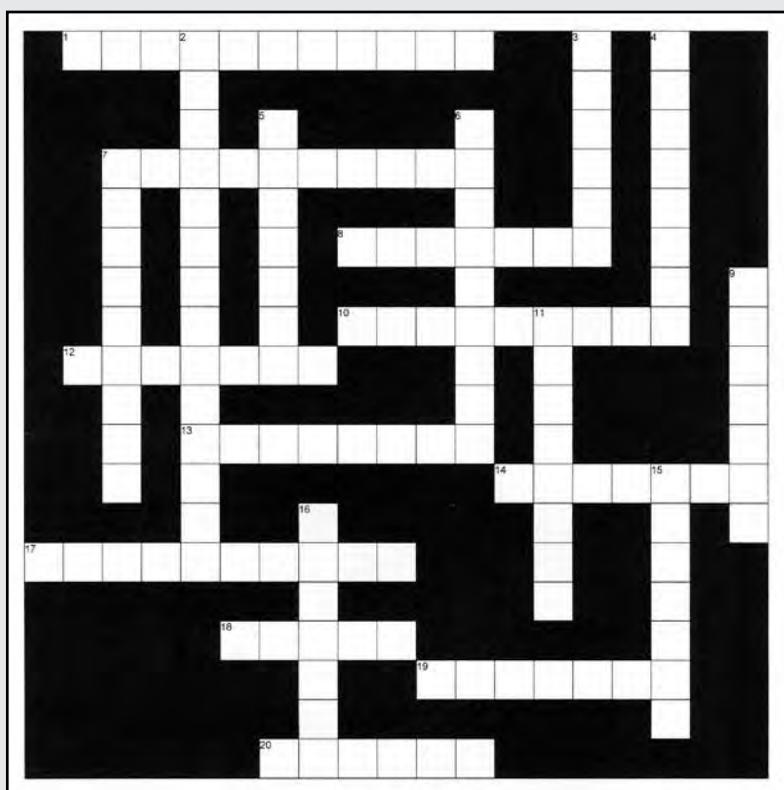
Across

1. writing skills
7. compute numbers by addition, subtraction, multiplication or division
8. predominant language of South America other than Brazil
10. study of the composition and properties of substances
12. predominant language of the United States and Great Britain
13. a method of calculation using a system of notation in symbols
14. system to generalize arithmetical operations by using symbols instead of numbers
17. the gathering, writing, editing and dissemination of news
18. language of ancient Rome
19. to learn or gain meaning from written material
20. learning to use a keyboard proficiently

Down

2. study of political institutions
3. physical and mental well-being
4. mathematics dealing with points, lines, surfaces and space
5. science dealing with properties of matter and energy
6. study of production, distribution and consumption of wealth
7. study of the stars, planets and other heavenly bodies
9. study of language dealing with word and sentence structure
11. to place letters of a word in the correct order
15. study of plants and animals
16. recorded events of the past

Answer key on page 25



Stevenson *Elementary*

515 Lime Ave., Long Beach, CA 90802 • 562/437-0407 • www.lbschools.net/stevenson



David Zaid
Principal

Our Star Volunteers

As principal of Stevenson Elementary School, I have had the unique privilege of working with outstanding parents and wonderful volunteers. I would like to highlight a few of the volunteers who exemplify dedication, optimism and a sincere desire to support our teachers and students.

Pictured in this rare moment of sitting are the amazing volunteers, who can always be seen helping in our classrooms, fund-raising for our PTA, caring for our garden, decorating in our hallways, supporting our office, and serving our students and staff members. They are each hardworking, dependable, innovative, committed, compassionate and truly cherished at our school site.

These worthy volunteers improve our school climate and staff morale, as well as assist in implementing the plans and programs that will enrich the lives of the next generation. They work quietly behind the scenes to help propel us forward, and we would like to acknowledge and salute each one of them.

Stevenson continues to be enriched by the kind of parents and recreation staff that goes above and beyond. We would like to dedicate this article to our amazing VIPs at Stevenson. They have been faithful to us year after year.



(R to L) Juana Guevara, Isela Amaya, Carmen Cuevas, Carmen Martinez, Lizette Guerra, Ruby Poudel, and Yadira Araujo.

Washington *Middle School*

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



Shivaun Williams
Principal

Truly a Gift To Us

Ms. Evangelina Perez was recently honored at the VIPs luncheon at the LBUSD headquarters for being the volunteer cheer coach here at Washington Middle School. Mrs. Williams, Washington's principal,

is quoted as saying, "Ms. Perez is not only a cheer coach, she is a mentor and a surrogate parent for our girls. She is truly a gift to us here at Washington." We thank you, Ms. Perez, for all that you do!



Tincher *Preparatory School*

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



Dr. Kelly An
Principal

Watch D.O.G.S.

Tincher Preparatory School has always been a school where families flourish, due in large part to our talented classified staff and our wonderfully dedicated volunteers. This year, Tincher implemented the Watch D.O.G.S program. Their motto is Watch D.O.G.S. (Dads of Great Students) — Engage men, inspire children, reduce bullying and enhance the educational environment at your school. This national program has been featured by Matt

Lauer and has been a major benefit to the Tincher community. Tincher has been at the forefront of bringing this program to the district thanks to the hard work of Head D.O.G. Mike Wahl. Dads are seen every morning on the playground being a visible presence and showing that dads can be involved, even if it's only an hour a week.



Watch D.O.G.S Mike Wahl, Brian Wooten and Chris Loomis. For more information about the program you can visit the website at www.Fathers.com (National Center for Fathering).

Twain *Elementary*

5021 E. Centralia St., Long Beach, CA 90808 • 562/421-8421 • www.lbschools.net/twain



Ellen Ryan
Principal

Volunteers

We have six volunteers from a local company who are tutoring 2nd grade students in reading every Tuesday morning. They received their VIP clearance and attended training in the curriculum from Sound Reading Solutions. I attended the first session and it was such a joy to see such enthusiastic young adults. These young adults are arriving here at 7:30am on Tuesday mornings to make a difference. A big THANK YOU goes out to Candice Bouchey, Ashley Ramos, Jessica Espino, Michele Escobar, David Peou, and Liz Gonzalez!



These are just a few of more than 300 VIPs that make Twain such a wonderful place!

Willard *Elementary*

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



With All Our Heart...

By Reyna Borrás and Jacqueline Ramirez, 5th-Grade Students

Wow! “Coachie” Caroline PeGan is the most caring person we’ve ever met! Not only does she volunteer at Willard School but also at local churches. She loves Willard with all her heart. Coachie says Willard students are really respectful Wizards. Other schools where she has worked gave the classes Brag Tags for good cafeteria behavior, while here at Willard, we receive Super Dupers from her instead.

Kevin Maddox
Principal

She has two sons and one daughter. They have blessed her with five grandsons but no granddaughters. She’d like a granddaughter someday, but in the meantime, she attends all her grandsons’ baseball games.



“Coachie” Caroline PeGan with two Willard Wizard students.

You may not believe that she has been married for over 50 years. Ms. PeGan takes care of her husband, who has suffered a stroke. She plans to return to Willard next year if her husband is doing better and also will volunteer more at church. We hope she does come back next year, as that will mean he is doing better.

Child Development Center

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

Bixby Kids’ Club



Lauren Shaw
Director

Bixby Kids’ Club offers a variety of challenging, fun and interactive activities to entice each individual child’s interests. In addition to daily homework assistance, the staff at Kids’ Club works hard at making our program unique and tailored to our students’ needs and curiosities.

The Bixby Kids’ Club program includes a variety of weekly clubs, special events, holiday celebrations and our not-to-be-missed spring talent show. Currently, we have a crazy science club where students get a chance to explore bubbles, bounce polymers, grow icky-sticky worms, and create colorful crystals.

There are always the sounds of “Oooh!” and “Awwww!” on Science Club day. To teach our students how to stay fit in a fun and exciting way, Zumba Club is offered on a weekly basis. The students have really learned to shake their way to fitness. Finally, an ever-popular club continues to be our Duct Tape Club. You would be amazed at what the children have made from wallets to bracelets—the possibilities are endless with duct tape. As you can see, we offer a variety of activities in order to appeal to the interests of all of our students.

One of the favorite events of the year at Bixby Kids’ Club is our Spring Talent Show. We just wrapped up another amazing production, “A Flash to the Past.” Everyone had a chance to participate in the talent show, from our incredible backstage crew who worked on set production, props and costumes to our talented performers who made the show rock. We also had several budding comedians provide some good laughs at intermission. The 2013 Spring Talent Show was one of our best ever.

Come join the fun at Bixby Kids’ Club, where there is always something new and exciting happening. You can contact the Bixby Kids’ Club at our office for more information.

Wilson *Classical High School*

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481 • www.lbschools.net/wilsonhs



Sandy Blazer
Principal



Gonzalo Moraga
Principal of Instruction

WAVE

By Victoria Sanchez, 11th Grade,
“Loudspeaker” Staff Writer

You may have heard of a third academic program started at Wilson. This year marks the beginning of WAVE, or Wilson’s Academic Vision of Excellence, currently open to the freshman and incoming freshman of next year. To qualify for the program, one must possess an academic GPA of 3.8 and must score in the Advanced Proficiency level in math and language arts.

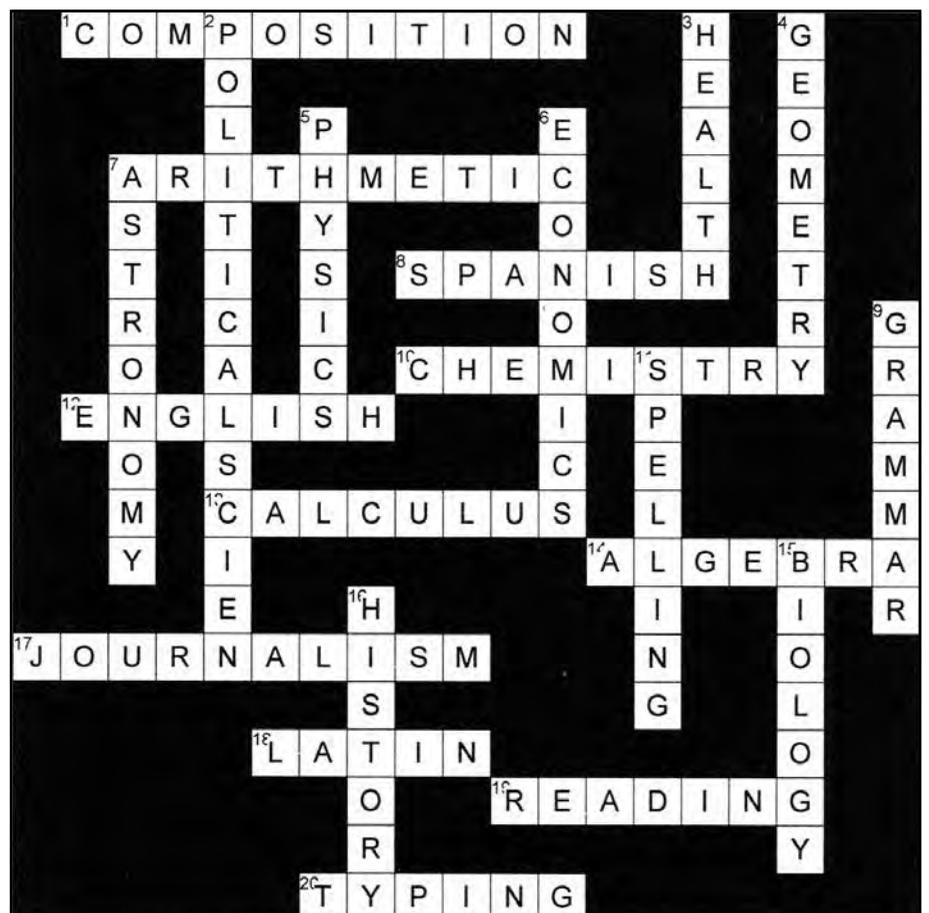
WAVE intends to be more advanced than Distinguished Scholars and contains additional requirements. Wilson freshman Emma Cline informed us that the members of this program “have to have a higher GPA and take five AP classes, unlike Distinguished Scholars, who only have to take three.” They also “have to take seven classes every year and complete more community service,” according to Wilson freshman Alex Kirk.

When asked if the task is difficult, Wilson freshman Melissa Danner responded, “It was at first, but I think you get used to it along the way. You know what’s expected.” One of the main benefits of WAVE, Emma said, is that “it looks really good on college applications.”

However, WAVE also comes with its challenges. “Because you have to take seven classes, you have to take a zero or seventh period, so that’s kind of hard,” Melissa said. Despite the heavier load of schoolwork, more classes and extra requirements, students seem to remain open minded about the new program. “It’s challenging, but I think it will help me later on in high school because taking an AP class this year is helping me get ahead,” Emma said.

Good luck to all the freshmen in WAVE, and keep up the good work!

Answers to Crossword Puzzle on page 23





Mayor Foster with Hire-a-Youth participant Jennifer Kuch. Jennifer worked so well that Hire-a-Youth business participant, Delightful Crepes Cafe, decided to continue her employment beyond her summer placement.

Hire-a-Youth program gives hundreds of young people important work experience and provides businesses with flexible workers who have attained a National Work Readiness Credential. If participants meet eligibility, the Summer Hire-A-Youth program pays workers \$8/hour for an average of 100 hours for the summer. Pacific Gateway's goal this summer is to place 500 youth in jobs and internships.

Pacific Gateway also offers an internship program year-round to youth who are between the ages of 16-24. In addition to funds available to help pay for the wages of youth workers, Pacific Gateway will provide \$250 stipends directly to youth upon the completion of their internships.

Young workers are using their earnings to help their families, pay their bills, and get ready for college – all things that help sustain our community. We must make sure our young people have these opportunities to learn work skills as we prepare our future labor force and next generation of leaders. Through the Pacific Gateway programs, we provide our Long Beach youth with a competitive edge that is essential in today's challenging economy.

For more information on Summer Hire-a-Youth or for the Internship Program, please visit pacific-gateway.org or call 562-570-3681.



Christopher J. Steinhauser

9 percent of about 22,000 U.S. public high schools earned a place on this year's list. Local high schools on this list included the California Academy of Mathematics and Science (CAMS), Wilson, Millikan, Poly, Renaissance, Lakewood, and Avalon on Catalina Island.

Six of our schools are among America's best high schools, according to the latest Newsweek rankings. This list is based on six weighted components: graduation rate, college acceptance rate, Advanced Placement/International Baccalaureate/Advanced International Certificate of Education tests taken per student, average SAT/ACT scores, average AP/IB/AICE scores, and percent of students enrolled in at least one AP/IB/AICE course. Local schools on this list are CAMS, Renaissance, Poly, Lakewood, Wilson and Millikan.

The newest ranking of America's best high schools by U.S. News and World Report includes four schools in the Long Beach Unified School District. Among the four local schools is a gold medal winner, CAMS.

To determine the U.S. News rankings, schools were first analyzed on how well their students performed on state assessments, also taking into account the test scores of disadvantaged students. High schools that made it through this analysis were then eligible to be ranked nationally in terms of college readiness. The other three local schools on this list are Renaissance, Millikan and Lakewood.

We're delighted to see the high quality of our high schools recognized again on a national stage. We've maintained a consistent focus on college and career preparation, and that work is reflected in these latest rankings. We are also particularly proud of CAMS, which posted the top SAT scores in the state, according to the Newsweek rankings.

CAMS students on average scored 2,168 on the SAT, out of a possible score of 2,400.

The latest accomplishment by CAMS is more poignant because 48 percent of students at the school qualify for subsidized meals, an indication of poverty challenges. A fourth of the students at CAMS are English Language Learners, meaning English is not their primary language.

CAMS is another great example of a Long Beach Unified School District high school that is closing achievement gaps. Congratulations to this outstanding school, and to all of our high schools for their steady, significant progress.

Long Beach Unified School District Board of Education



Jon Meyer
President

John McGinnis
Vice-President

Diana Craighead
Member

Mary Stanton
Member

Dr. Felton Williams
Member

BOARD OF EDUCATION • From Page 1



Diana Craighead
Member

Subjects such as business, visual and performing arts and the environment are offered in the form of Small Learning Communities at high schools throughout the district. Our newest addition, the Ernest S. McBride Senior High School, will focus on three main pathways: engineering, public services and forensics, and health.

The September opening of McBride will feature forty-three classrooms, four state of the art career labs, a fabulous library, a full sized gym, a baseball field, basketball courts and specialized spaces. Open areas have been designed to encourage collaborative efforts between students and teachers alike. A

university quality lecture hall is provided to facilitate collaboration with industry partners.

Within these brand new walls, students will experience the natural connections between the theme of their chosen pathway and required courses such as math, history, english and science. All three pathways are focused on completing the UC and CSU, or A-G requirements. Options for students to earn college credits while enrolled at McBride are offered in each pathway.

Congratulations to the incoming freshman class, the staff, and the first ever McBride principal Steve Rockenbach.



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City of Signal Hill Office of the Mayor

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Michael Noll
Mayor

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parked vehicle on a hot, summer day can be dangerous. But most people don't realize that the temperature can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to help. On a warm, sunny day windows collect light, trapping heat inside the vehicle, and pushing the temperature inside to dangerous levels. On a day when the outside temperature is 85°F, the temperature inside a car with the windows opened slightly can reach 102°F within ten minutes.

At 110°F, pets are in danger of heatstroke. On hot and humid days, the temperature in a car parked in direct sunlight can rise more than 30 degrees per minute and can quickly become deadly.

If you want to let your dog run free without a leash, there are several dog parks and a dog beach in Long Beach and surrounding communities. For your pet's safety, these are the best places for you to let them off leash to run. However, also for their safety and to be a good neighbor, dogs must be on a leash when they are on public property or on unfenced private property. This includes the undeveloped areas and oil fields on Signal Hill.

While you are out with your pet, it is also important to remove pet waste immediately and dispose of it properly. This means removing it from public parks, sidewalks, school grounds or your neighbor's yard. When you leave the house for a walk, always carry bags with you to take care of your pet's waste. Signal Hill has several dog stations around the city that provide bags for disposal if you forget yours.

Being a responsible pet owner also means taking responsibility to help reduce pet overpopulation. Did you know that, "A pair of breeding cats, which can have two or more litters per year, can exponentially produce 420,000 offspring over a seven-year period" (Feral Cat Coalition, San Diego)? You can help reduce the number of kittens that are unwanted or uncared for by having your pets, both dogs and cats, spayed or neutered.

Even though responsible owners do their best to be sure nothing happens to their pet, sometimes pets get lost. To increase your chances of finding your pet if this happens, have your pet wear identification and/or a microchip. It's also better for your cat to live indoors. Cats who roam outside can fall victim to hazards such as vehicles, predators, accidental poisoning, drowning, infectious diseases, parasites, starvation, abuse, and weather.

Enjoy the beautiful, warm weather and your four-legged friends this spring and summer.

City of Long Beach Office of the Vice Mayor

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Dr. Robert Garcia
Vice Mayor
City of Long Beach
and Joint Use
Committee Member

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as well indoor and outdoor activities for all participants. Long Beach children and youth have the incredible opportunity to meet new friends and try new activities in a safe environment after school hours. Although each park site is a little different, all are equally popular with participation ranging anywhere from 25-50 participants.

As an educator myself, I understand the importance of providing our youngest residents with resources and mentors that empower them to be their best. My hope is that over the years, we can continue adding more activities and programs that will support our children and youth within the City of Long Beach.

Here is a complete listing of our after school program sites:

Admiral Kidd Park, Bixby Park, Cesar Chavez Park, Cherry Park, College Estates Park, Davenport Park, DeForest Park, Drake Park, El Dorado Park West, Freeman Community Center, Houghton Park, King Park, McBride Park, Miracle Park, Pan Am Park, Ramona Park, Scherer Park, Seaside Park, Silverado Park, Somerset Park, Stearns Park, Veterans Park, Wardlow Park, Whaley Park.

Go Long Beach

City of Long Beach, City Prosecutor

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Douglas P. Haubert
City Prosecutor

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were placed into groups to learn about personality types. There were self-esteem building and problem-solving exercises, and then students were taught about private enterprise and business models. The students are exposed to role models, real-life industry experts who answer questions and share experiences with them. Students got their creativity – and their competitiveness— flowing when they organized into teams to craft business plans and sell those plans to the industry experts to see whose was best. Campers also heard from local heroes, like football player turned entrepreneur Damon Dunn, who shared some perspectives on what it takes to be a leader. Special thanks go out to George Reid, Don Cochran and Julie Kreisler for organizing Camp Enterprise this year.

A week later, Long Beach Rotary sponsored five Long Beach students at a leadership camp in Idyllwild Pines as part of Rotary Youth Leadership Awards Conference (RYLA). Those five were joined by students from throughout Los Angeles and Orange Counties sponsored by other Rotary chapters. All weekend these scholar-leaders learned communication skills, team-building, and the importance of trust and responsibility, all skills necessary to help them succeed personally and as community leaders.



Camp Enterprise and RYLA are just two examples of local efforts to forge tomorrow's leaders. That's what makes Long Beach, well, Long Beach. Larger urban school districts certainly have challenges, and it seems the bigger the district, the bigger the problems. In some ways, LBUSD is the exception. As the City Prosecutor, and as a parent with kids attending school in LBUSD, I am proud of the progress our district is making.

In a recent Los Angeles Times Op-Ed, one college professor excoriated another nearby school district, saying that special interest groups fight over power instead of debating how to best educate kids. "In these adult games, kids are the losers," noted the professor. During the infighting what is missed is the "heart of the enterprise: an inspiring teacher, challenging curriculum and engaged students."

The professor found Long Beach Unified School District a sharp contrast. He noted LBUSD had won the Broad Prize, a \$500,000 award given to the urban school district "that excels nationwide in boosting achievement and reducing racial and ethnic achievement gaps, and year after year, student performance continues to improve."

Unlike the failing urban district not far away, LBUSD maintains a consistent path that includes high "no excuses" standards and strengthening curriculum. School districts that continually push and challenge their students will find those students ready to lead when the time is right.

Yes, America needs a new generation of leaders. So does California. So does Long Beach. Those leaders will emerge in the next decade, and while I can't tell you who they are, I can tell you where they will be found – in our local schools. How well they will do as leaders, that depends...on how well we prepare them for when the time comes.

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