

**FREE**

# School News



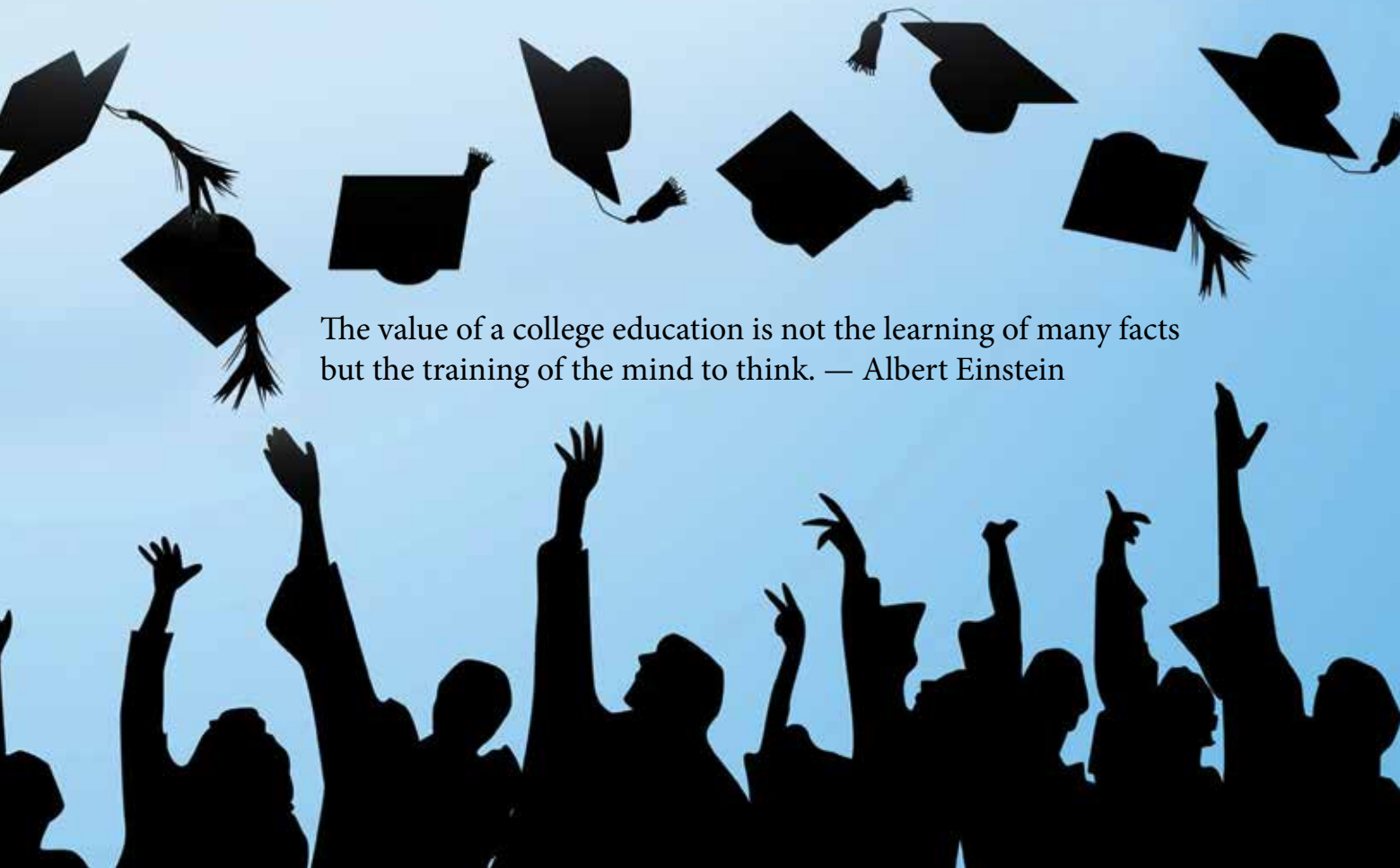
*Education + Communication = A Better Nation*

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

Volume 15, Issue 115

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August / September 2014



The value of a college education is not the learning of many facts but the training of the mind to think. — Albert Einstein

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**Distributed in the communities of: Long Beach, Lakewood & Signal Hill**

# HOW TO GET TO *The Beach*

CSULB is a university where talented and diverse students (just like you!) come to reach their educational goals, while experiencing an exciting campus. Plan early, and follow the steps for each grade level to get ready for college.



## 6th–8th Grade

### START PLANNING NOW

- ✓ Discuss with your school counselor about courses that will prepare you for college.
- ✓ Take English and Algebra I.
- ✓ Complete a language course other than English.
- ✓ Get good grades in your courses, and begin taking the A–G courses.
- ✓ Follow the **BeachBound Crew** as they prepare for college at [www.csulb.edu/beachbound](http://www.csulb.edu/beachbound).



CALIFORNIA STATE UNIVERSITY, LONG BEACH  
**BEACHBOUND**  
[www.csulb.edu/beachbound](http://www.csulb.edu/beachbound)

## 9th Grade

### GET GOOD GRADES

- ✓ Continue taking the A–G college preparatory classes.
- ✓ Earn grades of “A’s and/or “B’s” in all your classes, and develop good study habits.
- ✓ Take the ACT Explore, [www.act.org/explorestudent](http://www.act.org/explorestudent).
- ✓ Work with your teachers to discover your learning style and academic strengths.
- ✓ Start using the high school course planner at [www.csumentor.edu](http://www.csumentor.edu).

## 10th Grade

### STAY ON TRACK

- ✓ In October, register for the Practice Scholastic Assessment Test (PSAT), a practice exam for the Scholastic Assessment Test (SAT).
- ✓ Take the ACT’s PLAN [www.act.org/planstudent](http://www.act.org/planstudent), which helps you prepare for the ACT.
- ✓ Participate in enrichment programs and summer workshops at CSULB.
- ✓ Take a tour: come see what’s new at *The Beach*.
- ✓ Start researching available scholarships!
- ✓ Update your course planner throughout high school by logging in to [www.csumentor.edu](http://www.csumentor.edu).

## AMONG THE NATION’S BEST

## 11th Grade

### JUMPSTART YOUR CSULB APPLICATION

- ✓ Review with your school counselor courses you need to take for CSU admission, including Algebra II or Advanced Math and English with emphasis on writing and critical reading.
- ✓ Students who are taking Advanced Placement (AP) classes should register to take the AP exams in the spring. You can earn college credit for AP courses if you score well on the test(s).
- ✓ Take the ACT or SAT during the spring, and don’t forget to register a month prior to the exam.
- ✓ Attend college fairs and related events at your school or in your community.
- ✓ To find out why CSULB is your university of choice, visit [www.csulb.edu](http://www.csulb.edu).

## 12th Grade

### FINISH STRONG

- ✓ CSULB recommends that you take your final ACT or SAT by October of your senior year.
- ✓ Submit your CSULB admission application using [www.csumentor.edu](http://www.csumentor.edu).
- ✓ Pursue scholarship information and apply for those scholarships for which you are qualified.
- ✓ Identify teachers and counselors who can write strong scholarship recommendation letters for you.
- ✓ Apply for Financial Aid no later than March 2<sup>nd</sup>.
- ✓ If you plan to transfer to CSULB from a community college, visit [www.csulb.edu](http://www.csulb.edu) for more information.

## A–G Courses

### TAKE COLLEGE PREP CLASSES

- A. History / Social Science**
- U.S. History, U.S. Government, Civics, World History, Cultures and Geography
  - 2 years
- B. English**
- 4 years
- C. Mathematics**
- Algebra, Geometry, Intermediate Algebra or Higher Level Mathematics
  - 3 years (4 years recommended)
- D. Laboratory Science**
- 1 year of Biological Science
  - 1 year of Physical Science
  - 2 years (3 years recommended)
- E. Language other than English**
- 2 years (3 years recommended)
- F. Visual & Performing Arts**
- Dance, Drama / Theater, Music or Visual Art
  - 1 year
- G. College Preparatory Electives**
- 1 year of academic courses in any of the above A–F areas and other approved alternate electives

## Paying for College

Check out these sites for more information on how you can pay for college:

- Financial Aid at [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- CAL Grants at [www.calgrants.org](http://www.calgrants.org)
- Scholarships at [www.scholarships.com](http://www.scholarships.com)
- Save for college at [www.scholarshare.com](http://www.scholarshare.com)



[www.csulb.edu](http://www.csulb.edu)

**Go Beach**

Scan the QR code  
to visit [www.csulb.edu](http://www.csulb.edu)







**Kay Coop**  
Founder/Publisher



Netragrednik

As students are enjoying the last few weeks of summer vacation, we are dedicating this issue to college/university choices. We thought you might like to know how our columnists, community leaders and LBUSD superintendent, trustees and principals made their higher learning choices.

I am often asked where I went to college and that is a difficult question to answer, not because I don't know, but because I didn't attend college...yet. I graduated from Wilson High School in 1961 with one goal and that was to marry my high school sweetheart, David Coop. Beyond that I wanted to be a great mother and live happily ever after. Now 52 years, two children and six grandchildren

later, I am happy to say so far, so good! Both of our children graduated from Wilson High School and UCLA. They married fellow Bruins and are now looking forward to their children being college bound. Our first grandson is off to Auburn University. I said I hadn't attended college yet, but I intend to do so. My husband managed to fulfill his college aspiration evenings while supporting our family as a fireman/paramedic and at the age of 70 earned his Master's Degree from CSULB. With his inspiration I have no excuse.

As the class of 2015 begins their final high school year, we hope you, our valued readers, will find this issue enlightening and motivating.

Our next issue is October 8.

## School News

Education + Communication = A Better Nation

[www.schoolnewsrollcall.com](http://www.schoolnewsrollcall.com)

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

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**Dr. Robert Garcia**  
Mayor

**Never Too Early to Prepare for College**

As the end of summer approaches, many young men and women who graduated high school in spring are preparing for one of the most important chapters of their lives – their college education. The opportunity for in depth learning in your chosen field of study, building relationships with professors and students, and living in the midst of an intellectual community is one of the greatest

experiences our country offers. My education made me what I am today, and this is an exciting time of year not just for the many families with students getting ready for school, but for every community as we anticipate the new challenges and rewards a college education will offer our young people.

For high school students entering their junior and senior years, this is also an important time, as seniors await decisions from the schools of their choice, and juniors prepare for the rigorous demands of 11th grade and begin the college applications process. But even if you are a freshman or sophomore, or still in middle school, it's never too early to start thinking about college.

College admissions boards are not just looking for good grades and test scores. Today's universities and smaller schools want a well-rounded student body that provides a diversity of perspectives and experiences to enrich the learning environment and the social experiences of students. If you are applying to college this year, or if college is years away, it's important to expand your experiences and skills by getting involved in more than just classes and homework.

Learning a second – or third – language, joining – or forming – academic or special interest clubs, participating in sports or community service, studying abroad, working part-time and mastering an art form or musical instrument are just some of the many ways to stand out to college admissions boards, and demonstrate the contributions you can make to their community.

College can be one of the most rewarding experiences of your life, not only because of the incredible academic resources available, but because of the many opportunities for personal growth offered in the community, both on and off campus.

Whether a student is six or sixteen, it's never too early to start preparing to be part of that community. The best way to do that is to pursue your interests and get involved!

To all the departing freshman, I wish you the best four years of your life.



**Ed Wilson**  
Mayor

**From Holland to USC**

I attended the University of Southern California receiving a BS in business (emphasis in Accounting). Being the son of a career Air Force man, I graduated high school from AFCENT International School in Brunssum, The Netherlands. At that time, I believe that you could apply to up to six colleges with your initial SAT application fee. I would encourage all who plan to attend

college to initially apply to several colleges and not just one or two. There are no guarantees that you will be accepted to your first or second choice. I was blessed that my SAT scores and High School GPA resulted in my acceptance to most of the Universities to which I applied. So why did I choose USC?

Academically I was interested in a business degree. I researched the rankings of the business schools around the nation. At that time I equally enjoyed the disciplines of computer programming and accounting.

Living in Holland no matter which college I choose I would have to move away from home. When I was a very young child I came to love football, playing from pee-wee league all the way to high school. I was fairly athletic, running track, wrestling, playing tennis, basketball and baseball as well. My parents always told me to enjoy sports but focus on performing well in the classroom to obtain the best grades you can because you are only an injury away from being able to play sports. However, your education is something you will always have. During football practice one year in high school my leg was broken and that was the end of football and competitive sports.

Financial aid was definitely a consideration. Being the first to attend college in my family, the cost of college was something my family had not addressed previously. I was looking for a package that covered substantially all fees and costs.

I thought about other considerations as well such as where my friends were going to go, what is the school's reputation, etc. In the end, I choose what I consider the best University ever. The University of Southern California! Reputation, academic challenges, athletics, numerous degree disciplines, the Alumni, quality of professors, people you meet and location all add up to an amazing college experience. If I had to do it all over again, I would make the same choice. Go SC! Fight On!

You need this page number for the contest on page 31.



# City of Long Beach, City Prosecutor



**Douglas P. Haubert**  
City Prosecutor

## My choice: U.C. Santa Barbara

Some people from a very early age know what they are going to do when they grow up. They have a vision and strike a clear path toward getting there, including the college that will best prepare them the chosen career. I am not one of those people.

I attended college at the University of California at Santa Barbara, which turned out to be a great decision for me. I cannot say my decision was well-planned, in fact, it is based largely on a stunning photo of the campus jutting out into the Pacific Ocean, an image I can still see when I close my eyes. It was UC by the Sea, and I did not need much more than that.

I only applied to three colleges. I was quickly accepted at two, but no letter came from U.C. Santa Barbara. Three weeks passed, then four. I felt like a prom hopeful waiting for the phone to ring. I couldn't understand? What was so great about them? Didn't they want me? The wait became unsettling. It made me stare harder at that photo, the blue ocean surrounding campus. When the letter came, I accepted.

I entered as an "Undeclared" major. That meant I was destined to earn a bachelor's degree in something, I just had no idea what it would be. I had not researched what majors would best prepare me for a career, but I knew I was

a hard worker and felt like the options were vast, so my lack of direction did not worry me.

I enjoyed History and Philosophy, but found my Political Science classes the most interesting. When the time came to choose, I opted to get a Bachelor of Arts in Political Science. I never planned to be an attorney - or a politician. I think I was more surprised than most when I became both. It turns out being a Political Science major prepared me pretty well.

I learned a lot at U.C. Santa Barbara, in the classroom and outside. I met people from all over the country, from different religions and ethnicities. Many lifelong friends were made. I met Lisa, a beautiful young woman from the State of Washington, a student two years behind me. I had never been north of San Francisco. I have U.C.S.B. to thank for that as Lisa would eventually become my wife. We've been married for 18 years now. I know many others who met their life partner in college, and U.C.S.B. is a good place for that, too.

At U.C. Santa Barbara, I learned about others, and I learned about myself. To me, that is the experience of college. Although I did not know it at the time, my decision to attend U.C.S.B. was one of the most important decisions I ever made. That decision was not well planned, it just happened. Sometimes, that is for the best.

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**Every Student is a Success Story**

*Apply Online beginning November 1*

**Applications for summer/fall 2015 accepted beginning November 1 @ [www.compton.edu/priority](http://www.compton.edu/priority)**

Priority registration is available to high school graduates living within the Compton Community College District who complete the four easy steps by March 31, 2015: **APPLY - PREPARE - TEST - PLAN**

El Camino College Compton Center  
1111 E. Artesia Boulevard  
Compton, CA 90221  
1-310-900-1600

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**Jane Close Conoley**  
President

## New Cockpit Design

If high school students are looking for opportunities to have real, hands-on practical projects with one of the best aerospace companies in the country as part of their educational experience, then California State University Long Beach may be the place for them.

Student participation in the research will yield thesis topics for individual graduate students and senior projects for groups of students. They are possibly helping change the future of cockpit design for tomorrow's fighter pilots thanks to Northrop Grumman-sponsored research.

"They are engaged to perform research alongside faculty members," said CSULB College of Engineering Dean Forouzan Golshani who is leading the research efforts. "I hope they take with them the experience of participation in a real-world project that they can see from the beginning. This is their chance to be part of a realistic project that looks to the future."

"Today, cockpit design follows what was invented 50 years ago," said Golshani. "Generally, we have more sophisticated cockpits today but our sponsors at Northrop Grumman think there is a better approach to designing cockpits for next generation fighters. Future pilots ought to look at how children play computer games."

He explained that a cockpit is all about interaction with the environment and how information should be transmitted to the pilot.

"If you look at the way mission-oriented computer games are played, they control the same kind of things a pilot does," he said. "How much fuel do you have? How do you release a weapon or drop a package? Game players deal with many constraints at any given time. It wouldn't be the smartest thing to do to design a cockpit for the wrong generation.

"This is a project that has the potential to take the combined team of Northrop Grumman and CSULB College of Engineering to a big funding agency like the Department of Defense," he added.

One of the project's most useful tools is a wheeled flight simulator based on the design of Northrop Grumman's F-5A/B Freedom Fighter.

"We will build a virtual cockpit," explained Golshani. "Everything has to be tested before we can say this can be part of our future cockpit."

Nothing is sacred when it comes to the new look.

"Will this control be a button? Will it be a switch? What about when the pilot is flying in a smoke filled cockpit? If the pilot can't see the switch or the button, what good are they?" said Golshani. "If a cockpit can be designed that accommodates a pilot who cannot see, it is certain that same cockpit will do a good job working with a pilot who can see."

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



**Eloy Ortiz Oakley**  
Superintendent-  
President

## Why enroll for classes at LBCC?

The Fall Semester begins August 25, so there is still time to take advantage of Open Registration August 18 - 22. There are a variety of classes to choose from that will be taught on both the Liberal Arts and Pacific Coast Campuses, but here are just a few examples of new and exciting programs offered that will provide skills for a competitive job market:



**Students enjoying the newly renovated front lawn of the Liberal Arts Campus.**

The Computer and Office Studies Department will be providing FREE Industry Certification Vouchers valued at over \$100 each for students enrolled in the following :

Microsoft Office Specialist (MOS): Microsoft Word, Excel, PowerPoint, Access,  
Office and Microsoft Office – Advanced as well as Microsoft Outlook, Beginning Keyboarding and Document Processing,  
Internet and Computer Core Certification (IC3 GS4):  
Information Competency, Introduction to Computers and Introduction to IT Concepts and Apps.

Microsoft Technology Associate (MTA): Networking Fundamentals, Database Concepts, and Network Security Fundamentals.

"If the student passes the certification exam, they receive an Industry Certificate which builds college and career readiness," said Gene Carbonaro, Department Head of Computer & Office Studies at LBCC. For more information, contact him at [gcarbonaro@lbcc.edu](mailto:gcarbonaro@lbcc.edu)

The newly designed Metal Fabrication Technology Program has added an option for the student to include welding as part of their certificate or A.A. degree. Students will also have the opportunity to take the industry-recognized performance tests. According to Metal Fabrication Technology Instructor Tim Shoemaker, students who meet the outcomes will have an opportunity to test for an industry recognized certificate. "Aligning the LBCC Metal Fabrication Technology Program and the Welding courses with the industry recognized programs will provide our students with better employment opportunities in the many career paths related to the metal fabrication/welding industries," he said.

For more information on more courses and events, please see our Web site.

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

# City of Long Beach, City Auditor



**Laura L. Doud**  
City Auditor

## Live and Learn in Long Beach

“Where did you go to school?”

When someone asks me this question, I am happy to say, “all my schooling from kindergarten through law school was right here in Long Beach.” When I was considering my options for higher education, I realized I didn’t have to go far to get an excellent education. Our own home town offers high quality, diverse educational opportunities in both our public and private schools.

My education was launched at LBUSD, one of the best school districts in the country, and my daughter, Kelly now attends Long Beach schools, too. I was a Wilson Bruin, Long Beach City College Viking, and I received a BS in Accounting at “The Beach”. My law degree is from Pacific Coast University School of Law – an exceptional accredited program that I highly recommend.

I admit that high school was not easy for me, and when I graduated from Wilson I knew I was not quite ready for a university. Fortunately, Long Beach City College provided the perfect segue between high school and university. I knew I liked math. I was especially drawn to it because there is only one right answer — but I was unsure how that could become a career for me.

While a student at LBCC, I worked on improving my study habits and defining my career goals. I never dreamed that 29 years later, I would be honored by induction into the LBCC Hall of Fame or invited to be the 2014 commencement keynote speaker. As I shared with the graduates on that evening, LBCC gave me the support I needed to successfully transfer to a world-class university, CSULB.

At CSULB, I took excellent business and accounting classes that prepared me to later become a Certified Public Accountant. Then as a young married adult, I attended night school at Pacific Coast University School of Law. I received a solid legal education from highly-respected professors, such as Los Angeles County Superior Court Judge William Garner. This prepared me with analytical skills which I find very useful in my work as City Auditor.

Now is a particularly exciting time to be a student in Long Beach! Since 2008, the Long Beach College Promise, a nationally-recognized partnership of LBUSD, LBCC and CSULB, has eased student entry into higher education. The College Promise has ignited a firestorm of student interest! Each year 4th grade students like my daughter, Kelly visit the City College campus and in 5th grade visit the CSULB campus. Students who sign a pledge stating their educational goals and who earn a 2.0 grade point average are guaranteed admission with a free first semester to LBCC and automatic enrollment in CSULB, the most sought after campus in the California State system — with over 56,000 applicants last year!

It is also a great time for Long Beach education because our new mayor, Robert Garcia, has set a goal to find creative ways for the City to help support education. While schools are not in the purview of City government, as an educator himself, Mayor Garcia understands the importance of education in our City’s future. He hopes to find opportunities to leverage resources and assets of corporations, private business, and non-profits to help our schools and strengthen the relationship between business and education.

Education in Long Beach was top notch when I was in school, but it is exciting to know that it is getting even better!  
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## College Health and Safety



**Dr. Mitchell Kushner**  
City Health Officer

Students heading to college will be faced with many tests and challenges beyond those that they will take for a grade. These challenges include the new stressors from balancing classes, friends, finances, homework, jobs, athletics, and living on their own for the first time, along with the challenge of getting enough sleep, social and sexual pressures, and the availability of alcohol, drugs, and unhealthy food. Most of the literature on College Health and Safety focus on the following main areas:

1. **Mental Health:** Anxiety is a normal reaction to stress but depression, which often goes unrecognized and untreated, may lead to tragic results such as suicide. For youth between ages 10 and 24, suicide is the third leading cause of death, with higher rates among incoming freshman. Many student health centers offer help to students dealing with stress and anxiety. It is important for families to be on the lookout for warning signs, such as changes in behavior and communication. Students should pay more attention to getting enough sleep. All-nighters and good health don't mix. A study in the *Journal of American College Health* indicated that only 11 percent of college students from a sample of 191 undergrads had a good quality sleep.

2. **Immunizations and Infectious Diseases:** Exposure to colds, influenza, pertussis, and meningitis may be inevitable. Protection from some childhood vaccines can wear off over time, and vaccinations are needed throughout your adult life to help you stay healthy. Please speak with your health care provider about the necessary immunizations

3. **Diet and Exercise:** Weight problems are everywhere, even college campuses. Once you are in college, your eating habits may change. Adults should be physically active at least 2.5 hours a week. College students are not immune to the Obesity Epidemic. Altered eating habits and eating disorders are also a concern among many college campuses. Nutritionists and dietary services are also available at many Student Health Centers.

4. **Alcohol and Substance Abuse:** Some college students experience a lot of pressure to use alcohol, drugs, and cigarettes when trying to make new friends, or in group settings. Substance use and abuse can increase the risk for fatal and nonfatal injuries, violence, unintended pregnancy, and sexually transmitted diseases. According to the National Institute on Alcoholism and Alcohol abuse, about 4 out of 5 college students drink. Nearly 600,000 college students are injured while under the influence of alcohol each year.

5. **Sexually Transmitted Infections:** Nearly half of the 20 million new sexually transmitted infections diagnosed each year are among young people aged 15-24 years. About 1 in 4 (26%) of all new HIV infections are among youth ages 13-24 years.

## It's Back To School Time with the City of Long Beach Department of Health & Human Services

### Time to:

**Make sure your children's vaccines are up to date!**

- ...and get your flu shot! Our first flu clinic is scheduled for 10/23 from 2:00-7:00 pm

**Update your emergency preparedness kit and plan.**

- Follow our Kit Campaign to build your kit one item at a time and talk to children about the hazards in our area



### Learn about your Health Department!

- The Department's Strategic Plan and Community Health Improvement Plan are available online to show you how we're advancing the health of Long Beach

### Keep cool and hydrated

- Remember, it stays hot in Southern California even after school starts back



It is OUR MISSION to improve the quality of life by promoting a safe and healthy community in which to LIVE, WORK, and PLAY.

Department of Health & Human Services  
2525 Grand Avenue  
Long Beach, CA 90815



@longbeachDHHS



@longbeachhealth



facebook.com/LBDHHS



## Helping and Healing Active Kids is What We Do



**Kenneth Huh, MD**  
Pediatric Orthopedic  
Surgeon and  
Sports Medicine  
Specialist,  
Miller Children's  
Hospital  
Long Beach

Children and adults are different and so are their health care needs. Since kids are constantly growing they need a doctor specially trained in growing bodies, so that if damage does occur it won't hinder their development. When kids have had breaks or injuries to bones, they need an orthopedic center exclusively for pediatrics.

The Pediatric Orthopedic Center at Miller Children's offers "total orthopedic care" and is regionally known for providing acute injury follow-up and orthopedic care for pediatric and adolescent patients, including sports injuries. Common sports injuries in kids and teens include ACL injuries, meniscus tears, shoulder injuries, cartilage injuries and more.

The center specializes in a wide-range of sub-specialties, including spine deformities and scoliosis, hand and upper extremities, hip deformities and reconstruction, foot and lower extremities, sports medicine program, and orthopedic trauma. Sports physical exams are conveniently offered at the center as well.

Before kids play their favorite sports they need to be cleared by a physical exam. Sports physicals are often required for children and teens before they join a team sport and are usually repeated before each season.

Board-certified orthopedic surgeons work together to cover the entire pediatric orthopedic spectrum. Patients that get treatment from any of these sub-specialists receive a comprehensive care plan to manage their symptoms from diagnosis to treatment and through recovery. The comprehensive center provides a full continuum of care, offering general clinics for congenital and acquired orthopedic problems, as well as specialty clinics for spine, hand, foot and scoliosis abnormalities.

MillerChildrens.org/ortho (562) 933-0249



Our specialists are the leaders in children's health care.

Varsity basketball team captain, Tyra, 17, tore her ACL during a crucial game her junior season. As a growing teen, Tyra's parents knew she needed a pediatric orthopedic specialist to get her back on the court. She was referred to the Pediatric Orthopedic Center at Miller Children's Hospital Long Beach. There, Dr. Kenneth Huh surgically repaired her injuries and oversaw her rehabilitation. In just seven months, Tyra was back as court captain for her senior season.

*From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.*

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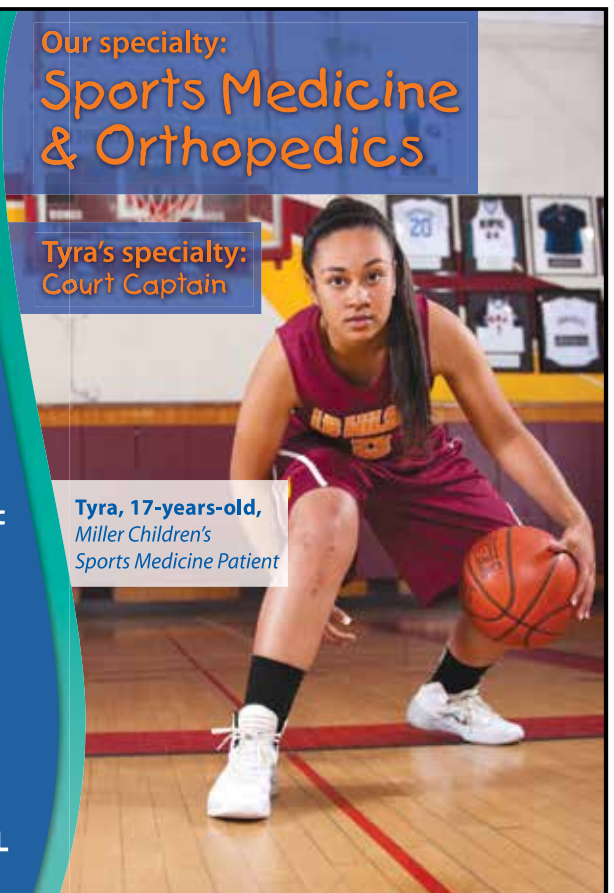
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Our specialty:  
**Sports Medicine  
& Orthopedics**

Tyra's specialty:  
**Court Captain**

Tyra, 17-years-old,  
Miller Children's  
Sports Medicine Patient



# Aquarium of the Pacific

## Beyond the Fish: Fall Cultural Festivals

By Aquarium of the Pacific Media Relations Coordinator  
Adrian Samora

Immerse yourself in a world of colorful fish and even more colorful cultures. As the summer season winds down the Aquarium of the Pacific's annual cultural festivals march on with the Moompetam Native American Festival, as well as the Baja Splash Cultural Festival celebrating Hispanic heritage.

The Moompetam Festival on September 20 and 21 brings Native American culture to the Aquarium. The celebration includes live music and dance and traditional cultural crafts and storytelling. Moompetam is a celebration of the indigenous California maritime cultures that include the Tongva, Chumash, Acjachemen, Costanoan, Luiseno, and Kumeyaay.

Just a week after, on September 27 and 28, the Aquarium's annual Baja Splash Cultural Festival will take place. This weekend festival celebrates Hispanic cultures through art, song, dance, cultural displays, and bilingual educational programs about the marine life of Baja. From familiar mariachi music to ancient dances and drumming of the Aztecs, Baja Splash celebrates Hispanic culture in many forms. Traditional Mexican, Salvadoran, Guatemalan, Columbia, Panamanian, and other performances from Central and South American countries will be featured.



**Moompetam**

The festivities continue on Saturday, October 4 with the Aquarium's Southeast Asia Day, which celebrates the cultures of Cambodia, Thailand, Vietnam, Myanmar, Laos, and Indonesia. On November 8 and 9, the Aquarium celebrates the cultures of China, Japan, Korea, and the Philippines during its annual Autumn Festival. In 2015 also look for one of our most unique cultural festivals: the annual Festival of Human Abilities, which celebrates the creative talents of people with disabilities. Soon following is the African-American Festival, International Children's Day, Pacific Islander Festival, and other events.

So as we enter fall, remember that the Aquarium is not just a place to see fish and other sea creatures and learn about the ocean, but also a cultural hub to learn about people's traditions. The nonprofit Aquarium believes that to protect nature and its resources, it also needs to build relationships among people, and cultural festivals are part of achieving this vision. For more information, visit [aquariumofpacific.org](http://aquariumofpacific.org) or call 562-590-3100.

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## Walk 4 Hearing

### **Beach Bums Team Leader Connor Waterman**

*By Gail Morrison, Publicity*

*Hearing Loss Association of America (HLAA)*

*Long Beach/Lakewood Chapter*

*Member HLAA-CA Board of Trustees*

Hearing Loss Association, Long Beach/Lakewood Chapter is a support group offering education on coping skills and resources to people with hearing loss to help survive in a hearing world. HLAA meets at 6:30 p.m. on the second Thursday of each month at the Weingart Center, 5220 Oliva Avenue, Lakewood, CA.

The annual WALK4HEARING was held on June 1, 2014 at Shoreline Park by the Aquarium at 100 Aquarium Way, Long Beach. The WALK is for hearing loss and put on by the National Hearing Loss Association of America (HLAA). More than 500 people, families, babies, friends and hearing dogs participated in the 5K walk. Each Chapter has a Team Leader and our's was Connor Waterman. Our team was Beach Bums.



**Connor Waterman is the red-head shown with his grandmother (another red-head) Katie Wright in the front row and some of the Beach Bums Team Connor.**

We exceeded the goal of \$55,000 for the Long Beach Walk. Total figures aren't in yet as more donations keep coming in.

There are 48 million people who suffer from hearing loss. That's one in ten Americans who need information and support to cope with mild to profound hearing loss in a world full of sound. There are 17 Chapters throughout Northern and Southern California.

For more information: Ronnie Adler at [radler@hearingloss.org](mailto:radler@hearingloss.org). The National's website: [www.hearingloss.org](http://www.hearingloss.org) and our local website is [www.hlalongbeachlakewood.org](http://www.hlalongbeachlakewood.org).

Thank you for your support!

## Friends of Long Beach Animals

### **Cambridge University**

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

I went to university in England. I received a degree in Child Psychology from Cambridge University, and for some strange reason, I also acquired a degree in English Literature (with Latin). The reason for child psychology was that in order to work with animals, a peripheral -psycho knowledge is essential because of the similarity of the two entities. As for the Cambridge Proficiency (as it was called then), was merely because I always loved literature and although I did not know at that time how useful it may be later, indeed it proved to be when I undertook the authorship of my book.

3815 Atlantic Ave., Suite 4, Long Beach, CA 90807 • 562/988-7647  
[www.folba.org](http://www.folba.org)

## Moveable Feasts



**Bonnie Blanchard**

### **Friends—A Found Treasure**

Hello! My life's passion has been to travel—particularly in Europe. I'd like to share some of the wonderful treasures I've found around our small planet...from living in Ireland to housesitting in different locales, from sharing my home with 5W friends (Women Welcome Women World Wide) to sharing laughs with friends of the International Women's Club.

Regardless of the circumstances or the alluring locations, my adventures have been enriched by meeting and sharing with new friends of both genders, all cultures and a wide range of ages and interests.

So, let me begin... I started my travels late in life and eventually made the move to Ireland just after St. Patrick's Day, 1999. The Irish welcomed me from the beginning and that welcoming attitude influenced me to join 5W.

The basis of 5W is to share your home with visitors free of charge for up to 3 nights. If you don't have the space, you can still be a Day Hostess for visitors, sharing your home town and its sites, perhaps meeting for lunch or dinner. Being the only member in the Dublin area, I enjoyed visitors from around the world on a regular basis. They would go out exploring for the day and return to share an informal dinner. We'd sit around and share stories of home towns and families and what adventures they'd had and were anticipating...These stories and other adventures will be highlighted in future articles. Cheers!

Bonnie Blanchard was an Executive Assistant at an international IT company until her retirement in 2012. Having promised her Mom she'd obtain her Irish citizenship and visit Ireland, the "visit" lasted for over 7 years and included many adventures throughout Europe and Russia. Since her return to California she has continued her travels abroad, supplementing travel expenses by housesitting in her "bucket list" of locations.



### Why I Attended CSULB

When I graduated from Long Beach Wilson High School in 1971, I had been accepted to UCLA and California State University, Long Beach (CSULB). I had also been invited to go on a 2 month study tour of Europe right after graduation. My parents offered to pay for this tour in lieu of me going away to school at UCLA. I chose to stay home my first year of college to attend the less expensive CSULB, with plans to transfer to UCLA after two years.

Once I started at CSULB, I never looked back and never considered transferring anywhere else. As a pre-med major, most of my classes were in the biology and chemistry departments where I received outstanding instruction from some of the best professors I have ever had the privilege to encounter. I quickly realized that the small class size at CSULB, with every course actually taught by the professor, and the personal attention I received from my professors at CSULB gave me a foundation of knowledge which assured my success in undergraduate studies and four years of medical school.

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

## Historical Society of Long Beach



**Please join us for the 19th Annual Historical Cemetery Tour  
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Sunnyside & Municipal Cemeteries  
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Performances run continuously from 9:00am until 2:30pm**

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**Jane Grobaty**

After graduating from St. Anthony High School in 1972, I attended Long Beach City College to explore career options and to complete lower division courses for a four-year degree. I was elected Associated Student Body "Representative of Arts" and worked with the Art Music and Theater students.

I was named a Viking Award winner in my second year. I transferred to California State University at Fullerton and earned a Bachelors' degree in mass communication with an emphasis in advertising. I was attracted to CSUF because they had a strong program including professional internships. I worked for a year with ABC Unified School District in their public information office and developed an appreciation for serving the public. I graduated in 1976 and went on to become the Superintendent of Community Information for Long Beach Parks, Recreation and Marine.

Since 2000, when *School News* was founded, Jane has been a valued columnist writing on behalf of the Long Beach Parks, Recreation & Marine.

## CSULB Student



**Christina Clay**

### How and Why I chose CSULB

During my last semester at community college, I was encouraged to apply at five different Universities in California. Among the five I had in mind, only one was worth the fifty dollar application fee; California State University Long Beach. The School of Art at CSULB is the largest publicly funded University School of Art in the United States,

and is the flagship of visual arts education, scholarship, and practice in the CSU system. In addition, *Time Magazine* ranked CSULB in the top 10 best valued schools in the nation.

Illuminated and passionate about the arts, visual concept and perspective appealed to me at an early age. Determined to express and represent the arts, I chose graphic design with an emphasis in environmental design. With these majors, I can freely embody the diversity of the art spectrum while simultaneously earning middle to upper class income. Choosing a University and major is a lifetime commitment; it takes tremendous research. Educating yourself about the current economy will expedite your path to success and ensure a promising career. Students should be encouraged to choose a University that fits their academic need, satisfies a manageable student debt, and assists with job placement after graduation. Although it may sound cliché, I strongly feel CSULB choose me, I didn't choose it. I knew what my goals were and I fulfilled them by understanding supply and demand; my major is in high demand and I can accomplish the supply by earning a degree. Aristotle once said, "The roots of education are bitter, but the fruit is sweet."



# Arts Council for Long Beach

## New Mosaics for the Long Beach Community

By Kylee Yocky, Director of Arts Learning

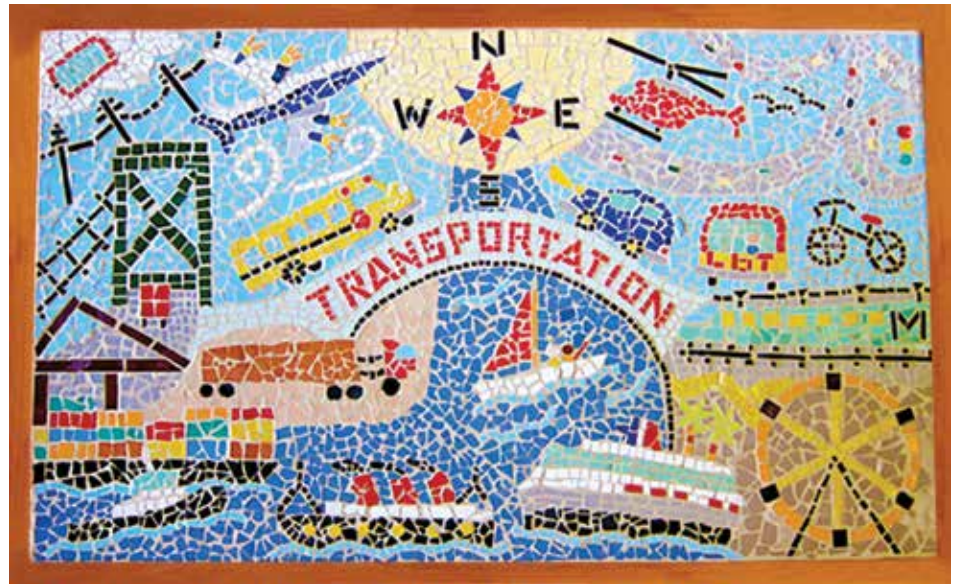
2013-2014 marks the eighth year of *Eye on Design*, an Arts Council for Long Beach arts education program that encourages civic involvement, critical thinking and creative problem-solving through a customized residency program. Guiding students through the same logistic and creative process a public artist follows to develop a public art concept, the program holds students to incredibly high standards and exposes them to an area of art-making typically unfamiliar to students.

The program partners with third grade classrooms within Long Beach Unified School District, as well as a Long Beach community partner. Past community partners include Rancho Los Cerritos, Long Beach Airport, University Art Museum, and the Aquarium of the Pacific. For the culminating project, *Eye on Design* student artists design and build a mosaic art piece for their school.

For 2013-2014, three LBUSD elementary schools were selected to participate in *Eye on Design*: Bryant, McKinley, and Bixby Elementary. All 270 third grade students participated in the 15 week program which included 2 field trips.

One to the Aquarium of the Pacific and the second to tour different public art works located throughout Downtown Long Beach and the East Village Arts District. Students were also given the opportunity to create individual art pieces using different art media. At the end of the 15 weeks students at all three schools designed and built a mosaic art piece which they felt represented their school.



At Bryant Elementary, students and teachers chose to design their school mosaic based on a poem written by William Cullen Bryant, whom their school is named after. The poem, and the mosaic is titled, The Gladness of Nature. McKinley Elementary designed their mosaic with a friendship theme, a character trait each student at McKinley strives for. The mosaic is titled, Friendship is Magic. For Bixby Elementary, students and teachers chose transportation for their mosaic design, specifically different forms of transportation found throughout Long Beach.



**Long Beach Transportation**  
Bixby Elementary School artists Candice Gawne and 3rd grade students from Bixby Elementary



The Arts Council would like to congratulate all participating *Eye on Design* students and teachers on a terrific year! Thank you for creating beautiful mosaics for our city!

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# Long Beach Unified School District



**Christopher J. Steinhauser**  
Superintendent

## World-Class Schools Right Here at Home

As a kid growing up in Long Beach, I dreamed about going to UCLA. Unfortunately my family couldn't afford it, but my parents instilled in me a great respect for our city's three main educational institutions – our K-12 school district, Long Beach City College and Long Beach State University. Though my mom and dad never went to college, they knew we had good ones here at home, and they placed a high priority on making sure their children completed their education.

"You don't need to leave Long Beach to get a great education," they would say. They were right, and their statement rings true now more than ever.

By fifth grade, I had begun planning my path to Long Beach City College, where I would complete my general education requirements before transferring as a junior to Long Beach State. I wanted to be a teacher, and the university had a great reputation for preparing educators for success (again, still very true).

By the time I completed my undergraduate work at Long Beach State in 1981, I had spent the grand sum of about \$4,800 on tuition and books, including my time at LBCC. These schools were a phenomenal bargain, and I do not regret a moment of time I spent there. I got a great education.

While college costs have increased considerably since the "good old days," our community college and state university systems are still a great bargain. In its ratings using the Obama administration's criteria of assessing schools, *Time* magazine recently listed Long Beach State among the top 10 best value colleges and universities in the nation based on graduation rate, tuition costs and

percentage of students who receive Pell Grants, the federal low-income scholarships.

To help more students take advantage of the outstanding educational opportunities available in Long Beach, our school district worked with LBCC and the university six years ago to create the Long Beach College Promise. Since its inception, this program has improved college access by providing key incentives and services, including tuition-free semesters at LBCC, guaranteed admission at CSULB for local students who qualify, and college preparation and guidance as early as elementary school to help children understand that college is within reach.

The College Promise has resulted in a 43 percent increase in CSULB enrollment by LBUSD graduates. More than 5,600 high school graduates have benefitted from free enrollment at LBCC in the fall semester, and LBCC and LBUSD students have shown that they are more likely to remain enrolled at the university than other students.

As part of the College Promise, LBUSD students visit LBCC and CSULB in fourth and fifth grades, and middle school students and parents complete an education plan pledging to do what it takes to attend and succeed in college. More than 57,700 of the pledges have been signed.

The College Promise has earned repeated, national recognition, and last year the Little Hoover Commission, an independent state oversight agency, recommended the College Promise as a model that should be replicated.

Learn more about the College Promise at [longbeachcollegepromise.org](http://longbeachcollegepromise.org), where you'll find that Long Beach is living up to its proud tradition of providing a world-class education right here at home.

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Learn more about  
the College Promise  
at [longbeachcollegepromise.org](http://longbeachcollegepromise.org)

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## Child Development Center



**Cynthia Young**  
Director

### CSULB and Pepperdine University

I had the distinct pleasure to attend California State University Long Beach for my Bachelor of Science Degree and Pepperdine University for my Master's Degree. Both institutions were great experiences. My first goal was to graduate with my multiple subject teaching credential. CSULB is known for having a great Liberal Studies/Credential Program. In addition to

my academic life at CSULB, I met many lifelong friends while attending. After teaching a couple of years, I decided it was time to return to school to work on my Masters in Administration and Technology Degree/Credential. It was

a pilot program Pepperdine was offering and I had the opportunity to participate as the first graduating class. It was a wonderful experience, the University embedded technology into the coursework so it was a seamless learning experience. Additionally, since I was already teaching, they offered night and weekend classes which made it easy to complete my Master's degree in two years while working full time.

Both Universities provided the education and hands on experience that ultimately supported me in the various positions I have held over the 30 years I have worked for LBUSD. Both were very different institutions, but yet in many ways much the same.

4310 Long Beach Blvd., Suite 200, Long Beach, CA 90807 • 562/422-6868  
[www.lbschools.net/Main\\_Offices/Superintendent/Child\\_Development/](http://www.lbschools.net/Main_Offices/Superintendent/Child_Development/)



# LBUSD Board of Education



**John McGinnis**  
*President*

## My College Choice

Back in 1963, my college choices were limited to where I could drive from home and what my mother could afford. She couldn't afford dorm costs, or maybe she just didn't want me far from home. So I was fortunate to live in southern California with its abundance of public and private colleges. I was also fortunate to know what I wanted to be — a high school physics teacher. My career choice stemmed from my love of my high

school physics class. The curriculum was designed through the National Defense Education Act, funded in response to Sputnik. Congress wanted to nurture new generations of scientists and engineers. I might have been one of NDEA's first products, but I loved my English classes too, so I chose a good liberal arts college where I could study physics, math and literature. Loyola University of Los Angeles, (now Loyola Marymount) was a strong liberal arts university with a good fifth year education program. My mother saved enough to pay for my freshman year tuition. I worked part-time though college, took some courses at public community colleges, and used student loans to pay for the rest. I eventually changed my major to English, became a high school English teacher and occasionally taught algebra courses. The broad liberal arts education I received at Loyola led to my becoming a college librarian and administrator, where I explored my interests in all educational areas.



**Mary Stanton**  
*Member*

## Excellent College Choice Close to Home

I choose CSULB for my college education. Back in 1961 it was called Long Beach State College with a student population of about 25000 if I recall correctly. In addition the average student age was 26. There were many who were entering college after working in other fields or women entering after raising families. I choose CSULB for several reasons. The first was for my interest and major — elementary education/music. The campus

was close and it was very affordable. I had a part time campus job that paid my expenses and I lived at home. My experience with mentor teachers and an excellent chorale program allowed me to have a wonderful short career in my chosen field.



**Diana Craighead**  
*Vice-President*

## Pasadena City College

I was raised in the San Gabriel valley and attended Pasadena City College immediately following high school. My plan was to transfer to a university, but my part time job at a Montessori School was parlayed over time into a full time teaching position. Instead of attending a university, I earned a certificate in the Montessori method of education and taught preschool. I guess I've always been interested in education and being a child advocate.



**Jon Meyer**  
*Member*

## Continuing a Legacy

I chose Whittier College out of high school primarily because my father graduated from Whittier and it was a small college in which I had the opportunity to play football. My football career was short and many of my good friends were at Stanford University. They were persistent in their encouragement for me to join them and extolled the many virtues of Stanford. My friendship with many

of my Wilson High School friends won the day and I am ever thankful for the great education and experiences I had when I transferred to Stanford University. I graduated in 1957 with a degree in history. Where else might I have enjoyed a creative writing class with Aldous Huxley as a guest lecturer?



**Dr. Felton Williams**  
*Member*

## Claremont Graduate University

I chose to attend Claremont Graduate University for the following reasons:

- 1) It was highly recommended by one of my professors at CSU, Long Beach who was an alumnus of the college
- 2) The curriculum and degree were very flexible to working adults
- 3) Faculty and staff were student oriented
- 4) The five colleges that made up the Claremont cluster of colleges offered

opportunities to have a broader selection of faculty to work with in pursuing graduate work.

5) I had an opportunity to work directly with a number of talented faculty and staff, to include Peter F. Durcker.



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

### CSULB



**Kimberly Dalton**  
*Principal*

As an undergraduate I attended California State University Long Beach where I earned a Bachelor of Science Degree in Anatomy and Physiology. I had spent quite a bit of time during my junior and senior years in high school contemplating attendance at several colleges across the country. A key factor in my final decision was that my family had moved regularly during my childhood due to my father's military service and I wanted to go to college in a community where my family had roots. My parents were both born and raised in Long Beach, several family members still lived in the community and we had spent many of our vacations in the area, so CSULB was the logical choice. CSULB was a great fit for me and twenty-seven years later I am glad that my roots in Long Beach have allowed me to blossom into a member of this community.

5301 Centralia St., Long Beach, CA 90808 • 562/425-7461  
[www.lbschools.net/bancroft](http://www.lbschools.net/bancroft)

## Barton *Elementary*

### UC Irvine



**Richard Littlejohn**  
*Principal*

During my time in high school, it was important for me to choose a university that supported my future career goal of working with children. I chose the University of California, Irvine (UCI). This university had a great reputation for supporting students and having connections to agencies that supported my career goals and personal growth. I decided to visit the school since I was trying to decide between UCI, UCLA, UC San Diego, and Notre Dame. After visiting UC Irvine and meeting with the orientation group, I knew it was the right place for me. My goal was to study/research how children are affected by the environment. UC Irvine had the School of Social Ecology and through that program, I knew I would be ready to help children upon graduation. The program provided opportunities for me to learn about the social environment, environmental ecology, school-based experiences, child mental health, early education, and research in the field. In addition, UC Irvine provided many social opportunities to network with others through fraternities/sororities, school clubs, and rock concerts at Aldrich Park. UC Irvine also had plenty of job opportunities to help pay for college as well. It was a perfect mix of academics, field research, and social fun! What a great experience! Go Anteaters!

1100 E. Del Amo Blvd., Long Beach, CA 90807 • 562/428-0555  
[www.lbschools.net/barton](http://www.lbschools.net/barton)

### So Many Choices – So Little Time!



**Matt Saldana**  
*Principal*

I attended several colleges, and selected them for a number of reasons:

College of the Desert — because I could sleep on the floor and afford to go to college because the rent was \$100 per month.

Palomar College — because they had a woodworking program that was well respected, and the location (inland from Oceanside) was somewhat rural.

Golden West College — it was closer to Catalina Island (where I was from) and I could commute to the island and work my part time jobs (two on weekends) while attending school full time.

Long Beach State — had an Industrial Education Major, was local, and well respected

University of LaVerne — for my Masters Degree, the program was Friday nights and Saturday's, and the satellite campus at Lakewood HS was convenient. The Masters in Education Administration program was well respected by LBUSD administrators who had attended it.

USC — The School Business Management Program was a weekend program, tailored for educators and taught by practitioners from the field. Fight On!

LB School for Adults: 3701 E. Willow Ave., Long Beach, CA 90815 • 562/595-8893 • [www.lbschools.net/beachhs](http://www.lbschools.net/beachhs)

## Burcham (K-8)

### CSULB...Go Beach!



**Stacy Sanchez**  
*Principal*

There were certainly many things to think about when it comes to selecting a college? Do I start at city college? Go up north? Out of state? Commute from home? Living in the dorms? Well, I had the choice of CSU San Luis Obispo or CSU Long Beach.... and I chose... CSULB - GO BEACH! It was still close to home, but far enough that I chose to live on campus in the dorms and experience more independence and college life. CSULB

also had many options when choosing a major. Like so many of us, we change our choices during the first year- I went from Psychology, to Business, to Liberal Studies. By second semester... I knew I was supposed to be a teacher. Everything led me to that. CSULB gave me a great experience in a great city that eventually became the place I would be a college aide, teacher, vice principal, and now principal. Although I didn't grow up and attend school K-12 in Long Beach, it feels like home anyway after living and/or working here for over 20 years! Go BEACH!

5610 Monlaco Rd., Long Beach, CA 90808 • 562/420-2685  
[www.lbschools.net/burcham](http://www.lbschools.net/burcham)



## Bixby *Elementary*

### Sharing a Coat Helped With College Decision



**Rosana Madrid-Arroyo**  
*Principal*

My alma mater is Stanford University, class of 1982.

I was offered an academic scholarship to a number of private and public universities. I choose Stanford because it was the best fit for me! Even so, the decision was hard because I had thought I would go to Harvard/Radcliff. But my mom, two sisters and I shared a coat each winter and they couldn't go without a heavy coat and I couldn't either if I went to the east coast. So I attended Stanford where

the weather is much milder. The school was pretty good, too!

I loved my classes at Stanford, challenging as they were. I persevered and became a History major. I conducted oral histories with elderly women who had been part of Women's International League for Peace and Freedom. I also designed and completed an oral history project on my grandmother, which eventually became my Honor's Thesis. I was involved in campus politics, a dance group and a theater group. I was a DJ on the university's radio station KZSU. I also tutored students on Saturday mornings in East Palo Alto, where I started a love for education. My sophomore year, I studied in Salamanca, Spain for 2 quarters. I graduated with honors in History and even met my future husband at Stanford.

Rosana Madrid-Arroyo was previously principal of Addams Elementary. This new assignment is effective August 18, 2014.

5251 E. Stearns St., Long Beach, CA 90815 • 562/498-3794  
[www.lbschools.net/bixby](http://www.lbschools.net/bixby)

## Emerson *Parkside Academy*

### LBCC & CSULB



**Margaret Kerns**  
*Principal*

After attending Tincher, Hill, and Wilson I enrolled at LBCC. While at "City" I became a college aide for LBUSD. Upon the completion of my AA degree from LBCC, I transferred to CSULB where I earned my Bachelors Degree and my preliminary teaching credential. I began working for the District as a substitute teacher then as a sixth grade teacher. I returned to CSULB to earn a Master's Degree. I finally ventured outside

Long Beach to UCI to earn my Administrative Credential. I attended California State University, Long Beach because it was convenient. I was able to walk from my parents' house to the campus so I received an excellent education at a very good value. I understand it is still considered one of the top institutions for its educational value. The best part of staying local are the wonderful relationships I have been able to maintain. For a big city Long Beach is a very small town which makes our home very unique.

2625 Josie Ave., Long Beach, CA 90815 • 562/420-2631  
[www.lbschools.net/emerson](http://www.lbschools.net/emerson)

## Chavez *Elementary*

### CSULB Proud Graduate



**Hugo Figueroa**  
*Principal*

Education was important to my parents, so they were proud when I became the first person in my family to attend a University. After growing up in Long Beach, I decided to attend California State University of Long Beach so that I could remain close to my family and continue working while attending school. As part of the Civil Engineering Program at CSULB, I worked with city officials to learn more about the infrastructure of our city and oversaw the planning and construction of a house for my family in Guatemala City. My experiences at CSULB prepared me to work with my colleagues and community to help others succeed. After attending Long Beach schools for most of my education, I am proud to see what our students accomplish everyday and excited that they have the opportunity I did to live, learn and later work in such an amazing city.

730 W. Third St., Long Beach, CA 90802 • 562/590-0904  
[www.lbschools.net/chavez](http://www.lbschools.net/chavez)

## Cleveland *Elementary*

### Montclair State University and CSULB



**Ellen Ryan**  
*Principal*

For undergraduate school, I attended Montclair State University in New Jersey. It was a big commuter school, 40,000 students and only 2,500 lived on campus. The school is located in a mountainous area and the parking lots were at the bottom of the mountain, so each time you drove to class you had to give yourself an extra 30 minutes to walk from the parking lot up to the campus. I chose Montclair

because my commute would only be 45 minutes, I could afford the tuition with my waitressing money, and my boyfriend attended it too. I started out without a clue of what I wanted to study. At the end on my second year I chose to get a Home Economics Education degree with a concentration in Elementary Education. This lead me to be a cooking teacher for 12 years, a job I thoroughly loved. While teaching cooking, I completed my Masters in Educational Administration at CSULB in 1994. I LOVED it. I rode my bike to class or rollerbladed from my apartment in the shore and it took me less time than walking from the parking lot to class at Montclair State. I was in heaven. My professors were so kind and inspiring. Before CSULB, I went to school just plugging away, never really liking school much. At CSULB, I came to embrace education and really enjoyed what I was learning. My favorite professor was Elaine Haglund, still a friend to this day. Go CSULB!!!!

Ellen Ryan was previously principal of Twain Elementary. This new assignment is effective August 18, 2014.

4760 Hackett St., Lakewood, CA 90713 • 562/420-7552  
[www.lbschools.net/cleveland](http://www.lbschools.net/cleveland)

### Brown University



**Claire Alvarez**  
*Principal*

Thanks to support and encouragement from my parents, teachers and coaches, from a young age I was inspired to attend an Ivey League university. My dream came true when I was accepted to Brown University and graduated with a Bachelor of Arts concentrating in Medieval History.

I was attracted to Brown because of its commitment to undergraduate freedom which means students must take responsibility as architects of their courses of study. I was able to take courses in computer science, mathematics, anthropology, political-science, Russian literature, and Latin while concentrating on medieval history. I also played for the Brown Women's Soccer team (Go Bears!). In 1994 we won the Ivey League championship and made it to the round of 16 in Division 1 play-offs. I credit my soccer coaches and teammates for helping me develop the leadership and character necessary for success in competition and in life. At Brown I learned that anything's possible and that we are responsible for making our world a better place.

My college experience informed the decision to dedicate my career to positively impacting our community through education. Becoming college and career ready through elementary, middle and high school is a dream that I hope to support for all of our students in Long Beach Unified!

2240 Baltic Ave., Long Beach, CA 90810 • 562/424-8167  
[www.lbschools.net/garfield](http://www.lbschools.net/garfield)

## Hill *Classical Middle School*

### Beach Pride



**Sophia Griffithh**  
*Principal*

When the time came to apply for college admission, during my senior year at Long Beach Polytechnic High School, my decision was effortless. I chose to attend California State University Long Beach (CSULB) for two reasons. One being that my older sister was in her fourth year there and the other being because I wanted to stay close to home. Once I began attending CSULB, I knew I made the right choice. The campus

was beautiful, the student body was very diverse and the instructors were outstanding. I immediately became engaged in the scholarly environment and the multitude of extracurricular groups.

After graduation from CSULB, I also attended California State University Dominguez Hills for my teaching credential and University of La Verne to earn my Master of Education degree in Educational Management and my administrative credential. All of the colleges I attended were instrumental in shaping the educational leader I am today.

1100 Iroquois Ave., Long Beach, CA 90815 • 562/598-7611  
[www.lbschools.net/hill](http://www.lbschools.net/hill)

### CSULB



**Kathleen Cruz**  
*Principal*

I received my summer edition of the BEACH Magazine in the mail recently. Through it I was introduced to the new CSULB President, Jane Close Conoley. I caught up on (and was inspired by) what other alumni were up to including research on kelp contamination, drone usage in geospatial research and mapping, as well as opening CSULB's Centro Salud es Cultura in downtown Long Beach.

I am challenged by the ventures of other CSULB grads and how they "pay back" to the community. I too am a proud 49'er. This nationally recognized and locally celebrated institution provided me and many others like me with a deep sense of community and a desire to make the city in which we live, raise our kids, and work better.

1060 E. 70th St., Long Beach, CA 90805 • 562/602-0302  
[www.lbschools.net/hamilton](http://www.lbschools.net/hamilton)

## Hughes *Middle School*

### Diverse College Path

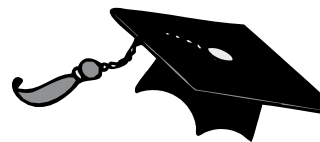


**Dr. Sally Gregory**  
*Principal*

I attended UCSB because I was a dedicated swimmer and water polo player who wanted to compete somewhere warmer as I had grown up in the Bay Area. I was also actively coaching so my desire to earn a Sports Medicine degree was congruent with my goals at the time. However, once I met my husband at UCSB, also a dedicated athlete and eventual coach, his athletic career took us to a number of places. I did eventually

get the degree in Sports Medicine but at Pepperdine. Being the wife of a Division I coach led me to yet another institution for my masters (University of Wyoming). Upon relocating back to California we both attained our teaching credentials (CSU Dominguez Hills) and eventually my doctorate degree (Azusa Pacific University). It is safe to say that I have had a diverse and interesting path with my various college degrees.

3846 California Ave., Long Beach, CA 90807 • 562/595-0831  
[www.lbschools.net/hughes](http://www.lbschools.net/hughes)



You need this  
page number  
for the contest  
on page 31.



## Kettering *Classical Elementary*

### Long Beach State All the Way!



**Juan Gutierrez**  
*Principal*

What can I say, Long Beach State all the way! The year was 1993 and I had just received my AA degree from Cerritos College when I made the decision to transfer to California State University Long Beach. It was a fairly easy decision at the time since several of my friends were attending, it was close to home, and most importantly tuition was affordable during those days, where I could hold a part time job and be able to pay for school. I vividly remember

the day I received my acceptance letter in the mail. My parents were so proud and supportive as I was the first of my immediate family to be attending a university. During my seven years at CSULB I completed a bachelors and masters degree along with my teaching and administrative credentials. Now looking back at those years, I can say that its excellence in academics, storied athletic heritage, its proximity to home and affordability made it possible for me to pursue my teaching and administrative school career.

Go Beach!

550 Silvera Ave., Long Beach, CA 90803 • 562/598-9486  
[www.lbschools.net/kettering](http://www.lbschools.net/kettering)

## Lincoln *Elementary*

### Go Beach!



**Christi Granado**  
*Principal*

Which college would it be for me? When I was ready to embark on the next level of college, there were many factors that influenced my decision. I did some research about different colleges and I learned that California State University Long Beach was recognized for its academic and athletic programs. Therefore, upon graduating from Long Beach City College, I chose California State University, Long Beach to earn my

Bachelor's Degree. Not only was CSULB geographically desirable for me, the university had an excellent reputation for having a quality Teaching Credential program. The university was known to have a strong connection to teacher placement in the Long Beach Unified School District. The university also had a satellite classroom located on the campus of Hudson Elementary School where up and coming teachers took instructional methods classes to further prepare for the profession. In my credentialing classes at CSULB, I became acquainted with several great professors. In addition, I met fellow colleagues who also became teachers in the Long Beach Unified School District. Today, I am still connected with fellow teachers who attended college with me. I am grateful for the opportunity I had to earn my Bachelor's Degree from CSULB. Go Beach!

1175 E. 11th St., Long Beach, CA 90813 • 562/599-5005  
[www.lbschools.net/lincoln](http://www.lbschools.net/lincoln)

## Lakewood *High School*

### CSULA



**Mario Jimenez**  
*Principal*

Upon graduating from high school I was unsure of a career choice (there weren't SLC's back then), therefore, I decided to attend a community college. My dream was to transfer to UCLA, but sometimes the path we take can throw you some obstacles. In my case, it was the very unexpected death of my father during my freshmen year of college. It was a huge wake-up call for me.

I decided I would work more hours at my job to be less of a financial burden on my mother. Also, I decided I needed to get very serious and motivated on a major, and where I would go to school to acquire a degree to open up the next chapter of my life. In many respects, my father's death inspired me to be all that he would have wanted in a son. I vowed that I would do whatever I could to continue his legacy. I pursued Cal State University Los Angeles, primarily due to the proximity of the school to my home and job, and coincidentally they had one of the best Adapted Physical Education programs in Southern California. I was very fortunate to have chosen CSULA; it offered me everything I needed to complete my undergraduate degree in a comfortable environment with little distraction.

4400 Briercrest Ave., Lakewood, CA 90713 • 562/425-1281  
[www.lbschools.net/](http://www.lbschools.net/)

## Lindbergh *STEM Academy*

### Go Anteaters!



**Connie Magee**  
*Principal*

I chose to attend UC Irvine, home of the Anteaters. UCI is close to the ocean and offers a variety of specialties. I enjoyed their choices for academics as well as the opportunity to participate on the sailing team and travel all over California and the East coast. Yes, sailing is an NCAA sport. While taking child psychology classes I taught a marine science class to elementary students at the UCI Farm School. This

experience changed my path and got me excited about teaching. I loved my time at UCI and I would recommend it to anyone who wanted to be close to home, but still feel as far away as you want to be.

1022 E. Market St., Long Beach, CA 90805 • 562/422-2845  
[www.lbschools.net/lindbergh](http://www.lbschools.net/lindbergh)



## Los Cerritos *Elementary*

### Go Beach!



**Marie Hatwan**  
*Principal*

California State University, Long Beach (CSULB) was my school of choice for my Bachelors Degree. CSULB is renowned for its schools of education, business, engineering and the arts. It is my local university and has a beautiful campus. I feel blessed to be part of the alumni. Go Beach! (I received my teaching credential at Cal Poly Pomona and my masters degree and preliminary administrative credential at Grand Canyon University, and my Tier II professional administrative credential at CSULB).

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

## Marshall *Academy of the Arts*

### CSULB



**Michael Navia**  
*Principal*

I chose to attend California State University, Long Beach, after I graduated from High School. I originally wanted to attend Orange Coast Community College since it was close and I thought it would save my parents some money.

My father, who is a retired Oil and Gas Engineer, worked in the geology department at CSULB at the time I graduated from high school. When he heard that I wanted to

attend a different college, he made sure I was accepted to CSULB and signed me up for orientation.

Although it wasn't my first choice, it was one of the best things I have ever done in my life. I loved every minute of college and learned so much from all of the professors there. CSULB was the foundation of my learning and helped start me on my path through a career in education.

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

## Renaissance *High School for the Arts*

### UCI



**Quentin Brown**  
*Principal*

For my undergraduate studies, I chose to attend the University of California, Irvine for its reputation as a leading research institute in the United States of America. I was also intrigued by UCI's location, its brief history at the time, and its potential to become one of the leading institutions of higher learning in the world. I have always been fascinated by organizations that have the Vision to make a significant impact in local and global communities, UCI provided that for me.

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

## Mann *Elementary*

### CSULB



**Donna McKeehan-Marr**  
*Principal*

While growing up in the Santa Maria Valley of California, I enjoyed and looked forward to our family outings to the beach. Whether it was to go clamming or dune driving at Pismo Beach or playing in the sunny waves at Avila Beach, I loved the beach. Therefore when it came to choosing a college, not too far from home, the main factor that came to mind was...which college is close to the beach. Santa Barbara was too close to home, my brother was already at San Diego State so that left Long Beach. It may have been a silly way to chose a college but it worked. I moved south to attend Long Beach State and never went back!

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

## McBride *High School*

### Cal Poly Pomona and University of La Verne



**Steve Rockenbach**  
*Principal*

Although I have had the good fortune of attending classes at a number of quality universities, Cal Poly Pomona (Bachelor's and Teaching Credential) and University of La Verne (Masters and Counseling Credential) played the biggest role in shaping me educationally. When originally choosing an undergraduate college, I wanted to be an engineer. Cal Poly was a natural choice for me because it was close to home, had a very spacious and well designed campus, and placed great emphasis on their undergraduate students. I was fortunate to have relatively small class sizes and enthusiastic professors. During my first year I realized my true calling was working with children. I did not want to transfer schools because I enjoyed the university and what it had to offer. Because Cal Poly also had a strong Behavioral Science Department and good professors running the teacher credential program it remained a good fit. When it came to choosing graduate school the key factors for me were the quality and reputation of the program, cost, and flexibility for full time teachers. La Verne provided me a first rate masters program in which professors provided vibrant lessons and supportive environment. In looking back on my university choices the key element was always the quality and reputation of my intended major. Trusting those who guided me through the selection process were instrumental in helping me make the right choices.

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



### Before They Were Rams, Millikan's Principals Were 49ers

By Katie Hickox



**Dr. Jeffrey Cornejo**  
Principal



**Monica Daley**  
Principal of Instruction

Millikan High School's principals both attended college right here in the community at California State University, Long Beach.

For Dr. Jeffrey Cornejo, the choice to become a 49er was easy. Growing up in Long Beach, he would go through the CSULB campus every day

on the way to Saint Anthony High School. "It was my goal to be there," says Dr. Cornejo, who graduated from CSULB with an English teaching credential in 1983.

Later, Dr. Cornejo decided to try a small, private university for a doctorate in Educational Administration. He earned his doctorate from the University of La Verne in 1999. "I had a very excellent experience at both universities," Dr. Cornejo says.

Ms. Monica Daley, Millikan's Principal of Instruction, earned her Bachelor of Arts degree at California State University, Long Beach while working as a classroom aide on weekdays and a ticket seller at Disneyland on weekends. She enjoyed teaching in the LBUSD after graduation, but became interested in school administration. She earned her master's degree in educational administration from CSULB.

Both principals are extremely proud of the continued success of Millikan's own 2014 graduates, who earned nearly \$9,848,000.00 worth of scholarships, including two Gates Millennium Scholarship full rides at three CSULB President's Scholars offers. As Dr. Cornejo says, it's great to be a Ram!

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

## Rogers *Middle School*

### UCLA



**Kimberly Holland**  
Principal

I attended UCLA because they had a strong Music Education program and I wanted to be a music teacher. I also wanted to be part of the UCLA marching band and perform at the half time shows during football season. My high school music teacher encouraged me to apply and helped me fill out the application and scholarship and loan applications. I was the first in my family to attend college.

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

### World Campus Afloat



**Elizabeth Flynn**  
Principal

Selecting a college can and will change your life. I attended World Campus Afloat for one semester and it changed my life. The campus was on a ship that sailed around the world. I traveled to places that I would not have visited on my own and met people that I would not normally have access to. I excavated bones with Dr. Leakey in Africa, participated in a traditional Japanese wedding in Japan. I drove a jeep through the largest concentration of wild animals in the world. I spoke to political prisoners who were fighting against apartheid in South Africa.

I studied the language and learned the culture of each country we visited. I developed a love for the sea and appreciated how varied each day was. I had many cultural experiences that opened me up to looking at the world from diverse perspectives. I developed a love for languages and other cultures. The trip helped me grow up and become independent. It taught me appreciation for other cultures and how to bring people with different perspectives together and find positive solutions for any challenge. This program is still in operation. It is now called Semester at Sea. They offer lots of grants and scholarships so anyone can go. However if you do decide to attend be prepared the experience will change your life.

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

## Roosevelt *Elementary*

### California State University, Dominguez Hills



**Clarissa Tolentino**  
Principal

What college offers a smaller class size and the climate of a community of learners? California State University, Dominguez Hills, of course! I originally transferred to CSUDH to pursue a Bachelor of Science in Medical Technology with a minor in Chemistry. At that time, there were only 3 other colleges that offered such a program, but the other colleges were just too far. It only made sense for me to attend CSUDH. 1) It was

the closest commute from home and 2) CSUDH had the program that would help me pursue a career in Medical Technology. Then, one day while sitting in my chemistry class, it dawned on me that being a Medical Technologist and working in a lab was not what I wanted to pursue any longer. I wanted to work with people instead of specimens in a lab. I knew that I wanted to go into work everyday knowing that everything I do matters. It never crossed my mind that I would end up in the field of education doing what I love the most...working with children to make a difference in their lives so they become successful citizens in our world!

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

### Universities of Winnipeg and Manitoba



**Wendy Claffin**  
*Principal*

I grew up in a small farming community on the plains of Canada. Most of the kids didn't go to school past 9th grade because they were needed on the farm. But when I was a senior in high school, two women came to speak to the girls in my class. They told us about a trade school in the capital called Success College. After a one-year course, we would be certified as legal secretaries and guaranteed a job. We were invited to take a test to determine if we would qualify to attend. I was the only girl in my class who drove up to the city to take the test. After I took the test, the admissions officer told me that although he worked on commission, he would not allow me to register because my score was too high. He looked at my high school transcript and told me to apply to the university. I told him I didn't have enough money to go to school for 4 years. He said that with my GPA and the scores on my provincial exams, I would receive a scholarship to attend. Being 18, I didn't believe him. I told him if he wouldn't let me attend his Success College, I would work for a year, save my money, and see if I could go. He advised me not to do that because I wouldn't be able to walk away from the money.

I ended up getting a job at a huge international insurance company. For 18, I made great money; it was the equivalent of \$40,000 a year in today's dollars. But after working there a short while, I realized that none of the other girls in my department could spell or write even simple memos. I was soon given the task of re-writing everyone's letters. In the spring, our department hired a part time college student named Laura. She noticed that I was re-writing all of the department's correspondence and asked me why I wasn't attending university. I told her that no one in my village had ever gone to college. Laura convinced me that I needed to be the first. When I told her that there were only 12 students in my graduating class, she recommended the University of Winnipeg, where the freshman classes were smaller and my professors would know me by name. I asked her what kind of a job could I get with a university degree, and she said, "Well, for example, with a Bachelor of Education degree, you would become a teacher." She helped me navigate the enrollment process during work breaks, and sure enough, even though a year had passed since high school graduation, my GPA and provincial exam scores translated into a 4-year scholarship. After one year at the U of W, I was confident enough to transfer to the University of Manitoba. At the U of M, I graduated with the distinction of "Highest Promise of Teaching Excellence." Sometimes when someone closes the door to being a legal secretary, it is really opening a door to a wonderful opportunity of making a difference in the lives of students, every day.

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

### Go Bruins!



**Tammy Lavelle**  
*Principal*

My greatest inspiration to go to UCLA was my older brother. He was the first person in my family to attend college and always served as my academic mentor. Hence, his decision to become a Bruin and the resulting exposure that I had, to this amazing academic institution, solidified my decision to follow in his foot-steps.

In addition, I was interested in both psychology and biology. I wasn't quite sure what I wanted to do as a career, but both of these concentrations were of great interest to me and had excellent reputations at UCLA. I was fortunate enough to have classes with the world-renowned autism expert, Ivar Lovaas, and learn, along side him, as he developed amazing behavior intervention programs that I see working with students every day.

U-C-L-A, U-C-L-A, U-C-L-A, FIGHT, FIGHT, FIGHT!!!  
2285 Walnut Ave., Signal Hill, CA 90755 • 562/426-8170  
www.lbschools.net/signalhill

### Stephens *Middle School*

#### Go Beach!



**Salvador Madrigal**  
*Principal*

"Go Beach!" It seems like yesterday that I heard President Robert Maxson proudly say those words as I sat in a crowded lecture hall with many other eager freshman at Cal State Long Beach. The diverse college atmosphere at CSULB was home away from home for several years while I worked on my Bachelors Degree and teaching credentials. I'm most appreciative of the intellectual and cultural growth I experienced from my freshman year until the completion of my teaching credential. Academically, I was challenged by professors that were passionate and engaging throughout most of my studies. Culturally, it allowed me to appreciate the similarities and differences amongst such a diverse student population. My ability and desire to work with students in a diverse district like LBUSD directly stems from my experiences at CSULB. The fact that Long Beach State continues to be widely recognized as one of the finest Cal State Universities is one of the many reasons I'm extremely proud to call myself a 49er!

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

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for the contest on page 31.





## Stevenson *Elementary*

### The Long Beach Way



**David Zaid**  
*Principal*

I would love to share that I spent endless hours doing research and visiting college campuses prior to making a decision, but that is not how I selected Cal State University Long Beach. I selected CSULB after my counselor at Long Beach Poly, told me he would not allow to me to go home until I completed at least two college applications. I got accepted to both Universities, but decided to stay in Long Beach and become a college aide with LBUSD while attending CSULB. I was very fortunate, because I was surrounded by teachers and leaders who were committed, dedicated, and courageous enough to support the personal and intellectual success of every student every day. My counselor had the ability to peel away adversity and discover the intellect within and I returned to Long Beach Poly to share that I had made the dean's list during my second year at CSULB. I'm proud to be a 49er Alumni, but I owe my passionate belief in students and teachers to the staff at Long Beach Poly. I believe in the ability of children, I believe in the power of education, and I'm proud to serve a community and city that invested in me. We refer to it in LBUSD, as the "Long Beach Way".

515 Lime Ave., Long Beach, CA 90802 • 562/437-0407  
[www.lbschools.net/stevenson](http://www.lbschools.net/stevenson)

## Washington *Middle School*

### Born to Be An Oregon Duck



**Megan Traver**  
*Principal*

I knew from an early age that I wanted to attend the University of Oregon and be part of the craziness called the Oregon Ducks. First, there were the family ties. My grandparents, Malcolm and Jane Epley, met as students, fell in love, eloped, and started a family, all while still attending classes and graduating with degrees in Journalism. (Married couples on campus were almost unheard of in the 1920's.) That started our family's "obsession" with all things known as UO. Generations of our family have continued that UO tradition, with my uncles, aunts, cousins, and other assorted relatives graduating in nearly every decade since the 1940's. Second, UO is a fantastic university, with highly regarded academics as well as outstanding athletic programs and facilities, a beautiful campus nestled in a great little college town, hiking and bicycle paths through lush forests, and even the Willamette River running along the campus. When I started to think seriously about where I wanted to go to college, there really was no doubt in my mind. I was born to be a Duck!

1450 Cedar Ave., Long Beach, CA 90813 • 562/591-2434  
[www.lbschools.net/washington](http://www.lbschools.net/washington)

## Willard *Elementary*

### Loma Linda University



**Dr. Cassandra Richards**  
*Principal*

At the end of high school, I initially did not have any plans to go to college. Both of my parents were unable to attend college. My father went into the military, and my mother took a few courses at a community college but she never completed a college program. When I made the decision to attend college, I wanted to go into the medical field – Sports Medicine, Health Science, or Dentistry. After researching several schools that were close to my home, I chose Loma Linda University. I chose Loma Linda because of its national standing as well as the faith-based curriculum. Nationwide, Loma Linda University places among the top 15 institutions in the master's, doctorate, and first professional degree categories. I graduated with a Bachelor of Science in Health Science. Choosing Loma Linda University was one of my best decisions!

1055 Freeman Ave., Long Beach, CA 90804 • 562/438-9934  
[www.lbschools.net/willard](http://www.lbschools.net/willard)

## Wilson *Classical High School*

### Go '49ers and Trojans!



**Sandy Blazer**  
*Principal*

After graduating from Lakewood High School in 1979, I attended Cal State Long Beach for my bachelor's and master's degrees. I chose Long Beach State because I knew it was a wonderful place to learn to be a teacher. While at CSULB I was a member of the Varsity Crew. Spending countless hours training and competing in an 8 person shell, led to friendships that have lasted over thirty years. After earning my master's degree in School Administration, I went on to earn a Doctorate in Educational Leadership at the University of Southern California. I chose USC because of the many fine leaders who were attending at the time who had encouraged me to join them in the pursuit of a doctorate. Both schools opened my mind and opened doors. I feel very fortunate to have had the opportunity to attend such wonderful universities so close to home!

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481  
[www.lbschools.net/wilsonhs](http://www.lbschools.net/wilsonhs)



**Chris Rodenhizer**  
*Head of School*

### **The Road to College**

One might think for a school which educates students in grades kindergarten through grade eight, a focus on college and university choice might seem premature. However, at Westerly, the biggest gift we can give our students is to prepare them for future success, academically and socio-emotionally, and strength and confidence in those areas will certainly enable them to navigate the rigors and challenges of college life with a sense of purpose.

This past year, Westerly celebrated its twentieth anniversary, which provided us the opportunity to reconnect and check-in with our alumni. We are so proud of the list of colleges our students have gone to over the years; schools like M.I.T, Yale, Stanford, and Harvard. And though our former students have attended these and many other well-known and prestigious colleges, we also celebrate their admittance and success at technical and state universities and colleges across the country, for at Westerly it is more important for students to find the right match for themselves. Alumni shared stories of their college years, their post graduate work, and for our oldest alumni, their



**Recent Westerly graduates ready to face the challenges ahead.**

As an independent school, Westerly lives its mission of delivering a whole-child education through a collaborative and project-based approach to solving problems, real-world application of concepts taught, and the integration of the arts and other subject areas with core academic content. These approaches, we feel, fosters creativity and curiosity in our students, instills a love of learning, and ultimately produces young people who have a lifelong love of learning. And when one thinks about the skills colleges seek in their applicants today, and the skills today's workforce require of their workers to compete in a global economy, is it not those? Westerly's faculty, staff, parents, and board of trustees recognize that our school must lay the foundation for that success, even in our very youngest of students, to set the stage for their future success, yet in a way that is age appropriate.

career choices, which vary from work in finance, to the arts, to entrepreneurship.

Ultimately, the Westerly community strives to deliver a well-rounded and comprehensive program that is designed to equip students with the skills to tackle the challenges they will face in school and in life, both now and in their futures. College is a major piece of what we envision for them, and based on the successes of our oldest alumni, the formula is working.

Westerly holds monthly community visits where you can experience Westerly firsthand through a presentation and classroom visits. To see the available dates or schedule a visit, go to <http://www.westerlyschool.org/admission/visitwesterly.cfm> or call the office at (562) 981-3151.

Nonprofit, Nonsectarian Independent School  
2950 E. 29th St. Long Beach, CA 90806



# Los Angeles County Office of Education

## Educational Excellence



**Arturo Delgado, Ed.D.**  
Superintendent

I recently had the opportunity to meet the Los Angeles County winners of the California School Boards Association (CSBA) Golden Bell Award, which promotes excellence in education and school board governance by recognizing outstanding programs.

It's the most prestigious award a school district can receive, and I'm extremely proud that 13 programs in our county were among the awardees this past school year.

To honor these awardees and highlight the successful initiatives in our schools, we recently held a special event, "Celebrating Educational Excellence," in Downey.

We also wanted to recognize the important role schools and programs play in educating our children in LA County.

We wanted to share with others the story of extraordinary passion and dedication by students, parents, teachers, administrators and school board members who were behind the success of each of the award-winning programs.

As advocates, motivators, volunteers and leaders, their efforts to promote educational excellence in their communities are truly inspirational.

For example, some of our awardees talked about the importance of showing love and support to young people, especially those who are struggling.

Others encouraged our students to tell their stories and dreams so that adults can get a better idea of what works for them.

Some of them spearheaded mentoring programs, motivated students to read, and provided opportunities for students to explore their talents outside the traditional classroom.

Many of them prepared our students for college and addressed the achievement gap among English language learners and socio-economically disadvantaged students.

Their work and involvement have played a key role in helping our young people thrive and succeed in their schools and communities.

The Golden Bell winners truly inspire us to see that all of us in the education community can make a huge difference in the lives of our students.

I'd like to invite you to see for yourself how our Golden Bell awardees are helping our students succeed by watching the short videos we posted on our website and on the LACOE/ETN Channel on YouTube.

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 nations largest regional educational agencies, 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



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## From The Boathouse



Jack Nunn

*Publisher's note: When asked to write about his college choice, Jack said rather than write about how he chose U.C. Berkley he would prefer to write about a student's acceptance to UCLA.*

### Rowing Your Way to College

Making her college decision was definitely one of the hardest things she has ever done. Vanessa Foust knows that the final year of high school can be very overwhelming, especially since students have so many different people such as teachers, counselors, and parents telling them what they should do and how they should do it. Having received advice from all of the above, Vanessa Foust appreciated and soaked in all the wise words each and every person had to offer. However, since she was approaching college admissions from the perspective as a student athlete she needed more information that not many people had much knowledge about to share with her. Jack Nunn, a fellow rower and friend of hers, couldn't have appeared into her life at any better time! One cold October night, after Jack finished teaching his roworx indoor rowing class and Vanessa had finished up coxing the Long Beach Rowing Association mixed masters' practice, the two of them got to talking about the schools she was touring for my NCAA official visits. At the time Vanessa was completely head over heels for a certain university that she believed was the best fit for her, but after explaining to Jack why she loved that school so much, it was then for the first time that Vanessa felt that her reasons for loving that certain university was very vain. Jack advised Vanessa to make a list with all the pros and cons that she found within each universities' characteristics. To her surprise Vanessa's cons list was much greater than that of the pros! The



Vanessa Foust

university that Vanessa once thought she was destined to attend, suddenly felt like a place that she wouldn't enjoy. For any other student applicant, that wouldn't have been a big deal because they could just throw that school out of their picture and would just have to wait until the following March to receive other acceptance letters. However, Vanessa wasn't just a regular student applicant. ....She was a student athlete! Vanessa had spent the past few years working hard on being recruited so that come fall of her senior year, she would know where she was going to go. But since her original plan didn't work out and the end of the year was coming to a close, she felt ambivalent and stressed out more than ever. This new situation sent Vanessa on scurry to find a new university that would not only recruit her so late in the recruitment season, but one that would fit her academic and personal needs. Following that moment, Jack's five-worded question forever changed her course. He said, "Have you thought about UCLA?". Her answer was yes but she had not applied yet. Jack said, "Submit that application tonight and email that coach ASAP!". Jack's encouragement and guidance sent Vanessa on a course that she would have otherwise not explored. Not only did they discuss acceptance and recruitment, they talked about GE's, football, finances, and life! In one conversation Vanessa went from feeling confident, to dubious, then to secure. Even though she was adding more tasks to her already full to-do list, she felt secure

because she knew that she was going to be happy going forth in her journey over the next four years. Nine months later, Vanessa is absolutely enthused to pronounce that she will be coxing the women's rowing team at the University of California, Los Angeles and that she will be forever grateful for Jack's sage and knowledgeable advice. Jack is my mentor and she can't thank you enough for the invaluable advice! GO BRUINS!!!!

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

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# Long Beach Parks, Recreation & Marine

## New Fall Recreation Classes for Youth and Teens

Long Beach Parks Recreation & Marine has exciting new recreation classes for youth and teens this fall.

“Ballroom Social Dance for Kids” gives ages 5-8 the poise and skills to dance with a partner to the cha cha, rumba, foxtrot and waltz. Four-week classes will be held at Recreation Park beginning September 9 and October 14.



Futsal develops footwork, dribbling, balance, ball control, and juggling skills for soccer. Five-week classes for ages 8 and older begin September 8 and October 13 at DeForest Park. Sessions for ages 5-9 begin September 4 and October 16 at Heartwell Park. Teen classes (ages 11-17) begin at Heartwell Park on September 4 and October 16.

“Beginning Gymnastics,” teaches floor exercise, uneven para bars, balance beam and vaulting table. Three-week classes for ages 7-11 will be held at Wilson High School beginning September 9, October 7 and November 4.

“Intermediate Gymnastics” builds on the skills from the beginning class. Ages 7-16 will learn to perform a cartwheel on both sides, a dive roll, round off, and back



walkover. Four-week classes at Wilson High School will begin September 4, October 2, and October 30.

“Advanced Gymnastics” has ages 7-16 advancing to back handspring and/or front handspring and/or round off back handspring.

Four-week classes begin at Wilson High School September 4, October 2 and October 30.

“D-Up Ballers” will give ages 7-14 experience with dribbling, passing, shooting, defense, and footwork to play competitive games. Children should bring a basketball and water to class. Six-week classes at Pan American Park begin September 7 and October 26.

“Skatedogs Challenge” classes for ages 5-13 teaches new skate boarding tricks. Students should be able to ride and bring skateboard (no scooters) knee and elbow pads and a helmet. Four-week classes at Heartwell Park begin September 6 and October 18.

Visit our Web site to get more information and to register beginning August 9.

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# College 4 Less



**Susan D. Marshall**

*Publisher's Note: Susan Marshall is a guest columnist writing College 4 Less to keep parents and students informed of the challenges, options and opportunities of being college bound. For this special issue, several of Susan's columns are being reprinted to give our readers valuable information before the school year begins. You will want to keep this issue as a reference.*

## What You Don't Know Can Cost You...

Once school is back in session all too 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.

## Summer is Edu-tivities Time

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

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

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

Simply stagnating for 3 months will eliminate some of the knowledge your children gained throughout the year. As a parent, I always wanted to cultivate my children's desire to learn and explore. If they were interested in something we would research that subject, learn all we

could and then do an activity related to their research. Sometimes time is not on our side but I found that having a membership to museums, the zoo, or an amusement park would allow us to explore for a shorter amount of time on days throughout the year would allow us to gain more access and a better experience than trying to fit all of the attractions into one day.

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

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

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

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



# College 4 Less (continued)

## Hedging College Costs

When you hear the word hedging, you may immediately think of the amazing topiaries at “It’s a Small World” or the Dumbo in Fantasyland you have marveled at. Hedging is also a practice that every investor should know about to protect their portfolio.

People hedge to protect themselves against an unforeseen event. They buy car insurance to hedge against the negative event of an accident. Unfortunately, it doesn’t keep the undesirable event from happening, but it can reduce the impact it has on our lives.

So in what ways can insurance hedge the cost of college for parents and students? There are a variety of insurance products on the market today. Some will help you fund the cost of college while protecting your students’ ability to get financial aid. Other types are designed solely for protection.

We all know college costs are outrageous. You must start early if you plan to fund college with life insurance and there are other strategies that can add to your success in the amount of cash you are able to accumulate.

Two other important components regarding life insurance that can protect your family to consider are: How inexpensive it is to have life insurance on yourself so in the event you are not around, your child can still continue and complete their education. The other is that if you are going to take loans against your home, a 401(k), or co-sign on a loan for your student it may be prudent to have life insurance on the student. It’s very inexpensive to purchase and this could help reduce the financial impact it could have on the family in an already unthinkable situation.

Life insurance, disability insurance and other types of insurance may be a relatively small price to pay to protect your dreams and your family’s financial future. Make sure you meet with a qualified life insurance agent and find out how affordable it can be. Look for products that offer living benefits. My recommendation is to go to an agent who has the ability to offer products from several companies. You will be more likely get the product that is right for you and your loved ones.

## Dream Universities are Attainable

My question to parents is this; if your son or daughter could attend their dream school for the same out of pocket expense or less than another school, would this be something you would like to know ahead of time? Yes, of course. As soon as possible.

There are ways to know these things. There are things you can do even when students are in middle school that can be game changers in the world of financial aid, getting scholarships, and helping families save on college.

Navigating the financial aid process is a challenge and it needs to start sooner than parents realize. One of the biggest challenges you will face is college costs have become alarmingly high. Most families have not saved enough to even pay for 1 full year of tuition.

The other challenge is figuring out how to navigate the college financial aid process and learning how the colleges disperse financial aid. The reality is that colleges and universities don’t want you to know the process or guidelines they use to distribute financial aid. Their goal is to attract as many high quality students to attend their school with as few dollars as possible.

Every college is different in how they award aid. Do they offer more need based aid or merit aid? Merit aid is awarded for the student’s merit. Need based aid is based on financial need.

Regarding need based aid: The question is how much of your need the college will meet. Then the question is if they will meet your need in the form of loans or in gift aid. Gift aid is free money, money you don’t have to pay back. Loans, even though considered financial aid, someone will eventually have to pay back.

By being able to answer these questions and understand how colleges’ award financial aid (and the types of aid) may make a difference in your student attending their dream school or settling for a school they think is more affordable.

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](mailto:Susan@College4Less.com) or on her Web site at [www.college4less.com](http://www.college4less.com)



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**Sandy Spurgeon  
McDaniel**

## University of Redlands

It was 56 years ago when I was confronted with what college I would attend. My dear friend Marty had graduated from the University of Redlands and wanted me to attend. It seemed to be far enough away from home that I would be independent and yet close enough that I could see my family on holidays. At that time, there was skiing in the local mountains, so the idea of programming a ski day into my schedule was appealing. The U of R had another attraction, a campus in Salzburg, Austria. During that era, it was not unusual for a college or university to send a group of students and teachers to a foreign country and resume school in the new location. In my sophomore year, I almost flunked out of Redlands because I was more interested in the people of Salzburg than the school books I took there! It was a time when safety wasn't an issue so we were free to roam the countries we had read about in books, and meet people who would be in our hearts forever. The "Sound of Music" was filmed six months after we left Salzburg.

The U of R campus was about a two hour drive from home on different roads than we have now; no freeways existed. There was a four lane road that wended up through the canyon and often got clogged with cars. There was skiing in the mountains local to Orange County, so that one passageway bogged down on weekends. Also people who worked in the cities and lived in the valley drove to work each day. There were lots of orange groves all over southern California.

Of course my choice of schools for upper education had to do with having suitable grades, and there simply wasn't the competition that exists today. Even when my children who are 44 and 42 now, went to college, it was more about affording it and less about getting into the crowded college of your choice.

The University of Redlands remains an incredible university with fabulous professors and teachers. The small academic community lends itself to connected living and lots of traditions. It was a wonderful choice for me. Och Tamale!

## ...and They are Gone!

Remember those days when you would trade this kid to anyone who made an offer? Rushing towards you like a speeding train comes the day when that precious child leaves for college. You've trained yourself to watch him or her every minute, to let go a little at a time. Now the letting go is serious. Your job is done (that's an illusion, and for the moment it feels done.) Your baby (whether it is your first or fifth) is going out in the world without your handy hints for a happy life. How will that child survive?

In my book, *Leave Your Baggage at The Door*, there is a chapter describing the release of my two children to college life: "Letting Go" is appropriately the title.

Though I wanted to hold on just a little longer, I knew the time had come to let Kathleen go. Slowly I opened my hand, put my cheek next to the hovering wing, whispering, "I love you Darling Kathleen." Raising my hand, I opened my palm and spoke, 'Now fly!' And my beautiful butterfly flew away. One book has ended another one begins. It seems if parenting is a continual process of letting go.

Just about the time I had adjusted to Kathleen leaving it was time for Scott to go off to college. "He sits beside me on the couch. He says nothing. Then his hand reaches out, I slip my hand into his and hear him say, "Thank you!" Squeezing his hand I ask, "For what?" Familiar brown eyes meet mine, "For everything." Tears begin flowing from his eyes and mine. "Thank you," I sob. "For what?" he whispers. "For most of it!" I snicker. Tears turn to rolling, howling laughter. We hug and say goodbye.

I have, over the year bemoaned that I didn't do a better job of parenting. It is such a difficult job with no specific tools to for handling the myriad of challenges that arise. I have tried to help other parents with my *Don't Feed The Dragon* book, which I didn't have when I was parenting. There are no re-runs in this game and the truth is I did the best I could with what I was given to be a parent. Finally I have come to terms with, I need to let that best be good enough.

I now have four precious grandchildren and my two children are plowing the fields of life the best they can with the tools they were given. One of them is 44 and the other 42, and I still remember when they went off to college.

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In my book,  
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"Letting Go" is appropriately the title.

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Sandy Spurgeon McDaniel has written four adult books, and a new children's book: *Believe You Are Beautiful*. She has taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com, Amazon and Kindle



## Over My Garden Gate



**Nancy Lueder**

### To Go...Where to Go...When to Go...why...

What a lot of decisions we ask of our youngsters when they leave the safety of our local school systems. Do they know what they wish to study right now in order to move into a career they have chosen? Are they facing several questions: what do I want to do for a job/career; what school will offer me the best preparation; do I want to attend a local junior college and get my basics out of the way hoping by that time I will have decided what career I want to enter?

Hopefully our schools have provided counselors to help answer some of these questions as well as offer guidance toward a school or preparation program that will be appropriate for the youngster, his/her pocketbook and that of his/her parents.

Many choose to get their basic education satisfied in the junior college arena, saving their big dollars for the continuation of their education. If this is the choice being made, it does offer some breathing room to decide what course of study you will pursue. Few of us really know what we want to do the rest of our working lives when we are 17 or 18 years of age. Junior colleges offer a good basis for further education and opportunities to explore different avenues of interest.

For those who know what they want as a future career or who can afford the expense of a 4 year college or university while they explore their opportunities, the next decision will be where to go. Do you want to take advantage of the residency tuition at colleges within your state or relocate to a different state and assume the additional expense required of out of state students? Will you receive scholarships to help meet the expenses required of the college or university you have chosen? Have you applied to several colleges or universities offering the course of study you desire, knowing there is no guarantee you will get your first choice or even second? Have you applied for all the appropriate scholarships, including the ones in your community as well as the field of study you have chosen to pursue?

In actuality, students need to be making many of these decisions their Junior year of high school and securing scholarship and admission information from their high school counseling offices. The more time you can allow yourself to ponder, peruse and question the easier your ultimate decision will be, and the more you and your parents can be properly prepared.

Many feel only high academic achieving students have entrée to colleges or further study, however there are trade schools, specialized schools and training for most every field a person could possibly want to enter for employment. There are oft times scholarships available to assist in these areas.

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

## Note-ables



**Kate Karp**

### Three Degrees of Readiness

As far as my college education went, third time was the charm and the second wasn't half bad, either.


My parents were college graduates and seemed to consider advanced education an end in itself for my brother and me. When I graduated high school, I didn't have any idea of what I wanted to be when I grew up, but to the ivy-covered halls I went. I selected NYU because I wanted to polish my Jersey-girl quintessence but wound up at the Bronx campus because my father said there were "too many beatniks" around the Washington Square campus. This was in 1965, when the bohemians had either sold out or morphed into something else.

I had an affinity for foreign languages, so I changed my major to Spanish. "What are you going to do with a major in Spanish?" my father sputtered. I reminded him that I'd changed it from English.

Back then in New Jersey, you didn't need a certificate to substitute. During the long semester breaks, I subbed in my hometown, Paterson, where there were many Spanish-speaking children. The students were fascinated by my then nascent ability to communicate in Spanish; this solidified my choice of teaching as a career. I got my M.A. in developmental reading and bilingual education at the University of Washington and taught for 30 years in Santa Ana until I discovered the second love of my life: tinkering with prose until it shone. I got a certificate in journalism from UCLA extension, and here I am at SNRC. Dad, if you're listening, it all turned out pretty well!

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

## Contest!!

This  is hidden in four places in this publication (not on the front page). When you find it, email the **page numbers** to:

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

Your entry must be received by September 15, 2014. From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

**Congratulations to Our June Winner!**  
**Elaina Marie Gallo**

# How to Change and Avoid Poor Eating Habits

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



**Carol Berg Sloan, RDN**

## Creating a Healthy Lifestyle

As a parent you have lots of responsibility in creating a safe, healthy environment for your child. In addition you must be cognizant of issues involving self-esteem, discipline, mutual respect, education and well as morals and ethics. But what about basic needs, food and water?

It is never too early to instill good eating habits. Even before birth what you and the father consume makes a difference in the health of your baby. Once your little one arrives and as they grow to the point of eating solid food, it is important to look at the big picture of what your child eats over a few days instead of focusing on specific meals.

Kids intuitively know when they are full. Don't force them to "clean their plate", but embolden them to stop eating when full. Your portions should reflect this. Children should frequently be introduced to a number of new foods and remember, you, the parent are responsible for what, when, where; your child: how much, whether. (*Ellyn Satter, RD, Family Therapist*).

A rule I emphasize for young families is that when you sit down for a meal, focus on that and only that.

My suggestions:

1. Don't have distractions such as smart phones, the television on or toys or games on the high chair tray when eating.
2. You will need patience throughout your child's life in terms of introducing new foods and monitoring food dislikes, preferences and intolerances.
3. You are the role model. If you eat poor quality foods and beverages often in front of the TV on a tray, your kids will follow suit. If you make a green salad every day while your kids are growing up, no doubt when they go to college they will continue in this mode.

A simple and healthy granola is great to have on hand when hunger pangs start. Try this easy, homemade granola classic from Kelly's blog, *Food Paradise, Food of Aloha*: <http://kellyfoodparadise.com/2014/07/16/kellys-classic-granola/>



**Kelly Sloan**

## Heading Off to College

As a college student, I understand the struggle to eat well during the school year, especially when you are living in a new place and you are finding your way around. This past summer I interned in New York City and lived in the NYU dorms. Due to financial constraints (I paid for everything out of pocket!) I chose a meal plan that included

8 meals a week for over 5 days since the dining hall was closed on weekends (summer hours). At the NYU dining hall there was a variety of choices including a salad bar, pasta section, sandwiches, pizza, grilled chicken or burgers and gluten-free entrees. With this wide variety, it was most tempting to go for the greasy, familiar comfort foods such as pizza, fries, cereal or pasta. I watched students make their way directly to the pasta bar and fill up on carbs and grab a pizza to go. Sure this type of meal may fill you up for a few hours but it really isn't as satisfying as it should be.

My typical breakfast in the dining hall consisted of a spinach, ham and cheese omelet with a side of fruit and yogurt and orange juice. This provided nutrients from the dark leafy greens, protein and dairy (calcium). For lunch I usually got a turkey, spinach and cheese wrap on a whole-wheat tortilla with a side of carrots, hummus and cherry tomatoes with a glass of nonfat milk. With these meals I was able to meet my dietary requirements while staying around 2300 calories. I walked quite a bit in the city so was able to burn off any extra calories. I often prepared a peanut butter and jelly sandwich on wheat bread for lunch and weekend meals. Fortunately I did not gain any weight with this change of location and environment this summer. I really kept what I was eating top of mind so I did not over-indulge. It was challenging at times to avoid treats such as sidewalk hot dogs, pretzels and ice cream but did enjoy them occasionally during the summer.

My eating suggestions for starting college or moving to an unfamiliar place:

1. Plan ahead...if you have \$50 dollars to spend on shoes, that's what you use as a budget for shopping. If you have 2300 calories to maintain your weight, then that's your food budget.
2. Map out eating locations: don't walk into an eating place without checking out the menu and what is offered. Salad bar: great! Dessert station...choose fruit or a small cup of frozen yogurt.
3. Balance: calories in, calories out. If you do eat a bit more, increase your physical activity. Remember to try and get in 10,000 steps in everyday!

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

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

# Parent To Parent



**Jodie Lynn**

## Dealing With Non-Acceptance for College

Our daughter sent out applications to just a couple of colleges thinking that she would most definitely get accepted after her interviews. However, both turned her down. She is so depressed that we can't get her to send in applications or even look elsewhere for other schools. How can we get our wonderful girl to understand it's not the end of the world, there's no need to be so sad and there are plenty of other opportunities for her future?

### From Jodie:

It is hard on young people when they are not accepted into the college of their choice. It makes them feel inadequate and unsure of themselves, especially when they do not understand why they were turned down. Maybe she could consider enrolling in a college of a similar nature. It may not be the one she wanted in the beginning, but she can put her best efforts forward and apply to others of her choice after the first semester or halfway through her second semester. Many high school graduates are not ready for big time colleges and take as much as a year off from school to work and make a firmer decision on what they would like to do with their lives. In many situations, once they see and talk to their friends who are going, and hear how they are enjoying it, they become inspired to get things going again. The best thing to do at this time is not to pressure her. Don't even bring it up unless she does so first. While it is currently a big disappointment for her, time will help her figure things out.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ ([www.ParentToParent.com](http://www.ParentToParent.com)) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check [www.ParentToParent.com](http://www.ParentToParent.com) for details on new radio talk show, Inside Parenting Success.

## Carol and Kelly's Trail Mix

Take equal parts:

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

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Anchor	Freestyle	Pool
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Boards	Headcap	Race
Butterfly	Kickboards	Relay
Chlorine	Kicking	Strokes
Diving	Lane Lines	Surfacing
Dolphin	Medley	Times
Earplugs	Meets	Underwater
Flippers	Paddles	

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G P C M E D L E Y Y A L E V D  
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E B B I Y O Z A G Y P U C G S  
G U A G K S B F L I P P E R S





**Cathylyn  
Brooks**

## You Want Me to Go Where?

I did not want to go to USC, but a caring professor talked me into it. When I was in high school I was awarded a full academic scholarship. I wanted to go to Cal Poly Pomona or San Luis Obispo where the fields were green and the campus was pastoral.

As a senior I ranked 53rd in my class of 835 students. I had applied to Cal Poly, Pepperdine, Occidental, and the University of Southern California. I had a part time job in the cosmetics department of Buffum's department store in Arcadia, California that I loved.

I was accepted by all of the schools to which I had applied. And though I was awarded 4 years of scholarship, I decided to attend Pasadena City College for the first 2 years and not utilize the entire scholastic award. My parents thought I was nuts as the assortment of students that prowled Colorado Boulevard by the college were not the students of the days of high school. My classmates were Vietnam veterans, older students, and people from all walks of life.

It was the best 2 years of my educational life. I learned more there than I could have ever expected...things that I still remember. I adored all of my instructors, loved all of my classes, and was able to keep my job and attend school full-time.

I had an accounting teacher named Mr. Sink who was just the nicest man. He somehow learned that I had this scholarship and took me aside to urge me to attend USC. He stressed how important it could be to attend such a prestigious university and what an opportunity it was.

By then I had become the manager of the cosmetics department and I really enjoyed my work there. I focused on business classes at PCC and graduated with honors. I entered the Marshall School of Business at USC where I attended class Monday to Thursday from 8am to noon and then drove back to my job in Arcadia where I worked from 1pm until 9pm. Friday there were no classes so I worked from 10am to 5pm. I worked full time while attending USC full time, and somehow managed to graduate with an excellent GPA and still have a fun social and family life.

Upon graduation I had intended to work as a buyer in retail, but I had become engaged to a young man who was a real estate investor and life took me in a different direction. I had obtained my real estate license prior to graduation, actually as a favor to a guy who worked in the shoe department whose uncle had a real estate franchise and was looking for people to take the study classes. I only took the real estate exam on a bet that I could not pass without studying. As I had just taken a university level course in real estate law, I did have a leg up on the content, passed the exam quite easily, and won the bet. I ended up going into real estate as my then husband was in the field, and to work a "regular" job would have meant we'd rarely see each other. After the required 4 years as a licensee, I took my broker's exam.

In the 1990's when the real estate market slowed, I returned to school to take a few classes pertaining to real estate at UC Irvine in the paralegal program. I decided to take the whole course and received an ABA approved certificate, a student achievement award, and later became an instructor in the program. Through an internship at a law firm for my course work, I was introduced to securities litigation and the attorneys there suggested I become an arbitrator for the NYSE and NASD (now FINRA). I did and I continue to serve FINRA and the NFA (National Futures Association).

I love to learn and every few years do something to further my life's education. I have added the CRS and GRI designations to my real estate qualifications. Your final destination may be unexpected, but the journey can be an adventure in itself. Just being around learning situations will lead to unexpected opportunities and contacts that can be integral to your life and destiny.

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.

## School News

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## Saving for Your Child's College Education

Saving money to help out or pay for your child's college education is an important goal for most parents. A smart savings plan and alternative options can make the dream of paying or helping out with your child's college education a reality.

**Scholarships:** One way to reduce college expenses is for your son or daughter to apply and qualify for scholarships. Foundations, organizations and financial institutions such as credit unions are giving away scholarships based on academics or exceptional talent. Your student can meet with their school counselor while in high school to seek assistance.

**Education IRA:** A family member or nonfamily member can contribute to a child's Coverdell Education Savings Account. A Coverdell ESA allows you to make a contribution on behalf of a child until he/she reaches the age of 18 and the child has until the age of 30 to use the ESA savings. Qualified education expenses under these plans include tuition fees, books, supplies and room and board.

**Savings:** The sooner that you start saving, the better. Even a small amount of savings each month can make a difference if you give your nest egg enough time to grow.



**Lorie Burch**  
National President

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

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