FREE

School News

Education + Communication = A Better Nation

Covering the Long Beach Unified School District...and more!

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This year David Starr Jordan High School entered a team in the Academic Decathlon competiton in Los Angeles County as they have for the past fifteen years. Congratulations to this year's Jordan High School winners, who are all International Baccalaureate (IB) candidates: (Back) Lorenzo, Linda, Luis, Lesily, Rebecca, Tatyana, Jaime (Front) Monica and Christan They placed third in the Super Quiz and second Most Improved School out of approximately 55 teams in their division.

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Netragrednik

Happy Earth Day! Spring announces its arrival in such a magnificent way. The blooming of wisteria at our house is much anticipated. Nature's beauty is a daily reminder to take the responsibility of protecting our environment seriously. It is heartening to note that children are cognizant of the importance of recycling and doing their part for future generations. Laura Dowd, City Auditor, reminds us in her article of the opportunities available to volunteer for organized clean-ups and tree plantings.
(see page 5)

Thank you for your emails appreciating our columnists. We have the City covered (from the Vice-Mayor, City Prosecutor and City Auditor, City of SH Mayor), health issues by LB Dept. Health and Miller Children's Hosp., nutrition, LBUSD, fun columnists and will be adding a fitness column. We appreciate your input and loyal readership. Please remember all 21 of our publications are posted on our web site www.schoolnewsrollcall.com including archives .

Our next issue is June 11

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City of Long Beach, City Prosecutor

Douglas P. Haubert
City Prosecutor

Police Chief Visits Edison Elementary

When Deputy Police Chief Robert Luna visited students at Edison Elementary in Long Beach in March, he got the "rock star" treatment. From the moment he stepped on campus, rows of students gathered around him to ask questions, touch the stars on his uniform, and request his autograph.

Deputy Chief Luna was invited to visit Edison Elementary as part of Project LEAD, an educational program pioneer by the Los Angeles District Attorney's Office. In Long Beach, a class of 5th graders at Edison Elementary are taught by Long Beach City Prosecutor Doug Haubert and Deputy City Prosecutors Art Guerra and Ryan Sanders.

"LEAD" stands for Legal Enrichment And Decision-making. Prosecutors from throughout LA County teach fifth-graders about the law and help them understand the legal consequences of making bad decisions.

The lessons start with a basic overview of the criminal justice system and work up to other topics, like the benefits of staying in school, listening to parents and teachers, not following others when they make bad decisions. Students participate in hypotheticals problem solving activities designed to help them learn conflict resolution skills, instill positive values, and develop better self-esteem.

By fifth grade, students have already heard about graffiti, truancy, gangs, drugs and other crimes. Project LEAD gives young students the answers to many questions and shows them that as they grow older they will have to live with the choices they make so it is important to make good decisions.

When Deputy Chief Robert Luna spoke to Ms. Kathyrine Antonio's fifth grade students, they listened attentively, hanging onto every word. "I knew from the time I was a boy that I wanted to be a police officer," said Chief Luna.

"I grew up in East Los Angeles and some people did not like the police, but I knew they helped keep us safe," he told them. "That is what I wanted to do. Once I achieve my dream of becoming a policeman and wearing this uniform, I have always felt proud."

Students asked about his uniform and the tools on they saw on his belt. They wanted to know what it was like to be a police officer and whether he ever was afraid.

"Of course, there are times when police officers are in danger and they can be afraid just like anyone else," he told the students. "I received great training as a police officer so I always felt confident in my training. I knew if I followed my training everything would be okay."

When Chief Luna was asked what tool was most important to a police officer, he turned the question on them and asked what they thought. "Your radio?" was one response. "Your handcuffs?" guessed another. "Your gun?"

"No. The most important tool for a police officer," Chief Luna told them, "is his or her mind." After pausing, he added, "Police officers have to exercise good judgment, they have to listen, they have to think at all times."

After inspiring the students, Deputy Chief Luna agreed to take a photo with them. By the time he left there was no doubt some students felt the way a young Robert Luna once felt, that a career in law enforcement was for them. Perhaps someday one or more of them will wear a Police Chief's uniform, as Chief Luna does now, and tell stories about the time they were first inspired to consider a career in law enforcement.

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City of Signal Hill Office of the Mayor

Ed Wilson
Mayor

When Jessie Nelson Academy opened its doors in Signal Hill last school year, the Signal Hill Police Department was there. A School Resource Officer was assigned to the school to provide resources for students, parents and teachers. Proximity to the students allowed them to get to know the officer more personally and allowed him to get to know the students. The officer provided a variety of presentations to the school community including such timely topics as school safety, bullying and cyber-bullying and drug and alcohol education. His role was part law enforcement, part educator and part counselor. He is also there to provide support with disciplinary incidents and supervision during lunch period, as well as with management of security cameras and safety concerns around the school.

The City is committed to continuing to partner with Jessie Nelson to provide this extra support to the school community.

2175 Cherry Ave., Signal Hill, CA 90755 • 562/989-7300
www.cityofsignalhill.org

City of Long Beach Office of the Vice Mayor

Dr. Robert Garcia
Vice Mayor and Joint Use Committee Member

This year, for the first time since 2009, the City Council realized a budget surplus. That means instead of cutting programs and positions to ensure we could pay our bills, we were actually able to add and restore important services, including extending library hours, expanding parks, and repairing streets and sidewalks.

When I was elected to Council in 2009, the City faced huge budget deficits due to un-sustainable pension agreements made years earlier. One of my priorities was to bring our public employees back to the table to amend those agreements. With the leadership of Mayor Foster, hard work by the Council, and the willingness of public employees, including police and fire, to do what was best for the city, we are finally seeing better fiscal times.

Our work on pension reform will save the city more than $250 million. And we are still working on measures that will save even more.

It is because we have practiced fiscal responsibility that we've been able to create 7 new parks, 3 new community gardens and 3 new creative open spaces in just four years. We have also improved and enhanced parks throughout the downtown area and west side, and expanded park and green spaces into new neighborhoods. It's also allowed the City to graduate new police recruits, support after school programs, save the municipal band, and maintain some of the best fire response times in the country.

I'm proud that even in these difficult economic times, we have been able to build new parks, keep library and park programs strong, and greatly improve our streets and infrastructure. Moving forward, I'm committed to continuing to fight for fiscal responsibility, transparency, and sustainability. And I know we can accomplish this while still fairly rewarding our public employees for the tremendous job they do.

We are on the right track and Long Beach's best days are ahead.

Go Long Beach!

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Historical Society of Long Beach

Photo at Silver Spray Pier shows the roller coaster and a line of surfers standing with paddleboards. c. 1938

4260 Atlantic Ave., Long Beach, CA 90807 • 562/424-2220 • www.hslb.org

City of Long Beach, City Auditor

Laura Doud
City Auditor

Time on Our Hands? Let's Lend a Hand!

Summer is just around the corner and many of us are looking for something for our kids to do during school break! We have many options for tuition-based summer learning — everything from sports, scouting, drama, or church camps to writing and cooking classes, but there are other opportunities available to us at no cost.

Volunteering with a non-profit organization is a wonderful way for kids to learn while they help others. For example, they can gain experience working in an area that interests them as a career choice. They can also make new friends and work on leadership and "soft skills", while getting the bonus of earning credits for school or scouting service requirements.

One very active organization that issues service credits is Justin Rudd's Community Action Team (JustinRudd.com). An army of volunteers participate in monthly beach cleanups and dozens of annual events such as the Bulldog Beauty Contest, Spelling Bee, and a Father/Daughter Dance. Justin also organizes Operation Easter Basket, a springtime program the City Auditor's Office staff and I have participated in.

Various Long Beach City departments such as Animal Care Services, Library, and the Ranchos also welcome volunteers. These programs are listed online at www.longbeach.gov/jobs.volunteer_opportunities. There are also informal opportunities available to youth if they approach supervisors at their neighborhood park and ask how they can be helpful.

Did you know that the City's Neighborhood Services Department, 562.570.6866, organizes neighborhood cleanups and tree plantings? Through their program "I Dig Long Beach" 6,000 trees will be planted by volunteers thanks to a grant from the Port of Long Beach.

We are fortunate that for those with marine interests, the Aquarium of the Pacific is right in our own backyard! Information is online about the Aquarium's youth-centered volunteer activities, including the "volunteens" and family programs (www.aquariumofpacific.org).

These are only a few ways to spend not only summer hours, but all year round. Volunteerism shines in Long Beach in our outstanding service clubs, guilds, foundations, and auxiliaries. If the kids in your life are too young to volunteer on their own, as my daughter is, there are many opportunities to participate in as a family. Volunteering shoulder- to- shoulder with parents can make kids lifelong community-involved adults.

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www.CityAuditorLauraDoud.com

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The Importance Childhood Vaccinations

Dr. Mitchell Kushner
City Health Officer

The California Department of Public Health has received reports of 32 confirmed measles cases in California residents so far this year (10 in Los Angeles County). This time last year only three cases had been reported. Immunization is the best defense against measles, with 99% of persons developing immunity after two doses of vaccine. High immunization rates in California have kept preventable childhood diseases such as measles at record lows during the past 20 years. Since 2000, when measles was declared eliminated in the United States, the number of cases per year in California has been rising. Despite these facts, vaccines are still a controversial topic for those with strong pre-existing beliefs. Despite unproven and debunked theories of potential links to autism in the late 90's, these misconceptions persist. An immunization rate dipping under 90% of the population, is below the threshold of ensuring population immunity.

Measles is a highly contagious viral disease that is spread through the air when someone who is ill with the disease coughs or sneezes. Symptoms begin with a fever that lasts for a couple of days, followed by a cough, runny nose, red watery eyes, and a rash. The rash typically appears first on the face, and then affects the rest of the body. Infected people are usually contagious for about 8 days (four days before the rash starts, and four days after).

Children are recommended to get their first dose of MMR (measles, mumps, rubella) vaccine at 12-15 months. The second dose is usually administered before children start kindergarten. Immunized adults do not need a booster unless they have not had two doses of vaccine or confirmed prior infection. All clients visiting our Travel Immunization Clinic at the Long Beach Health Department are recommended to receive a booster if traveling outside North or South America, especially if traveling to countries with widespread ongoing epidemics like in the Philippines and India. Please consult with your medical provider if you are unsure of your vaccine status, have concerns about the vaccine, or develop symptoms suggestive of measles.

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www.longbeach.gov/health/

The City of Long Beach Department of Health & Human Services

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- Emergency Preparedness
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www.longbeach.gov/health

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Parents Need to Know About Autism

Gary Feldman, MD
Medical Director, Stramski Children's Developmental Center

Autism is a spectrum disorder that affects certain individuals to varying degrees. Symptoms can emerge as early as 18 months and almost always start before a child is 3-years-old.

The Psychiatric community's DSM-V recently made changes to the criteria to encourage consistency in the field and reflect better the state of knowledge regarding autism.

There is no known single cause of autism; the positive side is autism is treatable. Children do not outgrow autism, but studies show that those who received early diagnosis and intervention (which can begin as early as 2-years- old) tend to have better brain function, communication skills and overall social behavior.

It's important for parents and families to look for autism warning signs in their child's development. The sooner autism is diagnosed, or ruled out; the faster children can receive needed care and treatment.

Communication signs

- Doesn't gesture or doesn't respond to pointing
- Echoes words/phrases or repeats
- Delayed speech
- Reverses pronouns (i.e., "you" instead of "I")

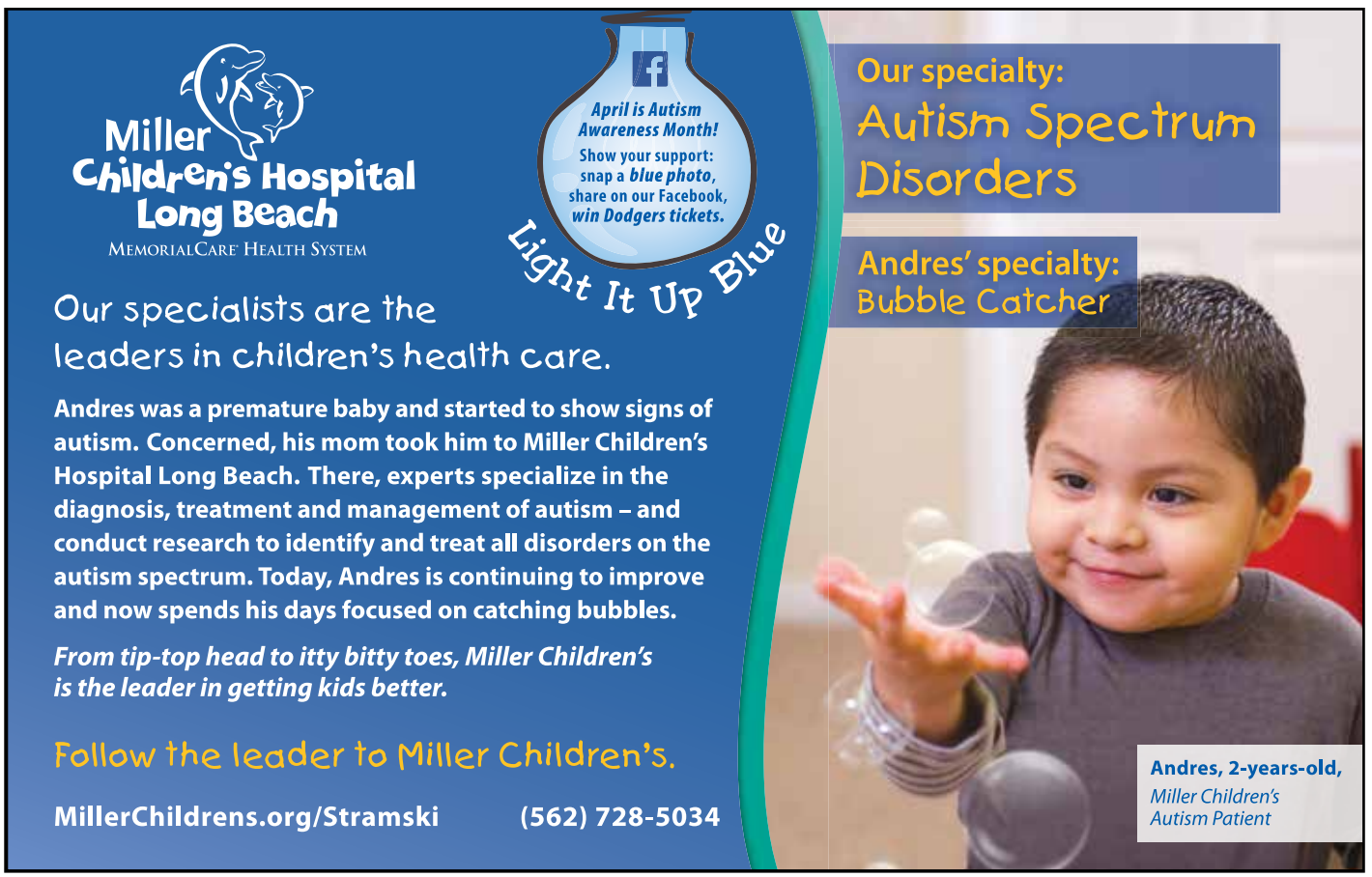
Behavior Signs

- Hand flapping
- Rituals with objects
- Tantrums when changes occur
- Restricted interests

Social Signs

- Unusual eye contact
- After 1 year does not respond to name
- Prefers to play alone
- Avoids or resists physical contact

It's important for parents and families to trust your instincts. It's never too early to get your child screened. For more information, contact the Stramski Children's Developmental Center at Miller Children's Hospital Long Beach at (562) 728-5034.



Eating Out: Choices for Smart Diners

This column provides insight from Carol Berg Sloan RD, (a registered dietitian for 37 years) and her daughter Kelly Sloan, (a dietetics student at the University of Hawaii). Both give their perspective and tips to help make healthier food and beverage choices.

Carol Berg Sloan, RDN

According to the National Restaurant Association (NRA) consumers dine out 4 times a week. While enjoyable, relaxing and sometimes even more cost effective, dining out can wreak havoc on your health, despite the NRA statistic that nearly 59 % of the chefs said they always make efforts to adjust dishes and recipes to be more healthful.

As I write this article I am watching TV and a commercial just came on for a local Italian restaurant chain that touts unlimited soup, salad and garlic bread sticks. Unless you have the vegetable soup, little dressing on your salad and half a breadstick, this is an extremely high calorie meal. Keep these tips in mind to make your dining out experience healthier and more satisfying:

Restaurants are used to customizing meals. Instead of fries or potato salad, ask for fresh fruit or a green salad with a vinaigrette dressing as your side.

Do you really think you are getting butter on your toast? It is usually toasted bread with a brush of an oil butter blend. Ask for one slice of dry whole grain toast with butter on the side so you are in control.

While the carrot cake looks good, a bowl of fresh berries with a dollop of whipped cream would be just as satisfying.

A slab of macaroni and cheese or a pasta dish in tomato sauce with fresh roasted vegetables? Choose the later and you could even have a small piece or garlic bread.

Kelly Sloan

Living on campus or on your own off campus makes you more vulnerable to eating out all the time. If you live on campus and have a meal plan don't think this gives you free reign to eat everything in sight at any hour of the day. The freshman 15 is actually more like the freshman 3 according to a study from Ohio State University but many college students do put on a few pounds. I now live off campus but here are some tips for eating on or off.

When in the dining hall, choose salads and fruits first. Heading for the grill to load up on burgers, pizza and fries is not a good start.

Don't hang out in the dining hall. Eat, enjoy and get on with your day.

Did you have dessert for lunch and dinner when living at home? Probably not. Don't indulge at school.

Watch those calorie laden beverages from the local coffee shop. A medium coffee with extra caramel and whipped cream equal extra pounds down the road.

Eat smaller meals or snacks throughout the day so you don't get low blood sugar or worse, become starving and then pig out at the next meal.

Here is a trail mix that everyone can make and have on hand to take the edge off of overindulging when eating out whether at home or while in school.

Trail Mix

Take equal parts:
Favorite nut: pistachios, walnuts, cashews, hazel nuts
Favorite unsweetened whole grain cereal: toasted oats, bran flakes, rice squares
Favorite dried fruit: tart cherries, golden raisins, blueberries
Dark chocolate chips or niblets
Mix and pack in 1/3 cup portion bags.
Pack in purse or backpack.

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

Kelly Sloan-Staff Writer, Ka Leo O Hawai'i
Twitter: @KSloan6 University of Hawaii at Manoa

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Long Beach Cancer League

Community members are invited to join the ladies of the Long Beach Cancer League for the 39th Annual Gala on Saturday, June 7 at the Daugherty Sky Harbor Hangar. Long Beach Cancer League members will proudly honor Nancy and Mayor Bob Foster, Vickie and Jim Sullos, and Laser Skin Care Center Dermatology Associates Dr. Bryna Kane, Dr. Edward Glassberg and Dr. Joanna Chan.

"Our 2014 honorees are an inspiration. They include longtime League members and supporters, as well as local professionals whose generous contributions to the American Cancer Society's stated mission of saving lives from cancer through research, advocacy and patient services are to be commended," notes League President Myrna Simon.

2014 Gala on Saturday, June 7. For more information on the Gala or how to join the League, contact Celia.Veyna at 562-437-0792 celia.veyna@cancer.org.

"Fly Us To A Cure," is the theme for 2014. The highly anticipated annual event offers an elegant evening of dinner and dancing, as well as live and silent auctions featuring unique, hard to find items; tickets to local excursions and sporting events; as well as golf outings, vacation rentals and more.

The Long Beach Cancer League is an auxiliary of the American Cancer Society whose members support various programs throughout the greater Long Beach community, including the Adopt-A-Family holiday food and toy drive for families of children served by the Jonathan Jacques Cancer Center. Over nearly four decades, Gala events have helped the League raise more than 10 million dollars in the fight against cancer.

Community members can help by joining League members at the 2014 Gala on Saturday, June 7. Tickets for the event – always a highlight of the Long Beach community calendar – are available at $225 per person.

For more information on the Gala or how to join the League, contact Celia. Veyna at 562-437-0792 or via e-mail at celia.veyna@cancer.org.

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COVERED CALIFORNIA

What's Your Passion?

Claudia Hoffmann: A Great Fix for Unwanted Pets

Kate Karp

If Claudia Hoffmann's dream comes true, her free spay/neuter clinics will work so well that they'd be obsolete.

Hoffmann is the indefatigable force behind Fix Long Beach, a grassroots organization that offers spay/neuter procedures via mobile clinics at no cost to the cats and dogs of low-income residents of Long Beach. The clinics also offer low-cost vaccinations and nail trimming.

Claudia Hoffmann

When she moved to Long Beach, Hoffmann noted a disturbing situation not common in her native Germany: dogs and cats roaming loose on the streets. She became involved in rescue but soon realized that saving pets one by one wasn't enough to solve the problem. She hit on the idea of providing education and services to residents who couldn't afford the procedures and were uninformed about them. In June 2013, she armed herself and a number of determined volunteers with flyers and information, canvassed several neighborhoods and encountered great enthusiasm. She contacted a friend who had a mobile veterinary clinic, set up appointments, and contacted sponsors and volunteers. Fix Long Beach was born.

"We have the most amazing group of people ever, committing their time, energy and passion," Hoffmann said. Facebook fans have posted from as far away as Lichtenstein and Virginia, and several teenage volunteers have founded a Fix Long Beach club at Wilson High.

Since June, Fix Long Beach has spayed and neutered over 800 pets and educated countless residents. This is a big step, but for Hoffmann, only a first one.

"We want to attack animal overpopulation at its roots," she said. "We want to get many more people involved — come out with programs like this all over SoCal and the U.S. I hope people will wake up and see what's needed— report abuse, fix their pets, and do something so that these types of programs won't be needed.

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

Rancho Los Alamitos

A National Register Site

By Pamela Seager, Executive and Project Director

Mother and child visit the Native Garden at Rancho Los Alamitos

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. It includes an adobe core ranch house c.1800, five acres of lush historic gardens, the splendid state-of-the-art Rancho Center and the newly restored barnyard area which houses livestock including magnificent Shire horses, goats, sheep, chickens, ducks and rabbits. Visitors marvel at the proximity of this ranch landscape to the urban environment. Adults and children alike delight at the chance for an up-close and personal encounter with the Rancho's barnyard animals. Open Wednesday-Sunday, 1-5 pm.

Mother's Day Weekend Celebration featuring Brunch and Gift-Making. Saturday, May 10, 2014 | 10am – 12:30 pm
For tickets and information, please call the Rancho.

6400 Bixby Hill Rd., Long Beach, CA 90815 • 562/431-3541
www.rancholosalamitos.com

Arts Council for Long Beach

Passport to the Arts Takes Center Stage

By Kylee Yocky, Director of Arts Learning

Third grade students at Roosevelt Elementary were given the opportunity to participate in *Passport to the Arts*, a multicultural arts education program provided by the Arts Council for Long Beach. Students spent 6 weeks learning different forms of Latin American dances from *Passport* artist, Josie Neglia. Dance styles included the bachata, merengue, and the salsa.

At the end of 6 weeks students performed what they had learned for their parents at a school assembly. As I was walking up to the auditorium for the performance there was already a line of parents waiting to enter the room to see their child perform. As time went on there were over 150 parents and family members in attendance. The room was filled with an overwhelming amount of pride and love for their students.

The Arts Council would like to thank Roosevelt students and staff for their participation in this program, teaching artist, Josie Neglia for being an inspiring teacher, and the parents of Roosevelt students for supporting their children's participation in the arts.

350 Elm Avenue, Long Beach, CA 90802 • 562/435-2787
www.artslb.org

Age is Just a Number

Written by Jenny Ventura
Junior, California Academy of Mathematics & Science
Youth Leadership Long Beach Class of 2014

At what age can we define ourselves as leaders? Do we have to be someone like the President of the United States in order to consider ourselves important? The answer is: absolutely not. Age is simply just a number that has entirely no correlation with individual abilities. I know this for a fact, because *I* have experienced this realization through an amazing program called Youth Leadership Long Beach (YLLB).

This year the YLLB program is composed of about 40 exceptional students from all over the Long Beach Unified School District. Its main purpose is to instill leadership principles in the participating youth so that they can exhibit what they have learned and apply it to both their schools and communities. The program also grants the high school students the opportunity to seek the amazing resources and facilities the city of Long Beach has to offer. The YLLB class of 2014 has been active since September 2013, and despite the inevitable arguments and irreconcilable differences amongst typical teenagers, it is safe to say now five months later, we have all learned how to convene, listen, and cooperate with one another. These leadership principles are put to work at every session, but I had never seen these principles become so innate and reach an ultimate high, like they did on February 8, 2014.

Jenny with her working group.

Habitat for Humanity

On February 8, we were introduced to a unique new session being involved with an organization called Habitat for Humanity of Greater Los Angeles. This organization serves families who are in need of a decent home. We met at 8 am at the Habitat station in Carson. Everyone was perplexed as to what we would be doing at a warehouse that smelled like wood and paint. "Are *we* really going to build?" was the question of many. When the host of Habitat for Humanity introduced us to the team of experienced constructors that would be helping us, it was immediately confirmed that indeed, it would be a building day.

We were split into groups of five and were asked to find an open and ideal working area. Then we were ordered to carry wood benches to an empty space. My group members: Quinn, Jessica, Grace, Cindy, and myself were sure that our job was to paint the benches. However, there was a huge plot twist: the benches that we thought we would be painting, were simply benches in which we would sit on while *we* build our *own* picnic tables.

"The only thing we have to fear, is fear itself" – Franklin Delano Roosevelt

It was evident that everyone that day was enjoying themselves despite their fears. Many people, including myself, had no experience in even using a drill. Personally, I felt intimidated to use any tool because everyone in my group was having a difficult time operating them. Alas, there was no time for fear to take hold as the completion of the picnic tables was on the clock. As the hours passed by, many groups were still not finished with the tables. This was a definitive wake up call for all groups to unleash their leadership skills.

Many groups began to divide themselves into little subgroups. For example, we split our team based on their skills or specialties. Those who were good at math made all the measurements and indications on the benches. Those who were quick at drilling and nailing worked with the tools and the rest sacrificed themselves by sanding wood for hours. There were absolutely no arguments or complaining. On the contrary, people who were done with their benches came to help other groups. Focus and concentration filled the area, and nearly all picnic tables were completed.

This session not only helped acquire building experience, but also helped individuals practice *self-responsibility* and *respectability*. No members yelled or blamed one another for their failures or triumphs. Everyone acknowledged that the completion of the picnic tables was a team effort, and couldn't have been executed otherwise.

So you may ask, "How did this session help reinforce my belief of being a leader?" Our Saturday session at Habitat for Humanity was a way of helping our community. The picnic tables we completed are designated to a facility that needs them. Now a day, very few teenagers take action in being involved with their community and we proved to be the *exception*. In fact, many of us have returned out of our own will to volunteer with Habitat for Humanity.

About Leadership Long Beach: Leadership Long Beach was founded in 1989 by some of our community's most influential and visionary stakeholders. These founders envisioned the formation of a civic improvement program that would serve the community by educating and motivating leaders on issues important to the future and sustainability of our city. The Youth Leadership Long Beach program was started in 1996 to give those same opportunities to the emerging youth leaders in our community. For more information, check us out at www.leadershiplb.org or www.facebook.com/leadershiplongbeach
743 Atlantic Ave., Long Beach, CA 90813 • 562/997-9194
www.leadershiplb.org

California State University Long Beach

Jane Close Conoley
President

Long Beach Trauma Recover Center

The California Victim Compensation and Government Claims Board has awarded Cal State Long Beach (CSULB) a $534,579 grant for a project with St. Mary Medical Center that will establish the Long Beach Trauma Recovery Center (LBTRC), just the second center of its kind in the state.

Expected to open in April, the new LBTRC will be operated by CSULB and housed at St. Mary Medical Center. The primary goal of the project is to create a comprehensive model of trauma and mental health care for victims of crime and their families while removing barriers to care for underserved victims of crime.

"The Long Beach Trauma Recovery Center will provide direct mental health treatment to approximately 300 victims of violence or their family members and provide outreach and educational messages to countless others during the initial grant period," said Bita Ghafoori, CSULB professor of advanced studies in education and counseling and director of the LBTRC project. "The center will focus on the poor, the uninsured and others who wouldn't ordinarily access these services."

Among the services the center will provide are mental health services to victims of crime and their families; social services and medical patient navigation to victims of crime; comprehensive community outreach utilizing the expertise of established community based organizations; clinical case management; assistance with crime victim compensation documentation; and coordination of care between professionals serving victims of crime.

"St. Mary Medical Center, Dignity Health is the ideal location for this innovative Trauma Recovery Center," said President/CEO Tom Salerno. "In the spring, we will provide this new service, allowing St. Mary to be the place where victims of crime and trauma can get help for their emotional wounds," Salerno added. "We look forward to working with Cal State Long Beach to provide this new mental health service to the Southern California community."

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

Long Beach City College

Eloy Ortiz Oakley
Superintendent-President

Expanded Offerings at LBCC

Long Beach City College is offering more classes and training programs to our students this summer and in the fall.

LBCC will offer the largest summer session it has in years. Classes will begin on June 16 and run for five, six or eight weeks depending on the class. Summer classes offer an opportunity for current college students to make progress toward their goals and for new and high school students to get a head start. LBCC's summer schedule will be available in mid-April at www.lbcc.edu – apply now to save your place!

Long Beach area high school seniors should consider enrolling in the LBCC's Promise Pathways program this fall. This award winning and nationally acclaimed program offers local high school seniors a smooth transition to college and provides an academic plan that leads to graduation or transfer to a four-year institution in a shorter period of time.

Promise Pathways was recently recognized by the James Irvine Foundation with its 2014 Leadership Award for having increasing students' completion of transfer-level courses through better placement and enrollment strategies.

Graduates from Long Beach and Lakewood high schools also are eligible for the Long Beach College Promise scholarship which covers first semester enrollment fees. To qualify, students must enroll the fall immediately after graduation. Details are available www.lbcc.edu/scholarship.

New and returning students considering attending Long Beach City College in the summer or fall can complete the application online by visiting www.lbcc.edu from the convenience of their home or from their mobile device 24 hours a day.

LBCC Students receive a world-class education upon their arrival, and learn in newly renovated and constructed facilities at our Liberal Arts and Pacific Coast campuses.

At LBCC we are working to prepare students for their academic and career goals from the day they arrive. We look forward to seeing you on campus!

Long Beach City College – "Where Education Works…for You!"

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

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Long Beach Unified School District

Christopher J. Steinhauser
Superintendent

School Construction, Renovation Progressing

This year is expected to be the busiest yet for our Measure K Bond Program, approved in 2008 by local voters to provide $1.2 billion for school construction and renovation.

Seven years into the bond program, we have made significant progress already and are going out to bid on almost $150 million in projects this year. We are about to begin renovations at several campuses across the district. Meanwhile, complete rebuilds at Newcomb Academy and Roosevelt Elementary School started last fall and will be completed by the 2015-16 academic year.

We have begun a $136 million renovation of Jordan High School and are about to start building Browning High School, a new small high school at 2180 Obispo Ave. near Signal Hill. Browning will offer hospitality and tourism academies. In addition, our Board of Education earlier this school year unanimously approved a plan to replicate the California Academy of Mathematics and Science, the nationally honored high school that is run by our school district on the Cal State Dominguez Hills campus. This plan calls for Hill Classical Middle School in East Long Beach to be phased out over the next three years, allowing a CAMS-like school to be phased in at the site.

We're also beginning major retrofitting projects on outdated middle school gymnasiums and high school auditoriums.

Measure K projects were prioritized according to the school district's Facility Master Plan, which was created and approved by our school board following a comprehensive community engagement process.

In total, we have more than $4 billion in facilities needs in this district, but we have $1.2 billion available now. This means that we must address the most pressing needs first. And by law, Measure K funds can be used only for school construction and renovation.

Two new schools have already been built and opened as a result of Measure K: Nelson Academy and McBride High School. Throughout the school district, Measure K is also funding infrastructure improvements, such as campus-wide wi-fi, clocks, speakers, telephone systems and high school security systems. We're also removing dozens of outdated temporary buildings and replacing old boilers.

To learn all the latest news about our renovation and construction projects, view our Measure K electronic newsletter. Just click on "Measure K Update Newsletter" in the A-Z index at lbschools.net.

In addition to the electronic newsletter, we have created an entire website devoted to keeping our community informed regarding the details of these projects. Visit "Measure K Bond Program" (again, in the A-Z index at lbschools.net) to find fact sheets on each project, a map of projects districtwide, information for contractors, and public documents such as our Facility Master Plan and meeting records from our Citizens' Bond Oversight Committee. This committee helps to ensure that we are transparent and efficient in our expenditure of taxpayer dollars – a responsibility that we take very seriously.

We deeply appreciate our community's strong support of our schools, including their support of our ongoing efforts to provide the modern and effective school facilities that our students need and deserve. We look forward to keeping you posted on our progress in the coming months and years.

John McGinnis
President

Long Beach Unified School District Board of Education

Diana Craighead
Vice-President

Jon Meyer
Member

Mary Stanton
Member

Dr. Felton Williams
Member

Child Development Center

Cynthia Young
Director

Kids' Club Loves Long Beach

By Darlene Walker and Ashlene McCartan

Cubberly Kids' Club students are learning about popular Long Beach sites and attractions. They made 3-D Queen Mary ships and hanging lighthouses from red plastic cups and black and white electrical tape, painted beautiful watercolors of coastline sunsets, and practiced mapping skills by finding their homes on a wall-mounted map donated by Councilmember Gerrie Schipske. They explored our city's natural beauty at the El Dorado Nature Center, made their own binoculars, and created nature prints and collages.

We're currently completing a unit on LBUSD, LBCC, CSULB and the Long Beach Promise, which offers ways for LBUSD students to prepare for, enter and complete college through partnerships with LBCC and CSULB.

Start your engines…in April, we celebrate the Long Beach Grand Prix! Students will create miniature customized driver suits, and we'll install a "race track" on our wall with student-designed race cars and woven checkered flags. Students will use their graphing skills to predict the winning driver.

During May, we celebrate the art of MOLAA, Cinco de Mayo festivities, and our fallen soldiers. June will conclude with under-the-sea fun via the Aquarium of the Pacific.

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

Addams *Elementary*

Boy Scouts

Rosana Madrid-Arroyo
Principal

The Boy Scouts have come a long way from simply offering an elderly lady help crossing the street. Proof of that is their construction and donation of 5 technology carts for Addams' classrooms. Eric Mitchell, Eagle Scout Candidate, Troop 65 from the Long Beach Council took our wish list, designed the carts, added multiple bells and whistles, and led the construction project and delivered them. Each cart is now in a classroom, holding a new networked printer (purchased from Title 1 funds) for students to utilize at each grade level for printing their assignments. An added bonus, the Boy Scouts made a cart for the document cameras and laptop for professional development. Thank you Boy Scout Troop 65 and Scout Eric Mitchell!

5320 Pine Ave., Long Beach, CA 90805 • 562/428-0202
www.lbschools.net/addams

Barton *Elementary*

Careers Are Elementary

Richard Littlejohn
Principal

"What do you want to be when you grow up?" This question was heard echoing through classrooms at Barton Elementary School during Career Week. The staff set up a phenomenal event!

A multitude of visitors shared with our students in a variety of formats, from classroom visits to school-wide assemblies. College professors, doctors, lawyers, engineers, scientists, firefighters, nurses, musicians, business owners, entrepreneurs, major league baseball players, and a score of other professionals gave our students opportunities to learn about different options for the future. The Long Beach Police Department helicopter pilots even brought their helicopter to our playground!

The Long Beach Police Department flew in their helicopter, landed on our playground, and gave a spectacular presentation for our students!

One student shared, "This was the best week of my life because now I know what I want to do when I grow up."

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

Bancroft *Middle School*

A Safe and Civil School

Kimberly Dalton
Principal

Bancroft Middle School is a Safe and Civil School, which means that procedures are in place to make sure that our school functions safely and efficiently. We also have opportunities to practice being civil with classmates, staff, parents, and community members.

To make sure our school is safe, we hold drills for emergencies, such as earthquakes, fires, and lockdowns. Advisory lessons were taught so that everyone knows the procedures for lunch, common areas, and passing periods. Teachers shared their procedures so that the classrooms run smoothly. All of this ensures that Bancroft remains a safe school environment.

Student council, Free the Children, and the Anti-Bullying Club have provided many opportunities for students to show thoughtfulness. Teachers have taught respect, courtesy, politeness, and good listening skills. We continue to reinforce the character traits of courtesy, respect, and fairness, both inside and outside of the classroom. Students learn to treat each other well and show their learning in their daily positive interactions with each other.

We are proud of the tremendous maturity our students show in meeting both academic and behavioral expectations.

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

Bryant *Elementary*

Is There a Doctor in the School?

Matt Hammond
Principal

Each year, Bryant is privileged to have the Doctors for Diversity program visit our school to inform and inspire the students. Dozens of white-coated medical students from the Student Medical Association at UCI descend upon our campus to share the wonders of medicine. They visit the classrooms and give our students interactive experiences with medical equipment and explanations of how the body works.

This last visit, students had the opportunity to feel their heartbeat and pulse, see the actual heart in action in a live ultrasound, and hear the heart pumping blood. The program's goal is to provide students with positive role models and encourage them to pursue higher education through learning activities in science, health care and medical technology.

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

Beach *High School*

Matt Saldana
Principal

Global Learning Network Project

By Brenda Gutierrez, Coordinator

The Global Learning Project was initiated as an assignment through my graduate-studies program at CSULB. The main goal is to connect and learn from other students across the globe.

I organized a club at Beach High School called the E-Club. My collaborating partner was ePals.com, which was successful in creating the ties among my students in California with those students in Uganda and France.

The E-Club consisted of approximately 17 students from Beach High School who met every week to share their online experience with their ePals. The club was a success, and my students were very excited to have friends from other parts of the world. It was a great way to share their personal experiences, learn tradition and culture, and most of all to appreciate the little things in life. The students from Uganda were mostly young people who were living in an orphanage and were infected with the HIV virus. The students in France were from a middle-class background and wanted to connect with an English-speaking group.

In sharing their cultural experiences with one another, my students at Beach have become more aware of their surroundings and have been more appreciative of the things they have. They are learning not to take things for granted, especially their education. This project has made a positive change in our school climate and continues to make an impact on my students' daily life both at school and in their communities.

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

Burcham *(K–8)*

Love of Reading Supports Learning

Stacy Sanchez
Principal

What an amazing year we are having! Read Across America was a great celebration at Burcham. We had daily activities to celebrate reading and focus students on the fun of reading: Dr. Seuss pencil giveaways, guest readers, Wacky Wednesday, classes partnered up for our Read Out, and Green Eggs and Ham Family Breakfast and book raffle to wrap it up on Friday. What a great week to be a Bobcat!

Common Core is alive and well as our teachers are doing amazing transitions in our instructional programs. It is an awesome sight to see as our students are tackling challenging text, working cooperatively with their classmates, and having discussions that capture their deep thinking and use of academic language. We were also busy in our computer lab preparing our students for the Smarter Balance Field Test running through May 16. Students are engaged in the Type to Learn program and navigational skills to assist them as they work through different games and activities to support their use of technology.

We continue to celebrate our students every day as our staff and families support our transitional year! Thank you, Burcham community, and Go Bobcats!

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

Buffum *Total Learning Center*

On the Run

Miriam Garcia
Program Administrator

By Julie Harb and Sharon Barker, Teachers Special Day Class Pre-Kindergarten

Ready…set…go! In February, students, their parents, and the faculty laced up their tennis shoes and participated in one of the most enjoyed events of the year—our annual jog-a-thon! A marvelous time was had by all!

While this event is designed to promote physical activity, it is also one of our yearly fund-raisers. This year we raised over $5,000 to be used for educational enhancements, much-needed school equipment, and overall campus improvements.

The Buffum TLC team would like to thank our parents, families, and volunteers for their participation, generous contributions, and support of our program. We could not do it without you!

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

Cabrillo *High School*

Law Week Comes to Cabrillo High School

Dr. Elio Mendoza
Co-Principal

Alejandro Vega
Co-Principal

By: Dr. Lushandra Prioleau, Dean of Students

Cabrillo Academy of Law and Justice (CAL-J) is very excited about their 3rd annual Law Week, April 28 - May 1, 2014. The 2014 National "Law Day" theme, American Democracy and the Rule of Law: Why Every Vote Matters, calls on every American to reflect on the importance of a citizen's right to vote and the challenges we still face in ensuring that all Americans have the opportunity to participate in our democracy. As we approach the 50th anniversaries of the Civil Rights Act of 1964 and the Voting Rights Act of 1965, Cabrillo students will learn the right to vote is the very foundation of government by the people. To commemorate Dr. Martin Luther King Jr's ideas of equality and freedom, CAL-J has organized Law Week: a week of speakers, exhibits and performances that connect the themes of Dr. King's speech to public service and law related careers. The guest speakers this year will include judges, lawyers, court interpreters, probation and police officers.

2001 Santa Fe Ave., Long Beach, CA 90810 • 562/951-7700
http://lbcabrillo.schoolloop.com

Carver *Elementary*

Student Council

Sarah Forrester
Principal

By Veronique Martin, School Counselor

School is a safe place to explore and try new things: join a club, try out for a sport, audition for a school play, and even get involved with student council. Being a member of student council is a great way for students to serve their school and help to make it a better place.

We recently held student council elections for the spring semester, and we proudly introduce the new officers: Brandon O'Shia, President; Joseph Daniele, Vice President; Jennifer Robbins, Secretary; and Ahnya Gurewitz, Treasurer. Congratulations to our newly elected officers, and a big thank you to our outgoing officers!

Student council has many things planned for the spring. In celebration of Dr. Seuss's birthday, we have just finished our Dr. Seuss hat sale, where we sold 100 hats to be worn on Dr. Seuss' birthday. The student council assisted at our annual Carver Science Night, and in April we will be collaborating with the Pennies for Patients organization to hold a school-wide penny drive. The Carver Student Council is a busy group of involved students!

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

Cleveland *Elementary*

To Infinity and Beyond!

Teresa Montoya
Principal

Family Science Night is sponsored by the CSULB/UTEACH student teachers and a STEM grant. Its purpose is to promote student and family enthusiasm about the subject by providing discovery opportunities through demonstrations, explorations and hands-on participation.

The evening is being organized by our wonderful student teachers under the supervision of CSULB supervisor Dr. Wilkes. Student teachers are taking on various jobs to help make the event an exciting one. The Cleveland master teachers and teachers are also providing support as needed throughout the planning process and during the event.

On March 19, our students and families heard a special guest speaker from the Discovery Science Center in Santa Ana. They also participated in four activity stations. Student teachers, Cleveland master teachers, and regular teachers directed these activities.

A special feature of the event was when everyone entered the Planetarium to look for various constellations. The Planetarium, under the supervision of student teachers, was designed by students from each classroom.

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

Cubberley *(K–8)*

Scholars Visit UCLA

Terri Jarels
Principal

By Steve Avitable
Teacher

In March, the Cubberley Long Beach Scholars spent the day touring the beautiful UCLA campus to get a feel of what it might be like to be a Bruin. They visited Royce Hall, the Powell Library, Bruin Walk, the Inverted Fountain, Janss Steps and the Ackerman Student Union.

Long Beach Scholars at the UCLA dental school with Dr. Susan Cane.

At lunchtime, the seventh- and eighth-graders explored the bookstore, student services, restaurants, and places to relax and study. Dr. Susan Cane, graduate and professor of the UCLA School of Dentistry, spoke to them about becoming a dentist and gave a tour of the dental school, including the preclinical laboratory where dental students work on mannequins and the dental clinic where third- and fourth-year students work on actual patients. The experience inspired the students.

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

Dooley *Global Studies Magnet School*

Field Trip

Nicole Howton-Chiles
Principal

On Thursday, February 20, 2014 preschool students from a local preschool visited Dooley Elementary. The preschooldirector, Maxine Williams, makes it part of her routine each spring to visit a nearby elementary school. The purpose of the annual fieldtrip is to create a sense of excitement in the soon to be Kindergarteners. Four of Dooley's current fifth graders took the children on a tour. The children were shown classrooms where they sang the ABC song and learned the proper way to grip a pencil. The children also saw the library, cafeteria and playground.

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

Emerson *Parkside Academy*

Common Core

Margaret Kerns
Principal

By Cassidy Crockett, Fifth-Grade Student

At Emerson Parkside Academy, the students are really catching on to Common Core.

We are learning math in new ways. Students are thinking deeper and learning new strategies like "friendly numbers" and "doubling and halving." Common Core helps students in language arts, too. In class we read more non-fiction, and find evidence in the text to support our answers. We also use Conversation Starters to help us expand our discussions.

5th grade student, Cassidy Crockett

Common Core will have positive effects as we get ready for college. We will be able to solve problems mentally and prove our answers through evidence. We can use our conversation starters for academic discussions. Common Core has done a great job so far and taught students to learn in new ways.

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

Hamilton *Middle School*

Career Workshop and Solar-Powered Cars

Kathleen Cruz
Principal

Besides the student-versus-staff basketball game, our first-ever Jeopardy Tournament and our Robotics Team competition in Northern California, students have been busy this month with a solar-vehicle race and learning about future science, technology and math careers.

Forty girls attended an American Association of University Women-sponsored STEM conference at Long Beach City College in February. Students participated in workshops in various vocational, scientific, medical and business areas. They heard from a chiropractor, a veterinarian and an optometrist about their fields. Students said they learned that "the sky's the limit. There is no way I can't go to college!" To be successful academically, their advice was to "surround yourself with people whose expectations are high."

Eighth-graders participated in the Long Beach Solar Grand Prix 14 at El Dorado Park in March. Our Team Plasma and Sol to Roll teams competed with 50 other teams on a 60-foot track with cars powered only by a solar panel and a motor. Sol to Roll placed second for design, using all eco/recycled parts. Sponsoring teacher Ms. Ahn says she was "very proud of the student's effort, tenacity and teamwork."

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

Franklin *Classical Middle School*

New Experiences

Maria Pilar Perossio
Principal

Franklin Classical Middle School was recently recognized by the California Business for Education Excellence for excellence in academics. This academic success has been achieved by upholding standards of rigor and accountability. Students also benefit from many off-campus activities.

Sixth-graders attended "The Music Man" at Musical Theater West. For many of them it was a brand-new experience. Teachers discussed the themes of the show, and students wrote about their experience.

After studying Anne Frank, our eighth-graders attended the play at the La Mirada Performing Arts Center. The highlight was a chance to meet the actors in the lobby after the performance, take pictures, and get autographs.

Girls were inspired with ideas for careers at the Science, Technology, Engineering, and Mathematics (STEM) Career Conference, an American Association of University Women event.

Sixty Advancement Via Individual Determination students recently visited the University of California, Los Angeles campus. They received a Cub Tour designed for prospective students.

Franklin's Eco Club traveled to the Los Angeles Arboretum Environmental Education Fair in Arcadia, joining with other schools around Los Angeles County and sharing successes with service learning projects.

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

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Fremont *Elementary*

Drama Club

Mark Curran
Principal

A Year with Frog and Toad was performed by our drama club in January at Wilson High, starring 209 Fremont Falcons and featuring a cameo by our principal, Mark Curran, as the Large and Terrible Frog.

PTA Drama Club chairperson Kathleen Turner partnered with director and Fremont alum dad Sean McMullen and his Children's Theatre of Long Beach team to showcase our students. Getting our little thespians in the spotlight requires dozens of volunteers, hundreds of hours of rehearsal time, a talented artistic team and a dedicated, enthusiastic director.

209 Kids, Amazing Sets, Creative Costumes, Singing, Dancing and Puppets!

It's not just the show—it's our community and our club sponsor, the PTA, working together and the children becoming confident onstage. When the performance finally comes together, we're all just lucky enough to witness it!

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

Gompers *(K–8)*

Gompers Is Where the Heart Is!

Kelly Ludden
Principal

During Valentine's Week, Gompers Student Leadership worked to create an entire week focused on being heart healthy. The week kicked off with an assembly presented by the American Heart Association which informed students about heart health. Students bought "I ♥ Gompers" shirts and sold hearts with the proceeds going to The American Heart Association. Leaders planned activities during lunch to encourage exercise and gave out prizes for participation. The PTA held the school's Fit- A- Thon on Friday and students rotated to a variety of heart healthy stations. Stations included dance, yoga, soccer, and an obstacle course. The week ended with a "Sweet Hearts" dance for middle school students. Gompers students raised $3001 for the Heart Association and provided a great time for all.

5206 Briercrest Ave., Lakewood, CA 90713 • 562/925-2285
www.lbschools.net/gompers

Harte *Elementary*

Harte VIPs

Jennifer Rodarte
Principal

We would like to express our gratitude to all of our wonderful school VIPs! We at Harte would not be able to get everything done without them. They are involved in many different aspects of our campus. They help us in the classroom, our school office, take work home, read to our students, and even help us plan and execute school events. This year, they have taken the challenge to help the school with the Fit-A- Thon, and Talent Show. They have also helped us spread the word on the parent meetings we have had and workshops. We are truly lucky to have a great team of VIPs and from the bottom of our hearts we would like to say thank you for all that you do for our students and school!

1671 E. Phillips St., Long Beach, CA 90805 • 562/428-0333
www.lbschools.net/harte

Holmes *Elementary*

Enjoying a New Lifestyle

Luana Wesley
Principal

The kindergarten children at Holmes Elementary School have always loved recess. But now they have even more reason to race out the door. Thanks to a generous donation from the Lakewood Education Foundation, we have $1,500 that will be used to purchase new play equipment to help promote a healthy lifestyle.

This new outdoor equipment will give our students the chance to participate in organized activities to help build and strengthen their muscles. It will also allow them to experience exercising individually or within a group, as well as participate in team activities.

Gael, Giselle, Morgan, and Josiah enjoy the new outside play equipment donated by Lakewood Education Foundation.

Some of the new equipment includes balls, jump ropes, a balance-beam, water and sand tables, a portable basketball hoop, stepping stones, tricycles, a very cool "mini" coupe, a ring toss, washable sensory play materials, bean bags, game hoops, and even a rainbow parachute!

Thanks to the Foundation, our kindergarten children will be reaping healthy benefits from this equipment for years to come.

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

Jordan *High School*

Academic Path to Excellence (APEX)

Shawn Ashley
Principal

Dr. Jay Camerino
Principal

Jordan is proud to announce the opening of its newest program Academic Path to Excellence (APEX). This program is designed to assist academically talented North Long Beach students to prepare for the college or university of their choice.

APEX students will earn 270 credits while the average student earns 240 credits.

APEX students will take a minimum of five Advanced Placement classes.

APEX students may take as many as nine Advanced Placement classes.

Students must earn as least a 3.3 grade point average in middle school and receive a "B" in algebra to apply for APEX.

APEX students will be encouraged to be involved in leadership activities and/or athletics.

Students who are interested in applying for APEX should contact the Head Counselor at Jordan – Debbie Hughes (562) 423-1471 ext 2114

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

Lakewood *High School*

Headline

Cheryl Cornejo
Co-Principal

Mario Jimenez
Principal

By Danay Chaney, student

In every student's life they will encounter one teacher who will change their world forever, and for so many of her students, Ms. Barkemeyer was exactly that. To say that Ms. Barkemeyer was just a teacher would be a complete understatement, because she also served as a mentor and inspiration to many. What sets Ms. Barkemeyer apart from numerous teachers is the fact that she truly loves what she does. Her passion for theatre is remarkable and the way she pushes her students to become their absolute best is admirable. Since Ms. Barkemeyer retired her presence is physically gone, but her teachings and passion lives on in the theatre whenever the red curtain goes up and it's Showtime.

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

Hoover *Middle School*

Hoover MESA

Dr. Avery Hall
Principal

By Jennifer Ivemeyer

MESA (Mathematics, Engineering, Science Achievement) is a program that provides academic support for thousands of students so they can excel in math and science, with the goal that they eventually earn degrees in science, engineering, and other math-based fields.

Hoover is one of 23 Long Beach area middle schools that work closely with the CSULB MESA program. This year's Hoover students have had extraordinary field trip opportunities. Hoover students have visited the Solar Design Program at Long Beach City College and the Jet Propulsion Laboratory (JPL) in Pasadena. Students from Hoover were also were selected to participate in a day of engineering at CSULB. The Preliminary Junior MESA Day competition was held at CSULB on March 8th, where students competed in Prosthetic Arm, Mousetrap Cars, Gliders, Bridges and Eggdrop.

Hoover students at CSULB's Department of Engineering's Rocket Lab

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

Hughes *Middle School*

Idling Gets You Nowhere

Dr. Sally Gregory
Principal

Antonio Valdes Jorgensen

My name is Antonio Valdes Jorgensen. I am an 8th grade student at Hughes Middle School in Long Beach. I am working on a campaign to make my campus more aware of the health and environmental impacts of car idling.

Don't you wish you could change a bad habit just by turning a key? Well here is one you can. Instead of letting your car idle, you can stop this bad habit by simply turning your key.

It's estimated Americans generate 40,000 tons of carbon dioxide by letting their cars idle. Carbon Dioxide is a greenhouse gas which contributes to global warming. Idling is not only bad for the environment; it is bad for your car and bad for you.

Idling fumes are linked to asthma, decreased lung function, cardiac disease, cancer and other serious health problems. Just one minute of idling puts more carbon monoxide into the air than smoking three packs of cigarettes. According to the Environmental Protection Agency, kids' lungs are still developing and are especially at risk of developing health problems when they are exposed to elevated levels of pollutants. Monitoring at schools has shown elevated levels of benzene, formaldehyde, acetaldehyde, and other air toxics during the afternoon hour coinciding with parents picking up their children.

Turning on and off your engine uses less gas and emits less harmful chemicals from exhaust than idling for over ten seconds. It won't hurt your car and will increase your car's fuel efficiency. Warm up your engine by driving slowly.

So next time you are waiting for your child to get in the car after school, take one small step and make a big difference. end a bad habit by turning the key, because *Idling Gets You Nowhere*.

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

Jefferson *Leadership Academies*

Go Green!

Kevin Maddox
Principal

By Melissa Mann, Teacher – Language Arts

One of Jefferson Leadership Academies' most dynamic clubs is the Go Green Club, sponsored by Mrs. Van Dyck, an enthusiastic and creative health and science teacher. The club members collect the recycling throughout the school. They also started the Trash-Free Lunch Challenge to recycle all waste and donate unspoiled food to Food Finders, a local organization which "rescues" food to help those in need. Students regularly recycle milk cartons, which has reduced the volume of waste.

Go Green activities reinforce and extend concepts learned in science and health. The club has participated in beach and school clean-ups, planted trees in the Angeles National Forest, and represented Jefferson at the Martin Luther King Jr. Peace and Unity Parade.

Membership in Go Green has inspired students to improve their grades and conduct, as they feel the benefits of being part of something larger than themselves. They learn that others are counting on them as they develop a conservation ethic.

"I love it because they want to do it!" said Mrs. Van Dyck.

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

Lee *Elementary*

A Safe and Civil Place to Learn!

Caroline Nemec
Principal

By Juan Gonzalez, 2nd-Grade Teacher

Lee Elementary is ahead of the game in embracing the Safe and Civil Initiative, as can be seen by student behavior throughout the campus. A video was made by our Safe and Civil Team—Mrs. Robles-Foster, teacher; Mrs. Uribe, learning director; Principal Nemec; and me—that highlights the proper way to walk in the hallways, restroom behavior, playground safety rules, standing quietly in line and the important topic of bullying.

When the school year begins and each time we return from break, students review the video. That's a total of three times a year! It's because of this that we show fewer referrals, detentions, suspensions and bully-box referrals.

Thanks to staff and students, Lee is a great place to learn!

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

Lincoln *Elementary*

Lincoln's Classified Staff Has *Class*

Christi Granado
Principal

By Idell Davis, Teacher

Lincoln school is lucky to have such wonderful classified staff. I shudder to think what my day would be like without the assistance of these fabulous individuals. As I walk past the cafeteria, I hear the awesome staff at work preparing lunch for the masses. When I walk into the office I am greeted by a cheery good morning and warm smile. Staff that assists me in supervising my students during recess supports me. The staff in the office fields several questions that might otherwise interrupt my day thus protecting my students' valuable learning time. Lincoln's classified staff is the best. I hope I never have to go a day without them.

Bridget Brown (Office Supervisor) and Vicky Ancheta (IOA)

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

Lindsey *Academy (6–8)*

No Field, No Gym, No Problem!

Stephanie Dunn-Cooper
Principal

By Federico Martinez

Lindsey athletes excel in spite of not having facilities. But with the completion of a new gymnasium and field in the fall, this omission is coming to an end.

In celebration, we have been reminiscing about the determination it has taken to build a proud athletic program with a rich tradition. Five All-City Championships, three Boy's All-Around Championships, eight All-City Runner-Up Plaques, and countless league championships can attest to the perseverance of Lindsey's student athletes.

The success of our athletic program occurred despite not having any grass to practice on during soccer and football seasons, and no gymnasium for basketball and volleyball. Without ideal facilities, the coaches have still taught our students the fundamentals of the sports, and instilled a sense of character and strong work ethic in each participant.

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

Lindbergh *STEM Academy*

Lindbergh STEM Academy

Connie Magee
Principal

Got engineering? Lindbergh Middle School does—and will have more next year with the launch of the new Lindbergh Engineering And Design (LEAD) program. Students will have the opportunity to build Science, Technology, Engineering, and Math (STEM) projects in science classes, take STEM electives, and work on robots before school. Lindbergh will also integrate Engineering Everywhere units into existing science classes, giving all Lindbergh students a taste of STEM. Those who want additional engineering can also take a Project Lead the Way elective in either Robotics and Engineering or Design and Automation.

Lindbergh officially becomes Lindbergh STEM Academy in September 2014. In addition to the engineering focus, students in seventh and eighth grades will have the opportunity to take home electronic tablets to increase learning and access skills needed to succeed in college and career. The STEM field offers the highest number of new, high-paying jobs. STEM is the future, and we plan to prepare our students to excel!

1022 E. Market St., Long Beach, CA 90805 • 562/422-2845
www.lbschools.net/lindbergh

Longfellow *Elementary*

Circle of Friends

Laurie Murrin
Principal

By Dr. Rima Hosn, Counselor

Longfellow Elementary School strives to offer students a variety of programs to meet their educational, social, and emotional needs. Our We Include New Kids (WINK) program invites all new students to meet with the counselor during lunch. Students get acquainted with one another, feel welcome at the school, share a little about themselves, and talk about friendship and how to make new friends.

The WINK program helps students feel comfortable at school, assists them with problem-solving strategies, provides leadership opportunities, and supports their varied social, academic, and emotional needs. Some of the topics discussed during WINK meetings are: characteristics of being a good friend; ways to have fun; sharing; helping; and being special. WINK students meet several times during the school year. Each time they are required to bring a friend and talk about their friendship. The goal is to help them build their circle of friends.

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

Los Cerritos *Elementary*

Reflection of the Symphony Concert for Young People

Marie Hatwan
Principal

By 4th grader, Diego Falencik
Mrs. Cathy Haver's classroom

Yesterday's symphony was outstanding (2014 "Symphony Concerts for Young People" for 4th and 5th Grades at the Terrace Theatre). I can still hear the clashing of the cymbals and the soothing sound of the violins as they created new sounds. My ears were born to hear music and my mouth was born to sing and my heart is full of joy when sounds of music like from the Symphony get uttered. In my mind, music is such a mystery; it must come from God for the enjoyment of the human race.

Music is like a fresh cold Coca Cola in the desert.

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

MacArthur *Elementary*

Eagles Soar to Their Attendance Goal

Juan Gutierrez
Principal

Thanks to our parents, students, and staff, MacArthur School met its attendance goal of 96.89 percent for the first trimester! Our successful incentive program came about this past August, when our counselor, Mrs. Martin, and our school clerk, Mrs. Olsen, teamed up to arrange the incentive attendance criteria. With the help of our PTA, students who have perfect attendance and no tardies for the month are treated to delicious ice pops each month. Over half of our students reach this goal every month.

With our amazing team of parents and staff, there is no doubt our Eagles will not only reach our new goal of 98 percent but possibly soar right past it!

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

Mann *Elementary*

Happenings at Horace Mann

Donna McKeehan-Marr
Principal

The 2013-2014 school year has been very exciting for students and teachers at Horace Mann. In January, the doors opened at our beautiful new Common Core Computer lab, which is available weekly for our third through fifth graders to help them on their journey towards computer mastery. Students of all grade levels are also able to access Mann's upstairs Laptop Computer lab, during class instructional time, as well as after school for doing homework, research and after-school enrichment programs.

Rotary Club of Long Beach President, Kay Cofield, and Principal Donna McKeehan-Marr

In June of last year, the Horace Mann PTA was delighted to receive a grant from the Rotary Club of Long Beach to purchase laser printers for our technology center. We gratefully acknowledge the Rotary Club, who are famous for their philanthropic efforts and dedication to the community.

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

Marshall *Academy of the Arts*

Variety of Opportunities

Michael Navia
Principal

Marshall Academy of the Arts continues to give students a variety of opportunities for learning and fun that incorporate the arts. We have our own internet radio station! Students learn about the various fields that come together to make a successful radio station including promotions, sound board engineering, music selection, and many of the kids are on-air personalities. They put all of their learning together and produce the show twice a week. K-RAM can be heard on electcommunications.com on Tuesdays and Thursdays starting at 4pm.

A sound board engineer, Spencer, and an on-air personality, Josh, get ready to broadcast.

This year students attending Marshall have many exciting choices to select from including robotics, video game programing, sports, cheerleading, and several other choices. The Marshall radio station is a welcomed addition to these fabulous offerings.

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

McBride *High School*

'The Pack'

Steve Rockenbach
Principal

By Jacob Ishikawa, Yearbook advisor

This year is filled with new beginnings! Everything's a first here—students and teachers both!

As a first-time yearbook advisor, I am learning everything as I go, and so is the rest of the yearbook staff. For most of the club, this is their first time working on a yearbook. The "Pack" staff meets once a week and is composed entirely of ninth-graders. Our time is short, so we do the best to make the most of it. Students will work on captioning or tagging names in pictures, writing and editing stories, and coordinating tasks to complete the pages, all the while developing their vocabulary and layout skills. The first "Pack" yearbook will be delivered in June.

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

"The Pack"– McBride Yearbook Staff

Millikan *High School*

PEACE Students Promote Heifer International

By Katie Hickox

Dr. Jeffrey Cornejo
Principal

Monica Daley
Principal of Instruction

With a series of presentations by sophomore student teams, Millikan's PEACE Academy launched its fourth annual Heifer International integrated project.

Student teams proposed fundraisers for Heifer, a nonprofit group which combats world poverty. Proposals ranged from a Zumba Party, a "Scare Zone" emulating Knott's Scary Farm, a cellular phone "app", "Moo T-shirt sales," a car wash team, and a taco party. Students considered calculated costs, potential challenges, and benefits of their fundraising proposals. A vote selects the winning proposals.

The project was inspired after the PEACE teachers attended a Long Beach Unified School District training session and Emily Warner, now PEACE lead teacher, served an externship with Heifer. In addition, PEACE students volunteered at the Orange County Fair's Heifer exhibit.

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

Muir *Academy*

Life Lessons and the Arts

Lori Clark
Principal

By Carri Cates, Multiage Teacher

The second- and third-grade multiage students have been rehearsing weekly, auditioning for parts, practicing movements, and fund-raising to pay for the music, costumes and set for the May musical! Our "Food Factory" is a real-life learning project dedicated to finance our performing arts. Students were required to fill out a job application and secure job positions before the operation began.

Food Factory Funds the Arts

The "factory" included a manager, an accountant, cashiers, cooks, order takers, bus persons and parent volunteers. For the fund-raising, students sold caramel apples, trail mix and juice to their classmates and parents.

Students practiced reading skills, counting money, measurement, social skills, cooperation, health and safety, practices and job responsibility. They gained much pride from knowing they earned the funds to produce their musical.

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

Newcomb *Academy (K–8)*

Newcomb's Matheletes

Wendy Sowinski
Principal

By Julia Chesher and Kyle Slaughter, Yearbook Students

Newcomb Academy scholars competed in the Northrup Grumman Math Counts Math Competition on Friday, February 28th. These students were chosen from our Math Club by selecting the students with the highest scores on a test that challenged the student's math skills. One Mathlete competitor, Megan Cramer, 8th grade, said, "I love Math Club because it is challenging, and we do fun games and quizzes that involve Math."

Mrs. Jones, elementary Science Lab teacher and Math Club sponsor, also enjoys teaching this scholarly group of children. "I have always loved math. And I am happy to see and teach other children who love math," she says.

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

Established in 1990, Zinsmeyer Academy is a California State certified, nonpublic, nonprofit, fully accredited Western Association of Schools and Colleges (WASC) school, that provides excellent academic and vocational education services to children needing small class sizes and individual instruction and tutoring.

The school is co-ed, grades K through 12, offers CIF basketball and baseball.

The program includes:
- Individual tutoring
- Small class size, student/teacher ratio of 5.5 to 1
- Direct instruction strategies
- A safe, consistent daily routine with breakfast & a hot lunch provided

For enrollment information contact:
Noemi Delgadillo at 562-961-6109

Zinsmeyer Academy
a division of ChildNet Youth and Family Services, Inc.
4223 East Anaheim Street
Long Beach, CA 90804
(562) 961-6300 • (562) 961-6336 FAX

Nelson *Academy (6–8)*

Update from the Knights

Sparkle Peterson
Principal

The Nelson Academy students and staff members have been busy. We are focused on continued learning and making Nelson an awesome place!

Ms. Wilder and the students of the Anti-Bully Society are making sure that everyone feels safe and welcome. This newly formed group of students is committed to making a difference and putting an end to bullying. If you need a friend, you can always count on having many at Nelson!

The grass is definitely greener here, too. This is thanks to the efforts of Ms. Smith and the students of Nelson's Learning Garden. This new club has been busy making our school a greener place with the start of a garden and recycling program. Way to go!

The Nelson Knights showed their prowess on the field by winning Division II of the All City Boys' Track Championship. Coach Earl McCullough Jr. led his team of scholarly athletes to victory, while also promoting a dedication to academics, discipline and hard work. Congratulations, and go Knights!

1951 Cherry Ave., Signal Hill, CA 90755 • 562/591-6041
www.lbschools.net/nelson

Rogers *Middle School*

Moving Music

Kimberly Holland
Principal

By Kevin Hamilton, Teacher Instrumental Music

A grassroots effort has been launched to relocate the music students from their longtime spot above the gym. Since 2001, the number of students enrolled in band and orchestra has risen from 120 to 315, making the music room overcrowded and dangerous for the students and instruments alike. Plans are underway to renovate an existing classroom into a more accessible and spacious music room.

The renovation, estimated at $270,000, includes constructing sound-proof walls, installing air conditioning, adding instrument storage cabinets, meeting Americans with Disabilities Act building codes, and installing acoustical treatments.

The fund-raising efforts started last year with a generous donation of $50,000 from retired Long Beach teacher Peter Tsamous and his wife, Helen. Future fund-raisers include the annual Rogers Dinner Concert on April 11, where parents enjoy food from a local Greek cafe while their children provide the entertainment, and the music benefit concert, which is set to take place this summer.

For more information, contact Mr. Hamilton at khamilton@lbschools.net.

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

Powell *Academy (K–8)*

Entrepreneurs in the Making

Wendy Claflin
Principal

By Helen Magaña, Teacher – 4th Grade

From filling out job applications and participating in job interviews to creating small, student-run companies, our fourth-grade students at Colin L. Powell Academy for Success had the opportunity to become entrepreneurs. Students designed their own advertisements, set up shop, and sold their goods or services before school and during lunch. We had a variety of products like rubber-band bracelets, surprise boxes, school supplies, gently used books, spin art, and flower pens. The companies were a success, raising well over $1,300 for our field trips! Our students learned important skills like managing employees, taking inventory, conducting business meetings, and teamwork. Students even made paper briefcases to record their business meeting. It took a lot of organizing but the stories in our Open Court book came to life for our young entrepreneurs!

We even had a special visit from Mr. Mike Mendelsohn, who shared his experiences about running a restaurant. He was impressed with the knowledge our students displayed, and our students were inspired by his story to continue to be successful in school.

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

Signal Hill *Elementary*

Gung Hay Fat Choy!

Tammy Lavelle
Principal

Happy New Year!

Every year, Transitional Kindergarten (TK) students at Signal Hill Elementary School learn about and celebrate their local community's cultural diversity. This year, they read books, wrote and listened to stories about Chinese New Year, and were able to tell visitors what animals represented their birth years and all about the significance of the dragon.

Part of this learning came to life when our very own cafeteria supervisor, Ms. Marites Bandoc, took a personal day to prepare them a traditional Chinese meal. Our youngest scholars were treated to a delicious lunch of fried rice and egg rolls. If you were on campus and heard some excitement in the main hallway, it was probably our TK students giggling with joy as many of them donned paper hats, waved printed banners, and attempted to use chopsticks for the very first time!

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

Polytechnic *High School*

VITA Participants Help Families in Need

Joseph Carlson
Co-Principal

Victor Jarels
Co-Principal

By Ryan Sar & Emma Biscocho

A group of about 12 seniors and juniors in Daniel Adler's personal and corporate finance and AP Economics classes participated in the Volunteer Income Tax Association (VITA), a free service offered from February 3 to April 15.

This program provides in-depth training in tax preparation for volunteers who are then able to prepare returns for low-income members of the community. In its second year at Poly, Adler plans on continuing the service for many more years. Through VITA, student volunteers gain valuable insight into the fields of accounting and business.

"It taught us how to do taxes and, even more, how to function in the real world," said senior Sarah Lynch, one of VITA's student leaders.

During after-school and weekend appointments, a volunteer worked with each filer to gather the vital information necessary to return the largest refund possible. This year the group hoped to complete 300 returns by the end of the tax season. Each appointment helps to bring a little extra money for the families who need it the most.

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

Stevenson *Elementary*

The Power of Love

David Zaid
Principal

By Tiffany Lee, Facilitator

Love is in the air at Stevenson Elementary School! In February, families joined their children for breakfast, and students created cards to express love for their parents.

Recently John McGinnis, the president of the Long Beach Unified School District Board of Education and his wife, Dianne, helped us express our love for our Volunteers In Public Schools (VIPS) for all they do for our students.

The love didn't stop there! Stevenson joined forces with Help Me Help You to serve 106 families in need. This new program provides free groceries and healthy food twice a month for those who qualify.

Our Stevenson Stars continue to reveal their compassion, kindness, generosity, and love of learning.

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

Tincher *Preparatory School (K–8)*

Headline

Dr. Kelly An
Principal

This Spring Tincher Preparatory School hosted its first Parent Pastry and Participation Morning. Over 60 parents responded to the call for service. In advance of the event, the Tincher staff created a "wish list" of quick and easy tasks that parents could complete in a 15-20 minute block. Parents checked in, grabbed a quick cup of coffee and picked up their "participation slip". By the end of the morning we had several gardens weeded and planted for Spring, classroom libraries were leveled in support of Readers' Workshop, classrooms spruced up, and new labels and nametags created. Upon completion of their task, participating parents received a raffle ticket and their choice of pastries.

Tincher Parents work on a hallway display and the front entrance to the school.

The response from parents was overwhelmingly positive and most can't wait for the next event.

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

Twain *Elementary*

Putting Words Into Action

Ellen Ryan
Principal

Mark Twain students and teachers put their words into action every day. After seven years of dedication to reducing waste, educating students about helping the environment, and teaching in our garden, Mark Twain has received the California State nomination to be a U.S. Department of Education Green Ribbon School. Only two individual public schools in the state received the honor this year. All Mark Twain students sort their lunch waste every day.

Kathy Mitchell, Teacher; Petter Hennum, LBUSD Energy Manager; Lisa McCarthy and Sara Pohl, Green Programming Co-Chairs; Ellen Ryan, Principal.

Our Green Team has grown to 160 students. They help their peers sort at lunch and attend monthly Green Team meetings enjoying recycled crafts, park clean-ups and a triannual "Green Team Store." Twain also recycles bottles/cans, all paper and cardboard and up-cycles juice pouches and chip bags.

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

Washington *Middle School*

Getting a Taste of College Life

Megan Traver
Principal

Led by Eva and Marilyn Perez, our wonderful Washington cheer group received a special "cheer clinic" from the CSU Long Beach Cheer Team on Saturday, March 8.

The CSULB Cheer Team talked to the Washington girls about college life, and the many possible scholarship opportunities for students who excel in academics and sports, including cheerleading.

Our Washington cheerleaders worked with the college cheerleaders for a few hours before the men's basketball game, and learned several of the CSULB cheers and dances. The girls then attended the basketball game itself and got to sit behind the college cheerleaders and join in on many of the cheers.

It was a special day for our cheer group. Our girls were provided with a chance to experience a "front-row seat" in the life of a college student.

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

Stephens *Middle School*

Making the Effort!

Diane Prince
Principal

This year was a turning point in athletics. Both the girls and boys basketball teams had tremendous seasons, bettering last year's win totals. The boys' team went an unprecedented 5-0 to capture the coveted Southern League championship, making it to the semifinals. Coaches Crowson, Simmons, and Ho-Ching expressed their pride in this year's squad and look forward to next season.

"These young men worked hard all season" said Coach Crowson. "They poured their heart and soul into this. We have several players that can play at the next level, and I look forward to following their success in high school and beyond."

The Advanced Band and Advanced Orchestra classes also worked hard during the March festival season. They attended the SCSBOA (Southern California School Band and Orchestra Association) festivals at Poly High and also performed in Anaheim. Following this festival, they got a well-deserved reward in the form of spending the day at a local theme park. The steel drum ensemble performed last month alongside the steel drummers from Cabrillo High and CSULB. Mr. Barb does an amazing job with all of our music students!

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

Webster *Elementary*

Sweetheart Breakfast

Maria Martinez
Principal

Valentine's Day is not just for couples. It is also an opportunity for our students to express their love and affection for their family and friends. On February 14, Webster Elementary School celebrated its seventh annual Sweetheart Breakfast. Students, families, and staff look forward to this fantastic event, which includes having breakfast with their children in our beautifully decorated cafeteria, creating a valentine at our crafts table, and commemorating the day with a photograph.

The cafeteria was filled with very happy faces and tummies, surrounded by hearts hanging from the ceiling and other decorations, which were provided through donations and money received from last year's event. Approximately 589 meals were served this year.

The committee consisted of Chris Kelly, Sue Lyon, Jamie Berry, Bruce Osterholt, Italia Lee, Patty Alvarez, Juan Fernandez, Liz Gladinus and coordinator Ed Avila. Thanks to the dedication and effort of the committee and the cafeteria staff, this year's Sweetheart Breakfast was again a smashing success, with a delicious breakfast, beautiful and creative crafts, and a memento of the celebration.

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

Willard *Elementary*

Chess Club

Cassandra Richards
Principal

By Victoria Joseph, 5th Grade Teacher

Chess Club is offered twice weekly for second- through fifth graders. I created Chess Club out of the need to teach students thinking skills and love of the game. Chess is a game that requires critical and logical thinking skills. It requires processing and anticipating various moves of the opponent. My own students learn this while having fun.

When asked what Chess Club is and what they're learning, Andres G. said, "It is fun to play chess"; Melanie E. said, "It's a challenge to try and beat your opponent because he may out-move you and win"; Jaka'i M. said, "I like playing chess because it helps you think"' and Soraya said, "It's kind of challenging. It helps me think a lot."

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

Whittier *Elementary*

What a Seuss-Prize!

Lori Grady
Principal

By Nancy Jo Rettig, Counselor

It is fitting that Dr. Seuss' birthday celebration at Whittier Elementary School paid homage to our flag, since he was a veteran of World War II. Messages of patriotism and peace were sung by big and small. Even teachers looked shocked hearing their names announced to sing lyrics from "The Grinch." One class showed their talents with a song and a scarf-waving dance. The giggling and applause echoed throughout the yard.

As you can see from the picture, nothing deters a good reader! We owe you, Dr. Seuss, for teaching us about love of country and poetic tributes.

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

Wilson *Classical High School*

The Loudspeaker

Sandy Blazer
Principal

Gonzalo Moraga
Principal of Instruction

By Mikel Yi, Staff Writer – The Loudspeaker

The Loudspeaker has been the school newspaper at Woodrow Wilson High School for as long as most of the faculty can remember—or as Ms. Fekjar would say, "since the dawn of time." *The Loudspeaker* was started in 1926 and was named so for the megaphones people used when they "got up on their soap boxes." The original paper only had three columns in total and only pertained to what was happening in the school at the time, or "spot news."

The Loudspeaker has always had the goal of promoting school spirit and informing the student body of world, local, and school news and has performed this duty admirably since its first issue. We look forward to its continued success, both in print and digitally, in the future.

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

Chris Rodenhizer
Head of School

Westerly Roaring 20's Auction

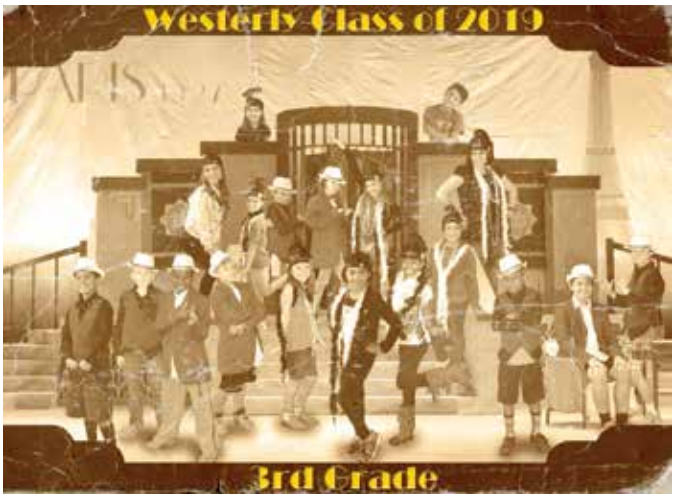
Westerly School was founded in 1993 upon the belief that every family in the community should have the option of an independent education for their children. This year marks Westerly's 20th Anniversary in Long Beach, culminating with its biggest celebration, The Roaring 20's Auction, Dinner and Dance. The always anticipated event took place Saturday, April 5, 2014 at the Long Beach Westin Hotel.

The Annual Auction raises funds that are used to fulfill the school's mission to develop each child's full potential intellectually, morally and physically. These funds bridge the gap between tuition revenue and the total dollars needed to provide the innovative programs necessary to a high-quality, independent school education. The event typically draws more than 300 guests, including parents, faculty, staff, grandparents, current and past members of the Board of Trustees, alumni, alumni parents and local community members.

This year's event paid tribute to Westerly's founding families with a special recognition ceremony and a video highlighting the school's milestones and achievements. Guests enjoyed a live and silent auction, dinner, swing dancing performances and jazz music. Attendees bid on fabulous live auction items such a weeklong stay in a beautiful beachfront house in Hawaii, a box suite to a One Direction concert, and the always-popular teacher adventures, including becoming Head of Westerly School for a day. The auction also includes one "Fund-An-Item," which is always a favorite of parents. Paddles went sky high to raise money for a new lighting system for the campus amphitheater. Past funded items include an incredible new play structure, shade covers for the school's amphitheater and Smart Boards for the classrooms.

Westerly's 20th Anniversary year also included several other festivities to honor the past and re-connect alumni families to the school. Last September, Westerly held a 20th Anniversary Celebration featuring presentations by founding families, local community members and alumni, followed by food and live music. The speakers reiterated the tremendous impact Westerly made on their lives as well as within the Long Beach community at large. In December, Westerly alumni and former faculty attended a holiday dinner on campus, where they reconnected with one another and thumbed through over twenty years of photos, yearbooks and memories.

The success of Westerly's students is a direct result of the vision of its ambitious founding families. As the only independent, nonsectarian K-8 school in Long Beach, Westerly has grown into a community committed to igniting a lifetime love of learning through project-based education, "real-world" application of concepts and ideas, service learning and a seamless integration of academics, art, music, foreign language and physical education.



In its 20th year, Westerly's 8th grade class continues to carry out the school's mission with a service-learning trip to Nicaragua this spring. Students will work with the Hope and Development Foundation, which provides education and vocational training to the local people so they can independently succeed. During this trip, students will utilize their Spanish skills while working collaboratively to complete a project. The funds raised at the Annual Auction allow Westerly to provide programs such as this that continue to inspire intellectual curiosity by combining academics with experiential, hands-on learning..

More on Westerly

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

Westerly School lives this mission by providing a challenging educational program that enables students to achieve academic success. The School is committed to building a strong self-concept, personal independence and social responsibility within a diverse student body. We believe that student involvement in the community and community involvement in the School are fundamental components of a complete education.

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Contest!!

This recycle boy is hidden 5 places in this publication. When you find it, email the **page numbers** to:
Kay@schoolnewsrollcall.com
(Please put LBUSD in the subject line)

Your entry must be received by May 10, 2014
From the correct entries, we will draw a winner to receive a $20 gift certificate redeemable at Barnes and Noble.

Congratulations Amy Schettini
The February Contest Winner!

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Be sure to check out our website for updates and more information at www.abycjrprogram.com

Week Long Summer Camps

This summer Long Beach Parks, Recreation and Marine can offer your child exciting experiences in engineering, sports, cooking, filmmaking and science in week-long camps that give kids a chance to explore many different interests.

The titles tell the story of all the fun that will be available for ages 6-12: Top Chef Cooking, Sand Castle Camp, Star Wars Camp, Hunger Camp, ages 8-12 (inspired by the Hunger Games series, but without the violence), Fort Building, Zombie Survival Camp, Harry Potter Camp, and Wipe Out Camp (ages 6-12).

Does your child like to build and create? Play Well Engineering Camps will let future engineers explore J edi Engineering (ages 5-6) and Jedi Masters (ages 7-12) based on the Star Wars movies, Lift Off Camp uses Legos to build flying machines (ages 5-6), and Robotics camp using Legos to build robots (ages 7-12).

Challenger Sport's British Soccer Camps will have young sports enthusiasts honing their skills. Brazilian Tetra Soccer for ages 3-4; Mini Soccer skill development (ages 5-6) and half days camps for ages 7-10 and 11-16 and full day camps for ages 7-16 will be offered. Other sports camps include Basketball (ages 6-12), Multi-Sport (ages 4-7) and Flag Football (ages 6-12).

Little mad scientists can sign up for Adventures in Science (ages 5-12); Crazy Chemworks (ages 6-12); Inventor's Camp (ages 5-12); Fun-Engineering Mix Ups and More shows ages 5-12 how to build skyscrapers, bridges and tunnels. Intro to Robots for ages 8-12 teaches the many uses of robots.

Budding young filmmakers will love the "Flix" camps where they can build confidence and bring their imagination and creativity to life. Flix Camps include animation, editing, filmmaking and Claymation. Ages. 7-13.

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.

2760 Studebaker Rd., Long Beach, CA 90815 • www.lbparks.org

Driving Is a Responsibility

Karley Cable

HAPPY SPRING! I am so glad that the days are finally longer and we are getting closer to summer vacation As a new driver, the freeways can be pretty daunting, especially during rush hour and driving is always a lot harder for me in the dark.

It was just over year ago that I got my driver's learning permit. As excited as I was to get behind the wheel, my first few driving lessons with mom and dad were a disaster. It was much harder than I anticipated and I wondered if I would ever be able to navigate my way around by myself without nearly running into something. Add to that the fact I live in a crowded, busy, beach community. Skateboarders and cyclists are constantly flying out from alleyways and tearing down narrow streets in the wrong direction. Young kids are can always be found playing in the streets. Animals are frequently running out into the road, and nothing is worse than trying to parallel park. You need to be very cautious. I'm glad I didn't give up on learning to drive because it is just like learning any new skill, it takes practice for it to become second-nature.

I have a lot of friends who are getting their driving permits this year and other friends that don't seem the slightest bit interested in learning to drive. I can understand where both are coming from. Driving is amazing! It is so empowering and it gives me such a sense of freedom. I finally feel like I am no longer a child. However, learning to drive does require a big time commitment and expense. Training courses can take a few months and they can be very boring, not to mention pricey. And, in addition to the training, you must put in a lot more time practicing behind the wheel with an adult.

Summer is an ideal time to learn to drive. The days are longer, and for most teenagers, school is not in session so there is more time to dedicate to learning.

If you are the parent of a teen nearing driving age, I imagine you might be thrilled if your teen has no interest in learning to drive, but I would recommend you encourage them to do it. Here's why: In order to get behind the wheel and drive, you must first pass a driver's permit written exam and complete a training course which usually takes a few months. Then, if you pass your exam and get your driver's learning permit, you must get professional "behind-the wheel" training as well as put in 100 additional hours of practice with an adult. This is a great opportunity for you to help get your teen off to a good start by practicing a lot with them. For most teens and their parents, this can be a very stressful time. Just remember, the more they practice, the better drivers they will be. By the time they receive their license, you will hopefully be very confident in their driving abilities. Plus, you will become a better driver as you realize how important it is to set a good driving example yourself.

Even after your teen has mastered the driving courses, and has met all the requirements to finally get their driver's license, they still need to go to the DMV and take a behind-the-wheel driving test. Some DMV's are very tricky. After driving countless hours in crowded cities with heavy traffic, I quickly learned that a green light means nothing if pedestrians are still crossing the street or cars are in the intersection. I can give you the names of twenty people, myself included, who failed their first driving test for slowing on a green turn arrow. That's an automatic fail!

Learning to drive is a rite of passage and the experience of teaching your teen to drive will no doubt provide many memories. The best part for parents is that once your teen starts driving, there is no better motivation for getting good grades, a job, and being responsible, like the privilege of driving a car. They can also run out to the store and grab a few things you need or fill the car with gas for you too! And while the thought of an auto accident is extremely scary, we can drastically reduce the likelihood of injury by wearing seat beats, obeying traffic laws and certainly NEVER TEXTING WHILE DRIVING.

I urge you to require your new driver to log onto my website:http://themadmovement.weebly.com and TAKE THE PLEDGE to never text and drive. You should take the pledge too! I would also love to hear your driving stories.

Karley Cable is a junior honors student at Woodrow Wilson Classical High School in Long Beach. She recently received her second President's Volunteer Award from President Barack Obama and was a state honoree for the prestigious Prudential Spirit of Community Awards for her "Don't Text and Drive/It Can Wait"campaign efforts. For more information on Karley and her campaign, visit her website: http://themadmovement.weebly.com

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Over My Garden Gate

Oranges and Life's Lessons

Nancy

I just spent a wonderful weekend with two little grandsons (ages 6 and 4) watching them enjoy and delight in what has become work for me after all these years at the ranch. The two boys loved climbing orchard ladders to harvest navel oranges. They picked themselves 5 twenty five pound bags to take home to sell. Aside from all the enjoyment they had they are learning some of life's lessons, i.e., where their orange juice comes from, the work involved in harvesting the fruit, the work and art of sales, and earning some of their own money. Not too bad for one morning in the outdoors, enjoying nature and spending time with their great grandmother, grandmother and parents.

…Planning vegetable garden beds for this year. It is getting more difficult to wait patiently for the frosty nights to pass before putting vegetables in the garden. The kale plants that were still in the garden went home with the boys for their garden beds (and hamsters, guinea pigs and rabbits). Young onion plants are up and growing and my experiment of growing potatoes in empty wild birdseed bags is proving to work, at least the plants have sprouted and are looking very healthy. I added more compost around the plants to encourage potatoes to set along longer stems. The plan is to continue "hilling" the potatoes by adding more compost as they grow taller, thereby increasing the eventual harvest of potatoes. By growing them in bags, I am hopeful I can get all of the potatoes out of the ground and not have sprouting veggies here and there.o

…Dealing with poor drainage in the back yard by putting in drains, moving a few blueberry plants and snapdragons.

…Enjoying vases of daffodils as well as groups here and there throughout the property. I plant them here and the gophers move them there, so you just never know where you will find a narcissus, jonquil or daffodil. In the summer there are mysterious plantings of gladiolas joining the "gopher planted gardens." The ranch critters provide me with new garden items annually. Right now I have two beautiful dogwood trees courtesy of the blue jays, the aforementioned bulb plantings, lavender plants, and a few olive trees.

….Marking time preparing for Spring! Garden catalogues! Planting plans!

Publisher's note: Nancy is a mother, grandmother, great grandmother, retired school board member, and community volunteer.Nancy is a rancher in Northern CA. I don't think I have ever known anyone quite as appreciative of nature as Nancy. She can stand in the middle of a field of weeds and find beauty in the gentle swaying of the tassels. At the end of her busy day, rather than settle down for a much needed rest, Nancy is preparing sugar water to not disappoint the hummingbirds the following morning. After much arm twisting, I convinced Nancy to share with our readers a few tidbits of her days on the farm. Enjoy!

Friends of Long Beach Animals

Hot Dogs are Not So Hot!

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

The hot summer's upon us, and it's a matter of life and death to protect our companion animals from the heat.

California Penal Code 597.7(a) states that it's illegal to confine an animal in an unattended vehicle without adequate food, water, ventilation, or protection from extreme temperature. These conditions could cause a pet's suffering, disability or death. Healthy pets can withstand changes of only a few degrees in body temperature for a matter of minutes before suffering permanent brain damage or death.

Pet owners who leave their animals unattended can be charged with misdemeanor animal endangerment and face up to six months in jail. If the animal dies, the owner faces felony animal-cruelty charges and up to three years in state prison. Furthermore, police will break a car window to free a hapless pet left in a hot car and will press charges against the owner.

A hot car? A hot oven? They're the same! Protect everyone's best friends: If you see a pet in a car on a hot day with no ventilation, call 911!

3815 Atlantic Ave., Suite 4, Long Beach, CA 90807 • 562/988-7647
www.folba.org

Betty's Friends of Nature

Betty Duncan-Goetz

Ollie the Octopus, Freddie Fish, Sammy Starfish, and Elmer Eel are all little friends of mine. They live in the sea in a beautiful place called The Great Barrier Reef. This "Coral City" is located near Australia. My husband and I were happy to visit there. We journeyed on a great ship and stopped near the reef. We put on our facemasks and flippers and swam out over the reef. We could see the homes of our little friends! They live in a truly marvelous place. It is so beautiful; it's breath taking!

Ollie and Freddie have many friends, and of course, they have some enemies. Ollie has a special way to protect herself. She has a small little gland or sack inside her body that is filled with a dark liquid. When she's trying to get away, she can spray out a large, dark mist that will hide her completely from enemies who want to make her their dinner!

Ollie and Freddie have many ways to make themselves invisible from their enemies. The great coral reef provides many "hidey holes" and small caves in which to hide. Sammy Starfish and his friends lie on a giant flat surface, sunning themselves under water in the filtered sunlight that penetrates the waters in a misty moving ray of golden light. They blend into the background and are almost invisible from above. Elmer Eel pokes his little head out of his home in the reef and he and Freddy Fish exchange greetings by touching noses. Visiting this great coral city beneath the sea was indeed a great pleasure for my husband and myself.

Squiggle the Wiggle Worm is another little friend of mine, but she does not live in the sea. Rather, she lives right here in my own back garden. She hatches from a tiny little silvery egg. She immediately starts to eat the green leaves and eats and eats until she is a very large, and quite lovely caterpillar, with many feet, a lovely striped body, and bright shiny eyes. She has a wonderful future ahead of her!

When Squiggle is not hungry anymore, she forms a bright green "crystal sleeping bag" all around herself and settles down for a great job ahead of her. Instead of sleeping, she is very, very busy. Slowly she is creating two beautiful, fragile wings. She folds them on each side of her little body. When she feels they are big enough, she very gently opens her tiny bright green crystal sleeping bag and gently crawls out onto the leaf. She does not eat, and very slowly breathes life into the folded wings. They slowly open, taking shape and feeling the air and sunshine. They have a soft powder covering them. When they are dry, she slowly lifts them until they can raise her little body. Then she flits away on her two beautiful wings.

Her journey and goal in life is still not over. Later, she will join up with hundreds and hundreds of other butterflies just like her and fly two thousand miles to South America. Those two beautiful wings will carry her over mountains, deserts, rivers, and lakes. She does not need a road map. She and all her lovely little winged friends know exactly where they are going. If you take the time to look and study, you will find that there are many little creature friends such as Ollie the Octopus and Squiggle the Wiggle worm all around us. These little friends are truly wonders of creation! I have written little stories about them but stories seldom tell all that can be known about them and their tiny companions.

When I attended University, I became interested in sea life. One of my professor friends encouraged me to write stories for young people. It was a job of love! I have written three books for children and two adult books. I am now a senior citizen, but I still enjoy writing. The wonders and beauty of nature fill my heart with awe and a desire to know more and more about this great, wondrous world in which we live.

As a small child, I drove my parents crazy with my constant questions. I wanted to know the why, when, where and how of everything. I am so grateful to my parents for providing me with many books, answering my questions, and encouraging my desire to know. They wanted me to learn and understand our natural world.

My mother used to bring a blanket out on our lawn in the evening and my brothers and sister would lie on it and observe the heavens, the shooting stars, the Aurora Borealis, and many other wonders of the night sky – even the lightning bugs (or fireflies as most people call them!). Jack, my older brother, seemed to have all the answers and never tired of talking about the stars and the universe in the vast space above us. My parents encouraged us to stretch our minds and learn about so many things.

I had three brothers and one sister. All were avid readers and lovers of books. We had a very nice library of our own and were taught how to look up things that interested us. There are so many, many things in this world that enchant us with wonder and amazement. We are so fortunate in this day and age to be able to find the answers to many of our questions using the Internet.

I keep looking and I keep wondering. I'll never stop learning! I hope your journey of knowledge will be filled with wonder, too.

Books by Betty Duncan-Goetz can be obtained by ordering from www.Trafford.com. Mrs. Goetz has written three children's books, *Ollie the Octopus*, *Squiggle the Wiggle Worm*, and *My Fuzzy Teddy Bear*. She has written two novels, *The Veil* and *Veils of Time, Shadowed Veils of Memory*. Mrs. Goetz is in the process of finishing another children's book. She was 91 on Valentine's Day.

Security of Your Credit

CathyLyn Brooks

I have been a subscriber to credit monitoring services for the past several years. I did not seek out this service. Rather it was "given" to me by my health insurance firm as they have "lost" my personal information 3 times.

With another recent breach in January, I sent this email to my clients and to my friends and family and I think it is really worth sharing with readers. You have a password to access your email. Why on earth we do not have a password to access our credit profiles is just beyond comprehension.

"Freezing your credit is the only thing that can fully protect you. Credit monitoring services only let you know you have a problem once it has happened and as we know from our recent family experience, it happens SO FAST once they get the data. If they only review the past 30 days activity...in 30 days it will be too late. In 10 days it will be too late.

Last year my mother's ID was stolen - we think via information she gave a doctor's office. My sister saved the day by literally spending HOURS and HOURS on the telephone with people from credit agencies and Amazon and Overstock.com and banks and credit unions and other firms - many of whom have service centers off-shore and huge telephone loops. Now, my sister is retired and is like a dog with a bone. She will see something she cares about thru to the end - thru walls of fire if necessary. The rest of us will likely hang ourselves in frustration.

As a result of this, we all "froze" our credit last summer. Now, after paying my healthcare premium last month on my credit card, data was again compromised and I had to cancel the MasterCard as I found fraudulent charges had been made. This week I got a letter that I had applied for a Best Buy credit card which I had not. It was denied - as I have frozen credit - so that was the end of that thankfully, and I have just been watching my credit card statements closely since.

I will now be sending in a check each month instead of paying by credit card - which was convenient, but would not be so if I had to deal with this fraud. If you plan to sign up for the new healthcare we have already heard that the data you provide will not be secure. I am not even in a government plan and they have lost it 4 times - that I know of. They had my name, address, date of birth and social security number. That is all they need to apply for credit.

I no longer put my social security number ANYWHERE and especially not on medical info. Just leave it blank. The doctors rarely read what you write on those forms anyway. Under surgeries...I always put too many to list and no one ever asks about that...which is true and frankly may be relevant to my care. No one has ever called me to ask for it in the past 12 years that I have been omitting it. There are other ways they can identify you or track you for collections. No doctor has refused me services either.

Now when I get to Medicare - if it is still there - I will be ID'd by that social security number. But my credit is frozen now, and will be then, so that is the best I can do. Banks and financial institutions have protocol to handle sensitive information; lenders and even property managers are bound by credit regulations to shred forms that have personal data on them. I am not sure that medical offices are as regulated as financial agencies are.

So please consider freezing your credit with the 3 credit firms. If you ever need to apply for credit, you simply call the 3 agencies and give your personal code to lift the freeze for whatever time you specify. At the end of the period, the freeze drops back on. So you just have to plan a bit if you need to buy a car or a house. WAY better than having to clean up a mess like we had.

There is a nominal fee for this and if you are over a certain age it seems to be free as there was no charge for my husband - who is older than I am - :)) - and it was about $10 for each for me. There is also a small fee sometimes to unfreeze, but this is SO worth it compared to the trouble and time that will be taken if your credit is breached.

Experian at 1-888-397-3742, www.experian.com
Transunion at 1-877-322-8228 , www.transunion.com
Equifax at 1-800-685-1111, www.equifax.com

I would also add that it is worth running a credit report on yourself from each before placing the freeze on the profile.

Call the Annual Credit Report service at (877) 322-8228 to request a free copy of all three of your credit bureau reports. Requesting a report online is helpful if you are not comfortable submitting your sensitive financial information online or via the mail.

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 Steet Realtors and can be reached at: 562/719-2530 or cathylyn@earthlink.net Comsumers should seek legal tax advice from professionals in each field.

Financial Tips-LBS Financial Credit Union

Jeffrey A. Napper
President & CEO

Successful Budgeting (Part 2)

Having a successful budget plan requires planning, discipline and determination. If you have a budget to follow, you know exactly how much money is coming in and how much money is going out. It's important to stick to your goal to experience the long term rewards of budgeting.

Share Your Goal: It's important to share your goal with your family to make it successful. Each family member can share the responsibility of reaching your goal and cutting back on unnecessary expenses. If the entire family is supportive to make it successful, it will make a significant difference.

Pay Down Debts: Pay as much as you can on the debt with the highest interest rate. Make the largest monthly payment you can afford and not just the required minimum amount. Paying the monthly minimum payment may only cover finance charges and it will take longer to pay off your debt.

Wise Choices: Be wise with your choices. Distinguish what is a want and what is a need. Prioritize what you really need before making unnecessary purchases.

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