

FREE

School News



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

Volume 15, Issue 114

www.SchoolNewsRollCall.com

June / July 2014



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Kay Coop
Founder/Publisher



Netragrednik

Congratulations Class of 2014!

Laura Dowd, City Auditor, writes in her article on page 5 about the American spirit and her experience running the Boston Marathon as the entire city and visitors joined together one year after the tragic bombing.

As we go to print the election results are not tallied; however, regardless of the outcome, I want to thank Dr. Robert Garcia for his valued content in *School News*. We have been publishing for 15 years and former Mayor O'Neill never missed writing in *School News* and Dr. Garcia has continued with his support of education and contributing for our readers. Also, throughout the

years each of the City of Signal Hill mayor's have always contributed to *School News*.

In this issue on page 4 Mayor Wilson writes of the importance of being mindful of safety during the summer heat. Continuing on the topic of safety, City Prosecutor Douglas haubert shares with you the "Safe Long Beach" plan.

The LB Dept. of Health and Human Services writes on page 6 about healthy swimming tips and Miller Children's & Women's Hospital LB discusses the subject of morning sickness suffered by pregnant women.

Christopher Steinhauser, Superintendent of Schools, shares school finances resulting in a brighter future for students.

School News

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**Covering the
LONG BEACH UNIFIED SCHOOL DISTRICT
...AND MORE!**

FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES: Heidi Guiol
562/493-3193 • Fax: 562/430-8063
heidi@schoolnewsrollcall.com

CONTENT COORDINATOR: Barbra Longiny

GRAPHIC DESIGNER: Meshel Negrete

COPY EDITORS:

Lisa Brock, Kate Karp & Anna Zappia

CONTRIBUTING CARTOONIST:

Netragrednik by Neta Madison
P.B. & Chim by Robin Auwerd



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Relax...and Read

It's almost summer time, and for most of you, that means the end of the school year and a new chapter in your lives. The summers of our youth can be the best times of our lives—time to play, to be with friends and family, and to enjoy the great outdoors. Summer vacation should be a fun, memorable time, and we're all so lucky to live in a city that offers so many great summer activities, from swimming and boating, to visiting our world renowned aquarium, to hiking in the El Dorado Nature Center.

Dr. Robert Garcia
Vice Mayor
and Joint Use
Committee Member

It's easy to forget all about school, but research shows that students who don't stimulate their minds over summer vacation can quickly fall behind in the fall. As an educator, I've seen this happen even at the college level. Students who don't engage in any mental stimulation over the summer often have a hard time getting back into their school work, while those who do engage their minds find the transition much easier.

That's why I want to encourage families to spend time this summer with your favorite books. Reading is a fun, relaxing activity that the family can do together at home, on the road, at the beach, or anywhere else your summer takes you. There's truly nothing I enjoy more about summer break than reading a good book under a tree or at the beach. And the great news is that reading for pleasure is one of the best ways for students to stay sharp in preparation for the next school year.

It's fun, it's a family activity, and it gives students an advantage when they return to the classroom. What other activity is so pleasurable and offers such rewards?

I hope everyone will pick out a few good books for the summer and have a great time with your families relaxing and learning together.

Go Long Beach!

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www.longbeach.gov



Safe Summer Days

With summer approaching, it's time to think about staying safe and healthy in hot weather. Here are some tips from the National Weather Service Forecast Office to keep adults, children and pets safe during those long summer days.

Ed Wilson
Mayor

Stay indoors and out of the heat as much as possible. Only two hours a day in an air-conditioned space can significantly reduce the risk of heat-related illness. Your local library offers relief if your home is not air-conditioned. Remember, electric fans do not cool, they just blow hot air around.

Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by wearing a wide-brimmed hat. Use a sunscreen with a high SPF (sun protection factor) rating.

Drink plenty of water. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration

Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and yard work when it heats up. The best times for such activities are during early morning and late evening hours.

Do not leave children or pets in a closed vehicle, even for a few minutes. Temperatures inside a closed vehicle can reach 140°F-190°F degrees within 30 minutes on a hot, sunny day. However, despite this common sense rule, deaths from heat occur almost every summer when someone leaves a child in a closed vehicle. When outdoors, protect small children from the sun, their skin is sensitive.

Help your pets keep their cool. It will "feel" as hot for them as it will for you. Be sure your animals have access to shade and a water bowl full of cold, clean water. Dogs don't tolerate heat well because they don't sweat. During summer heat, avoid outdoor games or jogging with your pet. If you would not walk across hot, sun-baked asphalt barefoot, don't make your dog walk on it either. Dogs can get blisters on their paws from hot pavement.

In your house, hang shades or draperies on windows that receive morning or afternoon sun. Keep lights turned down or turned off. Avoid using the oven.

Be safe and enjoy your summer!

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on page 14?

City of Long Beach, City Prosecutor



Douglas P. Haubert
City Prosecutor

Safe Long Beach – A Plan

The City of Long Beach took a step toward making its neighborhoods, schools, and shopping areas safer with the adoption of its first Violence Prevention Plan.

The newly approved Violence Prevention Plan, called “Safe Long Beach,” was 18 months in the making. The City held public meetings, studied other plans, formed a steering committee comprised of law enforcement, prosecutors, local nonprofits and other stakeholders, and even hired consultants from the National League of Cities to help.

Tracy Colunga, the City’s Violence Prevention Coordinator, shepherded the plan from concept to conclusion. The result is a community-based strategy to reduce and prevent violence locally. The plan is organized under three categories: Safe Families, Safe Schools, and Safe Communities.

Now, it’s up to the City to implement the plan. Simply having an approved plan created by stakeholders is a “win” for the City because it will help Long Beach compete for valuable state and federal grants.

“If you have an adopted violence prevention plan you go right to the top of the stack. It’s a good thing to have,” said Angela Reynolds, Long Beach’s Development Services Deputy Director.

The first step in creating the plan was to evaluate existing resources by having everyone share information about what services they provide. As a result, the City now has a catalogued list of governmental agencies, nonprofits, educational institutions, and others who potentially can coordinate services and support each other’s efforts.

The part of the plan devoted to “Safe Schools” notes that schools have a significant role in violence prevention: “In the classroom, students can thrive, take advantage of opportunity, and achieve their highest potential. Research shows that student engagement in schools decreases the likelihood of criminal involvement, drug use, gang activity, and becoming truant or dropping out of school.”

Truancy, of course, can be a predictor of future crime. As set out in the plan, “Truancy is often the first sign of a series of antisocial behaviors that lead to negative personal and developmental outcomes.”

“Truancy also negatively impacts the community. Daytime crime rates, particularly vandalism, shoplifting, residential burglaries, gang violence, and interracial tensions, have been shown to increase in areas where truancy is a common problem.”

This isn’t new information. Police, prosecutors, and school officials have been focusing more on reducing truancy and juvenile crime for the past few years with some success. For example, this violence prevention plan comes at a time when Long Beach is celebrating its lowest violent crime rate in history. In 2013, Long Beach had fewer violent crimes than any other year since 1970.

But there is more work to do. Long Beach still does not have all the answers, but it now has a plan.

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City of Long Beach, City Auditor



Laura Doud
City Auditor

Our American Spirit Shines Strong

Summer in Long Beach – there is almost nothing better! It is a time to barbeque with family and friends, enjoy our parks, beaches, beautiful waterfront and all that our great City has to offer!

When I think of summertime, the first thing that comes to mind is the 4th of July – one of my favorite days of the year. In 1776, on that day, the Declaration of Independence was signed by 55 men at Independence Hall in Philadelphia, marking America’s freedom from Great Britain.

I was reminded of our country’s rich and heroic history earlier this year when I traveled to Boston to run the Boston Marathon, the first race since last year’s tragic bombing that left many innocent people dead and others injured. This run through the streets of Boston on Patriot’s Day was one of the most inspirational days of my life as an entire city, nation, and people throughout the world united to show strength and determination to triumph over adversity.

As I passed near Boston Harbor on the 26.2 mile journey, I couldn’t help but think of those courageous colonists who risked everything to fight for the freedom we now enjoy. On a chilly December night in 1773, about 200 men bravely boarded cargo ships to dump tea into that Harbor. Their willingness to sacrifice everything for the chance of independence was a turning point for America. Many historians believe that it was this event -- the Boston Tea Party – that sparked the American Revolutionary War, and led to the establishment of American Independence.

Nearly two and a half centuries later, as one of about 33,000 marathoners running shoulder-to-shoulder through historic Boston streets, I reflected on the preciousness of our freedom. America’s independence and spirit are still very strong and alive!

So, as we all enjoy our 4th of July barbeques, fireworks, summer activities, and vacations, let’s pause to reflect on the gift of freedom from our Founding Fathers and remind ourselves how blessed we are to live in this great country.

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Healthy Swimming Tips



Dr. Mitchell Kushner
City Health Officer

Summer is fast approaching and many of our residents will be enjoying swimming and other water-related activities. While these activities are excellent ways to get physical activity and health benefits, there are a few precautions we should all keep in mind while visiting pools, spas, oceans and bays. Each year, people become sick from swimming in contaminated recreational waters including swimming pools, spas, water parks, lakes, rivers, and the ocean. Symptoms, such as gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections can occur. However, the most commonly



reported recreational water illness is diarrhea. Diarrheal water illnesses are most commonly caused by *Cryptosporidium* and *E. coli*. Practice these steps to protect yourself and others this summer:

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow pool/recreational water. Try to avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- Take your kids on frequent bathroom breaks and check diapers often.
- Change diapers in a bathroom or designated changing area and not at the poolside. Germs can spread in and around the pool.

The Long Beach Health Department checks all public pools and spas annually for compliance with required safety and sanitation standards. In addition, weekly water samples are taken at 15 recreational beach locations and tested for bacteria. These results are posted on the Health Department's website and reported to the lifeguards and other agencies. Remember, you share the water with others and you need to do your part to prevent the spread of germs and other contaminants that cause recreational water illnesses.

For more information on sampling results visit our website at http://www.longbeach.gov/health/eh/water/water_samples.asp or <http://www.cdc.gov/healthywater/swimming/injury/index.html>
2525 Grand Ave., Suite 106, Long Beach, CA 90815
www.longbeach.gov/health/

The City of Long Beach Department of Health & Human Services reminds everyone to stay safe this summer!

- **On hot days, stay cool, stay hydrated, and stay informed**
 - ◆ Check on family, friends and neighbors, and visit the Health Department website for information on extreme heat alerts and preventing heat-related illness
 - ◆ Cover up with clothing and a hat, use sunscreen with at least SPF 15, and wear sunglasses when outdoors, especially in the midday sun
- **Do your part to keep germs out of the pool when swimming**
 - ◆ Don't swim if you have diarrhea, don't swallow pool/recreational water, take a shower before swimming, and wash hands after using the bathroom or changing diapers
- **Protect yourself and family members from mosquitoes, ticks, and fleas, which can transmit diseases such as West Nile Virus**
 - ◆ Use a repellent when outdoors and rid your yard/patio of standing water
 - ◆ Keep your pets on a flea and tick program
- **Grill Safely!**
 - ◆ Use a meat thermometer when grilling—ground beef needs to reach an internal temp of 160° F
 - ◆ Be sure to keep cold foods cold and hot foods hot



Department of Health & Human Services For more information, visit us at www.longbeach.gov/health
2525 Grand Avenue
Long Beach, CA 90815
(562) 570-4000



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Severe Morning Sickness Poses Problems for Mom & Baby



Michael Nageotte, MD
Associate Chief
Medical Officer,
Miller Children's &
Women's Hospital
Long Beach

The majority of pregnant women suffer from some type of morning sickness, but nearly five of every 1,000 women develop severe nausea and vomiting. Also known as hyperemesis gravidarum, severe morning sickness can cause such extreme weight loss and dehydration that the health of the mother and the baby can be jeopardized.

Morning sickness usually begins around the sixth week of pregnancy, but disappears around weeks 16 to 18. While some morning sickness is considered normal, intense vomiting and nausea are not.

Risk factors for hyperemesis are carrying multiples, a history of motion sickness and migraines with nausea/vomiting. The intense vomiting results in a loss of nutrition for mom and baby and can be very harmful.

At Miller Children's & Women's Hospital Long Beach, the high-risk pregnancy care team works with women suffering from hyperemesis to provide an individualized treatment plan. Most patients feel better within hours of receiving therapy, stop vomiting after one day and are back home from the hospital after a second day.

If you are pregnant and suffering from severe morning sickness, don't ignore it. Call your doctor immediately to determine the next steps to take to keep you and your baby healthy and receiving the necessary nutrients.

Signs of hyperemesis include:

- Nausea with severe vomiting
- Inability to keep any food down
- Fainting or dizziness
- Recurrent headaches
- Consistent nausea that makes it impossible to eat or drink
- Dehydration from vomiting
- Weight loss
- Decrease in urination
- Extreme fatigue



Our specialists are the leaders in both mom and baby's health care.

Kristha's Type 1 diabetes made her pregnancy high-risk. She was monitored 24/7 in our Perinatal Special Care Unit for nearly 50 days. Three weeks later, Michael was born and taken to our level III Neonatal Intensive Care Unit – just steps away from Kristha. Today, Kristha and Michael are healthy and enjoy their special bonding times.

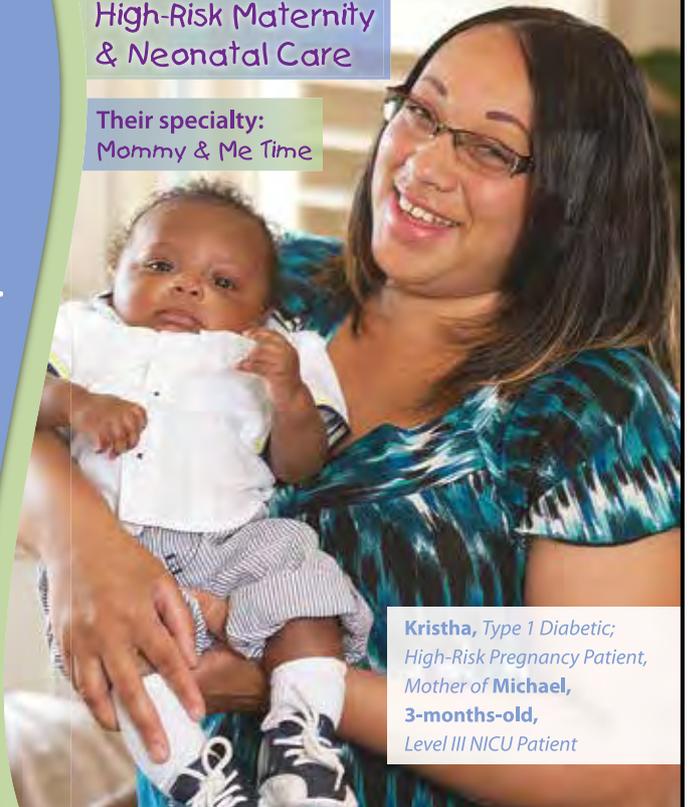
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Kristha, Type 1 Diabetic;
High-Risk Pregnancy Patient,
Mother of **Michael**,
3-months-old,
Level III NICU Patient

Leadership Long Beach

Amazing

By Alexis Sandoval, Long Beach State
Sophomore, Renaissance HS Class of 2013,
YLLB Class of 2012 / YLLB Chair 2013

We live in a world filled with great opportunity, but whether or not we decide to take advantage of the opportunities is our own choice. As a high school junior, I was presented with the opportunity to join Youth Leadership Long Beach the best decision I made throughout my high school career. Youth Leadership Long Beach (YLLB) gives students the chance to enhance their leadership skills, while establishing friendships and networks that would be nearly impossible for a student to do without participating in the program.

Summing up my experience with YLLB in one word: AMAZING! From morning hikes in Big Bear to monthly Saturday sessions to community events, Youth Leadership Long Beach has created a lifetime of memories. I was able to meet, learn and network with prominent community members. YLLB has opened several doors for me, and I have been exposed to great internship and scholarship opportunities.



The author and her Youth Leadership Long Beach Class of 2012 classmates at their Leadership Retreat weekend in Big Bear.

My participation in YLLB has also helped me establish amazing friendships. In the beginning you may be surrounded by strangers. But, when the Youth Leadership Long Beach graduation arrives, you are no longer be surrounded by strangers; you are all YLLB family. YLLB is an amazing, indescribable program. The only way to truly know the program's heart and character is to actively participate in it. Don't let a great opportunity slip by you and join the Youth Leadership Long Beach family today!

Youth Leadership Long Beach is a free program for high school sophomores and juniors to learn more about their city as well as "discover the leader within." The 2015 program begins in October; applications are due June 6th (available at www.leadershiplb.org). Youth Leadership Long Beach is operated by Leadership Long Beach, celebrating its 25th year of informing, activating and connecting community leaders to more meaningfully serve Long Beach.

www.leadershiplb.org or www.facebook.com/leadershiplongbeach
743 Atlantic Ave., Long Beach, CA 90813 • 562/997-9194
www.leadershiplb.org

Rancho Los Alamitos

Summer at Rancho Los Alamitos

By Pamela Seager, Executive and Project Director

Rancho Los Alamitos is open for tours Wednesday – Sunday, 1 - 5pm. (Enter through the residential security gate at the intersection of Anaheim and Palo Verde.) Admission is free. September 16 – October 9, 2014 from 9:30 a.m. - Noon, Tuesday and Thursday mornings Docent Training.



Docents lead tours for adults and children alike.

Rancho Los Alamitos docents share with visitors the story of the ranch, the people and the landscape over time, from the earliest Native American period through to the present, looking at what has changed and what has stayed the same and why. Call Teresa Barbee to learn more or to register for docent training.

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

Arts Council for Long Beach

Keeping the Arts Alive in the Summer

By Kylee Yocky, Director of Arts Learning

The end of school is quickly approaching for Long Beach students. For them, summer vacation means a time to sleep in and a time to just have fun. For parents, it means 2 1/2 months of finding ways to keep their children busy. There are always the traditional activities like going to the beach or park, but what about art activities? Research finds youth who participate in such programs are less likely than their peers to engage in delinquent and violent behavior or exhibit behavioral and emotional problems. Long Beach offers plenty of opportunities to keep the arts a part of a child's life even during the summer. Parents and care givers are encouraged to check out local museums, such as Long Beach Museum of Art or the Latin American Museum of Art and see what summer opportunities they offer for youth. Also, local arts organizations and businesses like Art Exchange, ArtSmart Studio for Kids, and Averyboo Arts offer summer workshops for kids. So, when it comes time to planning the summer itinerary, be sure to take advantage of the local art opportunities throughout Long Beach.

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What's Your Passion?

Alex Shewchuk: In Every Sense, a Trouper



Kate Karp

Mr. Shewchuk has been an all-around volunteer at the Long Beach Playhouse (LBPH) since May 2012, starting out as an usher and quickly moving to a lead role onstage. He regularly serves as assistant stage manager, usher, flier distributor, opening-night-gala volunteer, cleanup guy and dishwasher. And, of course, an actor.



Alex Shewchuk

"Theater is one of the best ways to tell a story, and I love stories," Mr. Shewchuk said. "You see people going through life in the most extreme ways possible. That's what life is—a struggle—and that's what the theater is—a struggle."

A recent experience shared by both Mr. Shewchuk and Ms. Wright describes such a struggle, both life and theater, when LBPH's patron-services manager, Brian Kanup, passed away suddenly.

"I couldn't execute my job specs that evening—I was grief-stricken," Ms. Wright said. "Alex knew, and the moment he found out, he pulled his professional ability together and helped house-manage. He really stepped up for everyone."

At this writing, Mr. Shewchuk is rehearsing for George Bernard Shaw's *The Philanderer*. "I'm assistant stage manager, light- and sound-board operator, and have a small role—four lines. I haven't had a break since May 2012!" he said with a smile of absolute delight.

Yes—a trouper in every sense!

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

Merriam-Webster gives two definitions of *trouper*: "a member of a troupe, especially actor" and "a person who deals with and persists through difficulty or hardship without complaint." All that's missing is a photograph of Alex Shewchuk.

"The coined term of being a theater person is someone involved onstage," said Halley Wright, LBPH's volunteer director and house manager. "Not only does it not end for Alex, but it goes on and on. It's amazing to have a volunteer willing to help in every aspect in order for us to thrive. When we need a body, he says, 'Oh, how can I learn?'"

Mr. Shewchuk, 21, is a Millikan graduate and attends Long Beach Community College, where his passion for theater was fueled by a basic acting class he took.

Friends of Long Beach Animals

Control—Safety

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

We see many owners walking their dogs on a "retractable" leash in the misguided belief that it affords them freedom. The facts prove otherwise.

This kind of "freedom" translates to lack of control. The thin line can tangle around the dog, the owner, other pedestrians and other dogs. The retraction is not strong enough to stop a bolting dog, and it causes severe rope burns and cuts to the owner's hand as he or she tries to stop the dog.

The "brake" button is slow and cumbersome, and several cases have been reported in which a finger was actually amputated in this way. It can also cause serious injury to the dog's neck and back when he reaches the end of the line and is jerked back by his own momentum.

In 2007, there were 18,564 hospital-treated injuries reported, and 23.5 percent involved these leashes, according to the Consumer Product Safety Commission.

Let us go back to the old, regular static leashes—sometimes "old" is better—of not more than six feet long, which will give the necessary safety and control for both partners.

And save a few fingers at the same time.

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Long Beach Junior Crew

Among the In the Country

By Brian DeRegt, Women's Varsity Coach

Long Beach Junior Crew has once again shown that it ranks among the best junior rowing programs in the country, earning an impressive eight bids to the invitation-only Youth National Championships. The next closest program, perennial National Champions Oakland Strokes, qualified six. While many know rowing as an East Coast-dominated sport, the reality is that junior rowing in the Southwest is competitive enough that the victor at the District Championships is often viewed as the favorite for the National Championships.



On the men's side, the Varsity Boys showed that they're the team to beat in the M4+, continuing their undefeated season that includes victory at the prestigious Head of the Charles Regatta in Boston. They were also victorious in the M2-, won a silver in the M4x, and a hard-fought bronze in the M8+ against defending National Champions Marin, and surprise victors Oakland Strokes. In addition to winning these medals, the Lightweight 8+ was a close fourth, as was the Novice 4x+, showing that next year's champions are always in the works.



The Varsity Women also had a successful regatta, highlighted by a dominating performance by the Lightweight Women. LBJC won their heats and finals in all three lightweight events offered, including a large 13-second win in the LW2x, a controlled wire-to-wire win in the LW4+, and a real nail biter in the LW8+, with the girls emerging victorious just at the line over defending National Champions Oakland Strokes. This is the first time a program has swept the lightweight events. A young W4x also qualified for Nationals with a bronze medal performance. In addition to the Varsity's performance, the Novice women qualified for five finals, including a silver medal in the NW4+, and bronze in the NW8+A, NW8+B, and NW4x+. The future is bright!

Rowing is the fastest growing sport in the country, with ample scholarship opportunities for athletes of all backgrounds. This year's senior class will be attending Stanford, Princeton, University of Washington, University of California-Berkeley, SMU, Fordham, US Naval Academy, Cornell, Univ of Wisconsin, Boston University, George Washington University and many more. If you, your child, or someone you know is looking for a new challenge, or perhaps just hasn't found the right sport yet, check out LBJC at longbeachjuniorcrew.org, or our facebook, call for more information at (562)309-7900, or swing by the boathouse at 5750 Boathouse Ln, Long Beach, in historic Marine Stadium.

From The Boathouse

Ferocity in Rowing/ Running

Hannah Levy and Brianna Wynn are two unique individuals who had one common goal: to run a full marathon before the end of their senior year in high school. Hannah and Brianna have rowed for the Long Beach Junior Crew (LBJC) program for about five years and have used running to cross-train for rowing. They are both two-time San Diego Crew Classic Lightweight 8 Champions, and they have also been to the US Junior Nationals for rowing. Brianna has fifth-place and 11th-place titles in the Lightweight 8,

coaching staff has taught them the value of teamwork and work ethic through their daily workout experiences on the crew team. Being recruited to Stanford University and University of Wisconsin proves to Hannah and Brianna how much rowing has done in their lives. Their work ethic and motivation are outcomes of the LBJC rowing program. At Stanford, Brianna will be able to stretch even farther beyond her limits and once again use crew to make a name for herself as someone who is ambitious and driven. Brianna found the perfect place for her at Wisconsin and is over thrilled to be on one of the best lightweight teams in the country. It is a perfect fit for the amazing dedication she has to crew.

The goal of running a marathon arose from their love of running together. Hannah and Brianna bonded over the mileage they put in during training. They ran two half marathons last year and decided it was time to push themselves. They trained throughout the summer and into the fall. Their experience at the Huntington Beach Full Marathon was pure pride. They progressively went faster with each mile and never hit "the wall" because of their conditioning. In fact, they were both smiling the whole time. They finished hand in hand, sprinting across the finish line together, and it was a moment that they will never forget. And this achievement was even more amazing considering they raced a 2,000-meter rowing test the day before!

This summer the girls plan on training together and running in the San Francisco Marathon. Hannah also hopes to work as a lifeguard and has aspirations to go on a hiking trip with two other rowers.

On a daily basis, these young women show perseverance and determination through physical fitness and mental toughness. Their dedication and work ethic should be an inspiration to all junior athletes.

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



Brianna Wynn and Hannah Levy.

and Hannah has a sixth-place title in the Varsity 4 and a bronze medal in the Lightweight 4 at US Junior Nationals. They placed fourth in the women's Varsity 4 at The Head of the Charles in 2012, the most prestigious and largest rowing race in the world!

These young women have gained a great deal of knowledge from the tremendous LBJC coaching staff, including 2012 Olympic Rower Peter Graves, 1984 Olympic Rower and Head Women's Coach Alfredo Montenegro, and US National Rowing Team Member Tom Graves. This amazing

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Long Beach Parks, Recreation & Marine

Summer Fun Days

This summer Long Beach parks will be open for "Summer Fun Days," a program of free drop-in (non-custodial care) recreation activities for youth including sports, games, arts and crafts, and special events. From June 16 through August 29, the following parks will be open for at least six hours of activities:

Admiral Kidd, Bixby, Chavez, Cherry, College Estates, Coolidge, Davenport, DeForest, Drake, El Dorado West, Houghton, MacArthur, McBride, King, Miracle on Fourth, Pan American, Ramona, Scherer, Seaside, Silverado, Somerset, Stearns Champions, Veterans, Wardlow, and Whaley Parks, and the Freeman Community Center.



tournaments, arts and crafts, movies, field trips, and sports in a safe, positive environment. See the activity calendars at www.longbeach.gov/park/recreation/after_school_activities/parks.asp.

In addition, Admiral Kidd, Drake, Houghton, Scherer, Seaside, Silverado Parks will be open for additional hours

in the evening as part of "Summer Activities in a Friendly Environment," Be S.A.F.E. program.

The Be S.A.F.E. program serves neighborhoods by keeping parks open later Monday through Friday throughout the summer and offering classes, sports, games, tournaments, recreation and fitness activities and Long Beach Library programs. Activating parks in the evening hours helps to reduce violence and support positive youth development.

The Be S.A.F.E. Program is provided with support from the Long Beach City Council. For more information, call 562-570-3150.

For addresses and daily activities, visit www.lbparcs.org or call (562) 570-3111.

2760 Studebaker Rd., Long Beach, CA 90815



The Department's teen centers at Chavez, Houghton, McBride and Silverado Parks give teens a place to call their own and enjoy activities such as cooking, computer lab, game

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Aquarium of the Pacific

Endangered Animals from So. Cal to the South Pacific

By Adrian Samora, Media Relations Coordinator

The dodo, the Steller's sea cow, and the Great Auk, all have something in common. These animals no longer exist on this planet. Extinction is the ultimate end for an animal species, and there are still so many more creatures out there on the verge of disappearing forever, but humans can help save them. The colorful Guam Kingfisher once thrived in the wilds of the Micronesian Islands. But when World War II broke out, freighter ships that carried supplies brought a stowaway: the brown tree snake. This invasive species decimated the Guam Kingfisher population to the verge of extinction. Wildlife officials removed the last remaining birds to captivity to ensure their survival.

The endangered Southern California steelhead begins life as a rainbow trout. But something mysterious happens as they grow. Some migrate to the ocean and become steelhead. Many changes have been made to waterways over the decades: dams block the flow of natural rivers; pollution has entered watersheds; and now severe drought impacted water levels. The steelhead is an indicator species that can show the difference between a healthy and unhealthy ecosystem.

The nonprofit Aquarium of the Pacific is proud to house these two species and others in new habitats. The Aquarium is one of the facilities participating in a national breeding program with the goal of returning the Guam Kingfisher back into the wild. The Aquarium is also working with partners to learn more about the mysterious process of how some rainbow trout change into steelhead. Visitors are welcomed to see these rare creatures up close and learn more about their lives and ecosystems and how we can protect these animals from extinction during the Summer of Wonder at the Aquarium of the Pacific.

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

Dive into Day Camp at the Aquarium of the Pacific



Treat your child to day camp at the Aquarium of the Pacific this summer! Children as young as three will experience the wonder of marine life through hands-on activities, games, crafts, experiments, tours, animal interactions, and more.

For more information call **(562)951-1630**
or visit aquariumofpacific.org/education.

On The Run

What are Minimalist Shoes?



Dr. Doug Richie

A fashion fad sweeping the country involves the wearing of minimalist shoes or so-called "barefoot" shoes for casual and sporting activities. These lightweight, comfortable and very stylish athletic shoes are being worn not only for running but for aerobics and Zumba® dance classes. While these shoes initially feel great and appear to

provide adequate cushion, people should be careful when wearing minimalist footwear for fitness conditioning.

Minimalist or barefoot shoes have no stability in the arch or sole of the shoe. They bend easily across all sections of the foot. For individuals who have weak arches, minimalist shoes place a greater strain across the ligaments of foot and can increase the risk of injury. As minimalist shoes have a very low heel height, there is greater strain on the Achilles tendon and risk of injury to this structure is increased.

Some people who are blessed with perfect, stable feet can get away with wearing minimalist shoes for sport and fitness activities. However, the vast majority of us are not so blessed and we must count on the support of standard footwear when running and working out.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451

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Summer is Edu-tivities Time



Susan D. Marshall

Typically I write to address the parents, but this is for you and your children. Soon we will all be thinking, "Hooray! School is out!" This is the time to swim, play sports, and enjoy some R&R.

One question though: Have your children ever wanted to study sea animals or to learn to play an instrument but there just isn't enough time during school to do it? Maybe they wanted to learn about rockets, how to cook or sew, the choices are endless!

Kids: Now is your chance to learn about what you are interested in, to discover and to explore things that YOU have always wanted to find out about. Now is the time to satisfy YOUR curiosity.

Simply stagnating for 3 months will eliminate some of the knowledge your children gained throughout the year. As a parent, I always wanted to cultivate my children's desire to learn and explore. If they were interested in something we would research that subject, learn all we could and then do an activity related to their research. Sometimes time is not on our side but I found that having a membership to museums, the zoo, or an amusement park would allow us to explore for a shorter amount of time on days throughout the year would allow us to gain more access and a better experience than trying to fit all of the attractions into one day.

The benefits of membership at different venues stretch far beyond simply the ability to visit the various attractions. They typically have special member only classes for the children, discounts for behind the scenes tours, and much more. If money for a family membership sounds out of reach there are FREE activities to be found.

Of all the venues for learning opportunities, the best place is still your local library. Before you say "sounds boring..." ask yourself when was the last time you went? Library cards are FREE! You can get videos, music, even find books that can rock your world. There is story time and other shows at many libraries, but you won't know about them until you look. Plus, the knowledgeable librarians will help you on your quest, showing you the right sections to find the information you need.

Who will you be at the end of summer? It's up to YOU...

Note to the college bound: Your summers are as important as the school year. Stay competitive, be productive.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com

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Contest!!

Mr. Ruler is hidden in two places somewhere 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 July 15, 2014
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Congratulations **Thias Miranda** winner of the April contest!

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California State University Long Beach



Donald J. Para
Interim President

Among the Nation's Best

In its ratings using the Obama administration's criteria of assessing schools, *Time* magazine has listed California State University, Long Beach (CSULB) among the top 10 best value colleges and universities in the nation based on graduation rate, tuition costs and percentage of students who receive Pell Grants, the federal low-income scholarship.

The magazine gathered data for 2,500 campuses across the country and ranked them according to the White House's proposed metrics.

"This newest ranking is another confirmation that Cal State Long Beach is among the nation's best values in higher education," said CSULB Interim President Donald J. Para. "We offer our students a high-quality, low-cost education. And, no matter what the criteria, different publications continuously recognize us as one of the country's best value institutions, whether it be *Time* magazine, *Kiplinger's Personal Finance* magazine or the *Princeton Review/USA Today* rankings."

UC Riverside topped the list at No. 1 as it scored the highest in the *Time* simulation of President Barack Obama's proposed college ratings scorecard. Three other UC campuses were also in the top 10—UC San Diego at No. 2, UC Irvine at No. 4, and UC Davis at No. 6. CSULB was the

only CSU campus in the top 10. The next two CSUs ranked were Fresno State and CSU Stanislaus, which were listed at No. 21 and 22, respectively.

All of the data used in the *Time* ratings comes from the Department of Education's Integrated Postsecondary Education Data System. Each school is evaluated according to its six-year graduation rate, the percentage of full-time, first-time undergraduates receiving Pell grants and the net cost for students receiving any form of aid whose families make less than \$110,000 a year.

The Obama Administration announced its plan to assess schools on how well they serve their students using this criteria last year, which has created some apprehension at some institutions across the country. Some college presidents believe the ratings proposed by the White House will not reflect the true value of their institutions. Administration officials, on the other hand, note that too many below-par schools are raking in federal student loan dollars while not worrying about whether or not their students graduate.

By rewarding both accessibility and graduation rate in its ranking, the White House system also will prevent institutions from boosting their graduation rates by not admitting students from low-income backgrounds, who are less likely to graduate.

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

Long Beach City College



Eloy Ortiz Oakley
Superintendent-
President

Students Named to Academic Team

Three Long Beach City College (LBCC) students were honored recently in Sacramento as members of the Phi Theta Kappa All-State Academic Team. LBCC Biological Sciences major Christopher Soriano was one of 26 students named to the All-California Academic Second Team and fellow Vikings Peter Kenji Lopez and Kristen Payne were named to the Third Team. The three represent the top 76 students in the

California Community College system, which enrolls more than two million students annually.

"It was by far the greatest experience I have had so far in my collegiate career," Soriano said of the day. "It was inspirational to see the diversity of students from different backgrounds being recognized for their

achievements. I was proud to be a representative of LBCC at this event and hope to inspire other students to strive for their dreams."

Christopher Soriano plans transfer to this fall to earn his Bachelor's Degree and then continue his education in medical school to become a physician. Peter Kenji Lopez is studying business administration at the University of Southern California after successfully transferring this spring 2014 from Long Beach City College. Kristen Payne is majoring in both accounting and communications at LBCC with plans to pursue her B.A. degree and master's degree after LBCC.

"Long Beach City College is very proud of Christopher, Kristen and Peter," said LBCC President Eloy Ortiz Oakley. "Their continued dedication and exemplary leadership skills are what makes them true outstanding students."

The students were honored by PTK and the Community College League of California, which presented honorees medallions and a certificate to recognize their accomplishments at a ceremony.

The selection for the All-California teams was determined by the scores nominees received from national level Phi Theta Kappa judges.

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/



President Oakley recently congratulated Peter Kenji Lopez, Kristen Payne and Chris Soriano on their selection to the All-California Academic Team.

Long Beach Unified School District



Christopher J. Steinhauser
Superintendent

A Better Way to Fund Schools

The Long Beach Unified School District has worked diligently in recent months to develop a new funding plan in response to the state's approval of the Local Control Funding Formula (LCFF) for schools. Thankfully this recently adopted state formula replaces California's outdated and confusing school finance system with a more streamlined one that gives schools greater flexibility to use state funding based upon students' needs.

Shortly after the state's approval of the new formula last year, we embarked on a sweeping effort to engage our community in shaping our Local Control Accountability Plan (LCAP). The plan is required under the state's new funding formula. Our draft LCAP spells out spending priorities and accountability measures to make certain that taxpayer-funded resources are used wisely. As of this writing, the school board was tentatively scheduled to consider the plan for approval at its June 17 meeting.

In developing the plan, the school district received more than 2,700 survey responses to its initial outreach, and its LCAP committee – composed of 66 people from all walks of life – met four times to address the state's eight priorities and examine expenditures. The state's eight priority areas are student achievement, student engagement, parent engagement, school climate, implementation of Common Core standards, access to a broad curriculum, general basic services, and other student outcomes. The committee presented its recommendations to the school board in February. Those recommendations were incorporated into the draft plan after several additional meetings with multiple community groups.

The draft plan provides additional resources to all schools districtwide while especially focusing on high-need schools, or those with large numbers of students living in poverty, English language learners and foster home students. The plan includes a list of proposed activities that will build upon each other over the next three years in a process of continuous improvement. Highlights of those activities, the entire plan, additional background information, videos of committee meetings and much more can be found under Local Control Accountability Plan in the A-Z index at lbschools.net.

We have gone to great lengths to make this planning process as open and transparent as possible because we take seriously the additional accountability that comes with greater flexibility. We thank everyone in our school communities whose collaborative work and support is helping to usher in a new era of school finance that uses resources more efficiently. The result will be brighter futures for thousands of students.

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Addams *Elementary*

SBAC Testing in Full Swing



Rosana Madrid-Arroyo
Principal

A field test for the new Common Core is upon us. Addams began the month-long process with two computer labs solidly booked to accommodate our third-, fourth- and fifth-grade students. The children are familiar with many of the computer navigational skills, in part because for the past two years our second- through fifth-grades have been using Jiji math software from ST Math.

Another reason that our students are comfortable with these tools is because their teachers have been working from lessons that were developed by the district. Some of them also rely upon free Internet-based typing and navigational “games” as well.

Our parents can support this effort by having the students practice good keyboarding skills using the appropriately placed uppercase and lowercase letters. They can also encourage their children to go to only educational Web sites instead of video games.

The teachers have been hard at work integrating Common Core lessons, emphasizing academic discourse and group discussions, and concentrating on rigorous skill-acquisition as well as intensive reading from a variety of nonfiction texts.

Our teachers are awesome, and our Addams and Long Beach students are finishing out this second year of Common Core with a bang! The computer-based field exam will be a testament to everyone’s hard work. Kudos to all.

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

Bancroft *Middle School*

New Intervention Programs Help Support Success



Kimberly Dalton
Principal

By Linda Cargile, Interventions Coordinator

This year Bancroft Middle School started several new before- and after-school intervention programs to support the academic and personal success of every student. These programs seek to give students more opportunities to meet with teachers to ask questions, receive help, cultivate new skills, use school resources, and work collaboratively with others.

Learning Together supports English-language learners with literacy attainment and leadership development by training students as peer tutors to mentor other students in reading. Technology teachers offer a class before school for students who are not already enrolled in the computer elective. Students practice keyboarding, word processing, test taking, and research skills.

Other new intervention programs support the needs of chronically struggling students. In grade-level intervention programs, students who receive multiple low grades meet to receive extra support to ensure promotion. Through peer tutoring, students are able to drop in to meet with a peer tutor to receive extra help on assignments.

With so many new intervention programs, every student at Bancroft has more opportunities than ever to pave his or her own way on the road to academic success.

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

Avalon/Two Harbors (K-12)

Developing Love of the Arts



Angelica Gonzalez
Principal

Avalon School has a proud history of developing a love of literature and the arts in its students.

The Art program offers a range of courses to encourage students’ artistic talents. Well-crafted papier mache sculptures are created in the likeness of storybook characters currently popular with elementary students.

They are selected with the assistance of the Teacher Librarian and are the culminating projects of Ms. Anita Rockwell’s 3-D Art students.

Collaborative teams of artists work through a broad array of engineering/design problems in order to transform the illustrations into three-dimensional sculptures. Once completed, the artists share their projects with primary



Papier Mache Sculptures on display in the Library Media Center.

grade classrooms, reading the original books that inspired the art and answering questions from the young audience.

P.O. Box 557, Avalon, CA 90704 • 310/510-0790
www.lbschools.net/avalon

Barton *Elementary*

A Hoopalooza Good Time!



Richard Littlejohn
Principal

In May, Barton students and staff had the spectacular experience of “hooper-sizing” with Miss Kellee of Kidtribe. Every Barton student was motivated with his or her own Hula-Hoop during the high-octane fitness concert.

The Kidtribe crew encouraged our students to commit to developing a healthy lifestyle by drinking plenty of H₂O, eating veggies and fruits, implementing daily physical activity, and discouraging bullying with the phrase Bullies bug.

Barton Students are now official “Hooper-Stars” who have been positively affected by simply picking up a Hula-Hoop! The power that music and movement have on one’s esteem and healthy self-image was definitely conveyed through the clever and imaginative program designed to do more than just get children active.



Since the Hoopalooza, the Hula-Hoop has become the most sought-after playground equipment on the Barton campus! We are all excited to know that Barton students believe that “being healthy is cool!”

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

Bryant *Elementary*

On Your Mark, Get Set, Go!



Matt Hammond
Principal

The second-grade students are off and running for their annual marathon run. The students actually do run 26.2 miles. They start in February by running half a mile each day for a total of about two miles per week. They learn how to set goals and practice healthy habits, fitness, and determination. On the last day the students run their final mile around the playground track amidst posters, cheering, and encouragement from other Bryant Elementary School students, proud parents, family members and friends who surround the track.

The ultimate goal for each student is to complete the 26.2 miles of running. The students receive certificates and trophies in celebration of reaching their goal, as well as beautiful T-shirts for their accomplishment. The second-grade marathon has become a treasured tradition at Bryant, one where the whole school can gather together to celebrate and support one another.

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

Burcham (K-8)

Taking Time to Celebrate



Stacy Sanchez
Principal

Welcome to the end of the year, Burcham Bobcats! What an amazing year that we have had, with so many exciting changes! As we begin to close out the year, take time to reflect on transitions to learning and teaching, the fun family events that have brought us together as a community, and the various ways our students have grown academically, socially and emotionally!

There is truly a lot to celebrate. I wish we could recognize and celebrate each child, but know that I am truly proud of the work and growth of all Burcham Bobcats this year, including our fabulous certificated and classified staff! I would, however, like to take this time to congratulate fifth-grader Isabel Orduno on receiving the Most Inspiring Student at Burcham Elementary School. She has defined herself academically and socially as an inspiration over her years at Burcham. She is a leader and a role model, and it was a pleasure to see her recognized with this honor in May with her parents and teacher.

I wish you a wonderful summer and look forward to seeing you in September!

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

Buffum *Total Learning Center*

Buffum Celebrates Sunshine Day



Miriam Garcia
Program
Administrator

Buffum TLC teachers and custodial staff are getting the school ready to celebrate Open House in a new and creative way. We are rolling Open House and Disability Awareness Day into one big event: Sunshine Day! Parents are invited to come and see their child's classroom and student work, but they are also invited to tour the school and experience what is occurring in the other rooms. Each room will host a different



activity reflecting the work and ability of what is happening in each unique environment. Parents will have the chance to complete crafts, work on puzzles, play with sensory tables and learn sign language; all with their child. A great time is anticipated to be had by everyone.

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

Burnett *Elementary*

The Garden Club



Monica Alas
Principal

*By Nancy Jo Rettig, Counselor
Burnett Elementary School*

Gone are images of “dolled-up Southern biddies”, sippin’ sweet tea by the gazebo. Today’s Garden Club is dirty business.

Having once a blossoming display of plants, Burnett recently had nothing but crunchy leaves.

A gardening ‘swat-team’ at Junior League responded to our plea and led a planting intervention. Now, weekly groups of JL-ers and students water, harvest and even eat their produce. Ever tasted salted or sautéed kale chips? They did, and loved ‘em. Angel and Lily (JL’s) explained, “It’s great for kids to appreciate what we usually take for granted when we walk into stores.”



Kevin and Saumen (pic) confessed, “We love nature and our plants are now big, colorful and strong!” Sounds like a description of the members.

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

Chavez *Elementary*

Enrichment Classes



Kimberly Weber
Principal

This year our School Site Council approved the use of Title I funds to provide some of our 3rd – 5th grade students with opportunities for enrichment. We had four classes of enrichment

that introduced students to gardening, nutrition, cooking, sewing, engineering and building



a remote-operated vehicle out of every day materials. After spending seven weeks learning the science and skills necessary to build an ROV, they tested them at a nearby hotel’s pool.

Our nutrition and sewing class ended by taking the learning outside the school to the hotel for an on-site lesson and tasting with their chefs and kitchen staff. We hope to continue these classes next year...they were a lot of fun for the students and teachers!

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

Cabrillo *High School*

Cabrillo's Award Winning Team and NJROTC



Dr. Elio Mendoza
Co-Principal



Alejandro Vega
Co-Principal

*By Dr. Lushandra Prioleau,
Dean of Students*

Cabrillo is privileged to have award winning programs. This year Cabrillo's Dance Team competed in the National Dance competition in Las Vegas winning 5 trophies and awards for Showmanship and Most Spirit.

During spring break they had the wonderful experience of studying in New York. Additionally, dancer Brenda Tran won a gold medal at the local NAACP ACT-SO competition.

Cabrillo's Award winning NJROTC, has won LBSUSD's Air Rifle Shooting team competition 4 years in a row. Every year, 20 out of the 600 high schools, in our region are selected as a "Distinguished NJROTC Unit" and this honor has been bestowed on Cabrillo for the last 3 consecutive years. Cabrillo is extremely proud of these programs.

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



Cabrillo's Award winning NJROTC under the leadership of 1st Sergeant Robertson & Dance Team under the direction of Mrs. Clark-Booth.

Carver *Elementary*

Learning Center



Sarah Forrester
Principal

On May 15th, Carver students and volunteers held an assembly to kick off the official opening of their very own Learning Garden! Thanks to a generous grant from Kitchen Community, excited students and dedicated volunteers braved high heat to plant the garden and paint a new mural. The Learning Garden will serve as an outdoor classroom, allowing teachers to take lessons about nutrition and plant growth into the garden, as well as provide students

opportunities to harvest and taste the product of their hard work. Carver's Learning Garden is a place for the students and school community to come together to support and enrich the academic curriculum. Carver's Learning Garden is now OPEN!!

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



Carver's Green Team and Student Council will serve as Learning Garden Ambassadors.



Cynthia Young
Director

How Full is Your Bucket?

By Robbie Waddell, Coordinating Teacher
Mann and Stevenson

The theory of the dipper and the bucket is that each of us has an invisible bucket. It is constantly emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great. When it's empty, we feel awful. Each of us also has an invisible dipper to fill other people's buckets by saying or doing things to increase their positive emotions. We also can fill our own bucket. But when we use that dipper to dip from others' buckets by saying or doing things that decrease their positive emotions we diminish ourselves. We all know by now that words do hurt and for some of us the negative effects have been life changing. We face choices every moment of every day; we can fill or we can dip from the people around us. *How Full is Your Bucket?* Is a book written by Tom Rath and Donald O. Clifton, Ph.D.

Our Child Development Program Office is reading this book as a book study. We have all enjoyed studying this book and have had discussions on how this book is changing our lives and our work environment. How many of us can remember something someone has said to us positively or negatively when we were a child that molded us into the adults we are today. As an educator we all know how impressionable children are and how important our words are to them. So many times on the news we have heard stories of teens and young adults who are now behind bars or worse not living because of a negative image. Did you ever consider that in your classroom you might be teaching the next President of the United States or someone who discovers a needed cure for cancer or some other disease? I'm happy to have the opportunity to change a life for the better. I would like to take this time to fill the buckets of our Director Cindy Young and our Program Specialist Marybeth Murray. They have worked hard to fill each of our buckets at the Child Development Office and Centers here in Long Beach. When both of these ladies came to our program we had very dry buckets in need of filling. I know that whatever challenges we have in our future our Child Developments Centers will be a positive force. We will change lives and have great working environments that can only foster buckets that are overflowing with possibility. *How Full is Your Bucket?*

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

Fun Educational Evening



Margaret Kerns
Principal

Emerson Parkside Academy hosted a fun and educational evening for our students and their families. STEM (Science, Technology, Engineering, and Math) Night provided by STAR Education was a huge success! They provided fantastic hands-on workshops so that over 180 participants could learn together. Stations included the Zome lab where teams created towers and competed for the tallest one and most sturdy creation.



The rocketry lab launched rockets created from liter bottles on the playground; the robotics build systems using different engineering pieces. In the edible engineering lab families made race cars from different food items such as potatoes, crackers, carrots, and candy then raced them down a ramp. Everyone agreed it was a night to remember.

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

**Have a fun summer until it is
time to go back to school...
remember to read!**



Cubberley (K-8)

MESA 'Staycation' Field Trip



Terri Jarels
Principal

*By Kristine Dassero, Technology Coordinator
Common Core Lead Teacher*

What does a club do when the members want to take a field trip but don't have the funds for a school bus or entry fees to a science destination? Well if you are the Cubberley MESA Club, you organize a "staycation" and make your own science fun! And that is exactly what the 30-plus MESA students did.

MESA (Mathematics, Engineering, Science Achievement) is a national organization that encourages students to explore science theory and mathematical application through hands-on activities and experiences. At Cubberley's MESA staycation, everyone participated in the physics-based construction and testing of roller coasters, the wind energy of kites, the forces and motion of a well-constructed bottle rocket and the projectile motion and trajectory—and, let's face it, extreme fun—of water-balloon target practice with a water-balloon launcher. A good day was had by all, with little expense!

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



MESA Club on Staycation at Cubberley.

Fremont Elementary

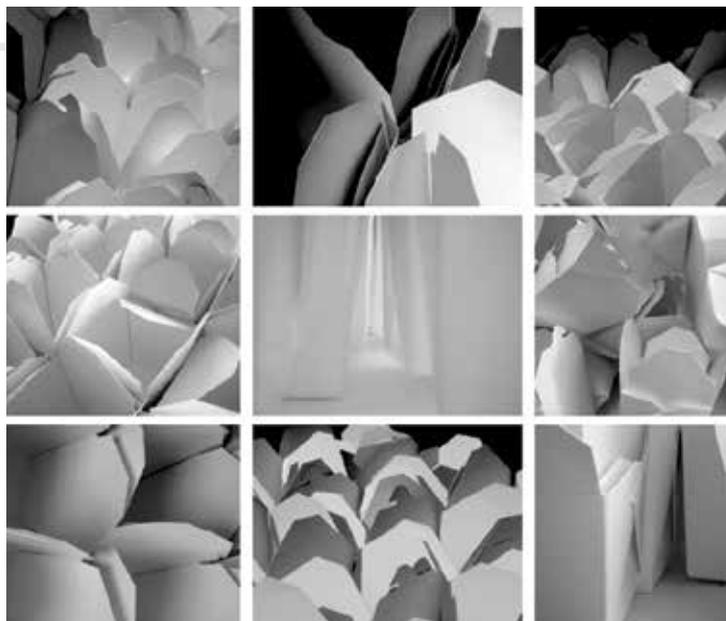
The 5th Grade Photo Project



Mark Curran
Principal

Shelley Edwards, a teacher at Fremont Elementary School, won a grant from the California Arts Council allowing her to host a photography

class for her 5th graders. Photographer, Mick Victor, and Mrs. Edwards are teaching a class where students are asked to consider the world of abstract photography and concentrate on the kind of work that Mick is doing with his Art Unexpected Series.



Using cameras donated by Kodak, students capture photographs of images they see every day, but are now viewing them from a new perspective. They shoot a photo assignment during one class and then discuss their work in a slide show in the following session. With Victor and Edwards they have the terrific opportunity to critique the photographs for light, color, framing, and balance of their compositions. It's most "Unexpected."

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

Franklin *Classical Middle School*

Student Awards



Maria Pilar Perossio
Principal

Franklin students are celebrating their academic achievements with a number of end-of-year recognitions and awards.

Over 500 Franklin scholars will be recognized for finishing with GPAs of 3.0 or higher. This includes 134 students on the prestigious "Principal's List" who have GPAs of between 3.8 and 4.0. To reinforce standards of rigor and accountability, 135 Franklin students will also be acknowledged for their perfect attendance during the most

recent quarter, including 25 students who had perfect attendance for the entire year.

Magnet programs at various LBUSD high schools, including CAMS and McBride, have accepted 160 of our graduating Franklin scholars for the coming school year. Additionally, five graduating Franklin students will be selected for participation in the Long Beach Police Youth Leadership Academy. Candidates are screened by recommendations and interviews for admission to this six-week summer program.

More students will be receiving classroom awards during grade-level ceremonies at the end of the year. These celebrations will be held during the final week of school, and parents are invited.

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

Gant *Elementary*

Go Gant Gators!



Jeff Wood
Principal

Helping others is what we do! The Gant Elementary School community continues to have a positive effect on our local community both now and for the future.

Our students and families have undertaken a number of projects of benefit to everyone. Our Student Council recently partnered with the Isabel Patterson Child Development Center to integrate literacy and science by sharing a story or planting in the garden. Our PTA has also been supporting

people in need through clothing donations to needy families throughout the entire Long Beach area.

Our parents organized a school-wide recycling campaign to reduce our impact on the environment. We are encouraging our students to reduce their use of consumables, recycle items previously referred to as trash, and reuse products.

These are just three examples of the many great things that are going on at our school. Our Gators are working to be future leaders of our community and build a better tomorrow. Keep your eyes on our Gators as they continue to move forward!

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

Holmes *Elementary*

Field Trip



Luana Wesley
Principal

The Kindergarten students at Holmes Elementary School were treated to a very special field trip to Tanaka Farms last month. Funded by our fabulous PTO, our students started off their adventure with a bus ride down to Irvine. Once there, we all boarded a tractor pulled wagon for an informative and delicious ride through the vegetable fields, stopping many times to taste fresh celery, bok choy, onions, and different types

of lettuces. The highlight of the trip, though, was our trek through the strawberry fields where everyone was encouraged to pick as much as they could eat!

Our students were given a large basket of freshly picked strawberries and, after lunch, headed back home with tummies full of fresh fruit and vegetables and wonderful memories of a very special day.

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



Kindergartners enjoy picking strawberries.

Hamilton *Middle School*

GEAR UP Awards for a Bright Future



Kathleen Cruz
Principal

Jackeline Cabrera, Esmeralda Estrada, Alejandra Arizmendi, Handy Tran, Cynthia Zapata and Matthew Pivdee were all honored at the Eighth Grade Awards Night in June. All six of these Hamilton students earned California GEAR UP Trust Awards, which provide them with \$2,000 each once they show proof of enrollment in a college, a community college or a vocational college within one year of high school graduation. These awards are ScholarShare accounts held in trust by the Student Aid Commission. The money may be used for tuition, fees, books, supplies or equipment.

Jackeline wants to work with children as either a psychologist or a pediatrician. Esmeralda is also interested in the field of pediatrics. Alejandra is considering a career in politics, possibly as a U.S. senator. Studying computer science at the Massachusetts Institute of Technology is in Handy's future. Cynthia is considering law, and Matthew's interests lie in either marine biology or veterinary medicine.



Esmeralda Estrada, Jacqueline Cabrera, Alejandra Arizmendi, Handi Tran, Cynthia Zapata, Matthew Pivdee were all Honored California GEAR UP Trust Awards in the amount of \$2,000 each.

All Hamilton eighth-graders who applied for the Trust Awards had to submit a teacher recommendation, an application and an essay that was screened and scored by a site committee, with awards going to the top six applicants.

In her essay, Cynthia wrote, "My family...will do anything for me to attend college....The Education Trust Award [is] an open door, a grand opportunity."

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

Hill *Classical Middle School*

Spanish Class Field Trip to MOLAA



Sophia Griffithh
Principal

*By Donna Birge
& Jennifer Crockett*

Hill's Spanish 1-2 class was granted the amazing opportunity to have a docent-led tour of the Museum of Latin American Art (MOLAA) and view the photo collection of the controversial Mexican artist, Frida Kahlo.

"The field trip helped us understand Frida's history and more about Mexican culture earlier in the 1900's," said Victoria Ben.

"I got to know the interesting life of a strong Mexican woman who had major turning points in her life" commented Isabel Inda.

Joanna Ponce observed that "Each piece has its own story...making your imagination run wild and changing your understanding of what art truly is."

The students also participated in an art class taught by a professional. The focus of the art class was an "autorretrato" or self-portrait.



According to David Lee, "The best part was when we got to paint a self-portrait. My classmates had fun painting and got to relax."

We are so grateful for this generous gift from the Josephine Gumbiner Foundation, our chaperones, and to MOLAA's staff for making this experience possible.

1100 Iroquois Ave., Long Beach, CA 90815 • 562/598-7611
www.lbschools.net/hill

Hoover News



Dr. Avery Hall
Principal

By Rebecca Fast, Teacher – Yearbook

This year the Hoover Middle School yearbook staff added a new element to their elective class—“Hoover News.” Each Friday, the class broadcasts a news show that features stories on school events, athletic games, teacher interviews, holidays, and sometimes even current events.

Using iMovie and simple cameras, students work in teams to produce various news segments. The students then add music, transitions, and captions to make their stories entertaining and unique. Shannon Relova said that choosing music is her favorite part of putting a segment together. She also enjoys being creative in choosing her own news topics, and so far this year has produced segments on favorite Christmas songs, spring break activities, and eighth-grade student life.

After each individual news segment is produced, one student edits them together into a cohesive show. Eighth-grader Melyssa Oviedo said, “I like editing it all together. I like fixing up all the mistakes and turning all the segments into one perfect show.”

Each Friday, students on campus look forward to viewing “Hoover News.” It has been a fantastic way to bring the Hoover community together as we celebrate achievements, team sports, and students doing great things.

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

Hydration Stations in the Works



Dr. Sally Gregory
Principal

By Aidan Harper, Student – 8th Grade

Did you know that Americans consume 1,500 single-use plastic water bottles per second? That results in 50 billion water bottles consumed every year. At Hughes Middle School, we aren't any different. We consume about 38,000 plastic drink bottles on campus each school year, which is about 3,800 bottles per month and about 190 bottles a day! Producing these bottles uses a

lot of resources, about 17 million barrels of oil for starters. There is a simple and less wasteful alternative: reusable, refillable bottles.

Eighth-grade Green Team member Aidan Harper has teamed up with the PTA to cut the number of single-use plastic bottles at Hughes. They are working to install three hydration stations on campus. These stations not only act as traditional water fountains, but they also have special fixtures to fill reusable water bottles—with wonderful, cold, filtered water!

Aidan is currently raising funds to purchase the hydration stations. He asked our students and their families to give up just one single-use water bottle and to donate that \$1 to refillable water bottle hydration stations. He has also been selling re-useable stainless steel water bottles for \$5 each. He held a logo design competition, and the winning design will be printed on the new Hughes reusable water bottles.

This is an ambitious project, but with your help we can build a less wasteful campus!

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

Kettering *Classical Elementary*

Most Inspiring Student



Deborah Anderson
Principal

Owen was shy and withdrawn, afraid to sing out and make friends in the early years of school. With the assistance of the wonderful Kettering Elementary School staff of teachers, recreation aides, office, cafeteria and custodian support, Owen has become one of our school

helpers, assisting in the office, putting up the letters on the marquee, and assuming other responsibilities.

But what has also helped Owen is our remarkable group of volunteers. Kettering has been fortunate to have a variety of help



Owen Profit,
the Kettering Most Inspiring Student.

from retired teachers, off-track teachers, members of the Long Beach Police Department, and many other fields, including those from a local church.

One of our well-loved helpers has been Dr. Mo. Many teachers know him as a professor at California State University, Long Beach. At Kettering, we just loved him as the magic professor who brought life to numbers in our classes. We will miss you, Dr. Mo!

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

Exciting Times



Shawn Ashley
Principal



Dr. Jay Camerino
Principal

The transformation of Jordan High School is well underway.

In December, trees located in the phase-one zone of the Jordan renovation project were cut down in preparation for construction. Throughout the winter months we saw our baseball practice field and soccer field get slowly

replaced with pavement and 27 new bungalows. These bungalows will serve as temporary housing for our teachers during the renovation.

The first group of teachers to move into their new homes will do so during the last week of school. Following their move, we will be demolishing the 800, 850, 900 and 950 buildings. Also scheduled for demolition are most of the bungalows next to the 950 building.

On the opposite side of the campus, we saw the grassy area in front of the big gymnasium get transformed into a 24-vehicle parking lot that will later be expanded.

It really is an exciting time here at Jordan. The entire Jordan and North Long Beach community can feel the change in the air. It's a great day to be a Panther.

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

Brotherhood and Sisterhood



Kevin Maddox
Principal

The Male & Female Leadership Academy at Jefferson Leadership Academies (JLA) helps students develop self-esteem and motivation to shine and empowers them to rise above adversity. Mentor students from Wilson and Millikan High Schools encourage their mentees to persevere and overcome the pitfalls that can distract teens from pursuing a strong path in education and life. The mentees fixate on every word in these powerful parables from their high school peers.

The mentoring relationship is invaluable in sixth through eighth grades. The younger students grow as they see themselves in their mentors; their mentors provide a safe place to talk and to be heard. The beauty of the relationship lies in the acceptance of each other's cultures, the oneness, like a family, helping each other thrive. The most powerful voice from our students is their ability and desire to be successful!

As the academy grows, the circle closes. Former mentees, who later found connection in high school leadership, are returning as mentors to help the next generation of JLA leaders to soar!

Leadership teachers: DeLang, Van Dyck, Clark, Pitts, Granado, and Rodriguez.

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

King Elementary

Spring Happenings!



Dr. Cecilia Santos-Camerino
Principal

King students and staff got a surprise visit from Tristian Nunez, a Long Beach Grand Prix racer! Mr. Nunez and his Grand Prix race car stopped by our school to talk to students about car safety and the importance of wearing your seatbelt. Students had a chance to try on his helmet and safety gear and check out his cool car!

Is it a bird, a plane, Superman? No, it's Kite Day at King! The sky above North Long Beach was filled with superheroes, Disney princesses, cartoon characters and animals as King Elementary families got a head start on our spring break by enjoying a windy afternoon of kite flying! Fifth-graders sold juice and pizza as fund-raisers to complete a fun-filled afternoon.

Most Inspiring Student

By Dr. Roland Prager, SPED Teacher

Rolando Carpio is a third-grade student at King Elementary. He is a hard worker in the classroom and strives to excel academically. He is well liked by all his peers and is often selected in leadership roles because



Rolando Carpio.

he is a team player. Over the last three years, Rolando has learned skills for anger management and self-control. He is mastering these skills to the point at which he is mainstreaming for most of his day, with his goal being to exit the SDC class for the next school year. Rolando is respectful toward teachers and helps peers when needed. He will reach his potential in school and life because he never gives up and endeavors to be the best he can be.

Congratulations, Rolando, on your awesome achievement!

145 E. Artesia Blvd., Long Beach, CA 90805 • 562/428-1232
www.lbschools.net/king

Lafayette *Elementary*

Our Lions Know How to Book it!



Wendy Thompson
Principal

By Missy Sykes, Interventions Specialist

The Book It! Program, a national reading competition sponsored by a pizza restaurant corporation, was created to encourage students to read more outside the school day on a monthly basis. And that is exactly what it did for some of the young scholars at Lafayette Elementary.

Last October, fourth-grade teacher Ms. Gault signed up her class for this program. As participants in the Book It! program, Ms. Gault's students were required to log in all the books they read each month as well as the number of minutes it took to complete each book. This log, which was signed regularly by parents or guardians, was submitted to Ms. Gault.

According to the instructor, "students were encouraged to read 30 to 40 minutes a day and at least one book at their current reading level per week." Ms. Gault collected

the logs each week and entered the total number of minutes from each log into an online system called the Minute Tracker. In the end, Ms. Gault's students placed as one of the Top 100 Minute Tracker participants in the nation. Go Lafayette Lions! For this reason, they received a \$50 certificate from the corporation and were recognized in front of the entire student body.

When asked about the program and their performance as a team, Karla Ramirez, one of the student participants, replied, "I feel good about it because I know that I have competed against other classes in the U.S. and they named us one of the top 100 teams." Another participant, Harvey Gallana, responded, "I'm encouraged to read because all of the authors I've read have done a great job of writing. I started to imagine that a book isn't just a story with words all over it—it can take you wherever you want."

Clearly, the students were inspired by the Book It! Program. According to Ms. Gault, "it was a really motivating way to keep student reading throughout the year."

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



Los Cerritos *Elementary*

Family Heritage Museum



Marie Hatwan
Principal

By Maliyah Cason, Paola Reda, and Hector Silva, Students – 5th Grade

On April 17, our fifth-grade class hosted a Heritage Museum. We had been studying about our family background for months, and we had learned a lot about our ancestors and the culture of our families. Our ancestors come from Guatemala, Mexico, the Philippines, Italy, Cambodia, Russia, Africa, India, Samoa, Costa Rica, Germany, Ireland, France, and Canada. We have such a rich cultural mix in our class.

At the museum, each student from our class presented a scrapbook filled with photographs, stories, and other information. We also displayed special artifacts, and some of us even dressed in clothes that represented our family heritage. Each family had the option to cook and bring a favorite recipe to share, too.

Everyone was invited to look around and taste different foods. The library was crowded with people and mouthwatering smells. Students had the opportunity to talk about what makes them who they are.

We hope this can be an annual event at Los Cerritos School.
515 W. San Antonio Dr., Long Beach, CA 90807 • 562/595-6337
www.lbschools.net/loscerritos

We Day



Cheryl Cornejo
Co-Principal



Mario Jimenez
Principal

*By the Students of
the One World Club*

For the first time We Day came to California and One World Club was honored to be invited to the event in Oakland. We Day is an exclusive event that you can't

buy a ticket to, it has to be earned through global and local service. For her exceptional service Ms. Magana was honored at an event called The Evening of Champions where her and five students got to meet Craig Kielburger one of the co-founders of the Free the Children organization. This six hour extravaganza of motivational speakers and performers inspired our duty to bring social change. One World club was acknowledged out of a handful of schools for their hard work in global and community actions.



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

Lee *Elementary*

Random Acts of Kindness and Generosity



Caroline Nemeč
Principal

By Athena Uribe, Learning Director

Thank you Mr. Faris! Mr. Robert Faris is a second- and third-grade teacher at Lee who has demonstrated his unconditional kindness and generosity over and over this year. He is new to our site, and we feel so lucky to have him. Mr. Faris' actions remind us that even with our busy lives it is important to slow down and show kindness and appreciation to others.

Here are just a few examples of Mr. Faris'

humble and kind deeds. Every week he brings a large bouquet of fresh flowers to the office for everyone to enjoy! He also rebuilt and painted our playground board games by spending many days in his workshop making careful repairs.

The list goes on. Today, anticipating another extremely hot day, Mr. Faris brought in coolers with water and healthy beverages for our staff and parents to cool off with.

He never expects a thank-you, or leaves his name for recognition. But we

at Lee want to thank you, Mr. Faris!

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



Lincoln *Elementary*

Reading Frenzy at Lincoln

by Rebecca Taylor, EL TOSA



Christi Granado
Principal

There's a reading frenzy going on at Lincoln Elementary; that is the goal anyway! We have reignited the Home Reading Club by implementing a school wide incentive program. Each month students turn in reading logs with fiction and non-fiction titles recorded and signed by their parents. In doing so, we hope more parents join our efforts in getting kids to read more as early as possible.



Those logs that meet the monthly criteria receive a shiny new pencil. At the end of the year, students who have read for 9 out of the 10 months receive a bright red "Lincoln Super Reader" t-shirt! It is our hope that those added reading minutes will translate to higher reading proficiency. Go Lions!

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

Law Day Inspires Student Interest



Connie Magee
Principal

Lindbergh student Mar'yela White had expressed an interest in law, so she was a natural choice to attend the annual Long Beach Law Day. She shared her experience with me and wrote this summary of her experience. When I asked, "What did you learn?" she said, "It takes a lot of hard work to be a lawyer!" I asked, "Do you still want to do it?" She had a big smile and said, "Yes, I do!" This is what she shared with me:

In April, between 5 and 7p.m., I attended Law Day hosted by a Long Beach law firm. When I first got to the building, I had to give the guards at the entrance my first and last name and what middle school I attended. Once I entered the building, I was sent to the 14th floor and had to get my name tag and tell them what middle school I attended. I was assigned to table 5 with other LBUSD middle school students.

In the front of the room were lawyers, district attorneys and judges who talked about what they were going to be before they became what they are now. Then Naomi Rainey, president of the Long Beach branch of the NAACP, told us how long she worked at the firm. After that, we took pictures with the people we were sitting with and the lawyer your table was assigned to. After pictures, we broke out into our own table and got to ask the deputy city prosecutor of Long Beach, Thomas Tam, some questions about his experience as being a lawyer.

The seminar ended at 7:15 p.m. I enjoyed my time there and hope to go back next year!

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

Future Leaders



Laurie Murrin
Principal

Longfellow Elementary School Student Council conducted the April PTA general meeting. Parent and PTA president elect, Naomi Worrell-Tate, organized this event to help recognize student leadership and student contributions to Longfellow. Current PTA president, Jeff Price, guided the students through the meeting process. "This is a way of being inclusive of our students and to help expose our future leaders to how our organization runs. The students presented in front of their peers and adults which helps in building their self-confidence and developing public speaking skills." Student council president Kelsey Adams shared, "This meeting was very successful. We learned a lot, especially about using Robert's Rules of Order. I hope the PTA will do this for years to come."



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

Lindsey *Academy (6-8)*

Greater LA Regional Champions



Stephanie Dunn-Cooper
Principal

A team of four Lindsey Middle School students, Jetssalyn Guterrez, Dalia Perez, Juan Reynaga and Melanie Ung, competed in the Mathematics Engineering Science Achievement (MESA) National Engineering Design Competition Prosthetic Arm Challenge in Sacramento on May 2. The challenge asked students to design and build a low-cost prosthetic arm for a fellow classmate who has lost her arm half way between the wrist and elbow. The arm

must be able to function and allow the student to pick up a variety of objects with various size and mass and throw balls into bucket with accuracy.

The many components of the challenge includes a 15-page technical paper, an academic display chronicling their journey, and a 10-minute oral presentation. Students researched a variety of materials to use and the mechanics of how artificial limbs are constructed and operate. To assist in their research they visited a privately owned prosthetic design company and the prosthesis department at Veterans Affairs in Long Beach. Seeing firsthand how prosthetic devices help so many people with missing limbs provided our students with insight as to the significance and relevance of this challenge.

We are proud of our students for their perseverance and accomplishments with this demanding challenge.

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

MacArthur *Elementary*

The Performing Arts



Juan Gutierrez
Principal

By Heather Cosores, Fifth Grade Student Council Vice President

Performing arts at the elementary level is an enriching experience. At MacArthur, we are fortunate that we can offer our students the opportunity to perform in annual musical plays. Our productions are learning plays which have included "Character Matters" and "Munchkin Mediation: Conflict Resolution in Oz." This year we have "Hansel and Gretel

Eat Right." Fourth and Fifth graders audition for speaking parts. Kinder through third grade sing in choruses.

Volunteers, Pat Sellers as director and Pat Bowers as co-director, have given many hours to our students to produce our plays. Our staff and parents offer much needed help with grade level choruses, stage crew, and costumes. We thank our volunteers for this wonderful opportunity to become "Stars!"

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



Marshall *Academy of the Arts*

Grades of Green



Michael Navia
Principal

On April 10, 2014, Marshall Academy of the Arts welcomed Grades of Green, a Manhattan-based environmental education nonprofit, and Leadership Long Beach to help launch a new lunchtime and school-wide recycling program.

The program consisted of students from the award-winning Hughes Middle School Green Team "adopting" Marshall to help mentor and educate Marshall Green Team

members on their new program.

The launch day kicked off with 3 morning assemblies where students were educated about the importance of environmental stewardship. Students also learned about their new lunchtime sorting system that included new stations for recycling bottles and cans, milk cartons and paper lunch trays and buckets for disposing liquids. Prior to the launch event, Marshall was generating approximately 24 bags of trash at lunch per day. Since

the adoption of their new program, they have successfully managed to reduce their lunchtime waste by over 70%!

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



Leadership Long Beach Members Brad Laskowski, Michelle Kiss and Hallie Jane Culpepper pose with the Marshall "Green Team" at the April 10, 2014 "Adopt-A-School Trash-Free Lunch" program assembly.

Our Honorees



Lori Clark
Principal

Our eighth-grade scholarship recipient is Adrian Merito. Every year, all middle schools in Long Beach select their most-improved eighth-grader to receive a scholarship to Cal State University, Long Beach, guaranteeing them a place at the table for this fine institution. Adrian is a well-rounded student, strong in his academics as well as on our soccer team. He is courteous, kind and a great young man.



**College Promise student
Adrian Merito**



Most Inspiring Student Vicente Valenzuela.

Vicente Valenzuela is Muir's Most Inspiring Student this year. Vicente was honored along with all the other recipients from across the district at a banquet in May.

He spent two years in special education preschool and kindergarten and then made such wonderful progress that he was able to transition to general-education classrooms full-time. He is more confident in his abilities now and contributes to classroom discussions freely. His second-grade teacher, Mr. Ampudia, said that it's hard to find Vicente now because this once very shy boy is always in the midst of many friends, playing.

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

Never Ending Love Club Helps Children Smile



Steve Rockenbach
Principal

McBride's Never Ending Love Club is a collection of 9th graders who are committed to helping those hospitalized, including children, cancer patients, and elders, by trying to brighten their outlook through the creation of arts and crafts. Founding members include Alison Crist, Anjelique Martinez, Ashling Murray, Athziry Espinosa, Callie Stroud, Camila Jimenez, Genesis Mora, Gladys Ramirez, Maryann Gallegos, and Michael Cleland.



Brittany Garrison (Memorial Child Life Center) and Maryann Gallegos (McBride Student) showcase Never Ending Love Club's donation of toy bags.

Their first major project involved making one hundred creative bags stuffed with an activity, a pencil and additional items designed to help children make their hospital stay more enjoyable. Maryann represented the club and delivered their first project. She indicated the children at the hospital were extremely happy and the club members can't wait to start their next project. Brittany Garrison extend thanks on behalf Long Beach Memorial Miller Children's Hospital for the club's support and stated the children served can't wait for more.

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

Are you
looking for me
for the contest
on page 14?



GREEN Academy Brings Spring Time to Millikan All Year

*By Katie Hickox,
English Department*



Dr. Jeffrey Cornejo
Principal



Monica Daley
Principal of Instruction

Millikan's campus is a beautiful place to be thanks to school groups like the GREEN (Generating Respect for the Earth, Environment, and Nature) Academy. GREEN teachers and students can often be seen watering lush gardens they donated to the campus. This

leadership is deeply embedded within the academy, which is designed for motivated students with a desire to learn more about the environment.



The SLC offers community service options both on and off campus for students interested in experiencing real-world work. Weekend trips to assist with clean ups in the Colorado Lagoon restoration and community tree planting in Long Beach foster student leadership.

"We are working on transferrable work skills and taking care of the environment," said Tylene Quizon, lead teacher. "These are skills such as being on time to the workplace and knowing how to present oneself to the public."

Advanced Placement Environmental Science Teacher Sharna Murphy supports students in her college-level class. GREEN students tour universities such as UC Riverside, USC, Cal State Los Angeles, and Soka University. With every college field trip, there is a nature hike.

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

Celebrating the Ellis Island Experience



Elizabeth Flynn
Principal

"Give me your tired, your poor, your huddled masses..." Our Naples fifth-graders experienced Ellis Island firsthand in a simulation that was held in the auditorium on Tuesday, April 14.

Long lines, endless waiting, detention, day-long tests and long interrogations awaited each of the "immigrants" who were garbed in jackets, shawls and hats as they hoped to be admitted to the United States.

The students came to appreciate the hardships faced by many of their ancestors. "I thought it was a really good experience," said Andy Boyd. "I knew what it felt like to come to America for the first time. I was a 20-year-old veterinarian. I had to take a test in English when I only spoke Italian. I appreciate what our ancestors went through to come to this great nation."

History came alive for our Naples fifth-graders thanks to wonderful parent volunteers and our amazing fifth-grade team of Mrs. Strauss and Mrs. Rodgers.

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

Newcomb *Academy (K-8)*

Scope Out the Winner



Wendy Sowinski
Principal

Ms. Byrne's sixth graders at Newcomb Academy competed in a Scholastic Scope writing contest from their January 2014 issue. The task was to write a persuasive paragraph addressing "Is Facebook Dead?" while correctly citing from three sources. A few weeks later, Ryan Sekhon received notification that he had won the national contest. He was awarded a \$25 Visa gift card.



This was an affirming and rewarding experience for the students after all their hard work this year implementing the new writing program and Common Core standards.

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

Riley Elementary

Most Inspiring Student



LaShell Diggs
Principal

Donovan Williams, grade 4, is Riley's 2014 Most Inspirational Student. Donovan was selected because he is a model of hard work and determination. He is advanced proficient in all of his math facts, math assessments and class work, AND has grown 2 grade levels in reading



Donovan Williams

in 6 months. He always gives his classmates encouragement and support when necessary. We are all so proud of Donovan, and most importantly, he has learned to become proud of himself when achieving his goals and overcoming obstacles. Congratulations, Donovan. We are proud of you!

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

Whittier Elementary

The Sky's the Limit



Lori Grady
Principal

By Nancy Jo Rettig, Counselor

While we watched eager air traffic controllers steer their soaring banners into the clouds for Whittier's first annual Kite Day, Mary Poppins's song hummed in our heads:

"Let's go fly a kite, up to the highest height.
Let's go fly a kite and send it soaring..."

Up to the atmosphere, Up where the air is clear,
Oh, let's go fly a kite."

Parents and staff occasionally bit their nails watching out for potential collisions of bodies while the young ones focused intently on navigating strings away from trees, wires and even parents themselves!

"I think this was the best kite day, well the 'only' kite day, but we should definitely continue it", reported the happy girl in the picture.



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

Roosevelt Elementary

School Spirit and Good Character



Clarissa Tolentino
Principal

By Rosemary Sissons, Vice Principal

Something was missing at Roosevelt Elementary School...a sense of fun and school spirit. That void has been filled with monthly Spirit Assemblies. On the first Friday of each month, our school community gathers in the grassy amphitheater for a celebration of good character and school pride. The principal introduces a new pillar of character each month and awards students who have exemplified the previous month's character trait.

Spirit Assemblies are also a time to share the many talents of staff and students. Both our librarian, David Stadalnik, and our vocal music teacher, Tim Borgerding, have led us in song. Our third-grade students recently demonstrated the dance moves they learned while participating in Passport to the Arts.

Every assembly includes the recitation of Roosevelt's Character Pledge and ends with the school cheer. When you see and hear over 1,000 Bears roar with pride, you know that school spirit lives at Roosevelt!

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

Tincher Preparatory School (K-8)

In and Around the Classroom



Dr. Kelly An
Principal

Tincher's annual school-wide writing project was completed in preparation for Open House. All students wrote to the prompt "A Moment in My Life" and did their best to paint a written picture of an important event in their life. The results highlight the academic growth that occurs at a K-8 school.

Open House will also give us the opportunity to showcase our new



Initial construction for the Tincher Learning Garden began in May.

instructional garden courtesy of a grant from the Kitchen Community. Tincher was one of only 3 schools selected to receive this grant. Construction has already started. The garden will be fully operational as an

outdoor classroom and will focus on edible harvests. Our junior gardeners are already dusting off their garden gear.

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

Stephens *Middle School*

Librarian of the Year



Diane Prince
Principal

On April 8th, Long Beach Unified School District named Ms. Robbins, Librarian of the Year. To everyone who works closely with her here at Stephens Middle School, this amazing announcement did not come as a surprise. Ms. Robbins inspires adults and students alike. She transmits a love of books and reading to all Stephens' students by exposing them to multiple genres.



Ms. Robbins volunteers her time to provide tutorials for students needing academic support. She extends lessons and helps students with research skills. The list of contributions from Ms. Robbins is endless – advising the walking and reading clubs, coordinating school events and

fundraisers, providing leadership on School Site Council, and supporting students and staff in any way she can. Stephens' staff wants to congratulate and express our deepest appreciation for Ms. Becky Robbins.

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

Signal Hill *Elementary*

We Love Our Morning Valet Attendants!



Tammy Lavelle
Principal

By Cynthia Finley,

Transitional Kindergarten Teacher

Signal Hill Elementary is thankful to our morning valet attendants. Each morning, they greet students with a welcoming, "Hello," as they open car doors. This idea was spear headed by Linda Mank, 5th grade teacher, who is passionate about school safety. Her efforts began last year, and this year, when September came around she managed to get students, parents and



Mrs. Kennelly and Ms. Londono
with student valet attendants.

teachers to commit to at least one day a week which has resulted in a very organized valet system. This service is now being offered five

days a week! The parent and student response have been very appreciative and this is another reason why Signal Hill is a great place to learn!

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

Renaissance *High School for the Arts*

Superior!



Quentin Brown
Principal

Renaissance High School for the Arts sent their choirs to the Southern California Vocal Association Choral Festival on Friday, April 11th. The choral festival took place at Garden Grove High School in Garden Grove. All three choirs that attended earned the highest possible rating, Superior!

The choirs were given plaques and great comments from the festival adjudicators complimenting their performance. All RHSA choirs are directed by Patience Pohjala and accompanied by Jamie Dyer.

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



Willard *Elementary*

STEM Night



Cassandra Richards
Principal

By Victoria Joseph, Teacher – 5th Grade

Willard Elementary School inspired students to learn about Science, Technology, Engineering, and Mathematics (STEM) through a series of activities hosted by California State University, Long Beach student teachers.

There were lots of fun activities for students to enjoy. Save Fred required them to move a gummy worm with paperclips from the ocean to a candy “life preserver” into a cup “boat.” Students also crafted boats from one sheet of aluminum foil and floated 10 marbles inside. Sky Floater required students to float paperclips using helium balloons.



The Planetarium taught students about the constellations, and the Me in the Middle game challenged students to call out clues to find the location of hidden ships. Radioactive Ball engaged parents and students to move six ping pong balls into a box using straws, pushpins, and rubber bands. Students also created the tallest tower possible out of dry pasta and marshmallows.

Students and parents enjoyed this memorable event!

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

Webster *Elementary*

Aloha, Carnival!



Maria Martinez
Principal

Once again, all Wildcats are getting ready to finish the year off right with our always-anticipated Webster Carnival. The Webster Carnival is great opportunity for families to come together and partake in a fun-filled day that includes games and prizes, food, spin art and the always-popular raffle in which people can win great themed baskets.

The carnival is now in its eighth year.

This year, the carnival has taken a Hawaiian theme. With the support of staff and parents who help work the booths and funding from the Nordstrom family, everyone is guaranteed to have a great time. All proceeds and benefits from the carnival will help finance transportation for future field trips as well as pay for extra lunch benches for our children.

With all this fun, the Webster wildcat family wishes you a great remainder of the year. Aloha!

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

Wilson *Classical High School*

Ambitious Students



Sandy Blazer
Principal



Gonzalo Moraga
Principal of Instruction

*By Julianna Alvarez,
Loudspeaker Opinions Editor
& 12th grader
Julianna Alvarez.*

Advancement Via Individual Determination or (AVID) is a college readiness program that caters to helping students at k-12 levels in order to help prepare for higher education.

Wilson AVID students are ambitious, dedicated, hard working and expected to be at the top of their game at all times. The Wilson High School AVID department is composed of three teachers: Mr. Hall, Mr. Michelson, and Dr. Leveque (AVID coordinator) and program advisor Ms. Hilliard. Senior AVID teacher Mr. Hall expressed that his greatest joy in teaching AVID is “seeing students finally find a goal and then strive to achieve it,” he continued, “I’d like them to have a renewed sense of confidence that through hard work and collaboration with others who have similar goals, they can be very successful.” On the back of AVID’s bright cardinal polo one will find the words boldly printed: “Dreams are not something to wait for, they are something to work for.” This quote perfectly exemplifies both the attitude and ambition AVID students hold for their education and success.

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

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Chris Rodenhizer
Head of School

Engaging Students All Summer Long

Westerly believes in igniting a lifelong love of learning through innovative instruction, collaborative projects, and community involvement through student leadership. With its whole-child philosophy and safe-learning community, Westerly nurtures students' creativity, shaping them into problem-solvers and idea-makers, further preparing them for an ever-changing world.



Summer with Westerly continues this approach by engaging students through rich instruction and application. With a healthy balance of academics, arts and recreation the program is uniquely customized

to meet the needs of families and offers a variety of opportunities for varied interests. The program's flexible schedule is sure to provide a smooth and productive summer for all families.

Our camp program consist of three two-week academic enrichment sessions that offer academic mornings with recreational (Wildcat) afternoons. We finish off the summer with three one-week Wildcat sessions that are all recreational. The summer program breaks out into age and grade levels as outlined below:

Beginning Paths: Pre-K, Kindergarten & First

Join us as we travel from country to country learning about different cultures throughout the world. The Beginning Paths program encompasses all subject areas and prepares students for the routines and expectations of kindergarten and first grade. This full morning course engages students through creative play, music and crafts, all designed to ignite your child's curiosity and intellect through an interactive and thematic environment. Students explore foods, build famous landmarks, dance to music and speak foreign languages. This robust and engaging class is the perfect summer opportunity for pre-k, kinder, and first graders of all levels.

Expanding Horizons: Second through Fifth

Summer with Westerly has developed a curriculum that enriches and improves understanding of subject matter, yet engages like a summer camp should. Each student has the opportunity to customize their mornings by choosing two

different courses from a variety of subjects. The engaging curriculum keeps students busy throughout the morning, as each course offers insight to the subject through real-world application and opportunities to create projects that students can be proud of. From dissecting creepy crawlers to filming their first movie, the campus buzzes with excitement as students gain a true appreciation for learning.

Wildcat Afternoon: All Grades

Summer with Westerly offers an afternoon program that keeps kids active and safe. Students are exposed to a range of games and activities that appeal to a variety of student interests. The afternoon schedules are ever-changing to ensure a well-rounded experience that develops new excitement and curiosity with each new day.

All activities encourage and develop critical thinking, interpersonal skills and physical development. Activities include but are not limited to: painting, billiards, singing, dancing, foosball, scavenger hunts, sculpting, gardening, Xbox Kinect, Frisbee golf, basketball, water balloons, computer labs, swimming, and so much more....

Wildcat Weeks

A Wildcat Week is full of recreation and arts-based enrichment. Students participate in a wide range of

games and activities that appeal to a variety of interests. The aim for the Wildcat weeks is to give students a well-rounded experience that enhances team-building skills, critical thinking, physical development, interpersonal skills, and creativity.

Bottom line...the Wildcat Weeks are a water-balloon-launching, paper-mache-creating, organic-gardening, slip-and-

sliding, Ping-Pong-playing, soccer-kicking good time!

Join us for the full nine weeks or pick and choose the dates that work for you. We pride ourselves on tailoring a program that works best for your family. Our qualified teachers, experienced coaches and decorated artists go to great lengths to help enhance your child's summer. The affordable prices along with skilled staff and a beautiful private campus provides the perfect combination for the most exciting summer program Long Beach has to offer.

Find out more at: www.westerlyschool.org

Or email us: summerprograms@westerlyschool.org

Nonprofit, Nonsectarian Independent School
2950 E. 29th St. Long Beach, CA 90806
562/981-3151 • www.westerlyschool.org





Lorie Burch
National President

Scholarship Recipient

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

The ABWA Diamonds of Southbay Chapter congratulates Amber Haney, \$1500 ABWA Stephen Bufton Memorial Scholarship Recipient (SBMEF). Amber is a Registered Nurse completing her Masters of Science in Nursing at CSULB. Her long-term

career goals are to work in Pediatrics and open a clinic in an under-served community as a Nurse Practitioner. Amber's personal belief is that knowledge should be used to serve and empower others who are not in a position to help themselves. She plans to use her education in nursing and training in healthcare to be able to give back to the community. Join the Diamonds of Southbay in congratulating Ms. Amber Haney.

SBMEF exists to provide educational grants and scholarships to women pursuing post-secondary educational goals to help them become the role models, mentors and leaders of the future. To learn more, visit www.sbmeff.org or call Karen Oliver for more information at 714.553.4685.

ABWA brings together businesswomen of diverse occupations and provides opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition. To locate a chapter near you, call 562.591.2625 • www.abwa.org



CathyLyn Brooks

The Dangers of a "Private" Sale

As inventory wanes from time to time, buyers seek properties that may not be listed in the Multiple Listing Service (MLS). There are some advantages for parties who transact in this fashion. Not having multitudes of people calling to see your home, the privacy of not being "on the market" in your neighborhood, and being able to perhaps sell quickly to a buyer who only wants to be in an area or type of property that you have. For buyers, no competition...think about it.

In the past few years, I have personally seen two sales where the homes were sold for too little in my rather conservative opinion. A few years ago an agent came to the door of a retired couple who live near my parents. Her clients offered them a million dollars for their home and they never looked back. A nice number but, they could have easily gotten 1.2 million or more if they had put it out to market. When there is scarcity, prices generally increase.

Recently neighbors of mine, who had marketed their home a few years ago, sold privately. They had received offers back then, but not at the value they sought. A few months ago, someone offered them their desired price of 2 years ago and they took it. This home was greatly improved with a brand new kitchen, flooring, clean and very remodeled with every detail just perfect. They left approximately \$120,000 "on the table" and made a move to less expensive area. They were thrilled. Well, what is it they say? Ignorance is bliss.

The take away message here is to do your research and set an appropriate price to sell. There is some value in not having to market a home and have loads of strangers through, but I do not think the value exceeds \$100,000 for most of us.

Real estate listing contracts have recently been revised to include a large section detailing the reduction in exposure that sellers will face if the agent or broker is instructed to withhold the property from the MLS. In fact it states, that it may reduce the number of offers and negatively impact the sales price. Indeed, MLS data is sent far and wide on the internet. Opting out may not be in your best interest.

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 Consumers should seek legal tax advice from professionals in each field.

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President & CEO

Protecting Yourself from Phishing (Part 1)

Internet scams, email fraud or phishing (pronounced “fishing”) are attempts to fraudulently acquire sensitive personal information such as your username/ password, credit card information, social security number and/or bank information. Phishing scams are normally in the form of emails or pop-ups and are a form of online identity theft where fraudsters trick an unknowing victim to submitting their personal information. Below are several ways to avoid phishing scams:

Personal Information: Avoid sending personal or financial information by email even if you know the recipient. If you must do so, make sure that it’s a secured mail.

Unknown Senders: Do not click on links, attachments or download files from unknown senders. Not only are you protecting yourself from fraud, you are also protecting yourself against any potential virus that can harm your computer system.

Protect your Computer: Always make sure that your firewall, spam filters, anti-virus and anti-spyware software is updated. Schedule a regular update if needed to ensure that you are protected.



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