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School News



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

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February / March 2014



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Kay Coop
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By now you are well on your way with your New Year's resolutions or they are a distant memory. I gave up making resolutions except a vague nod to a better fitness routine and eating habits. I think I am fooling myself into thinking if I am not specific then I haven't failed. However, as a reminder on page 36 our Nutrition Update addresses the subject of sugar.

Texting and driving don't go together. The fear of getting a ticket while texting does not seem to deter drivers of all ages from continuing to risk their lives and those of others. Karley Cable is a remarkable junior at Wilson High School who has continued her efforts to make the world

a better place by forming a non-profit organization—The M.A.D. Please see page 11 for the article Taking the Pledge.

Thank you for your continued support and input on articles you would like to read in *School News*. Health issues top the list of most requested articles. The Long Beach Department of Health and Human Services and Miller Children's Hospital of Long Beach have written on two important subjects on pages 6 & 7. E-Cigarettes is a subject that we will be hearing more about. After sitting next to a woman "vaping" at a recent theatre performance, I must admit my disgust at this new habit. Email me your thoughts. Our next issue is April 9, 2014.

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

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City of Long Beach, City Prosecutor



Douglas P. Haubert
City Prosecutor

Good News for Anti-Truancy Program

Three years ago a collaboration was formed to combat truancy. The Parent Accountability and Chronic Truancy (PACT) Program, a partnership involving LBUSD, the Long Beach Police Department, and the City Prosecutor's Office, was launched with no additional funding and little fanfare.

Three years later, now that results are showing truancy is cut by 50% or more with most students, people are starting to take notice.

Tiffany Brown, Ed.D., LBUSD's Director of Coordinated Student Services states, "With the PACT program, we've established an excellent partnership in which we are able to bring our resources together for the good of student attendance. Together, we are able to identify key issues that have prevented students from attending school. We are also able to explain the consequences of truancy alongside the benefits of making it to school each day."

The result of the partnership is a comprehensive approach. "This type of collaboration allows us to 'bring the village' together on behalf of a student and has allowed us to witness some dramatic turnarounds," Dr. Brown adds.

The first year alone saw improvements. Kids referred to the PACT program had skipped 20.3% of their classes before referral. After that, missed classes dropped to 6.0%.

Some turnarounds were even more remarkable. One 7th grader had missed 11% of his classes before referral. Since that time, however, he has not had a single unexcused absence in two years.

"The Long Beach Unified School District was happy to partner with City Prosecutor Doug Haubert to reduce truancy," said Superintendent Chris Steinhauser. "The school district was already working to increase attendance, but the City Prosecutor's Office reinforced our work and provided us more tools."

The idea of PACT started with a plea. School officials, like Dr. Felton Williams, then President of the Long Beach Unified School District, said they were doing all they could to encourage school attendance. They needed help. If students (and parents) wouldn't listen to school officials, maybe they would listen to police and prosecutors.

Chief Jim McDonnell and his department also saw a need to engage the schools. Kids who are not in school can become victims of crime. Also, police found gangs are trying to recruit kids as young as 12 or 13, and those skipping school were becoming targets for recruitment.

While I am proud of many of my office's accomplishments, creating the PACT program is perhaps the most important. It's the one likely to yield the best long-term results for Long Beach.

See **CITY PROSECUTOR** • Page 25

City of Long Beach, City Auditor



Laura Doud
City Auditor

A Story of Giving Past and Future

The recent holiday season seems far away now, but I am still reflecting on one of the most charitable and giving holiday seasons I can remember.

As a Long Beach public school graduate – Tincher, Hill, Wilson, Long Beach City College and CSULB — it is difficult for me to comprehend that Long Beach has more than 5,000 homeless students in our community.

I attended a holiday party for the Children Today program that brought together many great people from all over Long Beach who were incredibly generous – we had a wonderful, fun-filled evening, and Children Today raised nearly \$200,000 to help Long Beach children and families experiencing homelessness and other challenges. In a similar spirit of giving, when I attended the Mayor's holiday gathering at his home, Nancy Foster asked each guest to bring a gift card in lieu of a "hostess gift" to assist LBUSD's homeless children.

LBUSD provides assistance for families in need in many ways. One program sponsors homeless students from a different school each year at a special holiday lunch. This year the school the district adopted was treated to a delicious lunch and enjoyed a special inspirational program. There were about 80 students who attended along with community leaders and each student received gift cards and other gifts. The students were so appreciative.

Another memorable experience I had this season came from a Facebook post of a friend of mine, the mother of a disabled child who receives physical therapy along with many other children from very poor families. She wrote about the children in need and gave information about how others could help. Within hours people were generously contributing, and soon my friend's doorstep was filled — day after day—with gifts for these families. It was amazing!

My family had our own opportunity to help needy and homeless students when our church organized a Humanitarian Day and encouraged members to bring new uniforms, jackets, hats, shoes, socks and school supplies for disadvantaged students in our City. There was an overwhelming outpouring of community giving.

As I reflect back on these experiences of tremendous generosity, it made me think of a family lesson I learned as a child that by doing small and simple things great things happen. The many gifts and contributions that were given, small in an individual sense but enormous in the cumulative result, brought great things to our school children and those in need.

These are only a few of the many wonderful programs in Long Beach that can use our donations of time and money. I would like to encourage all of us to think of the needs of others all year round and to open our hearts and begin our generosity now. If we all do that, I know great things will happen!

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

City of Long Beach Office of the Vice Mayor



Dr. Robert Garcia
Vice Mayor
and Joint Use
Committee Member

Safety a Priority

Thank you for this opportunity to stay connected with you, and to wish you all a happy New Year. Like you, I am looking forward to making 2014 a great year for Long Beach, and for our schools, our students and their families.

One important way to make 2014 great is to continue all the great work we've done in keeping Long Beach, and the Long Beach schools, as safe as can be. I'm happy to report that we are off to a great start, with

crime at historic lows and continuing to drop. Violent crime in particular has shown tremendous improvement, with 2013 our least violent year in decades, including on LBUSD campuses. In fact, the last time violent crime was this low was in 1972!

Violent crime fell by 13.5 percent from 2012 to 2013, and property crime fell by 8.5 percent. Our Police Department also took 965 firearms off the street in 2013

Safe schools are a top priority for me. Only when our students feel safe are they able to learn and reach their full potential. That's why I am so grateful not just to our police officers and leadership for the great job they do, but to all of you in our community who have made safety your priority as well. From the parents who teach their children how to resolve conflicts nonviolently, to the community members providing jobs to young people, to the teachers guiding students to the positive future and education can provide, safety is a community effort, and your efforts are helping make our community safer every year.

I want to commit to you to continue working to reduce crime even further in Long Beach, and to work closely with our schools and our Board of Education, to partner together in keeping our campuses free of crime and violence. Our anti-bullying campaign will continue, as will our efforts to graduate new police recruits and bring up our public safety staffing. We will also continue to support after school programs with good supervision to keep students safe all day. And by supporting new economic development, we'll work to create jobs that provide an alternative to crime and violence.

I'm proud of what our city has done to be safer every year, and I'm excited to make 2014 the safest, healthiest, most successful year ever for Long Beach.

Go Long Beach

333 West Ocean Blvd., 14th Floor, Long Beach, CA 90802 • 562/570-6919
www.longbeach.gov

City of Signal Hill Office of the Mayor



Michael Noll
Mayor

Happy Anniversary City of Signal Hill

This year marks the 90th anniversary of the City of Signal Hill. A lot has been written about its history; about the Indians who inhabited the area, Spanish land grants, ranchos, agriculture, and ultimately the discovery of oil in 1921. Prior to incorporation, Signal Hill was completely surrounded by the City of Long Beach and was unincorporated territory.

When the movement started to annex Signal Hill to Long Beach, residents united in opposition to the movement, and on April 14, 1924, the two-square mile area of Signal Hill became an incorporated city.

The tranquil farming community was just beginning to turn into a bustling oil town. The population at that time was about 1,500, and today, it's 11,400.

Jessie Elwin Nelson, who was instrumental in stopping the annexation, became the first Mayor. She was the fourth female mayor in the state, and our newest school, Jessie Nelson Academy is named in her honor.

Join us as we celebrate 90 years of the City of Signal Hill with many community events throughout 2014.

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

Historical Society of Long Beach



The above image is an aerial photo of the traffic circle looking west taken in 1947. At left is Community Hospital; numerous oil derricks blanket Signal Hill at right. The HSLB and the LBCC's L.B. Community Studies Project are presenting the 3rd Long Beach Community Studies Conference on April 26, 2014. The paper submission deadline is February 15. Please visit www.hslb.org or call 562.424.2220 for more info.

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Dr. Shaun Setty
Medical Director,
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tal Long Beach

Each year, 34,000 children are diagnosed with congenital heart defects.

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric Heart Center at Miller Children's Hospital Long Beach offers total prenatal, infant, pediatric, and adult heart care for patients with congenital or acquired heart disease.

Pediatric & Adult Congenital Cardiac Surgery Program

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric Heart Center at Miller Children's Hospital Long Beach is one of only a few programs in Southern California to offer comprehensive cardiac care to patients of all ages.

Our expert team of board certified specialists includes a congenital cardiac surgeon, critical care physicians, pediatric and adult cardiologists, advanced practice

nurses, perfusionists, anesthesiologists, pharmacists, and critical care nursing staff. We treat virtually every type of congenital heart defect, offering the latest interventional and treatment options – all under one roof, in one location, one heart at a time.

Uniquely Suited to Care for All Ages

The Pediatric Heart Center at Miller Children's is partnered with the renowned MemorialCare Heart & Vascular Institute (MHVI) at Long Beach Memorial, offering the latest in Congenital Cardiac Surgical techniques. Because the hospitals are connected, this powerful alliance has enabled us to assemble a uniquely specialized team of professionals to perform congenital heart operations on patients of all ages; from the tiniest newborn infant, to the transitioning adolescent, all the way to adulthood.

Highly Personalized Care

We understand that caring for our patients means taking good care of their family as well. At Miller Children's Hospital Long Beach, our approach is simple: to provide personalized care that is tailored to meet the needs of the individual patient and their family. Our goal is to provide attentive and family centered care, and to make the overall hospital experience as seamless and pain-free as possible.



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

Kelly, 17, was focused on mastering her jump shot. Then severe headaches, blurred vision and lost balance set her back. She was referred to Miller Children's — where a scan revealed an abscess in her brain caused by a hole in her heart... a condition she was born with! Because Kelly was 17 when physicians found the hole in her heart, she required the expertise of both a pediatric and adult congenital heart specialist. Now she doesn't skip a beat when it comes to a game.

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

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Kelly, 18-years-old,
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Heart Care**

Kelly's specialty:
Jump Shot Master

Long Beach Department of Health and Human Services

E-Cigarettes and Youth



Dr. Mitchell Kushner
City Health Officer

The use of e-cigarettes by youth has doubled between 2011 and 2012 as advertising for these unregulated products has more than doubled from 7.2 million to 20.8 million during the same period. Because e-cigarettes are not defined as a tobacco product, they are exempt from the regulations

established under the Family Smoking Prevention and Tobacco Act. While local governments, schools and universities (including the City of Long Beach) have imposed, or are considering regulations on these products, there is no federal control over them- yet!

Youth who are “vaping” say there is a “cool” factor to e-cigarettes not awarded to tobacco, and the marketing of different flavors such as

bubble gum and other candy-like flavors are being geared for the youth market. Although it is illegal to sell these products to youth under 18, internet sales, print ads (*Rolling Stone*), and the sponsoring of sporting events and music festivals by the e-cigarette industry, remind one of Tobacco advertising during its peak.

There isn't a lot known about e-cigarettes, such as side-effects of the vapors, addiction to nicotine, or if for those addicted to nicotine, whether this will be an appropriate tobacco cessation tool.

Considering all the progress we have made in California regarding tobacco use, it seems appropriate to discuss and evaluate the rapid growth of this industry, and the possible consequences if uniform policies and regulations considering their use are not implemented soon.

Considering all the progress we have made in California regarding tobacco use, it seems appropriate to discuss and evaluate...

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and Medical Director of
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Professor of Pediatrics, UCI

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It's a New Year! Time to put your emergency kit together!

The Long Beach Department of Health & Human Services invites you to follow along with our guide in 2014 and build your kit!

Already have a kit? This is the perfect time to replenish or switch items out.

Go to longbeach.gov/health/safety_prep/ to learn more!

Or follow along at:

www.facebook.com/LBDHHS & [Twitter.com/](https://twitter.com/LBDHHS)

One item a month. One step closer to being prepared.



A Familiar Face From a Foreign Place

Scarce Resources



Lauren Barrette

How much does the success of education depend on the physical and technological infrastructure of the school? Having never lacked a playground or a well-constructed desk during my education, I had never considered how my education might have been different without it. In the U.S., we aim to create the whole campus environment, complete with bean-bag reading corners

and well-manicured sports fields; furthermore, schools are investing huge sums in technological infrastructure such as touch whiteboards and one electronic tablet per child, claiming it will revolutionize the educational experience for students and teachers alike.

My job in Nicaragua does not involve improving infrastructure in the schools. Instead I focus on training teachers in creativity and experiential learning techniques with the goal of inspiring students to become entrepreneurs. With so many aid organizations and institutions worldwide focusing significant resources on improving the basic four walls of the classroom, I am left wondering what role those walls play. Does that mean that Nicaraguan schools will always perform lower than countries whose bigger budgets create a pristine educational infrastructure? Or is there another way?

I will not claim to be an expert in education in Nicaragua or the U.S., but I have had a unique experience of observation. If I were asked to give recommendations to the Ministry of Education of Nicaragua (MINED) to improve education (granted I have not been hired to do that, but I like to imagine what I might say), the most surprising thing is that I might make the exact same recommendations to U.S. educators. I would not tell them to buy new computers (although much needed). I would not tell them to put in air-conditioning units (although I would love that). And I would not tell them to build a gymnasium. I would tell them to focus their scarce resources on reducing class size and attracting talented teachers. Education based on intimate relationships between talented mentors and interested students has existed for thousands of years, and, as a result, we have developed incredible things.

After some thought, I have decided that Nicaragua, in all its poverty, has the same chance as any other country to successfully educate its population, as long as the core of education is not forgotten: the talented and well-trained teacher.

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

What's Your Passion?

The 'Ability' in 'Disability'



Kate Karp

Cynde Soto was born with *arthrogryposis*, a congenital disability that prevents walking and significantly limits the movement of the arms and hands. She wasn't expected to live past 21, but today, as a "young 56," she's accomplished more in any year than many of us do our entire lives.

Ms. Soto's battles aren't with her disabilities but society's perception of them.

She wins them all, including a minor skirmish with her family for her own apartment.



"I was 19. I didn't want to be overprotected, and I knew that's what parents do!" she said. "I knew that I'd need help, but I didn't want my parents to pop in anytime they wanted to. So, I moved far enough away so that they couldn't pop in at a whim but close enough so that if I needed help, they could give it."

Since then, she's been a tireless advocate for the disabled, even after

a spinal cord injury left her paralyzed from the chin down. She volunteers at the Long Beach Public Library's Information Center for People with Disabilities, assisting patrons with specially adapted computers—she herself keyboards and manipulates her mouse with her mouth and chin. She's a graduate of CSULB as well as a Long Beach victim-assistance training program, held board positions on disability-rights advisory committees, and teaches a course titled "Leadership through Advocacy."

But Ms. Soto really shines when she hits the streets. A few years back, she took part in a news undercover investigation of the L.A. County MTA Transit system to expose the humiliation and disrespect endured by passengers with disabilities. Recently, when the L.A. Metro Rail System locked the turnstiles to prevent people from grabbing free rides, she participated in sensitivity training for Metro employees to experience firsthand the difficulties that specifically disabled people face maneuvering the turnstiles.

"I couldn't stay home and be lazy and be taken care of, which is what society expected of people like me back in the '70s," Ms. Soto said. "Where's the fun of that? I want to experience life just like everybody else—and do something with myself."

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

Leadership Long Beach

By Salvador Rosales, YLLB Class of 2014, Senior Class, Millikan HS

A New City Hall for Youth Leadership Long Beach?

On December 6th, 2013 Youth Leadership Long Beach visited City Hall where I was able to witness this government on a smaller scale and gain acumen on how the government functions. The Youth Leadership Long Beach program is mostly made up of close to 40 high school sophomores and juniors from the local Long Beach high schools. We are students gaining information about leadership, values and principles, plus, we are getting direct access to business and community leaders, the current civic issues and opportunities for our growth and development. We are getting the knowledge, tools and motivation to better serve our schools, families, and community.

Our history tells us that Thomas Jefferson ardently declared in the Declaration of Independence that “all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of happiness.” We desired to become a land where the people not a tyrant rule, the land where all people men and women alike can freely vote without retribution, the land where dreams and aspirations come true. I am a firm believer in the effulgence of our nation because the Constitution, though not perfect, is the greatest gift

that our founding fathers gave us because it set up the framework for the democratic federal government that governs us today. With our December program day at City Hall, I was able to see the fruits of the labor of Jefferson and others come into action in our session that day.

It was my first time at City Hall. The Friday morning sky was grey and cloudy, and as I made my way inside, I could not help but notice how tall and colossal the building is. After walking through the automatic doors, I was quickly overwhelmed by the massive stairs that encompassed the council chambers. “This is where all the magic happens,” I uttered to myself as I admired City Hall.

One by one, my Youth Leadership classmates began to show up, and we started our day with a history of City Hall and the plans and schedule for the day. We were introduced to city officials and managers, and they explained what they did to help make the city a good place for people to live and a good place for businesses to work. A memorable speaker for me was Vice Mayor, Dr. Robert Garcia, a graduate of the adult Leadership Long Beach program, who spoke to us about how he has overcome challenges and obstacles in his life and the extraordinary success he has experienced for himself and for Long Beach.

During the rest of the morning my classmates and I were split into small groups, each visiting a specific and distinct portion of the building. In my group, I learned how each councilmember works to solve problems that are distinct to his or her district and how intercity relations can greatly impact the success of individual cities. For example, the plastic bag ban that has been enacted across various Southern California cities will not have as a great impact in reducing pollution in beach environments and marine life if only a few cities have passed the ban. Furthermore, those cities which do enforce the ban might suffer adverse effects if consumers who prefer plastic bags shop at cities where the ban is not in place.

After a delectable lunch, we began to prepare for a mock debate where our Youth Leadership team took on the roles of councilmembers, mayor, city prosecutor, city manager etc. and debated over a chosen issue. Our issue was what the City Council should decide to do to with the City Hall



Salvador Rosales flanked by his Youth Leadership Long Beach classmates during the mock council discussion on building a new City Hall.

building, which is at risk of complete collapse in the event of a major earthquake. I must admit, at times, the debate did have heated moments, but as we debated but manners and politeness were always maintained. I was in favor of demolishing the present building and building a new safer building in its place. Others favored a more trickled down approach by simply making some expensive fixes to the building that would neither ensure safety but would ensure a generous bite out of taxpayers' wallet. In the end, after much debating, a vote of five to four decided that the building should be completely destroyed and a new, safer one is built in its place.

The debate was the highlight of my day because I learned the importance of the power of words and the art persuasion when faced against opposition. I am grateful to have had this experience at City Hall and to all those who sponsor Leadership Long Beach. I am grateful because at the end of the day I have gained necessary skills that I will someday utilize to make this world a better place.

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

California Aquatic Therapy & Wellness Center, Inc.

Conquering Fear

By Patricia Dixon, Executive Director

At the age of 19 years, Vivian Stancil lost her eyesight due to a rare disease called retinitis pigmentosa. Though the disease took her sight, Vivian refused to allow it to take her dream of becoming a school teacher. She went to work at Grant Child Development Center in Long Beach. "I was the first legally blind teacher at the school," she said proudly. She had a long and successful career as a school teacher, retiring at the age of 58 due to the worsening of her disease.

As is common among adults with disabilities, Vivian struggled with her weight. The weight gain taxed her physical health and put her at risk for numerous conditions—some of them life-threatening. Vivian's doctor told her that she needed to become active and exercise. Running and aerobics put too much strain on her knees and other joints, so Vivian turned to the aquatic program at Long Beach's California Aquatic Therapy & Wellness Center, Inc. (formerly known as California Pools of Hope).

Although Vivian had known of the pools for years, she had never participated because she had never learned to swim. When Vivian first started the adult swim lessons, she



Vivian Stancil

stayed close to the wall, never venturing out into the deep water. With the help of her instructor and her own determination, Vivian learned to swim and now feels utterly at home in the water. "The first time I dove in the deep pool, I can't begin to tell you how good it felt," Vivian shared. "I had conquered my fear."

Since learning to swim, Vivian has lost over 175 pounds and competed all over the world in the various senior swim competitions, including the National Senior Games and Senior Olympics. She has won over 101 medals, including 55 gold medals.

"It all started when I decided to challenge myself and conquer my fear of water so I could improve my health," Vivian said. She feels you should never let life's challenges stop you from being all you can be. This year, she started her own foundation, The Vivian Stancil Olympian Foundation, to help enrich the lives of residents in Riverside, where she now lives.

Vivian is a true inspiration, demonstrating that anything is possible when you believe in yourself and work to overcome your fears. With Vivian's attitude, dedication, and passion, I see many more medals in her future.

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

Rancho Los Alamitos

By Pamela Seager, Executive and Project Director

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. It includes an adobe core ranch house c.1800, five acres of lush historic gardens, the splendid, state-of-the-art Rancho Center and the newly restored barnyard area which houses livestock.

Visitors marvel at the proximity of this ranch landscape to the urban environment. Adults and children alike delight at the chance for an up-close and personal encounter with the Rancho's barnyard animals. The Rancho also offers free Native American Cultural Workshops for 4th graders which can be arranged for groups of up to 60 students. Arrangements can be made by calling the Rancho at (562) 431-3541.

The majority of the site is accessible by wheelchair including the Rancho Center and exhibits, the Barns area with livestock and the Gift Shop. Because this is an historic site, some of the old pathways in the gardens may not be able to hold a heavy motorized chair and some paths are extremely narrow. However, there is a wide asphalt drive that borders the gardens and most areas may be viewed from the drive. There are handicap-accessible restroom facilities on site.

We suggest you wear comfortable clothing and low-heeled shoes, which help protect the historic floors of



Some of the Livestock at Rancho Los Alamitos

the ranch house and make walking in the gardens more enjoyable.

For more information, please visit the Rancho's website.
6400 Bixby Hill Rd., Long Beach, CA 90815 • 562/431-3541
www.ranchosalamitos.org

Taking the Pledge

Distracted Driving Kills



Karley Cable

She created a website: <http://themadmovement.weebly.com> and is working on her first big project: A 'Don't Text and Drive/It Can Wait' awareness campaign being sponsored by Verizon, AT&T and several local businesses.



As a brand new driver, Cable was very upset by two horrible accidents that occurred in her neighborhood over Memorial Day weekend last spring. Seven teens were tragically killed due to distracted driving just days before their high school graduations.

"Every time I'm in the car, I see people texting and driving. I also see how quickly an accident can happen. I wanted to make people aware of how dangerous it is. I'm hoping to get every new driver to take the pledge not to text and drive."

Cable rounded up the support from her friends on Wilson's Advanced Dance Team who are also all new drivers, as well as several talented film makers from Orange County High School of the Arts and produced a powerful video piece showing the dangers of distracted driving by using music and dance to convey the important message in a creative new way. "The piece is very powerful and different from other distracted driving videos out there. It will hopefully make the audience think before they grab their phones in the car. It's been a lot of fun to work on and very special since all of us involved in creating the video are new drivers ourselves and we have all taken the pledge not to text and drive."

The video short, titled "ALMOST THERE" was shot in early September in Long Beach. A screening reception was recently held at the historic Art Theatre and participants had the opportunity to view the finished product on the big screen. The video has been entered into several prestigious film festivals and will be shown this summer in conjunction with the national "IT CAN WAIT" campaign.

To view the short video go to: <http://themadmovement.weebly.com> or visit: <http://youtube/19QNLcyQ1FA>

Cable is a junior at Wilson High School in Long Beach. She is a Kohl's Kids Who Care Scholarship winner (2012) for her artistic and philanthropic efforts. Cable was featured in the publication for writing the award-winning children's book, "Raisin, -A Doggie's Tale" which has raised money for animal shelters and reading programs. She hopes to attend USC or NYU and continue her acting career while pursuing a degree in communications.

Aquarium of the Pacific

From Classrooms to the Depths of the Ocean

By Adrian Samora, Media Relations Coordinator

Teachers want to provide educational experiences for their students. Sometimes the best learning takes place outside of the classroom. Field trips can be a great experience for students and teachers alike, but the unfortunate reality is that sometimes there just aren't enough funds for that special field trip. However, the nonprofit Aquarium of the Pacific has ways you can take your classroom from the desks of your school to the depths of the ocean. The Aquarium offers a PTA incentive program that looks to help local public schools. The program allows for a student (up to 17 years old) to receive free admission with the purchase of a regular priced adult ticket to the Aquarium of the Pacific. This offer is eligible for PTA members and their families who are participating in the program.

"Education is the main focus of the Aquarium," said Damiana Gallatin, Aquarium of the Pacific's group sales representative. "The PTA incentive program aims to help local public schools instill a sense of wonder in today's youth through hands on learning," said Gallatin.

To participate in the program, PTA officers may sign up to receive coupons for their school using the Aquarium's online application form. Enrollment usually occurs in the spring of the previous school year. The teacher resources page on the Aquarium's website also provides itineraries and lesson plans to prepare students for their field trip. Chaperone field trip guides are also available, which provide grade-specific themes that connect students to the exhibits, guides questions that encourage conservation, and activities that encourage students to think and actively learn.

"Aquariums play important roles in science education. They provide real world examples and give students the opportunity to learn and explore," said Alie LeBeau, Aquarium of the Pacific education programs manager. The educational experience at the Aquarium allows students to not only interact with sea life, but with marine life experts and other Aquarium staff. Whether it is interacting with an educator at a touch tank or watching a diver giving a presentation in the Honda Blue Cavern or Tropical Reef exhibits, students are encouraged to ask questions to connect them to the ocean and get them to continue a legacy of conservation.

The Aquarium of the Pacific has an established vision, and that vision is "to create an aquarium dedicated to conserving and building natural capital (nature and nature's services) by building social capital (the interactions between and among peoples).

"The Aquarium promotes the interaction between sea life and the students, creating a lasting example for students to become stewards for the ocean," said LeBeau.

For more information about this program visit http://www.aquariumofpacific.org/groupsales/pta_incentive_program/

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

Literacy Project Foundation

By Katie Das, Master Teacher

The Literacy Project Foundation's program positively affected the 34 2nd grade graduates of the Long Beach School District during the Fall 2013 session. Burbank and Willard Elementary School students benefited greatly from the support: they gained an average of over 20 fundamental skills. As Master Teacher, I observed students make great strides with the 30-hour skills-based phonics program, The New Phonics Game. With this highly adaptable program and differentiated teacher support, instruction is tailored to help each individual student build upon existing skills. As students gain skills with the program, it creates a ripple effect: they become more active, engaged learners in the classroom.

One particular student exemplified a significant transformation this past session; he initially struggled with vowel identification and pronunciation and did not attempt to read words he found too difficult. Over the course of the program, he began transferring skills from simpler words to decode more complex words, eventually participating enthusiastically on a daily basis. Upon completion of the program, all students showed undeniable improvement and a clear gain in transferrable skills.

For more information, visit www.literacyprojectfoundation.org.



Friends of Long Beach Animals

What's the Difference?

By C. Miriam Yarden, Bs.C., MS, APDT

Four types of amazing creatures help us through crisis, each in different ways.

Therapy animals give emotional support, relieve anxiety by lowering blood pressure, ease loneliness, and comfort us in our grief.

Service animals guide the blind; alert the deaf to sounds; pick up dropped items; open and shut doors; turn lights on and off; and stay with wheelchairs.

Medical-assistance animals can actually detect medical conditions. They warn epileptics of imminent seizures, support owners who are off balance, assist fallen people, and go for help.

Search-and-rescue animals arrive at natural and human-made disasters almost before human rescuers begin their work. They sniff out people under fallen buildings and can hear faint cries for help. Cadaver dogs search and find casualties so rescuers can reach and remove them.

Why are dogs the vast majority of animals trained in these areas? Is it an innate desire to please, or simply love? After all, the dog is the only animal who came to live with us as helper, a companion, a friend, a pet and a protector. And for us ordinary owners, aren't those extraordinary blessings?

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Our gentle giant Polar Bear (P.B.) unexpectedly passed away in his favorite spot at the front door. We are thankful for the time he chose to live under our roof. We will miss him.

My wife and I volunteer for the German Shepherd Rescue of Orange County (GSROC) from where we adopted PB and Chim.

We were lucky to get them in our pack.

I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn's rain.
When you awaken in the morning's hush,
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the stars that shine at night.
Please stand not at my grave and cry,
I am not there, I did not die.



Publisher's Note: Our readers have enjoyed Robin's P.B. & Chim comic strip for several years. We are sorry for the loss of dear P.B. and are hopeful that in time Robin will again share with us the antics of Chim.

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Arts Council for Long Beach

Bringing Arts to LBUSD Students

By Kylee Yocky, Director of Arts Learning

For the 5th year in a row the Arts Council for Long Beach has offered schools within Long Beach Unified the opportunity to apply for an Arts Education Enrichment Grant. The grant provides funding for K-12 students to experience an arts event. We are proud to congratulate the 10 schools who were awarded the grant: Birney Elementary, Cabrillo High School, Colin Powell Academy, Emerson Parkside Academy, Fremont Elementary, Gompers K-8, Hughes Middle School, Kettering Elementary, McBride High School, and Willard Elementary. With these funds, students will have the opportunity to visit a vast array of art experiences including: studying the Queen Mary and her Art Deco art, a photography project with local photographer, Mick Victor, and a field trip to see Musical Theatre West's "The Music Man". This grant will allow over 3000 students to participate in an arts activity and extend their learning outside of the classroom and into the Long Beach community. The Arts Council for Long Beach is proud to be able to assist these schools and provide more arts learning opportunities to Long Beach students.

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iFantastico!



Kate Karp

Whether you're teaching a dual-immersion or a bilingual primary class in English and Spanish or if you just want to introduce English-only children to Spanish, Lucky Diaz and the Family Jam Band's *iFantastico!* fits its title (that's *fantastic*, natch).

The indie-rock band is a combo of accordions, harmonicas, percussion, guitars and vocalists, including Diaz's wife, Alisha Gaddis. The Jam Band's music has been featured on a major soft-drink commercial, and their previous albums have won praise, including being named Best New Children's Artist by *USA Today*. Their latest collection, sung entirely in Spanish, will have children and parents latching on to the music like a grab bar in a train and joyfully riding it all the way to the last stop.



Some of the songs on the CD were translations of previously recorded Jam Band tunes; the others were written for the CD. "Los números" ("The Numbers") will teach number names in Spanish, and "El gato astronauta," ("The Astronaut Cat"), charming in its own right, will extend the knowledge to simple addition. "A bailar" ("Let's Dance") involves directionality and body awareness through movement and a very catchy tune. "Tres ratones" ("Three Mice") is a charmer of a repetitive tale: the title characters try to hold on to their own tales in a garden as they hide from a cat. The song's lyrics are simple and a natural fit for the rhythm and the accompanying Dylanesque harmonica played by Joe Harpcat.

The Spanish can be easily translated by anyone with a working knowledge of Spanish. They're available for free download at www.luckydiazmusic.com.

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

Good Dental Health Word Search Contest



Rules!!! One word in the list is NOT in the word search. When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put LBUSD in subject line)

Entries must be received by March 15, 2014

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- | | | |
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**Congratulations to
 Chandra Nguyen and Julijona Venckute
 Winners of the Sophie Book Word Search Contest!**

Long Beach Parks, Recreation & Marine

New Spring Classes for Youth and Teens

This spring Long Beach Parks, Recreation and Marine has great new classes for youth and teens. The spring "Recreation Connection" is available on line at www.lbparks.org for course descriptions and locations and registration information.

Ballroom Social Dance for Kids: Will give young dancers polish and poise while learning the cha cha, rumba, foxtrot and waltz. Ages 6-12. The class will take place from April 29-May 27 on Tuesdays from 5:15-5:45 p.m. at Recreation Park.

Mad Science Extravaganza: Race a balloon rocket, design a car engine, discover the forces of gravity and inertia, and experience a thrilling rocket launch. Ages 5-12. The class will take place on Tuesdays from March 5 through April 9 from 4-5 p.m. at Heartwell Park.

Response to Literature: Engaging writing projects will increase literary analysis skills and writing ability in an encouraging learning environment. Ages 9-16. Classes held at Cypress Community Center on Thursdays from April 3 through May 15 from 3:45-5 p.m.

Youth Leadership and Public Speaking: Overcome stage fright, and enhance speech writing, presentation and critical thinking skills. Classes held on Tuesdays from March 4 through April 8, from 4-5 p.m. (ages 7-9) and 5-6 p.m. (ages 10-14) at the Community Resource Center, 425 Atlantic Avenue.

Youth Leadership and Debate:

Ages 11-17 will develop debate tactics, and skills in critical thinking, cross examination, listening, note taking, team work and public speaking. Classes held Tuesdays from March 4 through April 8, from 6:30-8 p.m. at the Community Resource Center, 425 Atlantic Avenue.



Teen Leadership

Visit www.lbparks.org or visit your local park community center or City library to pick up a copy of the spring "Recreation Connection."

Be sure to like us on Facebook at www.facebook.com/LongBeachParks and see our daily "Gold Medal Moments" that showcase why we won a National Recreation and Park Association "Gold Medal Award" for excellence in parks and recreation management.

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From The Boathouse

Drive, Passion, and Power

The Long Beach Junior Crew men's program has not traditionally been a formidable team to race against. For the past decade or so, with the exception of a few years, the men's program did not surmount to many achievements in high-level regattas. For the past three years though, the Long Beach Junior Crew Mens Team has been chipping

away at one of the nation's largest regattas, the Head of the Charles Regatta in Boston, which usually pulls the top crews from around the United States, Canada, and England, making it the largest rowing race in the world. In 2011 men of Long Beach Junior Crew placed 10th in the Men's 4 with Coxswain category and the year following we placed fifth. By fall of 2013,

the team was set to place well. In stroke seat was Allen Reitz, a senior at Long Beach Polytechnic High School. Luke Khoury, a senior at Woodrow Wilson High School sat in the three seat, while the two seat was adeptly filled by Izak Epstein, a junior from Long Beach Poly. Bow seat Jared Arat was a senior from St. Francis High School, and coxswain Liam Erlich, a senior at Long Beach Poly

completed the team.

Before leaving for the regatta, Allen Reitz said, "This is going to be the year where Long Beach will take home the gold." The competition though was not going to be easy to overcome, as they were up against the two-time champion defending crew from Sarasota, Florida and some other top crews from the East Coast and Canada. They knew the racing was going to be cutthroat. The confidence of the team and the brilliant strategy of the coxswain led the team to victory.



Tom Graves (Head Coach) Allen Reitz (Stroke Seat), three seat Luke Khoury, coxswain Liam Erlich, two seat Izak Epstein, bow seat Jared Arat, Assistant Coach, Nick Trojan.

Winning the Head of the Charles in Boston was a major accomplishment for the Long Beach Junior Crew and its coaches. It really has set the rowing program in Long Beach on the right foot. Even though it was a huge regatta with large amounts of prestige, it was only the tip of the iceberg for regattas coming up this season, and it helped the team gain confidence for what's ahead. Trusting the training and always working hard will make them very competitive during

the 2014 season and beyond.

All of the seniors have received full-ride scholarships to noted universities because of the excellence of the Long Beach Junior Crew Program and its high-ranking coaches, Tom Graves and Nick Trojan!

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Long Beach City College



Eloy Ortíz Oakley
Superintendent-
President

Academic Achievement

Long Beach high school students who graduate in 2014 and are looking to enroll at Long Beach City College can take advantage of our Promise Pathways program to help establish a solid pathway to graduation and ease the transition from high school to college.

Promise Pathways students have had positive experiences and a high level of satisfaction with the programs' outcomes.

In addition, the program significantly increases the number and percentage of students who have completed key early educational milestones, including successful completion of transfer-level English and math in their first year.

Their success rate exceeded the successful completion rates typically attained by students in six years.

Key to the overall success of the program is the development of a First Semester Success Plan and alternative assessment of a students' abilities in English and math.

A recent review of the program showed that access to and entry into transfer level courses increased significantly for students who participated. The program is receiving positive attention nationally as a result of its impressive achievements and has been recognized by a variety of academic peer groups.

We will continue to access, refine and expand Promise Pathways as we move forward. Students who are interested in the program can view detailed aspects by visiting <http://www.lbcc.edu/Outreach>.

For those who are looking to transition careers, or are looking for a first-career, the Long Beach City College-Harbor Trucking Association (LBCC-HTA) program has been hugely successful in providing safety and driver training for short-haul truck drivers who service the Port of Long Beach.

Our unique partnership with several trucking industry leaders helps provide curriculum and training methods that take enrollees through a rigorous and rewarding program.

The result is highly trained individuals who are able to meet the transport demands of a world-class port of destination and the ability to be hired on direct from the partner agencies who provide the training standards.

For more information on our trucking program, please visit <http://www.lbcc.edu/CAED/CDL.cfm>

As always, we invite you to view our many programs, services and classes by visiting www.lbcc.edu and we look forward to seeing you on campus soon!

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/

California State University Long Beach



Jane Close Conoley
President

1st Female President Selected to Lead Cal State Long Beach; Jane Close Conoley to Become 7th President of CSULB

The California State University (CSU) Board of Trustees has announced its selection of Jane Close Conoley as the newest president of California State University, Long Beach (CSULB).

Currently serving as dean of the Gevirtz Graduate School of Education at the University of California, Santa Barbara (UCSB), Conoley is the first woman to be appointed president of CSULB and the seventh president overall in the 65-year history of the campus. She is expected to begin her new position in July.

"Cal State Long Beach is renowned for its quality, diversity and global mission and it is an honor to be selected as the university's next president," said Conoley. "The excellence of its academic offerings, its storied athletic heritage and its unique location has made it one of the CSU's most popular campuses for prospective students. This is a vibrant university that plays a key role in Southern California, and I embrace the opportunity to work with the outstanding students, faculty, staff and Long Beach community to reach even greater heights."

Since 2006, Conoley has been the dean at UCSB as well as a professor of counseling, clinical and school psychology. Prior to her service at UCSB, she served as dean and professor of educational psychology at Texas A&M University (1996-2005) and associate dean for research at the University of Nebraska-Lincoln's Teachers College (1989-94). She also held faculty positions at Texas Woman's University and Syracuse University.

The author or editor of 21 books, Conoley earned a bachelor's degree in psychology from the College of New Rochelle and a Ph.D. in school psychology from the University of Texas at Austin.

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On the Road to Success



Arturo Delgado, Ed.D.
Superintendent

Since I joined the Los Angeles County Office of Education in 2011, I've made improving instruction in Juvenile Court Schools a top priority. Our staff worked tirelessly on a research project to find the right formula to motivate and engage our students and give them the skills to succeed in school, in the workforce and in their communities.

I'm glad to announce that we have found this formula, and our schools are now steering students on the road to success with a new approach showing promise as a model instructional and intervention program for incarcerated youth.

Called the "Road to Success Academies," this program is based on successful practices piloted at two sites previously targeted for improvement. They include Camp Scott-Scudder in Saugus, the county's only probation camp for girls, and the Challenger Memorial Youth Center in Lancaster.

We have seen a huge turnaround at these schools and improved outcomes for the students they serve. We combined their successful approaches and other key elements to develop a model of instruction we hope to implement throughout our court school system.

At Camp Scott-Scudder, the program was designed to address the many special needs and unique circumstances of girls in the juvenile justice system. The curriculum uses a project-based approach, which engages students in thematic, interdisciplinary learning framed by essential questions that invite them to delve into content in more direct and meaningful ways. The school program involves daily and special activities to promote self-esteem and empower young women to make positive choices and behavioral changes.

For example, the students built solar cookers to learn about scientific and mathematical concepts. While learning, they also aimed to help women in Darfur who would benefit from their project. They also learned about genocide facing those women and held a walkathon to help benefit refugees.

The program demonstrated measurable gains in student learning: the students' reading and math scores went up and more students passed the GED and CAHSEE.

We are honored that the Road to Success Academy has been recognized as an exemplary program. On Dec. 7, the program received the prestigious Golden Bell Award from the California School Boards Association. This award validates our approach as a promising model of instruction and intervention for our students.

We're excited as we plan to implement this successful approach throughout LACOE's Juvenile Court Schools, which serve at least 1,800 incarcerated and at-risk youth daily at 13 sites countywide.

Long Beach Unified School District



Christopher J. Steinhauer
Superintendent

A New Year Brings New Opportunities

The year 2013 brought many positive accomplishments, many of which will continue to pay dividends for our students in the new year.

Much to everyone's relief, we finally began a school year without the threat of cuts in statewide funding for education. An improving economy combined with California voters' approval of Proposition 30 tax revenues and the state's approval of Gov.

Jerry Brown's Local Control Funding Formula, or LCFF, are bringing additional resources.

Last summer, our school district earned a key waiver from federal No Child Left Behind rules. This waiver removes burdensome regulations, allowing greater flexibility as to how we spend millions of dollars in federal funding on additional academic help for students. More than \$5 million was immediately allocated to schools to provide academic interventions for our K-12 students. Similarly, the LCFF provides long overdue flexibility in terms of how we use state funding. The LCFF has already made a tremendous impact on our daily work. We have quickly begun the challenging but necessary process of engaging diverse groups of stakeholders in the development of our Local Control Accountability Plan, or LCAP.

We've earned several significant grants that will help to keep us at the forefront of professional development for teachers as we implement the Common Core standards, which are key to preparing students for success in college and careers.

We saw continued growth in student achievement, with eighth grade algebra proficiency far exceeding state averages, and 93 percent of twelfth graders passing the California High School Exit Exam. Graduating seniors in our school district earned a record \$76.6 million in scholarships. That amazing total is about \$24 million more than the previous record set last year and represents more than a four-fold increase since 2007.

We can all be proud of our first new high school in 18 years, McBride High School, and our long-awaited new aquatics center at Cabrillo High School, both of which opened this fall. Many other Measure K school construction and renovation projects are progressing nicely as we strive to modernize our school facilities.

And of course our students, employees and schools continue to amass an impressive collection of regional, state and national honors, making us all proud to be part of the LBUSD family.

We have not only survived some tough times, but we can look forward to even greater success for our students in 2014 and beyond.

LBUSD Board of Education



**Diana
Craighead**
Vice-President

A Successful Fall Semester

The first half of the school year has been a busy and productive time.

Hundreds of eighth grade families attended high school choice fairs in the Long Beach Unified School District during a two-week span, gathering information to help them decide on a high school for next fall. The events attracted standing-room-only crowds that included students from our public schools and local private schools.

In addition to the school district's usual districtwide High School Choice Fair at Cabrillo High School, LBUSD offered four regional fairs this fall where parents learned about high school programs and attended workshops on completing the high school choice application. The regional fairs at Bancroft, Washington, Stanford and Lindbergh middle schools attracted more than 1,300 families, while more than 4,200 people attended the districtwide choice fair. We were pleased to hear that parent surveys indicated a high level of satisfaction with these school choice events.

Individual high schools also hosted their own parent information nights for prospective fall 2014 freshmen and their families, again attracting capacity crowds. Among those events was McBride High School's parent information night, where families toured LBUSD's newest high school.

Located at the former site of DeMille Middle School in East Long Beach, McBride had just celebrated its grand opening a few weeks earlier with a ribbon cutting ceremony that included parents, students, staff, school district officials, including me, and members of the McBride family. The school is named after Ernest McBride, Sr., the late civil rights leader who fought segregation in Long Beach and co-founded the Long Beach chapter of the NAACP in 1940. The state-of-the-art \$75 million campus opened in September to a freshman class of just over 200 students. Each year, an additional class of ninth graders will be added until the school reaches an enrollment of about 1,000 ninth through twelfth grade students.

McBride is the first of several small high schools planned as part of the Measure K construction and renovation program. Measure K is the \$1.2 billion school facilities initiative approved by local voters.

As part of the plan to offer smaller high schools, in November our school board unanimously approved a staff proposal to replicate the California Academy of Mathematics and Science, the nationally honored high school that is run by LBUSD on the Cal State Dominguez Hills campus. This plan calls for Hill Classical Middle School in East Long Beach to be phased out over the next three years, allowing a CAMS-like school to be phased in at the site.

As reluctant as I was to phase out a great school like Hill, having been a proud parent of a Hill student in the

past, I am convinced that our plan is a good one and will afford students greater opportunities to prepare for success in college and careers.

Of Hill's approximately 800 students, only about 45 still live in the Hill neighborhood. CAMS, on the other hand, regularly receives applications from twice as many qualified students as the school can accept, so replicating CAMS at Hill helps to meet strong demand among students and parents. Hill is located at 1100 Iroquois Ave., in between Studebaker Road and Cal State Long Beach. The location will allow for close partnerships between the high school and the university.

In light of the approval, LBUSD will gradually phase out the middle school, which offers grades six through eight. A small high school modeled after CAMS will instead be phased in one grade at a time, eventually serving about 675 students in grades 9 to 12.

Facility improvements at Hill will include an already-planned demolition of the existing gym, which will be replaced with a physical education facility and locker rooms. The school district also plans to add parking spaces to the site, though the student population of 675 will be far smaller than Hill's peak population of 1,200 about six years ago.

Like McBride, the new CAMS-like high school will add value to the neighborhoods of East Long Beach while offering parents and students throughout the school district yet another outstanding high school option.

I'm also pleased to report that with no challengers filing to run for LBUSD's District 5 seat in April, I will be able to return to the school board and serve a four-year term. I'm honored to do so and look forward to successful years ahead for our schools.

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



**John
McGinnis**
President



**Jon
Meyer**
Member

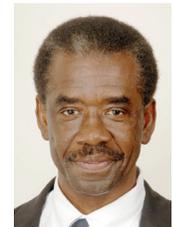
Long Beach Unified School District Board of Education



**Diana
Craighead**
Vice-President



**Mary
Stanton**
Member



**Dr. Felton
Williams**
Member

Buffum *Total Learning Center*

Holiday Performance



Miriam Garcia
Program
Administrator

Parents, visitors, and staff were treated to a wonderful Holiday Performance during December! Buffum TLC preschoolers performed holiday songs representative of different cultures, languages, and the Christmas season.

What a great learning experience for our little ones! Social skills, vocabulary development, visual and performing arts, and interacting with others are just some of the lessons learned while preparing for this event. The School-Wide Events committee, teachers, and aides are to be commended for their hard work and efforts in preparing and organizing such an inclusive event for ALL students. Buffum TLC is a school



for students (ages 3-5) with special needs. Just the like the little engine that could... "I think I can, I think I can..." Buffum TLC youngsters DEFINITELY CAN!!

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

Beach *High School*

Go Beach!



Matt Saldana
Principal

Beach High School is beginning the third full year of our Alternative Education program designed for high school students to make up credits, and reconnect to school. We are excited to have almost 350 10-12th grade students enrolled, and we will have our largest graduating class to date this spring. Beach High students attend class from 8:25am-3:06pm and can earn up to 40 credits per semester, or 80 credits per year. We focus

on building positive relationships with the students, and have a number of community based agencies that provide support to students, including Long Beach BLAST, CCEJ, Long Beach GRIP, California State University Long Beach, ChildNet Counseling services, and the Long Beach Police Department. We also have a full time Probation Officer on campus to help provide guidance to the students. On December 6th, a number of students attended the CCEJ sponsored "Building Bridges" Human Relations camp.

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

Burnett *Elementary*

"Rising Above the Rest"



Monica Alas
Principal

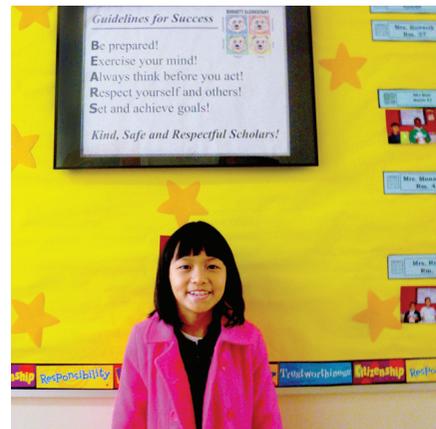
By Nancy Jo Rettig, Counselor at Burnett

Daily, our students take a pledge to be "Kind, Safe, and Respectful Scholars".

To recognize their achievement, Burnett celebrates those students who "Rise Above the Rest" at our Student of the Month assemblies. Monthly, teachers present students who exemplify one our Guidelines For Success which are: Be prepared!, Exercise your mind!, Always think before you act!,

Respect yourself and others! Set and achieve goals!

Called to the stage by thunderous applause, and displaying their certificates, they stand. The paparazzi, (aka: 'parents') rush the stage for the purpose of blinding students with



their camera flashes as they commemorate the event with photos. These scholars have lunch with the principal, picnic -style with music, pizza and games.

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

School News

Join Our Sales Team!
Please see page 16 for details.

Burcham (K-8)

Busy Bobcats



Stacy Sanchez
Principal

Our Bobcats are working hard with the Common Core State Standards (CCSS) in English language arts and math. Every day they are working independently and with their classmates to master the content and soar to success!

Our writing is growing each day through the use of our Write From the Beginning program. As we returned from winter break, we hit the ground running by refreshing our

memories about the rules and procedures. With the chocolate bar sale, Education Celebration, Mad Science Assemblies, and PTA Pancake Breakfast, it made for a busy January!

We also have our Skate Dogs after-school enrichment program, and soon our Mad Science after-school enrichment also! Along with Winners Reaching Amazing Potential (WRAP) and Coachie Hour, there are things to do at Burcham K-8 School late into the afternoon!

We look forward to the work awaiting us and the fun to be had as we head into the spring.

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

Cabrillo High School

Cabrillo Academy of Engineering and Design Rocks



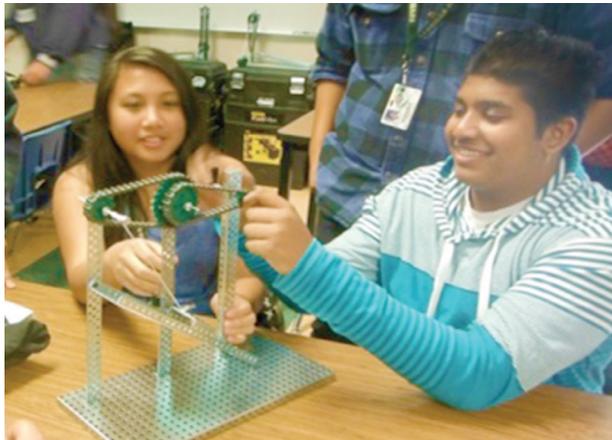
Dr. Elio Mendoza
Co-Principal



Alejandro Vega
Co-Principal

*By Dr. Lushandra Prioleau,
Dean of Students*

Cabrillo is a nationally certified Project Lead the Way (PLTW) School. Our academy of Engineering and Design (CED) is making engineering fun and exciting. Cabrillo's MESA program developed a prototype of a working prosthetic arm. This



11th grade Engineering students Kyrene Aganon & Munishnil Dutt are working with the compound machine they built.

team almost made it to the state championships last year as freshmen. The Cabrillo VEX Robotics Team designed, built, and programmed robots that play soccer. PLTW, Principles of Engineering students worked in groups of three to build compound machines and calculate the mechanical advantage of that machine. Kyrene Aganon, 11th grader said, "This was a lot of fun. I never have really built anything like this before doing this project. Working with other students gave me the confidence to understand mechanical advantage and get it completed."

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

Cubberley (K-8)

Geography Bee



Terri Jarels
Principal

Do you know what country, to the north of Italy, has four official languages? Of these three countries, Mali, Somalia, and Spain, which one does the prime meridian NOT pass through? The questions posed during the National Geographic Geography Bee can be very challenging, especially when trying to come up with the answers in front of an enthusiastic audience. Each year, thanks to the dedication of Cubberley's History/Social

Studies department, under the leadership of teacher Alison Lewis, students in 5th through 8th grades compete in the Geography Bee.



Our school-wide Geography Bee winner, 5th grader Jacob Bowers

For the past two years, 5th grader Jacob Bower has outlasted fierce competition to take the title. This year, Jacob won the event on his 11th birthday! Congratulations to all the participants. Oh, and the answers to the questions above? Switzerland, and Somalia.

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

Emerson *Parkside Academy*

Emerson Eagles Know That People Matter



Margaret Kerns
Principal

By CJ Holder, Student Council Sponsor

Emerson Parkside Academy's Student Council is helping students learn community awareness through the Help Don't Hurt Campaign this year. The student council, with representatives from each classroom, has initiated a school-wide program to promote the concept that "People Matter." The campaign began with a rewards program that has students catching others paying it forward with kindness on the playground

then issuing them purple slips, which are then put into monthly drawings for gift cards.

Student council members have made multiple brightly colored posters with clever slogans placed around the campus to remind everyone that Eagles are leaders in friendship and caring. The student council is also beginning to collect donations of hygiene products and non perishable food items in the community. Every Emerson Eagle will have a hand in assembling these donations into bags, which will be delivered to the Long Beach Rescue Mission.

At Emerson, we believe that children can make a difference, and the student council has been effective in inspiring participation.

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

Hoover *Middle School*

Sci-Fi Club Blasts Off



Dr. Avery Hall
Principal

Hoover Middle School welcomed a new advisory club for the 2013–2014 school year. The Sci-Fi Club focuses on making connections between what is science fiction and what is science fact. We are analyzing different perspectives of science fiction and fantasy from both movies and literature. What was science fiction in the 1950s and '60s may have become reality in 2013. Another area we explore is the

science of special effects. Special effects work has changed dramatically over the years, from scale-size models and puppets that attempt to trick viewers to computer graphics that rival reality in realism and beauty. Students from various backgrounds and levels of science fiction knowledge have come together to form a truly awesome club.

To promote a great beginning to the school year Hoover advisory classes took part in a door-decorating contest highlighting the three Rs of success: Be Ready, Be Responsible, and Be Respectful. The Sci-Fi Club won the contest by displaying the guidelines in a clever and creative way.

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

Franklin *Classical Middle School*

Eco Club



Maria Pilar Perossio
Principal

Franklin Classical Middle School's Eco Club promotes environmental awareness in tangible ways. Students, under the guidance of teacher Ruth Lisha, have been collecting recyclables from school classrooms for several years. The work is done weekly during the after-school Eco Club meetings. Thirty students are regularly involved. The main goal of the club's recycling program is to reduce the amount of school trash going to landfills.

Last fall, an ambitious expansion of the Eco Club's recycling program was rolled out. In cooperation with a community organization, Grades of Green, all sixth-grade students sort their daily lunchtime waste into four categories: milk containers, compost, unused food and trash. The unused food is picked up by Food Finders, a local food bank. The compost is used to fertilize the school garden, a project that was started last year by volunteers from the Long Beach Garden Church. Parents currently supervise the lunchtime sorting, and students will eventually take over that responsibility. The whole process will be expanded next fall to include all students' lunchtime waste.

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

Fremont *Elementary*

Fremont's Fabulous Technology Community



Mark Curran
Principal

By Kathleen Naruse, Teacher, Technology Lab

When you walk through the doors of Fremont Elementary School's technology lab, you will encounter a variety of curriculum and skills being taught. Technology is utilized as an integration tool and projects are aligned with the individual curriculum of our K–5 classrooms, the Common Core State Standards, and National Educational Technology (NET) standards. Collaboration

between the technology teacher and individual classroom teachers help ensure that students learn how to become digital citizens and integrate their technology skills in an authentic learning environment.

The technology lab program mainly focuses on how to use technology in operations, concepts, ethical, productivity, communications, research and problem solving. Students are engaged in projects that teach skills including word processing, keyboarding, data tables, graphics and multimedia. Projects incorporate learning how to use technology as a creativity, collaboration, critical-thinking, and problem-solving tool.

Fremont's technology lab is generously funded through parent-led fund-raising for programs that are available to all students. Fremont truly fosters a unique learning environment.

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

Hill *Classical Middle School*

Healthy Bodies, Healthy Minds



Sophia Griffieth
Principal

By Jennifer Crockett

Hill Classical Middle School strives to engage children in a variety of ways. We believe in building well-rounded students who are prepared to handle any challenge.

Our students worked on improving their physical condition by participating in the December Candy Cane Fun Run. They had to complete a 1.67-mile course through the school. The top student was Aidan Kenny, who finished the course in 8:57.

The students also worked on improving their minds



Coleman Christy and Aidan Kenny

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

in a challenging way. Hill held a Jeopardy tournament where students first competed to make it into the event. They had to perform under pressure, as the whole school watched the final championship game!

The competition was tough, but the overall winner was seventh-grader Coleman Christy.

Kettering *Classical Elementary*

Kettering Strings



Deborah Anderson
Principal

Kettering Elementary School's violin program started in 2011. It was introduced by Mr. Wille, a second-grade teacher, and Anna Ford, a community member. Ms. Ford was an accomplished violinist, having played in many area orchestras, and a successful music teacher.

Music is an important factor in the success of higher student achievement, as has been evident in various educational studies. The teachers and parents at Kettering have been supportive of the program, voting to use PTA funds.

In its third year, the program has expanded, allowing the third- and fourth-grade students who had participated the previous years to return for more instruction through after-school enrichment. Each year, the continuing class grows as more students come back to participate.

The Kettering string program has been so successful that it is expanding to include a ukulele club.

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

Hamilton *Middle School*

GEARING UP for the Future



Kathleen Cruz
Principal

As students at a California Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP) school, Hamilton Middle School's eighth-graders will receive an opportunity to apply for \$2,000 Education Trust Awards. Students must have a cumulative grade-point average of at least 2.5 or higher and provide a letter of recommendation, a complete resume of extracurricular and community activities, and an application with a typed essay.

A panel of staff will read the submissions, and six students will receive the \$2,000 awards. Names of selected students will be announced on April 22. The money will be released upon proof of attendance at the colleges of their choice.

There have also been opportunities for parents to learn how to be the best educational advocates for their children, how to choose the best high school fit, and how to access funds for their students' college educations.

GEAR UP is providing learning opportunities for all our families and incentives, including the Education Trust, for students to be ready for college and careers after high school graduation.

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

Child Development Center



Cynthia Young
Director

Fitness with NO Limits!

Riley Child Development Center (CDC) is providing a wealth of positive, healthy experiences to launch a lifetime of fitness. During the month of January, the students explored the world of fitness with "NO Limits" thematic learning experiences.

We provide our students with traditional and non-traditional fitness and sports games. Sports build teamwork, persistence, courage and humility. We encourage our students to try their best and allow them to set their own accomplishable goals. Physical activities such as jumping jacks, yoga, jogging, cardiovascular exercise and hula are offered.

This month we are promoting the companion goal of understanding healthy lifestyles. We encourage a better understanding of making healthy choices with healthful food to improve the chances of having a healthy heart. We are planning a walking field trip to a grocery store. The students will select a healthy snack cooking experience and have the hands-on opportunity to shop for the ingredients and stay within the budget.

T-shirts for the students were donated by Katy Clark, who has also volunteered to present a nutrition and exercise workshop.

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

Hughes *Middle School*

Lady Owls Win Fifth Consecutive Title!



Dr. Sally Gregory
Principal

*By David Michaels,
7th-Grade English
Teacher*

Over the past five years, the Hughes Lady Owls Basketball team has developed into a sports dynasty. Year after year, Hughes has seen their star eighth-grade players move on to high school, yet the team seems to reload with a talented crop of sixth-graders to continue the winning tradition.

This school year was no different. Having outscored their opponents 283-60 in regular season play, the Lady Owls were poised for another title run. The championship game was against the Stanford Hawks. In a tightly contested match, the Lady Owls found themselves in a 30-30 tie with just under two minutes remaining. Thanks to Kali O's clutch shooting from the floor and free-throw line, the Owls finished on an 8-0 run to win the game 38-30. Fantastic job Lady Owls—let's go for six next season!



All City Champions: Breanna P., Kaila M., Roschonda P., Leonna L., Erika F., Isabella K., Imani W., Abby R., Deja W., Clarissa S., Roslynn K., Kali M.

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

Jefferson *Leadership Academies*

STEM at JLA



Kevin Maddox
Principal

By Marisela Moreno, Science/Robotics Teacher

The Jefferson Leadership Academies (JLA) recently welcomed a local aerospace company and the Orange County chapter of The Links Inc. to our school. The Links is a national women's service organization comprised of professional African-American women. One of the goals of this chapter is to reach local youth through hands-on STEM activities (science, technology, engineering and mathematics).

Building rockets was the culminating activity after the company engineers presented a lesson to our students that encouraged inquiry-based discussions about rocket structure and stability. The students were able to test their own models at a rocket launch.

After the lesson, the group then visited our robotics elective. Students in the class were able to interact with the engineers and pose challenging questions about their robots. The aerospace engineers were impressed with our budding Jefferson engineers, and promised a return visit in the near future. A heartfelt thanks goes to these wonderful volunteers!

The visiting engineers were April Thompson, Vernell Mitchell, Lauren Mitchell and Byron Walker. The Links visitors were Maxine Jackson, Linda Perry, Donnise Mitchell, Carolyn Mathews and Robyn Hastings-Bonner.

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

Jordan High School

Ron Massey Court



Shawn Ashley
Principal



Dr. Jay Camerino
Principal

By Ki'Anna Bullock

You may know Ron Massey as Long Beach Jordan High School's greatest basketball coach. Others may know him as Jordan's greatest teacher. Colleagues and alumni see him as a friend, a father figure, and a leader.

Ron Massey was Jordan's head basketball coach for 30

years. He led the Panthers to 503 victories, including a CIF Championship. He also scored many victories off the

courts. Coach Massey steered many north Long Beach teens off the streets.

Today he continues to inspire current Panthers through the stories they hear about him. Future Panthers will always know who is responsible for all of the championship banners that hang in the main gym. They will see the name Ron Massey on a plaque placed above the bleachers to remind them of his unforgettable legacy. One thing I have personally heard about Ron Massey is that he always believed in his players, ranking them among the best. That is a legacy worth remembering.

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



Coach Ron Massey

CITY PROSECUTOR • From Page 4



Douglas P. Haubert
City Prosecutor

“Long Beach schools have never had this level of support and assistance from a City Prosecutor,” said Board Member Dr. Felton Williams. “Working with the school district, the City Prosecutor’s Office is making a huge difference in the lives of at-risk youths.”

The simple truth is that working together, police, prosecutors, and educators, can more accomplished than if each group working separately. It may not be a traditional

coalition, but in Long Beach it is working.

Why is it important for all of us to work together to reduce truancy? I think Superintendent Steinhauser said it best, “Because school dropouts are more likely to become involved in crime, keeping kids in school not only gives them a better chance to succeed in life, but it’s a smart strategy to reduce crime.”

333 West Ocean Blvd., 2nd Floor, Long Beach, CA 90802 • 562/570-5600 • www.longbeach.gov

Lakewood *High School*

Odyssey Academy Native Plant Project



Cheryl Cornejo
Co-Principal



Mario Jimenez
Principal

By Reece Spracher

The Odyssey Academy, in association with TreePeople planted a native garden on the Lakewood High School campus. A total of 20 students came out and worked on this project.

This area was a dirty and unsightly space. They transformed it into a beautiful haven that students can see on their way to class. The garden requires minimal up keep due to the fact we used California native plants. This project was funded by a grant from the City of Lakewood. After the garden had been planted a few students met and decided to establish a TreePeople club, which will create similar projects to help beautify the Lakewood High School campus.

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



Lindsey *Academy (6-8)*

MESA Competitions



Stephanie Dunn-Cooper
Principal

What do mousetrap powered cars, Popsicle bridges, models of the human eye, balsawood gliders, prosthetic arms, and robots all have in common? They are the MESA elective science and engineering projects at Lindsey!

Without “how to” directions to follow, Lindsey students use their problem-solving skills to design, create and evaluate a variety of engineering projects. This year the MESA National Engineering Challenge asks students to design and build a low-cost prosthetic arm that can perform a number of everyday tasks.

This competition gives Lindsey students the opportunity to compete with other middle school students throughout the county. In addition to the many MESA challenges, students can also test their robotics engineering skills at the VEX Robotics Tournaments and the LEGO Mindstorm Competitions.

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



Lincoln *Elementary*

Reading Success



Christi Granado
Principal

By Belkis Miqueleiz, Reading Recovery Teacher

Our school is one of the few fortunate sites in Long Beach to have Reading Recovery, an effective short-term intervention of one-to-one tutoring designed for low-achieving first-graders. Many of these children are unable to read simple books or write their own names before the intervention.

Individual students receive a half-hour lesson each day for 12 to 20 weeks with a highly trained Reading Recovery teacher.

The intervention is different for each child and is based on what each child needs to learn next. As soon as students are able to meet grade-level expectations and work independently in the classroom, their lessons are discontinued and new students are chosen.

The goal of Reading Recovery is to bring the lowest-achieving students to the level of their peers and to assist them in



becoming independent, strategic readers and writers.

The intervention is not an alternative to good classroom teaching but is used as a supplement.

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

Los Cerritos *Elementary*

It's Your Move, Scholar!



Marie Hatwan
Principal

By Laura Scully, Teacher

With kings, queens, knights and castles out on the playground, Los Cerritos Elementary students may feel like royalty. It's all part of a weekly Chess and Checkers Good Sport Scholars program.

Over the past three years, the program has grown in popularity. Thanks to the school's PTA, it now features an oversize playing board where teams of players can strategize moves more kinesthetically, with two-foot tall pieces. This is in addition to dozens of classic board games supervised by adult volunteers and designated student coaches during lunchtime.



Playing such strategy games promotes sportsmanship and high level thinking skills. Many children returned from winter break truly excited because they'd asked for and gotten a chess set!

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

Long Beach School for Adults

Recognizing Roberta Lanterman



Matt Saldana
Principal

Long Beach School for Adults is proud to announce that Roberta Lanterman has been recognized by the CCEJ (California Conference for Equality and Justice) for her contributions to the Family Literacy Program in the Greater Long Beach area. Gene Lentzner presented the award, and highlighted the dedication and leadership that Roberta has provided for over 20 years, coordinating Parent and

Child literacy programs that have been recognized at the National level.

Her expertise in grant writing, has provided our program with millions of dollars of support, and the statistical outcomes of improved student achievement have resulted in families learning together, and helped increase both the graduation rate, and college going rate for our typically under served population. The staff at Long Beach School for Adults, and the Long Beach Unified School District are proud of Roberta, and the passion she has for providing literacy programs to all students and families!

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

Longfellow *Elementary*

Kids with Character Program



Laurie Murrin
Principal

By Dr. Rima Hosn, Counselor

Longfellow Elementary School takes PRIDE in offering a Character Education Program called Kids with Character, which honors the Six Pillars of Education: Trustworthiness, Responsibility, Respect, Fairness, Caring and Citizenship. The goal of the program is to use common

language to describe and elicit positive character traits in our students and staff.

The program honors students on a monthly basis and engages them in hands-on activities in which good character is emphasized throughout the school environment as well as throughout the curriculum. Students are celebrated in many ways: Kids with Character of the Month, in which teachers and students select two students for grades four and five and one student for grades one through three per class per month. Certificates, folders and incentives are awarded to selected students during a monthly Lunch Bunch with the



counselor. Teachers also submit gold slips for selected students to honor during flag ceremony.

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

MacArthur *Elementary*

PTA Fund-Raising for Our Children



Juan Gutierrez
Principal

By Amber Rice, PTA President

Children represent our future, and it's up to each of us to support their journey into adulthood—and that's what we strive for. We have several fundraisers throughout the year, and fall's was one of our best.

With enrollment down, I wasn't sure how well this event would do, but I was overcome with joy when I found out we outdid last year's sales! Students and parents worked hard. Over 75 students attended the Ice Cream Party, and we had two students who each sold 45 items and got to be principal for the day.

I'm proud to say that the money PTA has raised will go straight back into our classrooms to support the many programs we offer!

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



Mann *Elementary*

Striving Towards Fitness



**Donna
McKeehan-Marr**
Principal

The students and families came together to promote fitness and fun while raising money for the student programs at Mann during the PTA sponsored Fit-a-thon. The Annual Fit-a-thon consists of families and staff working together to provide eight different stations of activities to help the students improve their physical stamina and abilities. Throughout the week, students at different grades levels worked together for 60



minutes moving from station to station, activity to activity, as music played. The activities included yoga, basketball and soccer dribbling as well as a variety of relay races, jump roping and hula hoop tricks. All participants and volunteers had a great time with some fabulous rewards... more exercise, better health and money for field trips, student programs and technology!

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

Marshall *Academy of the Arts*

Female Leadership Academy



Michael Navia
Principal

By Angela Hines, Teacher

Marshall Academy of the Arts is excited to announce its first Female Leadership Academy. Mr. Navia's vision has been to implement male and female leadership

academies to provide mentor support to some of our potential student leaders. On November 7,

2013, the Female

Leadership Academy held its first meeting. The leadership committee selected 25 girls based on teacher recommendation and leadership potential. The leadership participants meet weekly and, each participant is supported by a student and an adult mentor.

In November, the academy went on a field trip to the Brittany House Residential Memory Care facility. Warm smiles filled the room as the girls played bingo and performed singing and dance routines for the

residents. This experience was definitely life-changing for the girls. Throughout the school year, the Female Leadership Academy will continue to do community outreach projects and participate in activities to cultivate their long-term college and career aspirations.

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



Female Leadership Academy Group photo

Newcomb Academy (K-8)

“Konnichiwa” – Hello in Japanese!



Wendy Sowinski
Principal

Thanks to the Newcomb Academy Foundation and Newcomb parent and former teacher, Karen Mack, students at Newcomb Academy have the unique opportunity to learn more about the Japanese culture during

an optional after-school learning program. Currently in its fourth session, participating students in grades 1-5 have fun learning the Japanese culture through language, food, games and cultural experiences.

During the weekly afterschool classes, students have learned how to eat with hashi (chopsticks), try Japanese foods such as hoshi senbei (star-shaped rice crackers) and soba (buckwheat noodles), speak to each other in Japanese, and experience Japanese games and celebrations.

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



Students had fun learning traditional Japanese games and participating in an Undokai (Sports Day), in which children split into red and white teams and play games such as the “daruma” race, bean bag toss, three-legged race, and donut eating relay race!

Millikan High School

Interact Club Helps ‘Adopt’ City Families in Need



Dr. Jeffrey Cornejo
Principal



Monica Daley
Principal of Instruction

By Katie Hickox, QUEST Lead Teacher and Interact Advisor

These Millikan high school students’ Christmas lists included an Elmo toy, a Princess scooter and a Monster High doll.

Few adolescents want toys designed for toddlers or 10-year-olds. But Millikan

Interact, a 74-member Rotary-affiliated club, shopped for three struggling Long Beach families. Led by Trey Dare and Nicole Nielsen, QUEST seniors and co-presidents of the club, Interact provided holiday presents and grocery store gift cards to families selected by Addams Elementary and Bethune Transitional Center, a district facility that supports homeless students. Julia Montes, a QUEST sophomore, provided Spanish translations and coordinated last-minute gift wrapping.

Interact raised money by collecting classrooms’ spare change in gift-wrapped boxes. A \$25 gift card from a major bookstore chain went to Ms. Herrera, a QUEST physics teacher, for raising the most money. The Long Beach Rotary contributed to the more than \$1,000 raised and helped Interact to deliver gifts and grocery store gift cards.

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



McBride *High School*

Anything But Boring!



Steve Rockenbach
Principal

By Erica Kelly, Lead Teacher, Health/Medical Pathway

McBride has already had many great achievements, and our recently developed advisory board is just one more way that we are guaranteeing success in the future.

The Health and Medical Pathway Advisory Board has representatives from the health and nursing departments at both CSULB and LBCC. They are, respectively, Melissa Dyo, RN, Ph.D., and Paul Creason, dean. From Memorial Hospital we also have two ICU nurses, and Director of Behavioral Health Dr. Wendy Linderholm. All of these professionals will be a great resource for our range of possible future guest speakers, demonstrations and even internships.

Martha Kaye from the VCA Los Altos Animal Hospital is also on the board, and has already designed a four-year plan for our students to obtain hands-on experience in veterinary medicine. This may include a field trip to a VCA hospital and a necropsy right in the classroom!

All of these professionals say that they are honored to be part of such an innovative high school like McBride. And we can't say enough either about these wonderful and dedicated professionals!

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

Prisk *Elementary*

Civic-Minded Students



Damon Jespersen
Principal

By Trish Ross, Counselor

The Student Council at Prisk Elementary makes a difference not only at Prisk but in our greater community as well, and they have been very busy this year!

Prisk's Student Council has sponsored the "Give It Up for The Troops" program in which students surrender their Halloween candy, which is then shipped off to our armed forces serving overseas. In cooperation with the Basket Brigade, they collected canned corn for needy families within the Long Beach community. They also launched a campaign to provide clothing and personal items for our families at the Bethune Transitional Center. Additionally, Student Council sponsored a Holiday Wreath Sale and Prisk Night at a local restaurant, and they provided pencil machines for our students, the proceeds of which directly support Prisk School.

Just prior to the holidays, the elected officers represented Prisk at City Hall and met with our mayor. We are very appreciative and proud of our Prisk Student Council—they are truly making a difference!

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

McKinley *Elementary*

McKinley's Healthy Scholar/Chef



Scott Tardibuono
Principal

McKinley Elementary School is home to a budding young health-conscious scholar. During National School Lunch Week in October, third grader Evelyn Mejia entered LBUSD's Healthy Recipe Contest. Her recipe for Parmesan Broccoli was selected among all other recipes as the contest winner. Included with Evelyn's submission was a short essay on why it is a favorite healthy recipe for everyone in her family, as well as a picture that she drew of the recipe.



Evelyn Mejia with her parents and her new bike.

For winning the contest Evelyn was awarded a brand new bicycle that she received during McKinley's January P.R.I.D.E. Assembly. Her recipe was also printed on the LBUSD January lunch menu and can be viewed by visiting the 'Nutrition Services' page of the District website. Great job, Evelyn – we're very proud of you!

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

Rogers *Middle School*

Student of the Month Celebration!



Kimberly Holland
Principal

This year at Rogers, teachers have another opportunity to honor students by selecting one student per month who stands out as an exceptional Mustang. Each student is honored at a morning gathering with Ms. Holland in the library and receives a certificate signed by the teacher who selected him/her. Student also receive a button that says, "Student of the Month" and a few Rogers' treats. There is also a bulletin board with all of the chosen students' names posted in the 100 hallway. Congratulations to all students who have already been selected and keep up the wonderful work!

May the New Year bring peace and happiness to all. Best wishes for 2014.

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

Renaissance *High School for the Arts*

Perfect Attendance



Quentin Brown
Principal

Everyday counts as Renaissance High School for the Arts has the proof. We have thirty-five students who have absolutely “perfect attendance” this year! Looking at these students’ grades we have

noticed that great attendance equals great grades! This year we are planning to celebrate their “perfection” with a pizza party.

We want to applaud these inspiring students: Alani Aceves-Piceno, Jake Aguirre, Ixchel Alvarado, Amber Arzaga, Ahntice Bryant, Jada Carter, Alejandra Contreras, Zoe Crum, Ronin Del Castillo, Sean Frankart, Edie Gadberry, Gavin Gagna, Gueye, Son’Yei, Ethan Hightower, Asa Juleff, Brian Kumagai, Joann Long, Stacey Madrigal, Arnaja McIntosh, Dorien Moore, Kyla Phelps, Charles Plouffe, Ebony Priddie, Jaylene Ramos, Rudy Razo, Lilibeth Ruelas, Rosalina Salmeron, Cole Stevenson, Socorro Tena, Jamal Thomas, Jamar Thomas, Aren Vaughn, Danielle Vaughn, Jasmine



Vaughn, Leeloo Velazquez and Mackenzie Woodworth.

Renaissance is proud of you and would like you to stand up and take a bow! Let’s also thank Mrs. Holly Jones for her leadership, creativity, and focused as we continue to improve our attendance rates at RHSA.

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

Stanford *Middle School*

Music’s in the Air!

David Costa, Principal

With nearly half the student body in choral or instrumental music, music’s always in the air here! Daily, numerous singers and instrumentalists participate in performing arts. Five individual choirs practice with “the amazing Mrs. Riley” and do fantastically well at Festival. Each year, they produce a full-scale musical-theater production; this year’s musical is *Once Upon a Mattress*.

Elizabeth Brinker leads the instrumental music program that features three orchestras and four bands, including jazz. They attend two festivals a year and regularly receive top ratings. The advanced band and orchestra attend Magic Music Days at a professional recording studio and play a film soundtrack.



All groups have concerts in the fall, winter and spring. Ms. Riley knows that the strong arts programs here wonderfully complement Stanford’s entire curriculum!
5871 E. Los Arcos St., Long Beach, CA 90815 • 562/594-9793
www.lbschools.net/

Stephens *Middle School*

Community Career Day

By Becky Robbins, Teacher Librarian



Diane Prince
Principal

We recently held our annual Career Day, with 25 guest speakers on campus visiting classrooms. We had speakers representing various fields, including finance, business, education, law enforcement, city and port operations, sports and fashion. About half of the speakers were Stephens Alumni, who enjoy coming back each year to support their alma mater. Our guests visited 2 classrooms sharing their work experiences with students, and offering advice for what our students should be doing now to prepare for the future. Our CJSF and AVID students served as escorts for the speakers. Following the class visits, they returned to the library for a luncheon and then concluded the morning with a mini concert by our Steel Drum Band.

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



Tincher *Preparatory School (K-8)*

Tincher Hosts Sister City Visit



Dr. Kelly An
Principal

Tincher Preparatory School recently hosted a delegation of visitors and dignitaries from our sister city of Yokkaichi, Japan. Third grade teacher Elisa Turien visited Yokkaichi for a week as part of our sister city teacher exchange program. Upon her return, several visitors wanted to view public education in action.

Working with a local contact from CSULB, Mrs. Turien coordinated the visit and Tincher played host to the delegation of approximately 25 visitors representing the fields of education, government, and public relations. As part of their day, our visitors spent time visiting classrooms and participating in discussions with students accompanied by principal Dr. Kelly and Assistant Superintendent Dr. Jill Baker.

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



Kindergarten students line up to welcome the Yokkaichi delegation with teachers Mrs. Elisa Turien, Mrs. Jamie Matheus, and Miss Ruth Morooka.

Washington *Middle School*

Giving Back to the Community



Megan Traver
Principal

We have a new theme at Washington Middle School: "Building Ourselves as We Build Our Community." Student Council decided on the theme and the Washington team has already embraced it. Our students, parents, and staff members collected over 2,000 canned food and non-perishable items to donate to the Long Beach Rescue Mission. That's a lot of food! We are so happy to help support those in need, especially during a time of year that can be very difficult for many families.

Our dedication to the community doesn't stop there. The



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

Washington Choir also sang at the Rescue Mission for their Thanksgiving dinner night - and Student Council decorated 1,000 placemats for the event.

The truth is, when we give back to the community, we all gain from it.

Whittier *Elementary*

Don't say it, Sing it!



Lori Grady
Principal

By Nancy Jo Rettig, Counselor at Whittier

Props to Aretha Franklin for teaching the value of R.E.S.P.E.C.T.

Find out what it means to US.

It's always a challenge, trying to instill good character traits that will last a lifetime. Storytelling and books are fine but what really brings it home is music. Think about a classic commercial jingle that gets stuck in your head, like "Oh I wish I were an Oscar Meyer wiener..." Welcome to earworms.

Our talented Idol-ish wizards belt out their message of



hope at assemblies and choirs. (Also available for weddings and bar mitzvahs).

But most importantly these students prove that they understand it, by their own loving actions towards others.

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

Willard *Elementary*

Field Trip to Olvera Street



Cassandra Richards
Principal

By Mr. William Diaz-Brown - 5th Grade Dual Immersion Teacher

5th grade Excel and Dual Immersion students visited Olvera Street in downtown Los Angeles on November 1st. The Los Angeles Metro system offers classrooms

metro rail passes to explore the city and to learn safety on the rail system.

For many students it was their first trip on the train system. Students enjoyed a beautiful sunny day, visiting the oldest firehouse in Los Angeles and the Chinese-American museum, watching a variety of dancers, viewing Day of the Dead altars around the plaza and touring the oldest house in Los Angeles, the Adobe House. The area was crowded with many students and visitors, and the lively atmosphere provided students with many images, smells and tastes.



For LBUSD students and teachers interested in accessing the Metro system, we recommend going to their website to access this wonderful program.

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

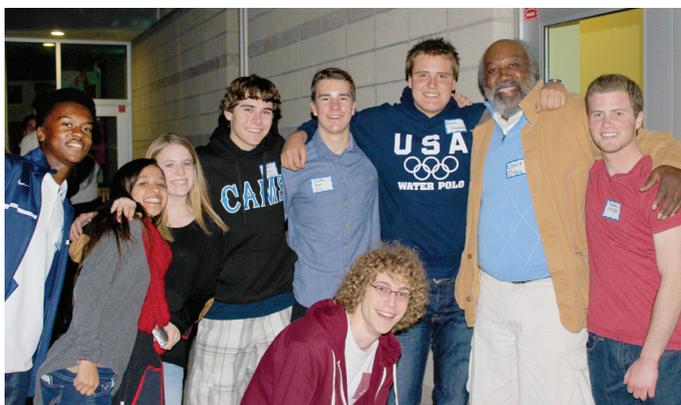
Westerly School of Long Beach (K—8)



Chris Rodenhizer
Head of School

Alumni Return to Westerly

For the past twenty years, Westerly has been sending students to some of the more rigorous high school programs in the Los Angeles and Orange County areas. From there, they move on to a host of colleges and universities across the country. Westerly administration and faculty make every effort to keep in touch with the School's graduates, not only to see how they are doing once they leave the small and inclusive community, but also to learn from the former students ways in which Westerly prepared them for success or ways in which the School could improve.



Alumni from the past five years share stories with past Athletic Director, Coach Dixon.

With over four hundred alumni ranging in age from fourteen to just over thirty years old, the School decided it was time for a reunion. This past December nearly 100 former students and faculty returned to Westerly's campus for the first official alumni get-together. Students were treated to a Latin-inspired dinner in the Raymond F. Bizjack Arts Village on campus. Light club-music and holiday lights helped to create the mood, while students combed through old photos, shared stories, and talked of their old days at Westerly. Head of School, Chris Rodenhizer welcomed the former students back to the campus and informed them of ways the School had changed since they graduated and ways in which it was the same. Director of Admissions, Crystal Angulo, reminded the alumni how important it is to stay connected to the school and to one another.

Later, as the evening came to a close, a group of students from the class of 2006, were found sitting in their former second grade classroom. They shared stories of the music and art, of highlights such as overnight field studies, and how they learned and honed their public speaking ability. Overall, though it's their lasting friendships and the sense of independence and confidence they acquired while at their formative years at Westerly that they value the most.

A second, more formal way Westerly stays connected to and learns from its alumni is through the hosting of the annual Alumni Forum. This event, held each January, brings back eight to ten alumni, who currently attend a variety of public and private high schools, to sit on a panel and respond to questions about high school presented to them by Westerly's current students and their parents. Moderated for the past two years by alumna and board member, Alex Jackson (class of 2003), students are asked an initial set of question focusing on how Westerly best prepared them for their respective high school experiences. Alumni are also asked how they feel their preparation may differ from their non-Westerly peers. For this question, alumni share their ease and comfort with public speaking, their strong organizational skills, and their adeptness in using and integrating technology. Finally, the former students are asked how the School may have served them better while they were here. The feedback is shared with the current faculty and helps the School to make modifications in the instructional program.

The second half of the Forum has alumni leading break-out discussions on some of the more social aspects of high school life. Nervous and excited Westerly students and their parents get a first-hand account of some of the issues most near and dear to those who are either a year or two away from entering high school, and more urgently, to those who will enter ninth grade in a few short months. The Alumni Forum never disappoints. Adults are reassured and relieved to hear how well Westerly students are prepared and ultimately do in challenging high school programs, and students gain insight from those they most respond to at their age: young people slightly older than themselves.

More on Westerly

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

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

For more information go to www.westerlyschool.org. A community visit will be held on March 4. Please call or visit our website to reserve a space.

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

Sweet Tooth: Healthy Treats to Satisfy Your Sugar Craving

This column will provide 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 will give their perspective and tips on topics to help all make healthier food and beverage choices.

We consume about 22 teaspoons of sugar per day, which is much more than is recommended by the American Heart Association (6-9 teaspoons). Why the craving for the sweet stuff? Well, it starts at birth. Sweet is the taste preferred by infants, and consuming carbohydrates stimulates the release of serotonin, the feel good hormone. We can also train ourselves to over-eat sweets.



For example, a pick-me-up cookie or candy bar at 3:00 pm or the traditional dessert after dinner may become daily indulgences.

When considering your food choices, it is important to watch the total amount of sugar you consume daily. Here are a few tips for a more balanced diet where sweeteners are moderated:



Carol Berg Sloan, RD

Many of my clients are now choosing organic cane sugar over other sweeteners thinking it is a healthier choice. The truth is, whether the sugar is from high fructose corn syrup, sugar, honey, or agave syrup... sugar is sugar. The body treats all these sweeteners in a similar manner both metabolically and nutritionally.

Planning ahead is wise if you know you are going to want a sweet at a certain time of the day. A mini favorite candy bar, a handful of jelly beans or candy corn, or a homemade cookie or granola bar can keep you from overindulging.

A favorite sweet treat at home is an oatmeal raisin cookie or a Skinny Cow® ice cream sandwich. These healthier versions of traditional desserts are a great alternative.

Carol Berg Sloan, RDN is a registered dietitian/nutritionist in Long Beach and a consultant to the food and beverage industry including the California Walnut Commission and the Corn Refiners Association. She can be reached at cbsrd@verizon.net



Kelly Sloan

Students don't realize that many of the big portion food and beverage choices they make during the day are loaded with added sugars. Choosing a 12 ounce can of soda vs. a 20 ounce bottle can satisfy and lower sugar calories.

Many college students tend to eat out of the box or bag and don't watch portions. Eating a sweetened cereal like Honey Nut Cheerios® or Captain Crunch® right out of the box can add up in terms of sugar. I now portion cereal into small baggies or pour into a bowl.

I make frozen banana pops or dip fruit into dark chocolate...the banana, yogurt and chocolate provide added nutrition benefits too!

Kelly Sloan is a dietetics student at the University of Hawaii at Manoa, a staff writer for Ka Leo O Hawai'i and intern for registered dietitians representing the food and beverage industry. Twitter: @KSloan6 University of Hawaii at Manoa

Frozen Yogurt Banana Pops

Yield: 4

Ingredients:

- 2 bananas, peeled and halved
- 1 (6-ounce) vanilla yogurt (I used two flavors/colors)
- 1/4 cup walnuts, chopped
- 10 mini marshmallows
- 1 tablespoon dark chocolate chips
- 1 tablespoon sprinkles
- Popsicles sticks



Directions:

1. Peel and cut each banana in half.
 2. Insert a popsicle stick into each banana half and place on a plate.
 3. Dip banana into yogurt, using a spoon, pour the mixture over the banana to coat evenly.
 4. Sprinkle walnuts, marshmallows, chocolate chips and sprinkles separately on each banana, covering most of the yogurt.
 5. Place covered bananas on plate and put in freezer for 2 hours, or until yogurt is frozen. Serve immediately after removing from freezer.
- Enjoy!

<http://kellyfoodparadise.wordpress.com/2013/10/28/frozen-yogurt-banana-pops/>

Over My Garden Gate

What is a Garden?



Nancy

I was invited to write “over my garden gate” and have been trying since then to define “garden.”

A garden can be a pot of flowers in your window, even your terrarium, or a small planter box on your porch or patio. A garden can be a wide swath of flowers and trees curving around a magnificent green lawn, bordered by tall graceful trees and enclosed by a winding brick road and driveway, even if all in your imagination.

I have many gardens on my ranch in Northern California, some actually planted and growing in the ground and others planned on paper or dreamt of in my head. Most of my gardens have flowers in them and some vegetables and several others both. A garden is a place to grow ideas, plans, to dream as well as harvest its bounty for your vase, table and cupboard.

And so my “garden” is defined. Now to that gate!



Sometimes I feel we have moved into prison gardening, due to all the deer fencing we have erected to protect both yard gardens and veggie gardens.

We seem to have mostly bucks here and they can be up to 9 in number at a time. The does will number many less, usually no more than 2 or 3 and they like to raise

their young in the orchards. The deer often winter over on the property, hunkering down in the barn during bad weather or in a little open shed near the garden. I love having them here, just do not like them eating all MY stuff.

So far this year we have managed to keep them outside the fencing. I always believed it illegal to feed the little darlings but recently discovered a feed store selling “deer food”... frankly I thought everything I planted was deer food! Since I purchase cracked corn for the quail, I just moved two little trays out near the end of the garden by the pasture fence and the deer have been confining their snacking on that corn and the container of bird food under the pine tree.

Back to the garden!

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

Remember When?

1964 and “I Feel Fine”



Charlene Ashendorf

The year was 1964, and I remember it like it was “Yesterday.” There were more than 52 million television sets in homes across America; that’s one in nine. Ours was a cabinet style Westinghouse with blonde wood and it would be turned on and tuned in...the year that the British rock band from Liverpool, The Beatles, was preparing for their first American appearance. Reports indicated that more than 73 million people

would view this premiere television event and would be mesmerized by these four musicians in their early twenties. That Sunday night, February 9, 1964, I would convince my parents to allow us to watch the Ed Sullivan show while eating dinner on tray tables. “After a Hard Day’s Night” my mother broke down and agreed to serve the Swanson TV dinners in front of the television set (which was always forbidden on Sunday nights).

The Fab Four were introduced to a record breaking crowd. The audience was made up primarily of screaming teens like myself. I wept, I jumped up and down and choked on the words to “I Wanna Hold Your Hand.” My dad took his dinner, got up from the plastic covered sofa and finished his meal in the kitchen. My mother, disgusted by the gyrations of these teen idols and appalled by the behavior of these youngsters promised we would never watch Ed Sullivan again.

And we never did.

Of course you know the rest of the stories... What followed were movies, solid gold album sales, and dozens of number one records. Two of our Beatles are gone, one murdered and the other died of cancer. The two who remain are in the early seventies. And by the time this article goes to print the British pop duo, The Eurythmics (Annie Lennox and Dave Stewart) will have performed in Los Angeles celebrating the 50th Anniversary of the Beatles appearance on the Ed Sullivan Show. If you don’t remember when, or you were late to that party, you may be able to catch “The Night that Changed America” youtube style. And if you are like me, you will always remember when.

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

The Historical Society of Long Beach and the LBCC’s Long Beach Community Studies Project are presenting the 3rd Long Beach Community Studies Conference on April 26, 2014.

The paper submission deadline is February 15. Please visit www.hslb.org or call 562.424.2220 for more info.

American Business Women's Association



Lorie Burch
National President

Memorial Educational Fund – Part II



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

The American Business Women's Association (ABWA), Diamonds of Southbay Chapter, wish to see you awarded with a scholarship through the Stephen Bufton Memorial Educational Fund (SBMEF). SBMEF, ABWA's national educational fund, is one of the most highly respected grant and scholarship funds in the country. For over 60 years, ABWA has helped women achieve their business and professional success through educational scholarships. Since its inception, more than 16,000 women nationwide have been awarded more than 17 million dollars in scholarships.

The Stephen Bufton Memorial Educational Fund exists to provide educational grants and scholarships to women pursuing post-secondary educational goals as well as ongoing professional development in order to support their career advancement and to help them become the role models, mentors and leaders of the future.

"I received a total of \$2500 in SBMEF scholarships while pursuing my MPA at California State University, Long Beach. This degree, a goal I dreamed of for many years, came true through the support of ABWA", shared Cecile Harris Walters, MPA, National Ambassador, ABWA.

There are a number of opportunities still available by visiting the website –www.sbmeff.org. Contact Karen Oliver for more information at 714.553.4685. National Scholarship deadline is May 15, 2014.

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

College 4 Less



Hedging College Costs



Susan D. Marshall

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.

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.

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

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COASTAL ALLIANCE

What Impacts Your Credit Score?



CathyLyn Brooks

As we all know, every move you make impacts your credit score, but it is rather a mystery as to what does what and in what fashion. There is a great deal of confusion for consumers as to what steps they should take to present their credit history in the best light to obtain the best rates when searching for a home loan. Borrowers with higher FICO scores are offered different programs than those with the lower scores.

So here are a few commonly asked questions as to what impact certain actions will have on your score. Test yourself to see how well you do. If you need a referral to a lender, I can provide you a list of reputable firms.

Which of the following will not have a negative effect on your credit score?

- A. Never having had a credit card
- B. Going over a credit limit
- C. Opening a retirement account
- D. Not paying off your balance each month

Answer: C. All of these actions, except opening a retirement account, may hurt your score. An investment account has no bearing on your credit score. It may help to show you as a stronger borrower though.

Bouncing a check or incurring a penalty for insufficient funds will hurt your credit score.

- A. True
- B. False

Answer: B. Neither of these events will damage your credit score, though I have read that landlords and utility companies are expected to begin to report to the credit agencies. Check with your lender for the latest on this issue.

If you have improved your credit score by using a few credit cards that have lower limits, and since that time opened new accounts with higher credit limits, should you cancel the “starter” cards?

- A. True
- B. False
- C. Maybe

Answer: C. If you cancel the cards that you’ve had the longest, be aware that your credit score may take a temporary dip. Whenever you cancel the card that has the longest history, your credit history appears shorter to creditors. You might consider keeping them while you build up a record with the newer, higher-limit cards, or canceling some of them and leaving the one with the longest history open for a while.

CathyLyn Brooks has been a local real estate broker since 1980, earning the advanced credentials of Certified Residential Specialist and Graduate Realtor through advanced education and sales volume. She has completed the American Bar Association’s approved Paralegal certification and is an instructor at UCI in the Paralegal program. She also teaches real estate related courses in the extension program. The NASD, the NYSE, and the National Futures Organization have appointed her as a public arbitrator. Her degree is in finance and marketing from the University of Southern California. CathyLyn is affiliated with Main Street Realtors and can be reached at: 562/719-2530 or cathylyn@earthlink.net Consumers should seek legal tax advice from professionals in each field.



Jeffrey A. Napper
President & CEO

Successful Budgeting (Part 1)

The holiday season is over and it’s time to set new financial goals. Budgeting is one of the foundations of every successful plan. Understanding how much money you have, your expenses, how to best allocate your funds and distinguishing between a “need” and a “want” are some of the key aspects to meeting your financial goals.

Create a Budget: Take the time to create a reasonable budget. Figure out how much money comes in each month and your actual expenses which includes bills and miscellaneous. A good budget, if followed, will help you keep your spending on track. It takes discipline and some work to stick to your budget but it will pay off in the end.

Track Your Expenses: To have a successful budget, you need to track all your expenses. Keep a daily habit of balancing your checkbook or if you prefer using your debit card, make sure that you check your account online regularly to note all your expenses. By doing this, you’ll be able to see right away if you are overspending or staying within your budget.



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