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School News



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

Volume 14, Issue 110

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October / November 2013



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Three Contests!..... 12, 16, 30

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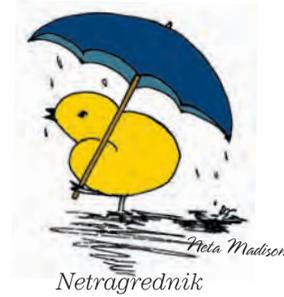
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Kay Coop
Founder/Publisher



Thank you for the overwhelming response to our new booklet size and design. We will include as many of your article suggestions as we can in the coming months and appreciate your valued input.

LBUSD school year is off to a great start! Principal for A Day is October 16. Please see page 15 for information to participate or attend the State of Education at noon.

You have made it very clear that you love contests! We had a record number of entries and you discovered the chicken's name Netragrednik is Kindergarten spelled backwards! There are three contests in this issue.

We are pleased to include the City of Long Beach, City Auditor Laura Doud in this issue (page 5). I asked her to

write about how and why she became interested in her field.

In this issue, Miller Children's Hospital Long Beach and Long Beach Department of Health and Human Services share valuable health information on pages 6 & 7. Lauren Barrette continues to share her teaching experiences as a Peace Corp teacher in Nicaragua in her column A Familiar Face from a Foreign Place (page 11). The Children's Fall Harvest Festival at Rancho Los Alamitos is October 27 (page 13). November is Family Literacy Month (page 10). Basically, just read this entire magazine!

We know you have limited time and thank you for including *School News* among your reading selections. Our next issue is December 11.

School News

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

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City of Long Beach, City Prosecutor



Douglas P. Haubert
City Prosecutor

Violence Prevention Starts Early
Long Beach is putting together a Violence Prevention Plan. To do this, the City first put together a diverse group of people to collaborate on the likely causes and potential solutions to violence in Long Beach.

While the Violence Prevention Plan is not yet complete, it is starting to take shape. For a plan in Long Beach to be successful, it must include both short-term and long-term strategies.

The agency closest to the problem of violence, of course, is the Police Department. Without a doubt, any credible Violence Prevention Plan for Long Beach will need input from law enforcement professionals. Crafting better ways to deliver law enforcement services should be part of both short-term and long-term solutions.

While Long Beach's Police Department may be at the center of the Violence Prevention Plan, our police can't do everything and they can't do it alone. Everyone must agree the job of violence prevention does not rest solely with the police; we all share responsibility.

Early intervention will almost certainly be a part of any violence prevention strategy. Since LBUSD is critical to early intervention and child development in our City, our schools should be part of the plan.

FBI statistics show those in their late teens and early twenties commit the vast majority of violent crime. The early adolescent years are critical to development and those who are exposed to violence during childhood and early adolescence, especially boys, can become violent themselves. The cycle of violence can be established at an early age and is hard to break.

There are many other factors that contribute to violence. Moreover, every community is different. Long Beach is fortunate to have a head start in that we have an outstanding police force. From Chief Jim McDonnell and his command staff, to the patrol officers in the streets, to the support staff and keep records and analyzes data, we have one of the best police departments in the nation.

But Long Beach Police need our help. For a Violence Prevention Plan is to be successful, the police will need more resources in the form of funding to support better investigations and faster response times. Additionally, the police will get support in the form of community partnerships to address at-risk youth and truancy, and a network of non-profit service providers to reduce drug and alcohol addition, family violence, and poverty.

The Long Beach Police Department recognized the need for early intervention years ago and created programs to engage youth. However, those programs have been eliminated due to budget shortfalls. Hopefully, more

City of Signal Hill Office of the Mayor



Michael Noll
Mayor

Now that school is back in session, we would like to remind students and their parents about bicycle safety.



In order to keep our students safe, it is important they follow a few simple rules:

- Obey all traffic laws, including stopping at red lights and stop signs and yielding to pedestrians.
- Ride in the same direction as vehicle traffic.
- Ride in a straight line; avoid swerving into the street or between parked cars.
- Use hand signals to indicate stops, turns, and changes of direction to cars and pedestrians.
- Allow faster traffic to pass when it's safe; avoid needlessly blocking the road.
- Pay attention to parked cars. Drivers may pull out in front of you or open a door in your path.
- As you approach intersections, be aware of cars behind, beside, and in front of you who may try to cross your path.
- California law requires riders under age 18 to wear a helmet.

Be safe and enjoy your school year!

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and better youth programming, will result from the Violence Prevention Plan, and such programming will be coordinated between our Schools, Police, Parks and Recreation, Libraries, and other community groups.

Henry Ford said, "Coming together is a beginning; keeping together is progress; working together is success." The process of creating a Violence Prevention Plan has brought together many diverse minds and that is a good start. The harder part will be to keep a diverse group together, and getting all parties to work together to help in the goal of reducing violent crime in our city.

Police officers are the first responders when a violent crime is reported, and they need to be at the center of any Violence Prevention Plan. But they alone can't solve all our problems. A strategy to support our police can yield short-term and long-term benefits, and make Long Beach a safer place for all families.

333 West Ocean Blvd., 2nd Floor, Long Beach, CA 90802 • 562/570-5600
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City of Long Beach, City Auditor



Laura Doud
City Auditor

K to Post Grad – It's all here in Long Beach!

I asked Laura Doud, City Auditor, to write about how and why she became interested in her field of study.

—Kay Coop, Founder/Publisher

Long Beach students are given golden opportunities to launch productive careers in any area that captures their imaginations. We have it all – right here in Long Beach!

I am fortunate to have received all of my education in the city I love, from kindergarten through law school. Everything I learned from LBUSD teachers prepared me for Long Beach Community College, CSULB, and Pacific Coast University School of Law.

Occasionally, I am honored to be invited to visit with LBUSD students on Career Days. After the first question, “What is a city auditor?” students usually ask, “Why did you become a city auditor?”

Looking back on my school days, it seems clear to me now. However, at the time I was just following my interests. I always enjoyed math because there is only one right answer. The preciseness was appealing to me and naturally led to my studies later in accounting and auditing. Also, at the time, I never dreamed that the writing skills I learned in English classes would be so useful later. As City Auditor, an essential part of my work is translating audit data into written reports to help Long Beach citizens understand how their tax dollars are spent.

Other things I learned in school have stuck with me, too. I always enjoyed recess – it was my favorite! That enjoyment turned into a commitment to physical fitness and to marathon running, which I still enjoy. In addition, team sports and being on the Wilson High School cheer squad prepared me for collaborating in the workplace.

My interest in obtaining a law degree and running for citywide office was the natural progression of my early involvement in student government. I loved participating in a process that improved my schools, whether it was Tincher Elementary, Hill Junior High, or Wilson High School.

Bringing all of my interests from my early education together – and the desire to help improve the City I love – eventually led me to run for the Office of Long Beach City Auditor in 2006.

My advice to students is to work hard and take full advantage of the wonderful opportunities that their schools and teachers provide. I encourage them to look around, to try new things, and to notice what sparks a flame of interest in them – just as math, English, student government and sports ignited lifelong interests in me.

333 West Ocean Blvd., 8th Floor, Long Beach, CA 90802 • 562/579-6751
• www.CityAuditorLauraDoud.com

City of Long Beach Office of the Vice Mayor



Dr. Robert Garcia
Vice Mayor

Since taking office in 2009, parks have been a top priority for me. Great cities are characterized by great parks and public spaces, and in one of the densest urban areas in America, health, happiness, and quality of life – especially for families with children – depends on parks that are safe, clean, and plentiful.

When I took office, the downtown area and Westside were park poor, but that has changed. In just the last four years, we've

opened several new parks, expanded and enhanced others, and added acres of park space to downtown and the surrounding areas. I'm very proud of the new and expanded green spaces in the First District, including Seaside Park, K-9 Corner Dog Park, Craftsman Village Park, Wilmore Heritage Garden, Mary Molina Community Garden, and Harvey Milk Promenade Park. Drake Park's redesign continues to move forward, and a park at 7th and MLK will bring green space to an under served area, and help solve some traffic issues.

And the really great news is: We're just getting started. This year, thanks to responsible budgeting by our City Council and Mayor, for the first time in years we have been able to increase, rather than cut, our park budget. And I'm excited to announce that plans for adding more green space to our city are underway.

Drake Park will receive an additional million dollars for upgrades and enhancements. Parks and libraries throughout the city will get new equipment and facilities. Bathrooms, walkways and athletic fields around Long Beach will get needed repairs and improvements. In addition, security systems in parks and libraries will be added or improved, enhancing public safety.

I'm confident that as a city, our best days are ahead of us. Keeping our parks clean and safe, providing additional green space and park acreage in under served neighborhoods, and making sure facilities are well maintained and properly staffed are just some of the ways our new budget surplus is being invested for the future of Long Beach. We have a tremendous park system here that we can all be proud of, and it's getting even better every day.

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Long Beach Department of Health and Human Services



Dr. Mitchell Kushner
City Health Officer

Preventing the Spread of Norovirus

Norovirus is a very contagious virus causing inflammation to the stomach or intestines (acute gastroenteritis), leading to stomach pain, nausea, diarrhea and vomiting.

Anyone can be infected with norovirus and get sick. Also, you can have norovirus illness many times in your life. Norovirus illness can be serious, especially for young children and older adults. According to the Centers for Disease

Control, Noroviruses are the leading cause of epidemic gastroenteritis, causing an estimated 20 million people to become sick each year. This results in approximately 70,000 hospitalizations and 800 deaths annually in the United States. Norovirus typically spreads quickly in crowded, closed places like daycare facilities, schools, hotels, cruise ships and restaurants. An individual contracts norovirus by touching objects contaminated with the virus, and then eating with their hands or by simply touching their hands to their mouth. It can also be caught by direct contact with an infected individual through the sharing of food or utensils, or by eating or drinking food contaminated with the virus.

Taking the simple precaution of washing your hands before eating can protect you from contracting norovirus and potentially becoming ill.

The key to preventing the spread of norovirus is hand washing. Always wash your hands before preparing or eating food. It is also critical that people wash their hands after using the toilet and any time hands become contaminated (handling raw meat product, shaking hands, touching your own face/nose, taking out the trash, etc.). It is also important to wash/rinse fruits and vegetables thoroughly before serving or preparing.

Hand sanitizers are not a substitute for good hand washing. However, there are some hand sanitizers on the market that have been shown to be effective against norovirus. Hand sanitizers are not effective when hands are dirty or have debris on them. Hand sanitizers should only be used when hands are relatively clean.

Taking the simple precaution of washing your hands before eating can protect you from contracting norovirus and potentially becoming ill. If you have any questions, please contact Dr. Mitchell Kushner, City Health Officer, at 562 570 4047.

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Halloween Spooky, But Safe



Divya Joshi, MD
Chief Medical
Officer

The chance to dress up in costume, run around the neighborhood after dark and stock up on sweets, makes Halloween the highlight of the year for many kids — from toddlers to teens. However, roughly four times as many children aged 5-14 are killed while walking on Halloween evening compared with other evenings of the year, and falls are a leading cause of injuries among children on Halloween.

Trick-or-Treating Tips

- Accompany young children (under age 10) on their trick-or-treating rounds.
 - Ensure that your child knows their home phone number, the cell phone numbers of parents and any other trusted adult who's supervising and how to call 911 in case they get separated from the group.
 - Give your kids flashlights with new batteries to help them see where they are going to prevent falls and help them be seen by vehicles.
 - Have them wear reflective sneakers or other reflective items to make them visible to traffic.
 - Limit trick-or-treating to your neighborhood and the homes of people you and your children know.
 - Trick or Treat on well lit streets.
 - When your kids get home, check all treats to make sure they're safely sealed and there are no signs of tampering, such as small pinholes, loose or torn packages, and packages that appear to have been taped or glued back together. Throw out loose candy, spoiled items and any homemade treats that haven't been made by someone you know.
 - Don't allow young children to trick or treat while eating hard candy or gum, it could cause choking.
 - For older kids who are trick-or-treating on their own, make sure you approve of the route they'll be taking and know when they'll be coming home. Also be sure that they follow the same Halloween Safety tips you taught them when they were younger:
 - go in a group and stay together only go to houses with porch lights on and walk on sidewalks on lit streets (never walk through alleys or across lawns)
 - know to never go into strangers' homes or cars
 - cross the street at crosswalks and never assume that vehicles will stop
 - carry a cell phone, if possible
 - Oh, and use the opportunity for a teaching moment on moderation in eating candy! (Without spoiling the fun.)
- These tips can help your family have a spooktacular and safe Halloween.



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MillerChildrens.org/NICU

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Olivia, 2 days old in NICU, weighed only 2 lbs, 11 ozs



Our specialty:
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Princess Ballerina

Olivia, 3-years-old, preemie



Leadership Long Beach

Finding the Leader Within

By *Neyah Barbee, Poly HIGH Junior, YLLB '13*

I had always known that I was a leader with potential from the way I participated in class and worked in student council. Though these little-league escapades were fun, I don't think that I fully understood the extent of my leadership potential before my participation in Youth Leadership Long Beach (YLLB).

When a representative from Leadership Long Beach visited my school last year, it immediately intrigued me. He seemed to be advertising something too good to be true. It was a program for youth just like me who genuinely wanted to learn all they could about leadership, bettering themselves and their community. *And* it was free? Sign me up!

project I had ever done before. We all were motivated, and that motivation is what allowed us to band together, each bringing something different to the table. From artistic creativity to organization skills, everyone showed why he or she was selected for the program as we shined both individually and as a group. After much work, the feeling of watching it all come together in a tangible project that bettered the community was a very proud moment for me. It was an invaluable experience that broadened my perspective and confidence in what I am capable of getting done.

The team retreat was another aspect of this program that I will never forget. Though I cannot go into too much detail about our mountainous adventure, I can share how it touched me. I formed bonds with teammates that seemed



The Youth Leadership Long Beach Class of 2013 at their class project "Leadership 4 DAYS"— a community festivity that they planned and organized for elementary school children from the DAYS (Downtown Associated Youth Services) program.

Then the teenage nerves kicked in. Who was I? What qualified me to be in a program with the best that Long Beach has to offer? When I made it, I was over the moon. In addition to being a fulfilling personal endeavor, I hoped that it would also be fun and allow me to meet some new like-minded peers. Even with my optimistic expectations, I couldn't have imagined how rewarding the experience would be. Through the interactive class activities, invested mentors and insightful team retreat, our team bonded as we all learned about one another and ourselves. Before this program, I would never have imagined the growth that I would see in myself and the relationships that I would forge with my classmates as we all worked toward a common goal: to be the best that we could be and help others do the same.

Great Opportunity to Share Skills

One of the highlights of my experience in this program was the class project. In all honesty, I was anxious in the face of this challenge. I had never organized something on this scale, and from my experience, teenagers—including me—weren't always the easiest to work with. However, working with my teammates was unlike any other group

as if they had been forged over a lifetime, as opposed to a weekend. The openness and support I got from my peers as I overcame both physical and mental obstacles inspired me and gave me hope. I was surprised at how much I was able to learn about myself in such a short, intense time.

While YLLB was a risk for me and, yes, added extra strain to my already busy schedule, it was well worth it. I will always value the experience and how it shaped me as a person. So, when the opportunity to apply to be a Youth Chair advisor for this year's class presented itself, I couldn't resist! Knowing how the program affected me, I am eager to serve as a peer mentor and make it the best that it can be for the next group of young Long Beach leaders. I am looking forward to another great and fulfilling year!

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

Aquarium of the Pacific

By Milena Acosta, Outreach Supervisor

When we think of penguins, we often picture ice and snow. But only a few species of penguins live in Antarctica and withstand that continent's coldest temperatures. Most penguins in the world—ten out of seventeen species—live in temperate areas and never see ice or snow. Last summer the Aquarium of the Pacific opened the new June Keyes Penguin Habitat with thirteen Magellanic Penguins. We are happy to announce that this June two penguin chicks hatched and made their public debut on September 10. They joined the rest of the penguins in their rocky habitat and can be distinguished from the adult penguins by their lighter gray plumage. The chicks, one male and one female, were born to parents Roxy and Floyd. The female chick has been named Heidi. The public can help name the male during a live auction at the Aquarium's tenth annual Sea Fare fundraiser on Saturday, October 19, 2013.



Penguin chick Heidi

Native to Argentina and Chile in South America, Magellanic Penguins live in temperate climates. The chicks hatch with their eyes closed and are able to open them about a week later. After about ninety days they fledge, losing their downy newborn feathers and replacing them with watertight, sub-adult feathers. Before they fledged, the Aquarium's penguin chicks were being cared for behind the scenes. The chicks can be seen exploring their new home via the Aquarium's live streaming webcams provided courtesy of explore.org, the philanthropic multimedia arm of the Annenberg Foundation.

Starting this fall, Aquarium visitors will be able to meet one of the penguin chicks up close during daily meet-and-greet shows at the Molina Animal Care Center. Someone in the audience at each show will be selected to help feed the penguin. Also, the first two people to check in each day on Foursquare will get to go behind the scenes at the June Keyes Penguin Habitat.

The Aquarium of the Pacific is looking forward to watching the new chicks grow and learn how to waddle their way around their new home!

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

Friends of Long Beach Animals

Do Not Get a Pet This Way!

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

You want to “rescue” that sad puppy from the pet shop. You read the ads in the paper. You find a website with photos of green hills, lovely homes and beautiful puppies who are “bundles of joy” or “purebred” and only to be sold to “loving families.”

Red flags! Almost all these animals come from puppy mills and are accompanied by physical and emotional problems that can cost you hundreds, if not thousands, of veterinary dollars. Please don't acquire a pet this way. Pet store clerks and puppy mills will never tell you they came from puppy mills or that they are not healthy.

The facts you should know are that reputable breeders never sell to pet shops or brokers and that they investigate the homes they sell to. Purebred papers guarantee nothing, and even the AKC readily admits that it cannot guarantee the quality or the health of dogs in its registry. A USDA-inspected breeder is not always a good breeder. USDA requires that the animals are given food, water and shelter but *not* love, socialization or good health. Puppy-mill puppies have health problems that can cost thousands of dollars, and the sellers rely on the bond between the buyer and the pup, who will then not be returned.

However, one out of every three dogs in shelters waiting to be adopted *is* a purebred, and rescue groups exist for almost every breed. Never buy a pup if you haven't seen the home he came from. Never buy a pup on a parking lot, on the street, or from websites or newspaper ads. If you can't visit the home or breeding facility, look elsewhere.

Visit your local shelter or breed rescue, where you are likely to find too many healthy, socialized puppies and adult dogs who will love you, be faithful to you and enrich both your lives. Get a loving pet *this* way!

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What's Your Passion?

Delving Deeply into Great Literature



Kate Karp

Gordon Cohn, moderator of the Bixby Knolls Literary Society, conducts booklovers through a monthly appreciation of notable literature.

"I look upon this event as an act of community outreach at an intellectual level, at least equal in significance to any other kind of civic or social organization," Cohn said.

Cohn, a retired public relations officer and speechwriter for the president of USC, says that books have been part of his existence since kindergarten, when his teacher showed him that the black dots grouped on white paper were in fact the story of Dick and Jane and their dog, Spot.

"Today, at age 80, I open a new book with the same sense of excitement and anticipation that I did when I was a child," he said. Cohn and his wife, Lois, have over 3,000 books in their home.

The gathering was conceived in 2007 by Cohn's son Blair, executive director of the Bixby Knolls Business Improvement Association. After a first successful session held at a Bixby Knolls Italian restaurant, Blair asked his father if he'd moderate the next one while he sought out guest leaders for further sessions.

"After my dad led the group the first time, I knew that we had a winner and there wasn't going to be anyone to be able to lead it like he could," Blair Cohn said.

Cohn prepares his discussions by choosing from a list of the top one hundred books from the 20th century, occasionally picking a current work. Even if he's read the book before, he reads it twice—once for enjoyment and again to glean questions for the group—and adds supplemental material he finds about the author or book.

"He hits the books like he's practicing for a bar exam," Lois Cohn said.

"The last thing in the world I want to do is a book review," Cohn said. "I want to elicit from each member of the group a visceral and an intellectual response by asking a series of questions to draw from them what they felt and what they thought. And not once in 66 sessions have I failed to be astonished by insights brought out by some of the members. I hope by personal enthusiasm that I communicate a love for good literature and attract people who share that."

The Bixby Knolls Literary Society meets cozily in a tearoom on Atlantic Avenue on the second Wednesday of the month at 7 p.m. To find out more about the group, visit bixbyknollsinfo.com/events/ or their Facebook page.

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

Literacy Project Foundation

Celebrating Family Literacy Month

By Sue Tucker, President/CEO

November is Family Literacy Month. The State of California is acknowledging the important role that families play in their children's literacy development.



The Literacy Project Foundation is a nonprofit organization that helps bring the gift of literacy to children as a foundational learning element to help achieve their personal dreams. The organization's goal is to enable "at-risk" and disadvantaged youth to increase their reading skill levels so that they can be self-sufficient and contributing members of our society. During Family Literacy Month, Literacy Project Foundation wants to remind families what a vital role they play in their child's academic progress. At home, families can engage their children in all forms of educational activities such as storytelling and read alouds. LPF also provides organized activities such as The New Phonics Game™ literacy program, which is a 30-hour reading program provided in a classroom or after-school at "no cost" for K-6 grade students. This program is fun, lightly competitive, socially interactive, and promotes collaborative learning amongst students through a group experience.

For more information, visit www.literacyprojectfoundation.org.

Arts Council for Long Beach

Arts Grant Available for K-12 Classrooms

By Kylee Yocky, Director of Arts Learning

The Arts Council for Long Beach invites any K-12 classroom in Long Beach to submit a proposal for an Arts Education Enrichment Grant. Through the generous support of Los Angeles County Supervisor Don Knabe and the Bess J. Hodges Foundation, the Arts Education Enrichment Grant will provide financial support to Long Beach Unified School District students for arts education experiences for the 5th year in a row.

Grants awarded will support a professional development component for teachers, either a field trip to an arts event or an in-school arts event, and a post-arts event extension activity. Last year students from Millikan High School got to participate in the Disney Magic Music Day Instrumental Music Soundtrack Session Workshop through funding they received from this grant.

The grant application will be emailed to all schools. However, if you do not receive one or if you would like more information about this opportunity please contact Kylee Yocky, Director of Arts Learning at the Arts Council for Long Beach at kylee.yocky@artslb.org.

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

A Familiar Face From a Foreign Place

Teaching in Nicaragua



Lauren Barrette

Peace Corps maintains three main goals in all the countries it serves:

1. Provide technical assistance
2. Share culture and customs from the USA
3. Share culture and customs of country served with American citizens.

My 27 month service started in May 2012 and will finish in July 2014. In Nicaragua I serve Peace Corps' three goals by training high school teachers on how to teach an entrepreneurship class to motivate the young population to start successful small businesses. I also consult small business owners on basic business and finance practices. On my own time I have also started an Honors Club at one of the high schools, organized leadership camps, taught English classes to kids and adults, and done a lot of community fundraising and networking.

What is school supposed to look like? Should it be completely protected from nature's exposure with classrooms full of clean plastic chairs labeled with its owners name? Should there be decorations of happy book worms crawling out of big red apples and posters of Einstein's $E=mc^2$? Should the grassy lawns be littered by giggling teenagers eating from a sack lunches or by last minute crammers finishing the math homework due in five minutes? These memories from my school experience made for quite the surprise when I entered my Nicaraguan schools for the first time in May 2012 as an entrepreneurship educator in the Peace Corps. My schools are fairly well kept for Nicaragua: they are painted each year with a coat of blue and white for the Nicaraguan flag.



The classrooms are a simple square of cement blocks with blank walls and full with students on wooden seats, most of which still have the desk attached. The wide open doors and windows allow the air to flow but also bring in all of Nicaragua's vibrant noises and critters.

After one year here, I know that the expectation shift of my school's physical appearance only begins to touch on the differences between what I experienced at Los Alamitos High school and what public schools students of Leon, Nicaragua experience in education.

Graduate Los Alamitos High School Class of 2006. Studied Business Administration with a concentration in marketing at the University of Oregon Class of 2010. I decided to join the peace corps after college because I wanted to challenge myself to use my business degree in a creative way. I also felt that I was at a unique time in my life where I had no real responsibility and could dedicate two years of my life to serving others and seeking personal growth.

Note-ables

Welcome to the Village!



Kate Karp

No man, woman or child is an island. Award-winning musician Aaron Nigel Smith illustrates our interconnectedness through his One World Chorus, combining the voices of children from the United States with those of residents of the Cura Rotary Home, an orphanage and school in Kenya. The vocals and instrumental musicians combined produce a collection of African folksongs, contemporary pop, blues and scat—world music especially for children.

The CD welcomes in listeners with "Fanga Alafia," a traditional Nigerian morning song, and closes with a Zulu marching song, "Siyahamba." In between is a world of good. "Grateful" sums up childhood joy and invites a celebration

of life and our planet, "Mother Nature's Spirit" is an obvious choice for a group performance, and "Che Che Cole" and "Copy Cat Scat" are spirited activity/movement numbers. The standouts, however, are the treatments of songs familiar to anyone who's listened to pop radio in the past few decades: "Banana Boat Song," which has all the spirit and soul of the original, and then some; a goose-bump-raising version of Jewel's "Hands"; and a marvelous version of Bob Dylan's "Man Gave Names to All the Animals." I'm a Dylanophile from way back, and I can tell you that that number should have always been a children's song. With a change in lyrics approved by the Great Man himself and an added rap bridge, it now is.

A portion of proceeds from the sale of the CD will help build a music program at the Cura orphanage.

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

Remember When...



Charlene Ashendorf

A Season of Sports - It Must Be Fall

I was an only child and I was Daddy's girl. My father was the youngest of nine. I grew up with loads of uncles and lots of cousins, male (mostly). So my bonding experiences with Dad and the relatives were spent in Wrigley Field, Soldiers Field and the Chicago Stadium.

For a Chicago sports fan, memories of playoffs and championships are more often bitter than sweet, with the exception of "da" Bulls. Growing up in Chi-town it wasn't a matter of whether you followed sports or not, you just chose your alliance to the north or south side as is the case with baseball. And, if like me, you recall seasons as a Cubs fan, those were years of frustrations.

When we moved to the left coast I realized all too soon my biggest loss would be sports. California had far too many baseball and basketball teams and what could the land of fruit and nuts know about the only real sport, hockey? Now it's true there was this team called the Kings, but imagine what a silly name for a team in a land where hockey would never rule.

For me, nothing could compare to the excitement of taking the bus and heading to Wrigley Field seeing apartments rise up from the pavement on Sheffield Avenue while sitting in the bleachers. There were vines that were planted in the '30s and then there was --- the wall... and peanuts, hot dogs and cokes. Oh, and that "Take me out to the ballgame" organ. It was simple and so sweet. I grew up knowing the name of Ron Santo, Billy Williams, Joe Pepitone and Ernie Banks as well as I knew those of my neighbors. Even though there was never a post season

appearance by my Cubbies in the 50s, or 60s or 70s... they were a fans team.

And then there was the only true sport, the game of hockey. How lucky I was to be able to tag along with Dad and his band of brothers to the Chicago Stadium. This place was huge. (You know how sometimes your memory plays tricks on you and things aren't really as big as you remember?) Actually it was the largest indoor sporting arena in the world. And if you thought the organ at Wrigley Field was something...As I remember the story my Dad told, this organ was built in the late '20s in Wisconsin and was so big, it took 24 railroad cars to transport it to the stadium. When my dad said we were going to the "Madhouse on Madison Avenue" my face would light up like the stars in the heavens! The Blackhawk's were known to have kept the fans on their feet with fights on the ice and in the stands.

1960 was a turning point in my life. The family relocated to Florida and the Blackhawk's would win the Stanley Cup without me. I never recovered from that season.

Until Wednesday, June 6, 2007 when the Anaheim Ducks (first known as MIGHTY) would become the first team in west coast history to raise the Stanley Cup across the ice at the Honda (once upon an Anaheim) Pond.

It's fall, that season of sports is in the air and I will be watching my favorite teams on the sidelines while my dad will be looking down from that big arena in the sky.

Remembering when...

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. She is the executive director of Laurel House, a shelter for at-risk teen girls. She is active in her church and community. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>

Contest!

Do You Remember... **The Beanie's Drive-In** **in Long Beach in the 1960's?**

Email me the location to be entered in our drawing.
Please put BEANIE's in the subject line.
kay@schoolnewsrollcall.com

Your entry must be received by November 15, 2013.
From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

Historical Society of Long Beach



The Historical Society of Long Beach will be having their 18th annual Cemetery Tour at Long Beach's two oldest cemeteries, Sunnyside and Municipal (pictured here), on Saturday, October 26, 2013. Please call (562) 424-2220 for more information. Aerial photo circa 1926.
4260 Atlantic Ave., Long Beach, CA 90807 • 562/424-2220 • www.hslb.org

Rancho Los Alamitos

Children's Fall Harvest Festival

By Pamela Seager, Executive and Project Director

Celebrate the spirit of the harvest at Rancho Los Alamitos and experience a day of local history. Only a few generations ago families farmed the grounds that have become our communities. Rediscover the heritage of the growing grounds and the landmarks of our communities' rural past.

Sunday, October 27, 2013

Noon–4:30p.m. – FREE ADMISSION

Free parking is at CSULB Lot 11A at Palo Verde Avenue and Rendina Street with continuous handicap accessible shuttle service to the Rancho.



The day's activities include:

- Rancho's annual Children's Fall Harvest costume parade at 2:00 p.m.
- California Cowboy Band performance, Cowboy Poetry Readings and Storytelling
- Trick roping demonstrations
- Identify the land use and the people who worked the land before the urban pioneers of the 1950's. Find your way to activities that represent the rural landmarks and agricultural fields noted on a contemporary map outlining the original holdings of Rancho Los Alamitos after 1878. Mark the spot where you fit into the past.

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

California Aquatic Therapy & Wellness Center, Inc.

By Patricia Dixon, Executive Director

Most of us have heard complaints about the conduct of young men from the inner city. Comments run the gamut from criticizing their clothing (they need to pull up their pants!) to condemning their lifestyles (they need to stop gang banging and get an education.)

For Virgil Greer, those comments were inspirational. Those comments compelled him to stop complaining about youth--and to start working with them, trying to help them become better students and better people.

"I realized that I had something to offer," Virgil says. "I have 38 years of experience as a husband and a father. I have 4 children (6 grandchildren) that have reached success through my demonstration of leadership in my household and community."

Virgil took action by becoming a volunteer mentor for the Sons of Abraham Mentoring Program, which provides mentorship to males between the ages of 7-17 years of age throughout Los Angeles County.

Virgil has been with the program for over five years and has mentored close to 150 African American youth. His goal is to help these young people become men of integrity



Virgil Greer

and to help them avoid going down the wrong path in life. He says, "If I can just help one of them to dream beyond their circumstances, then I did my job."

Most of the youth served by Sons of Abraham are children of single mothers. In Virgil's view the lack of a positive and consistently present adult male role model is devastating to these young men, leaving them prey to the influence of the streets and gangs. But with a little support and the investment of a little time on the part of a mentor, these young men have enormous potential to turn their lives around. One of Virgil's mentees was interested in planes. Virgil encouraged this young man to follow his passion. After a mentoring relationship of four years, the young man received his pilot license—at age 17—and is now attending the University of North Dakota pursuing a degree in Commercial Aviation.

"I have a blessed life," Virgil says. "And so it is my duty to be a blessing to someone else."

To learn more about the Sons of Abraham Mentoring Program go to: <http://www.sonsofabrahamcor.net> or come see Virgil exercising in our warm waters of hope Tuesday-Friday at 9:30 A.M.

6801 Long Beach Blvd., Long Beach, CA 90805 • 310/537-2224
www.caaquatictherapy.com

Long Beach Unified School District



Christopher J. Steinhauser
Superintendent

Off to a Great Start

Congratulations to our students, parents and employees on a smooth start to the school year. I visited many schools during the first week of classes and was impressed by how enthusiastic and focused everyone was as they began the noble work of teaching and learning. Making our enthusiasm even more palpable are several positive developments.

For the first time in years, we enter the school year without the threat of cuts in statewide funding for education. California voters' approval of Proposition 30 tax revenues and the state's approval of Gov. Jerry Brown's Local Control Funding Formula are bringing additional resources to schools.

During the summer, our school district earned a waiver from federal No Child Left Behind rules. This waiver removes burdensome regulations, allowing greater flexibility as to how we spend millions of dollars in federal funding on additional academic help for students. More than \$5 million has been allocated to schools to provide academic interventions for our K-12 students.

Our school district also has been awarded several significant grants, including \$7.5 million from the Bechtel Foundation and \$5 million from the Gates Foundation to

support professional development as we implement the Common Core Standards. These standards are key to preparing more students for success in college and careers, which is why we've just created a Common Core website at lbschools.net.

Meanwhile, we continue to see encouraging signs of academic progress, with most schools showing academic growth, eighth grade algebra proficiency far exceeding state averages, 93 percent of twelfth graders passing the California High School Exit Exam, and reading scores posting the greatest gains among California's 10 largest school systems.

In September we also opened both our first new high school in 18 years (McBride High School), and a long-awaited new aquatics center at Cabrillo High School. Many other Measure K school construction and renovation projects are progressing nicely as we strive to provide our students and staff the modern school facilities they need and deserve.

Because of the perseverance of our employees, parents, students, Board of Education members and many community partners, we have accomplished so much despite difficult challenges. The result is that our schools and students are uniquely poised to achieve great success in the years ahead. Thank you to everyone who continues to make our school system one of the world's best.

GET ON THE PATHWAY TO YOUR GOAL!



PROMISE PATHWAYS

Your Path to Academic Success

LBUSD Class of 2014

Apply to the LBCC Promise Pathways Program!

Benefits include:

- Fall 2014 Enrollment Fees Waived
 - Preparing to Transfer Sooner
 - Completing Certificate or Degree Faster
 - Success Plan, Priority Registration and Additional Support
- 2014 Graduates from LBUSD High School are eligible for participation!*

Information please contact LBCC Outreach Office at <http://www.lbcc.edu/outreach> or call (562) 938-4490



Long Beach Education Foundation



Judy Seal
Executive Director

The Long Beach Way

Each year LBUSD, LBCC, and CSULB host countless visitors from within California, across the nation, and around the world. They come to listen, learn and ask our education and community leaders questions about how our three education institutions thrive as a cohesive PreK–18 education system as well as individual institutions. The answer is always the same: We put our students first.

On September 16th, Alvarado Elementary School in Signal Hill hosted visitors from the California Community Foundation, an outstanding partner to our schools and district. Just an hour later at LBCC, representatives from LBUSD and LBCC presented to PreK-18 teams from Oceanside, California that included the superintendent of schools, community college presidents, and university leaders came to ask the three institution leaders how they are able to get teams of educators to meet monthly and collaborate across the systems. On September 17th, Longfellow Elementary School and Hughes Middle School hosted the California Department of Education and U.S. Department of Education Green Ribbon Schools Director along with representatives from LAUSD and other school districts in a four-hour tour. At Longfellow and Hughes, the tour guides were students and parents.

What jumps out at our guests is the collegiality among all stakeholders. We always point to what we in Long Beach refer to as “The Long Beach Way.” When asked, we say “The Long Beach Way can be defined as a genuine sense of reciprocity.” We help one another and by doing this, we are building a better Long Beach. This is not just an education motto. The saying is shared across the community from business leaders to elected officials, from communities of faith to serving our homeless, from parents to teachers and principals, from nonprofits to the Port of Long Beach, from the Police Department to the Fire Department. We collaborate across cultures and using the diverse languages we speak The Long Beach Way describes our family-like commitment to working together. Evidently, the Long Beach Way is a unique nuance that few large urban cities enjoy.

If we need support for a particular high school, for example, the principal is very likely going to pick up the phone and call whomever he or she thinks has answers. The most remarkable attribute of the Long Beach Way is that in all instances whomever is called, responds. And if that entity cannot find a solution, they stay in touch with the principal and together they ask another entity for help and ideas. And so on, oftentimes creating a cross-sectoral collaboration until all stakeholders are involved in problem-solving. On any given day with any given education institution, community, business, or public safety problem,

Long Beach pulls together. “Yes,” is the only answer LBUSD has ever been given when reaching out for help from our community. Saying, “Yes” to helping one another is The Long Beach Way.

On October 16, 2013, we will hold Principal For A Day in the morning followed immediately by The State of Education where each education leader, Superintendent of Schools of the Long Beach Unified School District, Chris Steinhauer, Superintendent-President of Long Beach City College, Eloy Ortiz Oakley, and Provost of California State University Long Beach, Dr. David Dowell will inform the community about key accomplishments, good financial news, successful graduations, closing the achievement gap, future challenges, and the benefits of the Long Beach Way. United States Congressman, Alan Lowenthal, author of the historic California Senate Bill 650 (The Long Beach College Promise Act), which allows LBUSD, LBCC, and CSULB to collaborate in ways that put the academic achievement of our students ahead of archaic policies and procedures, will share the powerful results of what our students have achieved since SB 650 was signed by Governor Brown on October 10, 2011.

We invite you, our community, to join us at 12 – noon on October 16th in the Center Theater within the Long Beach Convention Center. Parking is free.

1515 Hughes Way, Long Beach, CA 90810 • 562/997-8054

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

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

The program includes:

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

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



Zinsmeyer Academy
a division of
**ChildNet Youth and
Family Services, Inc.**

4223 East Anaheim Street
Long Beach, CA 90804
(562) 961-6300 • (562) 961-6336 FAX

LBUSD Board of Education



John McGinnis
President

School opened this year with more good news than we've heard in a long while. New funds, continued growth in student achievement and intelligent reforms give us reason for optimism and celebration!

First, we can thank the voters of California for the passage of Proposition 30, which means that for the first time in four years we can avoid significant cuts to our educational programs. In a few years we may even see growth in the district's revenues. And that growth will come in part from Governor Brown's Local Control Funding Formula (LCFF), which will give districts like ours a much-needed boost. We must also thank our employees – teachers, administrators and staff – who bore the greatest burden during this economic downturn. With layoffs at all levels, those who remained assumed more work while their salaries were reduced due to furlough days. In addition, all employees agreed to changes in their health care coverage that will help us with long-term budgeting. We're grateful for our employees' commitment and sacrifice during this recession.

While responsible budgeting is essential to a school district's success, a more significant measure is student achievement. Here again, we thank all our employees for the remarkable gains students made. Teachers, of course, are on the front line of that campaign. Regardless of how large a district may be, education takes place in a classroom where a teacher works face-to-face with students. But they could not do their jobs effectively without all the staff who support them, including custodians, maintenance workers, clerks, secretaries and everyone else who keeps the institution running. This, of course, includes our talented and committed principals and other administrators who provide the leadership for all our teachers and staff, while addressing myriad problems that arise each day.

Finally, district administrators, principals, teachers and staff have been laying the groundwork for one of the most significant reforms to hit schools in decades. Common Core State Standards (CCSS) will not only change what students should know and be able to do at each grade level, but they will also change the strategies teachers use to achieve those standards and the tests students take to assess their success. You can learn about CCSS and its impact on LBUSD at www.lbschools.net/Main_Offices/Curriculum/Common_Core/.

The implementation of this new reform will be greatly aided by superintendent Chris Steinhauser's success in achieving a waiver from federal regulations required under the federal government's No Child Left Behind act. Through Chris's leadership and collaborative efforts, Long Beach Unified and seven other districts in California were granted this landmark waiver by Secretary of Education Arne Duncan. This is the first time the Secretary has granted the waiver to school districts rather than to whole states. Despite significant opposition from many quarters, the Secretary's recognition of LBUSD's national excellence gave him the confidence to make this courageous decision. We're grateful to him and the superintendent for the added flexibility we will now have to improve student learning.

Long Beach is a unique city with an exceptional school district. The support of parents, community partners and businesses is invaluable to teachers' success preparing our students for college and careers.

1515 Hughes Way, 4th Floor, Long Beach, CA 90810 • 562/997-8240

Contest!!



This drawing is hidden in this publication. When you find it, email the **page number** to:

Kay@schoolnewsrollcall.com
(Please put LBUSD in the subject line)

Your entry must be received by November 15, 2013. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.



John McGinnis
President

Long Beach Unified School District Board of Education



Diana Craighead
Vice-President



Jon Meyer
Member



Mary Stanton
Member



Dr. Felton Williams
Member

Los Angeles County Office of Education



Arturo Delgado, Ed.D.
Superintendent

Keeping Students in Class

I have joined an exciting partnership working to recognize September as School Attendance Month in communities across Los Angeles County. At a recent press conference, we raised an urgent issue: Too many children are missing too many days of school.

Educators are well aware that whether absences are excused or not, the resulting loss of instructional time is substantial and can lead to serious academic consequences.

Let me share with you some facts:

- Nationwide, as many as 10-15% of students – 7.5 million – miss nearly a month of school every year. That’s 135 million days of lost time in the classroom.
- Chronic absenteeism is a red alert that students are headed for academic trouble and eventually for dropping out of high school.
- Poor attendance isn’t just a problem in high school. It can start as early as kindergarten and pre-kindergarten.

Here in LA County, the truancy rate is 32.4 percent – higher than the state average, which is 28.5 percent.

Truancy is a complex issue that involves students, the family and the community. While we often think of truants as students who simply do not want to go to school, many times truancy can be a result of underlying issues.

Many of our students deal with medical issues, mental health problems and economic factors – including homelessness – that contribute to missing school.

Poor school attendance impacts academic achievement and serves as a warning sign that interventions are needed. If those interventions don’t take place, students may become disengaged and eventually drop out.

Our role at the Los Angeles County Office of Education (LACOE) is to provide technical guidance and support to school districts.

We work with school districts to help them develop comprehensive systems and provide feedback to the Local School Attendance Review Boards or SARBs. We share best practices and strategies related to attendance.

School districts are strongly encouraged to develop comprehensive systems to identify and intervene when they see poor attendance patterns. A comprehensive plan includes prevention, identification and intervention.

Prevention efforts include establishing and communicating expectations related to attendance, promoting positive messaging and helping students build connections to schools. The “I’m in” campaign would be a part of those efforts.

Identification involves monitoring attendance. School staff reaches out to the families of students who are missing school.

Intervention includes sending truancy letters, holding parent conferences, conducting home visits, and so on, to identify the barriers to regular school attendance and to link parents to resources.

Model School Attendance Review Boards or SARBs are outstanding examples of comprehensive systems.

I’m proud to report that four of our local SARBs – Alhambra, Bellflower/Paramount, Montebello and South Bay – have been designated as Model SARBs for 2013. South Bay – which includes El Segundo, Hermosa Beach, Manhattan Beach and Redondo Beach – received the Distinguished Model SARB Award.

These local SARBs lead the way in implementing outstanding results-based school attendance improvement programs. They serve as mentors to other SARBs throughout the County and the State.

While schools alone can’t do all it takes to improve student attendance, every successful initiative ultimately relies on educators making the reduction of chronic absence a priority and implementing

solutions that work.

I’d like to thank all the school districts – more than 25 school districts so far – that have pledged to offer incentives and implement programs aimed at reaching students who struggle with attendance and rewarding those who stay in school.

I encourage other districts to join us and be a part of the “I’m In” campaign. I also call on parents and community members across LA County to raise their voices and join the effort to improve attendance starting in the early grades.

Chronic absence is a problem we can solve when schools, families and community partners work together to create a culture of attendance.

Arturo Delgado, Ed.D., was appointed superintendent of the Los Angeles County Office of Education in July of 2011. With headquarters in Downey, the Office is the nation’s largest regional educational agency, providing a range of programs and services to support the county’s 80 public school districts and 2 million preschool and school-age children. 9300 Imperial Hwy., Downey, CA 90242 • 562/922-6360 www.lacoe.edu

Chronic absence is a problem we can solve when schools, families and community partners work together to create a culture of attendance.

Bancroft *Middle School*

Everyone Working Together



Kimberly Dalton
Principal

Parents and volunteers are important contributors to Bancroft's success.

This summer, our staff, parents and student volunteers helped support both the sixth-grade orientation and the seventh- and eighth-grade "Taking Care of Business Day." Staff members volunteered to act as tour guides, taught students to open combination locks, checked out textbooks, and were available to answer questions and offer assistance when needed.

Parent volunteers (VIPS) also sold P.E. clothing and spirit wear, put together welcome packets, had a snack table, and held a recruitment drive for the PTA.

In addition, the PTA put together a wonderful welcome back breakfast for the staff. Student volunteers led tours of the school, assisted with textbook checkout, completed a cheer presentation for the parents, and worked in the spirit wear/P.E. area.

All of these efforts provided Bancroft with the foundation for a smooth and successful start to the school year. We are fortunate to have a school community willing to volunteer their time and energy in such a positive and supportive manner.

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

Beach *High School*

B3 Computer Lab



Matt Saldana
Principal

By Maria C Marasigan, CTE Instructor

It is with at most pride and pleasure to announce that Beach High B3 Computer Lab where Computer Business Applications and Clerical/Office Occupations, both work based learning courses are being offered has now been upgraded to Windows 7 Operating System and Microsoft Office 2013, the first in Long Beach Unified School District, funded by the HS & Adult Carl Perkins Federal Program from SY 2012-2013. Special thanks



to Christopher Clifton of the Curriculum/Workbased Learning/Career Tech Ed Office for providing 13 of the 37 brand new computers to Beach High. Welcome to the Digital Revolution at B3 Lab! Maria Marasigan, CTE Instructor/Workbased Learning

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

Barton *Elementary*

Barty's Bees and Prizes



Richard Littlejohn
Principal

The first days of school have been very successful. The Barton Elementary School staff is working together to cultivate a positive and productive learning environment. There is definitely excitement in the air!

Students have been very specific in their comments that illustrate our efforts for a positive school environment! A third-grader told Mr. Littlejohn, "I am so excited about the Barty Bucks and the prize room! It helps me want to learn and listen to my teacher. I like the Be Nice Rule, too!" A fourth-grader also ran to a staff member during lunch and shared, "It worked! It really worked! The Hands-Off Rule really helped. A boy grabbed my arm, and I told him 'Hands off!' He let go of my arm, and I felt great!"

Students are learning about Barty's Bees to help them be successful in school! Posters reminding students of our expectations are displayed throughout the campus. Students who follow the Bees earn Barty Bucks. Students are then selected weekly during the Barty's Buck drawing to enter the prize room!

Go, Barton!

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

Bixby *Elementary*

A Champion for Character and Literacy



Stephanie Jones
Principal

Mr. Bruce B. Beaver has been a member of the wonderful Bixby family for a long time. He has been seen on campus reading to students, encouraging literacy, and celebrating good character. He participates in the annual Beach Walk for the Children's Clinic and is the face of Bixby's "Guidelines for Success," which reminds students to always do their best in "thoughts, words, and actions."

Students are encouraged to read his book picks, join in community service, and talk to him about good things or report bullies. Together with our staff and PTA, Mr. Bruce



believes that all children should be respected. We want every Bixby student to achieve academic excellence and strive to become responsible, caring and productive citizens.

5251 E. Stearns St., Long Beach, CA 90815 • 562/498-3794
www.lbschools.net/bixby

Cabrillo *High School*

Beautiful Music



Dr. Elio Mendoza
Co-Principal

Alejandro Vega
Co-Principal

By Lushandra Prioleau, Ed.D., Dean of Students

Friday night football at Cabrillo High School would not be complete without the melodious sounds of the steel drums and the spectacular 2013 “Blues Brothers” field show by our award-winning marching band.

Cabrillo will be hosting the 28th annual Band Spectacular on November 12 at 7 p.m. This will be an experience you’ll never forget. The Long Beach Community College Viking Show Band and the Cabrillo High School Panjammass steel drum band are set to perform.



2013 “Blues Brothers” field show

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

This year culminates in San Diego at the Heritage Festivals. This will be the third year of participation for Cabrillo’s jazz band, wind ensemble, and chamber strings.

Dooley *Global Studies Magnet School*

The Skill of Self-Expression



Nicole Howton-Chiles
Principal

By Nick Galanis, Teacher – Spanish

Dooley Global Studies Magnet School is a Primary Years Programme School, which involves working with six Transdisciplinary Themes. These themes are used for units of inquiry, which are integrated throughout the school day in all classrooms.

One of these themes is titled “How We Express Ourselves.” Teaching our students ways in which they can discover and express themselves is critical to their development.

One of the ways we do this at Dooley is by offering Spanish classes for first through fifth grades. We also train fifth-grade students to produce a monthly televised Dooley News broadcast to keep our students updated on the latest Dooley happenings.

All of us at Dooley are grateful for the opportunity to commit ourselves to the strategic development of our students and anxious to see the many enhancing contributions they make to our world.

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

Cubberley (*K–8*)

It’s Time to Celebrate



Terri Jarels
Principal

By Veronica Bustamante, PTA President, and Paula Bowman, Foundation President

Ellwood P Cubberley School was established in 1953, and so as a student body and staff we are making plans for our 60th Anniversary Celebration. The Cubberley PTA and Cubberley School Foundation are already hard at work to help make this school year incredible. The theme of “It’s Time to Celebrate” is the rallying call for reflecting on our years of laughter, learning, and our legacy. Throughout the school year our community will focus on the relationship between legacy and service, and encourage our students to make meaningful contributions part of their own character. We look forward to sharing more with you about our 60th Anniversary in upcoming editions.

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

Edison *Elementary*

Our Engineers Excel at STEM



Edward Garcia
Principal

At the SeaPerch event, 20 fifth-grade students engineered remote-operated vehicles for a competition on the USS Iowa. They built three submarines from start to finish, including soldering circuit boards. Eight students then competed with their robot in June. They came in second overall, winning the timed-robot challenge and the Team Spirit award.

At the My Daughter is an Engineer event, seven fifth-grade girls attended college with a parent in July. They roomed in dorms and learned all about careers in engineering and preparing for college. They also learned about robotics. They built robots and programmed binary disks to direct their robots to complete a timed-obstacle course. Edison girls won first and third places in the robot competition.

625 Maine Ave., Long Beach, CA 90802 • 562/590-8481
www.lbschools.net/edison



The eight student competition team and teacher volunteer coaches.

Fremont *Elementary*

Science Comes to Life



Mark Curran
Principal

By Laura Malloy, Science Lab Teacher

Fremont Elementary School's science lab is a parent-funded program available to all students. Each kindergarten through fifth-grade class enjoys a weekly visit for hands-on experiments, activities, and investigations, supporting the classroom science standards.

Technology is integrated into each science lab lesson in order to enhance the concepts being taught and to check for understanding through the use of online quizzes. Animals

are also an integral part of the program, and the science lab is currently home to a ball python snake, two large bearded dragons, a blue-tongued skink from Australia, two guinea pigs, a tarantula, and a white rabbit! Students learn to properly handle, feed, and care for these animals, which makes Fremont a unique place to study!

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



Gompers (K-8)

Gators Going Strong



Kelly Ludden
Principal

By Dasha Gorski, PTA President

The Gompers K-8 School Gators are off to a great start with parents, teachers and administrators collaborating together to make year fantastic. PTA sold plenty of spirit wear T-shirts to promote our school uniform policy. Reinforcing our "Welcome to the Jungle" theme, we are planning on a jungle animal assembly for all children who bring in five PTA memberships per family.

We honored students at our Celebration of Success at the beginning of October. Each child is honored at least once throughout the school year for showing special traits such as being a math wizard, welcoming classmates, thinking outside of the box, or being the most improved reader.

On October 25, we have our Trunk or Treat event, where cars are decorated to make you scream. There is candy for the children and a disc jockey to get everyone dancing. To top off the night, we have several yummy food trucks coming.

Thanks to the collaboration of students, parents, and staff, this should be an amazing year at Gompers K-8!

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

Garfield *Elementary*

Our Teaching Garden



Claire Alvarez
Principal

By Ashley Lindstrom, Teacher - 5th Grade

Last spring, we planted Garfield Elementary School's first-ever instructional garden, thanks to a partnership with the American Heart Association and the California Endowment. The most exciting part about the garden is how students are able to get involved.

In May, all of the fifth-graders participated in the first Planting Day. Enthusiastic students built the planter boxes, filled them with soil hauled through a "bucket brigade," planted the seedlings into the fresh soil, and even added worms! In order to instill pride in the garden, Garfield students are expected to become Garden PROs: Protecting the garden; Respecting the garden; and Observing the garden as it grows and changes.

The Garfield Tigers are becoming garden PROs once again this fall!

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

King *Elementary*

Operation Teddy Bear



Dr. Cecilia Santos-Camerino
Principal

Literacy and math continue to be our focus at King Elementary School. During the second week of school, our literacy focus was supported by the Volunteer Center's Operation Teddy Bear.

The Volunteer Center is a local non-profit agency which sponsors Operation Teddy Bear each year at our school. The volunteers deliver backpacks filled with literacy and learning materials to all of our first-grade students. We had volunteers from a local credit union read books to our students and deliver the backpacks with special teddy bears in each one.

We thank all of the volunteers for getting our first-grade students off to great start. This event was a huge success!



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

Hughes *Middle School*

The Hughes Orchestra Visits Disneyland



Dr. Sally Gregory
Principal

By David Michaels, 7th Grade English Teacher

Students from all over Long Beach choose to attend Hughes Middle School because of its renowned instrumental music program. Ms. Norwick, a Northwestern University graduate, has been teaching outstanding musicians at Hughes for decades. But each spring she takes her intermediate and advanced orchestras to a recording studio directly behind Disneyland's California

Adventure for a performing arts workshop.

Here the students sight read, prepare, and record a polished performance of special Disney music selections in a real studio environment, just like professional musicians. They are first given a piece of Disney music that they need to learn. Then they record it twice, with the second take accompanied by a click track for syncing to a movie.

Ms. Norwick proudly keeps the CD recordings in her office. When I interviewed her for this article, she played me both takes. The final product seemed like the track you would hear in a Disney movie. After the workshop, the students get to spend the rest of the day at the Happiest Place on Earth.

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

Jordan *High School*

Welcome!



Shawn Ashley
Principal



Dr. Jay Camerino
Principal

By Eddie Cruz, Activities Specialist

It is a great day to be a Panther! Just ask anyone around Jordan High School and you will likely get a similar response. But this year is extra-special, as we welcome three new administrators to the Jordan Family.

Ms. Felicia Anderson is our new assistant principal overlooking the International Baccalaureate Program, as well as special education. She comes to Jordan from Millikan High School, where she worked as a program facilitator.

Also new to Jordan this year is Ms. Nora Valdez, who is taking over the GEAR UP program. She will be working closely with our seniors as they prepare to transition from high school to higher education. Ms. Valdez comes to us from Cabrillo High School.

Last, but definitely not least, is our new S.L.C. coordinator, Ms. Tynisha Smith. She comes to us from Lakewood High, where she served as the lead for her S.L.C. When asked about her placement at Jordan, she told us that, "The students are great. The staff is great. I feel very welcome and at home here."

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

Jefferson *Leadership Academies*

Welcoming Our New Sixth Graders



Kevin Maddox
Principal

By Beth Cohen, Assistant Principal

Sixth-Grade Orientation was memorable! Over 30 staff members showed up to welcome our incoming Jaguars! Families went on a journey that showed them why Jefferson is a fabulous place to go to school!

The journey included a four-stop tour. One stop was an informational session in the auditorium with our new principal, Mr. Maddox. Another was a visit to our Family

Involvement/Informational Fair and a chance to buy Jag Swag, our Jefferson spirit wear. Every student—more than 220 of them—were fitted for free uniforms courtesy of the Assistance League of Long Beach volunteers. Families toured the campus, led by a current Jefferson student or a Jefferson alumnus from the promoting class of 2013!

Finally, families were treated to a stop at our Activity Station, where they had the kind of fun we love! They got Jefferson "tattoos," entered our Wacky Triathlon, joined our JLA dance party, played in our water-balloon toss, and more!

We had a blast at orientation this year, and we're excited to welcome the promoting class of 2016 into our Jefferson family!

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

Hamilton *Middle School*

Preparing Pupils for the 'Real' World



Kathleen Cruz
Principal

Approximately 15 years ago, Hamilton Middle School began a Workability Program. The program, according to Special Education Department co-chair Roberta Crowson, is all about transitions for students in special education.

The state grant funds an aide to work with small groups of students on portfolios and school-to-career-transition activities. Pupils discover their own personal strengths and weaknesses. They complete a career survey and follow up with research and an essay on a specific career area of their choosing.

Each participating pupil is also responsible for completing a resume, filling out a job application and formally requesting a letter of reference from a teacher who knows him or her well. Johnny, a former Hamilton student who completed the Workability Program as a middle-schooler, wrote of his wish to be a police officer and return to serve in the same community in which he was raised.

Ms. Crowson says, "I believe in this program and what it does for students now and in the future."

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

Lakewood *High School*

NFL Alumni Mentoring Youth



Cheryl Cornejo
Co-Principal



Mario Jimenez
Principal

The Goals For Life (GFL) program provides former NFL players to mentor at-risk students at several high schools and middle schools within the Long Beach Unified School District. The program has been in existence nationally for 25 years and has realized many success stories

with youth. GFL is one of the most effective programs in re-directing students “with promise.” Students participate in selective, focused weekly classes to try to refocus their energies away from crime and other anti-social behavior.

At Lakewood High School, Ricky Ellis, who played several years in the NFL, USFL, and CFL, has been mentoring and encouraging students to strive for success and avoid being “another statistic” within the judicial system. Mr. Ellis has eloquently provided our students with GFL lessons and discussions relative to real-life situations within the Male Academy course.

We have been very fortunate to have this program to enhance and develop overall student success.

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

Lincoln *Elementary*

One Special Individual



Christi Granado
Principal

The beginning of the school year can be a very overwhelming time for students, parents, and staff. Lucky for the Lincoln community, Vicky Ancheta, our enrollment clerk, is always ready to help.

Ms. Vicki enrolls over 200 new students every school year. She makes every person who walks through our doors feel like part of the Lincoln family. Amazingly, Ms. Vicki is also known to remember every name,



face, and family associated with every student! But her work doesn't stop there. She wears many hats during the day, from nurse to the planner of school celebrations.

Vicky has been serving Lincoln families for 12 years, and we hope she will continue for many years to come. Thank you, Ms. Vicki! You are the best!

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

Lee *Elementary*

Ready, Set, and Already Going



Caroline Nemeč
Principal

The students and staff at Lee Elementary School are looking forward to another year of possibilities, challenges, growth, and learning. We are beginning to implement exciting changes that we feel will make a tremendous difference in the academic growth of the students in alignment with the new Common Core State Standards.

This year, Lee is very fortunate to add an extra kindergarten class due to unusually high enrollment. Lee offers another warm welcome to all new kindergarten students and Lee Lion Scholars!

We are also excited to welcome Kevin Dillenbeck, Robert Faris, Rio George, Pamela Baily, and Colleen Jubinal to Lee. They bring their many years of experience, knowledge, and dedication to our already fabulous staff.

All of Lee's teachers are implementing Write From the Beginning, a program that will emphasize comprehension, grammar, author's voice, and effective written communication skills. We set high goals and expect more from our students than ever before, and thus we have raised the bar for teaching.

We are ready, set, and already going to meet these challenges.

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

Lindsey *Academy (6–8)*

International Faire



Stephanie Dunn-Cooper
Principal

Lindsey Middle School's International Studies Magnet Program hosted its fourth annual International Faire on Friday, June 7. This annual event is Lindsey's culminating activity, celebrating international-mindedness.

In keeping with the theme of “Festivals around the World,” classroom teachers selected countries and introduced their students to folk tales from those countries. During the faire, students had the opportunity to purchase food and play games relating to the different countries. Teachers and students also created activities that related to the cultures of their countries.



It is our aim to help students develop an international perspective. By sharing experiences in the classroom setting and beyond, students can develop awareness of and sensitivity to the experiences of others beyond their local community

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

Mann *Elementary*

New Mural "Blooms"



**Donna
McKeenan-Marr**
Principal

Thanks to the joint efforts of our Mann students, staff, parents and community members, a beautiful mural was painted at our school during the summer by Christine Votava-Welch, the Mann PTA's president and BHNA board member.

The project was jointly sponsored by the Bluff Heights Neighborhood Association and the Mann PTA.



The Bluff Heights Neighborhood Association and Mann School are eager to move forward on several other beautification projects, with the mural being the first of many. The students and parents will be working together throughout the year to add containers and plants to the area. They will also be sharing ideas for other murals that can be painted around the campus by our talented students and parents.

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

Marshall *Academy of the Arts*

Winners Reaching Amazing Potential



Michael Navia
Principal

*By Arlene Escalante, Site Director
WRAP Program*

Winners Reaching Amazing Potential (WRAP) at Marshall Academy of the Arts provides students with fun activities and academic support.

The program's upbeat leaders are waiting to greet students at the cafeteria when school ends. After snack, students participate in club activities, which include a variety of sports, theater arts, and cheerleading/dance opportunities.

During homework hour, program leaders assist students with their assignments and provide educational enrichment activities to reinforce topics students are learning during the day. Our goal is for all students to be proficient in math, so they practice math facts and integers three days a week. We have also added daily tutoring by credentialed staff members.

WRAP provides a fun and much-needed service for the Marshall community.

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

Los Cerritos *Elementary*

The Village Connected



Marie Hatwan
Principal

September has kicked off a new school year at Los Cerritos School with parents/guardians, community members and staff members joining together to promote student learning and success.

Together we see learning as the process of creating connections in our digital age. The multiple points of perspectives, support and resources have created a powerful group that supports and enhances student learning and experiences. Our school has

a student-friendly garden, a red fowl house, Art Masters, and multiple extracurricular activities and field trips. These opportunities are provided by our community volunteerism, fund-raising and donors. In addition, we have over 100 VIP volunteers and a superior PTA that collaborate and create the resources that promote the multitude of programs and opportunities for our students.

We believe our village connection along with the implementation of the Common Core State Standards will ensure that students graduating from high school are prepared to enter credit-bearing entry courses in two- or four-year college programs or the work force.

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

McBride *High School*

Students Select School Colors and Mascot



Steve Rockenbach
Principal

By an overwhelming majority, McBride students chose the wolf as its new mascot.

The selection process involved a series of breakout sessions during

orientation that discussed the merits of various mascot ideas. This narrowed the options to three choices from which the entire student body would choose, and a campus-wide vote was held on the first day of school. Through a similar process the students also selected royal blue and silver as their school colors.

The students were notified of the results on Friday, and shared a great deal of excitement and pride. We are now in the midst of designing spirit ware and P.E. clothes that utilize the colors and the wolf.

Students and faculty alike are proud to be the new home of the Wolves!

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



Millikan High School

Millikan Grads “School” Seniors on College Applications



Dr. Jeffrey Cornejo
Principal



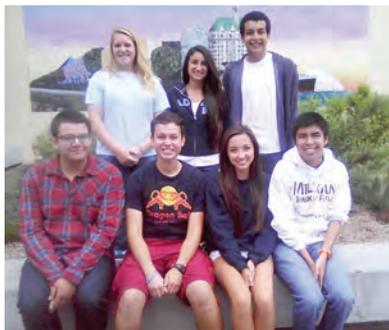
Monica Daley
Principal of Instruction

By Katie Hickox
Teacher – English

Freshmen from some of the nation’s most selective universities returned to their alma mater recently to advise Millikan High School seniors.

These freshmen from University of California, Los Angeles, Stanford University, University of California, Santa

Barbara, Tulane University, and California State University, Long Beach embodied the statement “Once a Ram, Always a Ram” by offering advice to high school seniors on academic and sports scholarships. Millikan seniors earned over \$10 million in scholarships in 2013.



The grads spoke during Millikan’s Advanced Placement (AP) Summer Bridge, which prepares students for college-level classes and admissions and offers SAT/ACT preparation, according to Erin Hill, the AP coordinator.

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

McKinley Elementary

Off and Running



Scott Tardibuono
Principal

The new school year is in full swing at the corner of Paramount Boulevard and 68th St.

Back on September 4, over 700 kindergarten through fifth-grade students proudly strolled through the school gates ready to face the challenges of learning. They came adorned with big smiles on their faces, positive attitudes, and sharply dressed in their uniforms, with many opting to wear red tops, the new color we added this year.

Since that first day, McKinley students and staff have been going full-speed ahead toward the future. Teachers have been hard at work learning about the Common Core and implementing changes to the curriculum. Students have been focused, and are hard at work learning grade-level material in both individual and collaborative settings.

We truly are working to hit our “learning targets” each and every day. It’s a great time to be a member of the McKinley Learning Community, where everyone is full of Cougar pride!

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

Muir Academy

Working Together



Lori Clark
Principal

By the Fourth-Grade Team

Collaboration is the key to successful teaching. Teachers who remain isolated in their own classrooms deprive themselves of the stimulus and information they need to improve their teaching skills. As the world changes, we educators need to keep up. The sharing of ideas and knowledge creates an environment for change. Teachers working together in the same grade level or across grade levels facilitate this change.

At John Muir Academy, we use collaboration as a tool. We create lesson plans together. At a recent planning meeting, we worked as a team to create a language arts lesson that focused on text-dependent questions. We analyzed a district-provided lesson and determined ways to hold students accountable for new information learned in the text. Each staff member contributed a unique view on the topic. The final lesson was better met the needs of our students.

At John Muir Academy, all of the teachers work as a team. We work together to improve our teaching and the learning of our students.

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

Newcomb Academy (K–8)

Student Creators, Not Consumers



Wendy Sowinski
Principal

By Anish Patel and Maiya Manor
Yearbook Students

RSP teacher Jamie Nichols uses technology and “nerddom” to improve learning and social skills by using Kindles, purchased through the Newcomb Academy Foundation (NAF). She found that using Kindles increased the fluency among her special education students by 40 percent.

In the past, her students had a hard time focusing on traditional books but appear more interested in reading with the Kindles. Ms. Nichols has had such good results that she’s asked the NAF to help purchase additional devices to use with non-RSP students.

Last year, Ms. Nichols also started a lunchtime club, Nerds in the Middle. Now 23 students strong, they come together in a friendly environment to discuss their nerdy interests.

Students make friends via individual interests, enabling a sense of belonging and coolness, which helps them to stand up to bullies. They create podcasts to post to Ms. Nichols’s Schoolloop page. Last year’s most popular podcast involved zombies. Ms. Nichols stresses that appropriate use of technology makes students “creators, not consumers.”

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

Renaissance *High School for the Arts*

PARTS Partnership



Quentin Brown
Principal

Parents Acting for Renaissance Teachers and Students (PARTS) is the Renaissance High School for the Arts parent group. Established as a nonprofit booster-style club in January of 2012 and growing from 40 to more than 185 members, PARTS promotes parent involvement to build a strong community to help our students succeed. Through their many activities, including the popular dinner and dessert

auction, the school has received funding for a variety of programs, such as buses for competitions and new equipment. They also sponsor annual scholarship contests, fulfill teacher wish lists, and support the events that celebrate our students' success.

PARTS' mission is not limited to fund-raising. PARTS also helps enrich our students' educational experience, supports the district's Academic and Career Success Initiative, and provides support in the areas of college entrance and financial aid. Most importantly, PARTS strives to build a strong community of parents, teachers, and staff members who work together to promote the success and well-being of all students at Renaissance High School for the Arts.

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

Rogers *Middle School*

Celebrating Our Success



Kimberly Holland
Principal

Congratulations to all Rogers Middle School staff, students, and parents on a 927 Academic Performance Index (API) on our 2012–2013 standardized tests! Last year we set a school goal to beat 920, and we did it! Thanks to our wonderful PTA, we celebrated our success with a school-wide pizza party and extended lunch on in September. Our entire staff sported new T-shirts purchased by our PTA.



We enjoyed a successful Back-to-School Night on October 1. Parents followed their children's schedules and got a feel for a middle school day!

One of our focus areas this year is communication. We will be sending out e-mail blasts and posting important dates on our Web site to make sure our parents and community are informed of upcoming events. We will also be working on ways to improve our attendance. The new accountability system will include attendance as a measure, so we need to make sure all students are at school every day.

We are looking forward to a great year!

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

Roosevelt *Elementary*

Changing and Growing



Clarissa Tolentino
Principal

Welcome to another exciting year at Roosevelt Elementary School. The first day of school was such an exciting day for all! Students, parents, and staff entered the school with smiling faces as they walked to their classrooms with excitement to greet their teachers.

Our teachers and staff members worked very hard over the summer to make sure your child has a very successful year filled with learning. We are currently at our temporary site on 1400 E. 20th Street in Long Beach (formerly Mary Butler School). We are anxiously awaiting the renovation of our new school, and construction is anticipated to begin towards the end of September. Our new school will be ready for use in the fall of 2015. It will be 98,686 square feet and provide us with 45 classrooms, an on-site staff parking structure, and a rooftop play area. How exciting!

Go, Roosevelt Bears!

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

Signal Hill *Elementary*

Our Dinosaurs are Roaring With Excitement



Tammy Lavelle
Principal

This year, Signal Hill students were excited to learn that their computer lab had been upgraded with 28 Apple iMac desktop computers. With the release of site categorical funds, in addition to countless summer hours of effort spent by fourth-grade teacher Denise Reid, a summer delivery and installation of this up-to-date lab was made possible.



Mrs. Reid teaching fourth grade students how to log on to their new computers.

Weekly visits to an upgraded computer lab will continue to help prepare our students to be globally competitive as they enter this advanced technological society. In addition, our Signal Hill Dinosaurs will have daily access to a working lab to help meet the rigorous expectations of the Common Core State Standards, and prepare for the Smarter Balanced Assessments.

Go, Dinos!

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

Stephens *Middle School*

Equal Education



Diane Prince
Principal

By Brandon Thedford, Teacher SDC

As a moderate/severe Special Day Class (SDC) teacher and co-department chair of the Special Education Department at Stephens Middle School (SMS), I am proud to be part of a school which has a substantial mission to provide an equal education centered on the individual needs of all our students. SMS provides a variety of services to address the needs of our approximately 100 Special Education students.

Stephens' Special Education Department employs high-quality staff members who have specialized skills and education in a wide range of areas, including psychology, speech pathology, adapted physical education, behavior, SDC, and resource services. Every day, we provide quality services and instruction to students and strive to implement programming in environments which will allow them to be successful across all functional and academic content areas.

In the 2013-2014 academic year, we seek to continue to articulate our mission, continuing to learn strategies and methodologies to improve our craft as teachers and service specialists. Here's to a great year!

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

Washington *Middle School*

Terrific Prelude to the School Year!



Megan Traver
Principal

Washington got off to a great start this year with our schoolwide orientation in August. With the support and help of our administrative team, VIPs, teachers, office staff and custodial staff, we provided orientations for three grade levels, serving over 1,000 students and their families.

Students got their pictures taken for their student IDs and bought their PE clothes. Seventh- and eighth-grade students and parents/guardians completed release forms for the iPads, which will be distributed around October or November. More information on the iPads is to come!

Sixth-graders got sized for free uniforms provided by Operation School Bell and were given tours of the school by sixth-grade teachers. It was an amazing start to what I know will be a great year!

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

Tincher *Preparatory School (K-8)*

We Welcome Our Youngest Scholars!



Dr. Kelly An
Principal

With the start of the 2013-14 school year, Tincher was once again in the news. Long Beach Unified selected Tincher Preparatory as the site for the district's first fee-based preschool. The youngest Tincher scholars—ages 3 and 4—were welcomed to their first day of school in September the day before a thousand Tincher students returned to school after their summer break.

The start of school also saw great news in terms of Tincher's academic successes. Tincher scholars earned an overall API score of 887. Their hard work brings the school even closer to the goal of 900.

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

Whittier *Elementary*

Teacher Training Program



Lori Grady
Principal

By Nancy Jo Rettig, Counselor

Based upon the smiles from students young and older in the photo, it's clear that the students and our staff couldn't be more grateful for the Cal State Long Beach teacher-training program, because even Teacher-Wizards need help sometimes. Collectively, these Wizard-Wannabees enthusiastically agree: "This is the most effective year for learning....I'm taking university courses and applying them directly to elementary school....It's mostly exciting, but scary....It's become real and within reach of our teaching career, but with so much support that it's not nearly as daunting."



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



Mr Ruler says
it's cool to stay in
school!



Wilson *Classical High School*

Q&A With WWCHS Co-Principal Mr. Moraga



Sandy Blazer
Principal



Gonzalo Moraga
Principal of
Instruction

*By Loudspeaker Opinions
Editor, Juliana Alvarez*

Every learning institution must have a leader that serves a guide to not only the students, but to the staff and faculty as well. Clearly, Co-Principal Mr. Moraga thoroughly enjoys his job.

Q: What do you like most about being at Wilson?

A: The students...I enjoy working with them, the positive energy that they have, and being able to be part of their lives to get them ready for college and their future.

Q: Have you always wanted to be a principal?

A: I've been a principal for ten years. I was a teacher for five years, and when I was a teacher I was happy being a teacher. I taught Spanish and US History. Eventually, I got a call to interview for a position as a facilitator, and I ended up getting the job and enjoyed it and then I went back for my administrative credential.

Q: What is one thing you would tell every student?--

A: They can be anything that they want to be.

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

Child Development Center



Cynthia Young
Director

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It's a great start to another wonderful year of learning here at the Lincoln Child Development Center. We are a wonderful community of students, teachers, parents and staff. Our children are learning social skills such as getting along with their fellow students and teachers, and they are learning how to recognize and spell their names. Of course, they are mastering their ABCs so they

can become avid readers. This is a powerhouse of learning!

Teachers are excited about their new classes and find that it's a new adventure each year to learn and interact with each child and family. We have a qualified staff that participates in regular meetings, trainings and staff development. Our goal is continuous improvement and looking at ways to always better serve our families.

Parents will learn new rules and program regulations while supporting their children as they enter new stages of their lives. Each person in this community has a role to play, and our goal is to work together to achieve the best for each student.

The Child Development Center offers preschool as well as day care for school-age students.

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California State University Long Beach



Donald J. Para
Interim President

No. 6 Best-Bang-for-the-Buck Colleges

California State University, Long Beach (CSULB) has been named among "America's Best-Bang-for-the-Buck Colleges" in a new list released by the *Washington Monthly*.

The publication's 2013 list includes those colleges in America that "do the best job of helping non-wealthy students attain marketable degrees at affordable prices," and it is a pretty exclusive list. Out of the 1,572 colleges and universities in its broader rankings, only 349 made the cut as best-bang-for-the-buck schools.

CSULB appears at No. 6 on the list of 349 colleges and universities from across the country.

"At a time when college costs are rising faster than both inflation and the nation's median family income, it is important to know which institutions can give students a high-quality education at a relatively low cost and a commitment to student success," said CSULB Interim President Donald Para. "This new list by the *Washington Monthly* affirms Cal State Long Beach's efforts to provide an outstanding education at a reasonable price. At the same time, our graduates are not burdened with a great debt."

To make the *Washington Monthly* list, each college and university had to meet a set of criteria. First, at least 20 percent of an institution's student body must be receiving Pell Grants, which typically go to students whose annual household income is below \$50,000. Additionally, each university had to have a graduation rate of at least 50 percent. One other criteria was a student loan default rate of 10 percent or less, which the publication said was to make sure graduates are earning enough in the workforce to at least cover their student loans.

Once the list of institutions meeting the criteria was compiled, the publication applied the "buck" part of the measure by ranking the schools based on their net price of attendance. The net price included the average tuition that first-time, full-time students from families with an annual income of \$75,000 or less actually pay after subtracting the need-based financial aid they receive.

According to the publication's editors, the resulting list helps answer an important questions that prospective students should be asking themselves: "What colleges will charge people like me the least and give me the highest chance of graduating with a degree that means something in the marketplace?"

A complete list of the 2013 America's Best-Bang-for-the-Buck Colleges can be found on the *Washington Monthly* website.

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

Westerly School of Long Beach (K—8)



Chris Rodenhizer
Head of School

Westerly Celebrates 20 years

Westerly School is celebrating its twentieth year of innovative learning in Long Beach. Founded in 1993 by a dedicated and ambitious collection of families, Westerly has grown into a school community that remains a vital asset to Long Beach and the surrounding neighborhoods. The school is committed to igniting a lifelong love of learning through project-based education, “real-world” application of concepts and ideas, service learning and a seamless integration of academics, art, music, foreign language and physical education.



Founding Head of School Raymond F. Bizjack breaking ground on the Westerly campus.

Throughout the past twenty years Westerly has been setting students on promising paths in education. Students leave the school as confident well-rounded teens moving onto a variety of high schools which match that child’s unique needs. While at Westerly, students are challenged and inspired to work to their fullest potential in order to be fully prepared for their transition to these high schools.

The school stands proud in hearing from their graduates, many of whom are now at some of the nation’s top universities, building promising careers in competitive markets and continuing the friendships they established as young adolescents during their time spent at Westerly. Lifelong connections are formulated every day at Westerly. No matter when, for how long, and what your roll is/was in the Westerly community there is a common understanding that underlies past and present community members; the true value and benefit of a Westerly education.

In order to celebrate the development of such a strong program and proud history the school kicked off the year with an Anniversary Party on Friday, September 20. The campus opened its doors to past and present families, staff and the countless supporters in the greater community. A variety of speakers reflected upon the past two decades along with Westerly’s current Head of School, Chris Rodenhizer, speaking about his vision of Westerly’s future - truly a promising one. The event closed out with photo exhibits, live music, refreshments and activities for the kids. The day was a true testament to the influential impact that a quality independent school can have on a community.

The school plans to continue its celebration with two additional events: a Westerly Alumni dinner on Monday, December 23, and the schools much-talked about annual auction and dinner on Saturday, April 5. This event features a nod to the “Roaring Twenties” and Westerly’s twentieth year.

Decision 2013

For the 5th straight year Westerly is hosting a High School information fair that is free and open to the public. The event will feature more than 20 representatives from public and independent high schools in Southern California and beyond. The event was created to provide middle school students and their families a unique opportunity to meet with public and independent high school educators and learn about their programs. There will be short presentations by high school representatives and an opportunity for families to ask questions and gather information.



High Schools spread across the Westerly quad for Decision 2013.

The event has grown throughout the years and the school is expecting about 200 visitors in attendance. The Westerly’s eighth grade students play a critical role in setting up and hosting the event and are all very excited about the expected attendance of this year’s program.

The event takes place on Thursday, October 24th from 3:00 – 5:00 p.m. No RSVP necessary.

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Note-ables



Kate Karp

Recess

Recess is here, and just in time, too. Award-winning musician Justin Roberts, along with his Not Ready for Naptime players, has whipped up a whimsical collection of songs to play, imagine and relax along with and have a generally good time in the process. Just like recess.

Everyone, whether a dreamer or a doer, has a song here. “My Secret Robot” and “Otis” concern a couple of most unusual imaginary friends—the name Otis is a clue to one of them. “The Princess Wore Pink” is a fantasy of how a gently subversive individual—OK, she happened to be a princess, so she had perks, but she used them for leadership—made a much-needed change to her town. “Looking for Trains” is a lovely, lilting song reminiscent of autumn evenings with an added flavor of Simon and Garfunkel. “Every Little Step,” dedicated to Roberts’s dog, Udo, sounds just like what a dog would think and feel: “There’s no trouble as big as my heart is wide.” And if you’re a teacher and “School’s Out (Tall Buildings)” doesn’t choke you up with happy tears, I don’t know what will.

The collection is available on CD, and there’s a limited edition that includes a pop-up robot and special web links for craft activities and bonus media.

Editor for *School News Roll Call* and a freelance writer and editor.

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Federal Student Aid



Susan D. Marshall

School is back in session! Soon, seniors will be busy with college selection and applications. After the 1st of January, one important form approximately 8 million students fail to file each year is the Free Application for Federal Student Aid (FAFSA). Filling out the FAFSA marks the end of saving FOR college and begins the process of saving ON college. There is no cost to complete it, so why don't more students fill out the FAFSA?



Excuse #1: "We make too much money." There are two types of financial aid: Need based aid and merit-based aid. Merit aid is not based on financial need, but the student's own excellence or ability - based on a number of factors. Many times the submission of the FAFSA is required to qualify for merit aid. This is FREE money you don't have to pay back.

Excuse #2: "My grades are too low." Need based aid isn't based on students' grades, but on a family's financial need. When you fill out the FAFSA, you will receive a student aid report that will tell you what your expected family contribution (EFC) is. Your financial need will be the

difference between the cost of attendance and your EFC. This is the maximum amount of aid a family may receive.

Excuse #3: "Our parents haven't filed taxes." The form can be amended after taxes are filed, but educated estimates can be used and then updated later.

Colleges are not required to meet all of your financial need, however they do their best in the form of either gift aid or self-help. Gift aid includes grants and scholarships, while self-help is federal student loans, PLUS loans, and work study.

Ultimately, the goal is to maximize the amount of external funding for college and minimize what you pay. When your students are young there are strategies available to save for college and tax strategies that you can employ to help with the amount you need to save. When your students are in high school, you will want to focus on ways to increase your ability to qualify for different types of aid.

Check out our website for free financial aid and FAFSA workshops. Set up your "saving for college" plan today. We are here to be a resource to you and your family.

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

Halloween Word Search Contest

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

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

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

- | | | |
|--------------|----------------|----------------|
| BLACK CAT | GHOST | SPIDER |
| CANDY | GHOUL | SWAMP CREATURE |
| CARVE | GRAVE | TRICK OR TREAT |
| CEMETERY | HAUNTED HOUSE | VAMPIRE |
| COSTUME | HALLOWEEN | WEB |
| DECORATIONS | JACK O LANTERN | WEREWOLF |
| FRANKENSTEIN | MUMMY | WITCH |
| FRIGHTFUL | SKELETON | ZOMBIE |



**Congratulations Abby White & Kathy Rogers
Winners of the September Contests!**

From The Boathouse

Hard Work/Determination



Logan Carter

Coming into the sport of rowing, Logan Carter had no idea what to expect. Many great rowers have some illustrious family history within the sport. In Logan's case, all he knew was that rowing meant water. But once he started rowing, he dove right into the whole experience head first.

Under the guidance of his coaches, Val Stepanchuk, Nick Trojan, and Thomas Graves, Logan improved his training regimen, including correct weight-lifting technique, beneficial erg workouts, and cross-training exercises. Through countless hours at the boathouse, he earned a spot in the MV4X and an opportunity to compete at USRowing Youth National Championships. Logan placed fourth in the grand final by fractions of a second, bringing out his competitive spirit.

Unfortunately, on long the road to nationals, Logan injured himself and struggled with the pain of a protruding disc in his lower lumbar and the disappointment of being unable to row for the summer. After he was cleared by his doctor to begin training again, he returned to the boathouse to find a new addition to his training regimen, two bulky spin bikes that provided a safer alternative to the erg workouts that had caused his injury. The bikes allowed him to continue rowing, and the new training regimen paid off. The following season went gloriously. Logan shattered Marin Rowing Association's two-year winning streak, and it was the first time that Long Beach Junior Crew qualified a heavyweight 8 for nationals. A fourth-place finish in the grand final furthered Logan's desire to medal at nationals, and the chances for that achievement to be realized this season are high.

Nick realizes that his coaches have contributed a great deal to his continued success. Logan's varsity coach, Nick D'Antoni, taught Logan so many invaluable things, about life and the sport of rowing. Thanks to Nick's inspirational leadership, Logan had the opportunity to go to United States National Team High Performance Camp and was selected for youth nationals twice. During Logan's final year as a junior rower, he had the pleasure of training under the wing of Coach Tom Graves. Tom has a reputation within the sport that is second-to-none, and absorbing his wisdom helped Logan further himself as an athlete.

Nick's rowing abilities earned him the attention of some high-caliber universities, including Harvard University, Cornell University, Yale University, the Naval Academy, and George Washington University, where he has chosen to attend school. Rowing truly changed Logan for the better; the sport surrounds rowers in a culture that oozes experience, knowledge, and morality. It opens doors, provides an identity, and raises a young person to learn the values of hard work and determination.

Jack Nunn/Owner, Roworx Indoor Rowing and Fitness Center, 5750 Boathouse Lane, LB, CA 90804 562/688-1716, www.roworx.com.



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Drink It Up!

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



Carol Berg Sloan, RD



Kelly Sloan

Our bodies are 50—65 % water and we need to keep hydrated to stay healthy. Water is the best choice for hydration but many other beverages can meet the need for thirst sometimes adding additional calories or nutrients.

According to the Beverage Institute for Health and Wellness sponsored by the Coca Cola Company, definitions for common forms of water are:

Bottled Water: The U.S. Food and Drug Administration (FDA) describes bottled water as water that is intended for human consumption and that is sealed in bottles or other containers with no added ingredients, except that it may contain a safe and suitable antimicrobial agent. Fluoride may also be added within the limits set by the FDA.

Spring Water: Water that comes from an underground formation from which water flows naturally to the surface of the earth. Spring water must be collected only at the spring or through a borehole tapping the underground formation feeding the spring.

Purified Water: Water that has been processed using methods such as distillation, deionization, reverse osmosis or other suitable processes to meet the criteria for purified water.

Well Water: Water from a hole bored or drilled into the ground, which taps into an aquifer (an underground layer of rock or sand that naturally contains water).

Artesian Water: Water originating from a well that taps a confined aquifer in which the water level stands at some height above the top of the aquifer.

Tap Water: Water that comes directly from a community water utility to your faucet or tap.

Sparkling Bottled Water: Water that after treatment, and possible replacement with carbon dioxide, contains the same amount of carbon dioxide that it had when initially emerging from the source. Sparkling bottled waters may also be flavored, using natural or artificial flavors.

Flavored Water Beverage: Flavored, non-carbonated beverages that are very lightly flavored and sweetened with low- and no-calorie sweeteners. They may also contain additional ingredients.

Carol: I tell my clients that while water is important, other beverages like milk, ice tea, coffee, and even fruits such as watermelon can add to the hydration needs throughout the day.

Kelly: Many college students want to only drink energy type beverages or sports drinks. I tell them that these high calorie drinks should only be consumed by those who work out continuously or for intense periods of time. Energy drinks contain electrolytes, sugar and other added nutrients that should be used during exercise but if you aren't working out intensely than you may be consuming more calories and sugar from these drinks than you are burning.

Carol: There are recommendations for fluid intake by the Institute of Medicine for adults: drink 8 (eight ounce) glasses per day.

Kelly: Living in Hawaii where it is humid people can sometime forget to drink fluids. It is more popular now to carry around your own reusable water bottle which I constantly fill up at drinking fountains because I walk so much around campus and literally sweat!

Carol: I am often asked about soft drinks and for my opinion about soda tax, removal from schools and portion limitations that are in the news. I share that if you really want a soft drink to go ahead, but enjoy in moderation which to me is a couple regular calories sodas a week or one diet soda (12 ounces) a day. Some soft drink companies now have 6 ounce size containers so portion control is simpler. No one needs to carry around a cup bigger than 12 ounce under any circumstances.

Kelly: Regular soft drinks add an extra 120 -150 calories per 12 ounce serving which for many are just extra calories that aren't burned off and stored as fat. I don't drink regular soda but do have a diet Coke every once in a while.

Iced Tea

3 cups water, 2 passion tea bags

1/4 cup sugar or sweeten to your preference

7 cups cold water

Boil 3 cups water in a saucepan and add tea bags.

Boil for 1 minute; remove from heat, cover

and steep for 10 minutes.

Take out tea bags. Add sugar, stir until dissolved.

Pour into 1-gallon container and add 7 cups cold water.

Serve over ice.

Smoothies

1 cup frozen mixed berries

1/2 cup of non-fat plain yogurt

1/2 of water

Blend together the natural flavors and enjoy!

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

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

Family Literacy: Building on Success



**Sandy Spurgeon
McDaniel**

There is a ticket to success in business and in life, and that is knowing how to read. As a former fourth-grade teacher, I can tell you that my students' key to success in every area was to be able to read well. Reading takes practice. My six- and eight-year-old grandchicks need to read 20 minutes before bedtime, and one of the parents reads to two-year-old Evan every night. They have read to Evan for over a year now, and it is a routine part of his bedtime. Books need

to be age-appropriate. Your local library can help with the selection of books that both entertain and challenge a child. Most teachers will give out a reading list and have books available in their classroom.

Before a child can read, you can help to develop a love of reading by sharing the story with animation in your voice. Keep the child involved by allowing opportunities for your child to interact with the book: "Where is the butterfly?" or "Is this apple red or green?"

As your child learns to read on his or her own, he or she may struggle with maintaining interest or become frustrated with the process. The trick is to build on a success, not continually introduce failure. If the parent reads slowly, stopping now and then so a child can read a word, that helps the child to relax. A child can read a paragraph then follow along while a parent reads a paragraph. At the end of a paragraph, the parent can review any difficult words or recap the storyline to ensure understanding. It is important to constantly encourage the child as he or she reads. Little comments such as "Great!" or "That was awesome!" are cheerleaders to children who are struggling to master something people around them take for granted.

One of the elements that is missing in today's family life is connection. We are ping-pong balls, bouncing from

One of the elements that is missing in today's family life is connection....

That 20 minutes of reading before bed can be a special time of connection.

one activity to another, on cell phones and other gadgets, and eating dinner in front of the television. Children who don't feel connected to their parents and siblings often begin a process of seeking attention through negative behavior. That 20 minutes of reading before bed can be a special time of connection. And with the television's images changing every four seconds, reading before bed also allows your child to unwind and go to sleep with ease. Reading together has many benefits for parents as well. I can confirm that I definitely missed those bedtime reading moments when my children grew too old for us to read together. Now at least I have grandchicks!

Once your child is able to read on his or her own, reading together doesn't have to end. Invite your child to read to you while you fix dinner, or curl up together on the couch and read individually. That shared time promotes a love of reading and encourages even the most disinterested readers to invest their time in reading practice. Helping a child learn to read well has tremendous benefit for both child and parent. Children who read well are able to do their schoolwork and homework more independently and don't experience the discouragement that comes from a lack of understanding. Invest in the learning process to save yourself and your child.

In today's electronic society, book reading is competing with all of the media gadgets children enjoy using. Too much of the latter is affecting children's brains, eye sight, temperament, ability to concentrate, need for speed to be attentive, and moral development. A parent's investment in helping a child discover the incredible world of reading is more than helping to develop a skill; it is helping to develop a person.

Sandy Spurgeon McDaniel has written four books. She has taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 35 years. Sandy now lives in Meridian, Idaho www.ParentingSOS.com and Kindle

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Selecting a Contractor



CathyLyn Brooks

So you have found your dream home, except for the ugly bathroom or kitchen or flooring and you are ready to tackle that project. If you need to have work done that is above your skill set, you may want to hire a contractor and here are some suggestions for making a good selection.

1. Be sure the contractor is skilled in the type of job you need. Ask for references and call them. Ask if they would hire him again for another job?

2. Your contractor should be licensed and insured. Ask for evidence of his insurance and have his insurance agent send the information to you directly.

3. Ask who will be doing the work. It is not uncommon to have the work subcontracted to others and including a non-subcontracting clause in your contract that requires your written permission for this will help to mitigate a surprise like this.]

4. Call several contractors. I once needed plumbing work done and called 3 service providers. The estimates ranged from \$300 to \$3000 for the same job. You will learn something with each person you speak to and you want to choose someone that you feel at ease with and who you have confidence in.

5. Always get permits for the work you are having done. You will be asked if you have these in a disclosure form when you sell your home someday, and it is not fun to have the city come out after the fact to approve work. I have seen it slow and/or stop more than one sale and the cost will be greater than if you had done it properly at the time. Always have the contractor pull the permit so he will be responsible for the completion, and not you.

6. Ask for referrals from people you know and trust. You pick your doctors, lawyers and real estate brokers this way, right? Do not use a flyer or ad left on your door. If you see a sign in a yard and you like the work, that is a good start too...unless it is a small job that has been going on for a year.

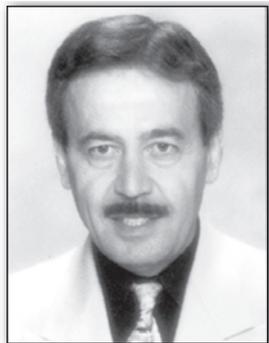
7. Pay in installments. One good way to pay a contractor is 30/30/30/10 based on agreed milestones of the job. You might want to set them to coordinate with city inspections or other critical phases as they are accomplished.

8. Make certain that you have a lien waiver signed each time you make a payment to the contractor. You do not want to have to deal with a mechanic's lien being filed on your property, despite payments having been made. And do not pay in cash. You may need to prove you made payment.

9. Consider adding a clause that the property be left in broom swept condition at the end of each work period. Some friends just had a home built and the stories they are telling about what they found left at the site each day are appalling.

10. Trust yourself. You will get a feeling with each person you speak to and this is the time to rely upon gut feelings. The lowest price may be attractive, but it may not be the most enjoyable in the long run. Use the intuition you have to help you make your choice.

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

The American Business Women's Association (ABWA), Diamonds of Southbay Chapter, awarded Erica Tukiainen, the Stephen Bufton Memorial Educational Fund \$1500 scholarship. Erica is currently pursuing her Doctor of Medicine – David Geffen School

of Medicine at UCLA. "My personal experiences motivate me to further explore preventive care and practice as a primary care physician in underserved communities", says Erica who spent her childhood and adolescent years in Finland, where all citizens have government provided medical insurance and access to quality health care. After immigrating to Los Angeles, she saw the difference in the quality of medical care for the uninsured compared to the insured.

SBMEF, ABWA's national educational fund, is one of the most highly respected grant and scholarship funds in the country. For over 60 years, ABWA has helped women achieve their business and professional success through educational scholarships. Since its inception, more than 16,000 women nationwide have been awarded more than 17 million dollars in scholarships. Call for more information.

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Personal Information: Personal information should be kept somewhere safe. Social security card, passwords and account numbers written down should be kept in a safe place in the comfort of your home or in a safety deposit box. Always make a habit of shredding documents such as receipts, bank and credit card statements and pre-approved credit offers.

Internet: Create complex usernames and passwords that contain a combination of letters, numbers and special characters. Never write them down and carry them with you or share them with anyone. Only provide your information to sites that you accessed directly and know that is reputable. When shopping online, be sure to look for a small lock icon on the screen to indicate that you are on a secured encrypted site or an "https" at the beginning of the web address.

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