

FREE

School News



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**Covering the Los Alamitos Unified School District
and the communities of Los Alamitos, Rossmoor, Seal Beach and Sunset Beach**

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BOARD OF EDUCATION



No Bullies Allowed

We want all our students to know that they have a right to feel safe and supported in our schools and in the community. We are teaching the power of not accepting bullying behavior.

Meg Cutuli
Clerk

All of us in the Los Alamitos Unified School District are very proud of the academic successes that our students demonstrate. As an educational institution, that should be our top priority. But we also look at the whole child, knowing that happy, healthy children learn better and succeed more. Our second priority goal is to "ensure a healthy, safe, and drug free environment." To help attain this goal, we are implementing our Bullying Prevention Program.

This program was established with the help of our Bullying Prevention Task Force, which is made up of teachers, administrators, counselors, parents and community members. The goal of this committee is sweeping and courageous. They want to eradicate all forms of bullying in our schools and community. This dedicated group has selected curriculum for all our schools. The Have You Filled a Bucket Today? curriculum teaches our elementary students how words and actions can either help or hurt someone and what our responsibility is when we see someone who is being bullied. Our middle school students are learning that they are "Too Good for Violence." Building on what they have learned, students are taught options and consequences of their actions. And in the high school, we are concentrating on internet safety and bullying.

We want all our students to know that they have a right to feel safe and supported in our schools and in the community. We are teaching the power of not accepting bullying behavior.

Making Memories



Hopkinson's annual Veteran's Day celebration honors our current & former members of the military.
(Back) CPL Henry Ramero, Mike Sagan, CPL Fred Chiodo, PFC Garth Rice, CW5 John Harris, SP4 Kenneth Ulrich, Lt. CMDR RJ Hansen.
(Front) CPO Richard Mucky, CPT Raymond Allard, CW5 Mirko Duvnjak, PO1 Keith Caires, and SGT Henry Wantanabe.

*Dr. Linda Stewart, Principal
Hopkinson Elementary School*

Hopkinson Elementary School truly believes that educating the whole child is our goal; an important part of that commitment is patriotism and our social responsibility to give back to the entire community.

We believe that philosophy should start in elementary school and grow as children move through their lives, building a strong level of social commitment and respect for others.

SEE MAKING MEMORIES • PAGE 5



Terri Epps, the McGaugh Elementary School art teacher, collaborated with all 780 McGaugh students to create the beautiful mural "Hands Together for Peace," commemorating the eight lives lost on Oct. 12.
(Please see school article on page 6)

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LAUSD Action Plan

**Igniting
Unlimited
Possibilities
for Students!**

Dr. Sherry Kropp
Superintendent

(Please see page 11.)



Kay Coop
Founder / CEO / Publisher



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Netragrednik

School News

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covering the
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The Christmas trees have arrived in Brita's Gardens where our office is located. It truly is transformed into a magical place to be this time of year.

Stop Bullying!

Congratulations to the LAUSD for their commitment to stop bullying and implementing their Bullying Prevention Program. If you haven't already, please read Meg Cutuli's article on page one. We'll be publishing an ongoing column as the program progresses.

Cleanliness Counts!

My mother always said, "It doesn't take money to be clean!" I was so impressed when our very own Coffee Bean & Tea Leaf store on the corner of PCH & Main St. earned the Cleanest Store honor out of 173 CBTL stores! They aren't the highest producing store, but they are the cleanest! With the high standards set by corporate, that is quite an honor. I start my day there at 5:30a.m. and always know I'll get the same courtesy service and know quality control is of utmost importance to both the manager and the staff.



Coffee Bean & Tea Leaf corner of PCH & Main Street.
Joe, Regional Manager, Cheryl Store Manager,
barristas Ayriel, Yolanda, Ashley and Mark, District Manager.

Happy Holidays!

Happy Holidays to you and your families. We are always mindful of the service men and women who have volunteered to protect our freedom and are not home with their loved ones at this time.

Our next issue is February 8, 2012...yes 2012

RELIEF FROM HOMEWORK FRUSTRATION



Many children experience anxiety, frustration and feel overwhelmed when asked to complete basic classroom and homework tasks. Parents are often baffled as to the cause of their child's struggle in school. Parents may be told that their child is unmotivated, lazy or has a learning disability, but these labels don't help find a solution to their child's problems. The hours spent on homework are painful and frustrating and frequently accompanied by tears.

The cause of these struggles may be due to poor vision processing skills. Children lacking vision processing skills experience difficulty copying information from the chalkboard, are unable to complete assignments quickly, do poorly on timed tests, often have poor spelling skills and suffer from poor reading comprehension.

The Vision Improvement Program (VIP) is a program designed to attack these underlying vision processing skills. Students average 3.1 years growth in visual processing skills during a 10 week treatment program.

Symptoms of poor vision processing skills include:

- Losing one's place or skipping words or lines
- Forgetting what has just been read
- Reversing letters (b,d, p,q) or words (was and saw)
- Making "careless" errors
- Poorly spaced or "sloppy" writing
- Always "daydreaming" or not paying attention
- Moving entire head when reading
- Failing to complete assigned work
- Working slower than their peers

Does your child or someone you know have these symptoms? If so, Dr. Wilkins is providing a **free** screening to identify children with vision processing learning problems.

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Growth Leads to More Enrichment

By Evelyn Garcia - LAEF, After School Program Director

The Los Alamitos Educational Foundation Enrichment Institute is growing, and we are overjoyed to get closer to our goal of touching the lives of all Los Alamitos students. The fall session of LAEF After-School Programs proved to be a complete success. Children were in productive, safe, stimulating environments suited for learning and enrichment. Our careful selection of fully credentialed language teachers made for a wonderful language-enrichment experience. Art Innovators and Kinder Dance provided students with the opportunity to learn from skillful instructors who are fully knowledgeable in the skill areas. Dr. Weintraub led a productive class at Los Al High School, resulting in great college entry essays.

As the year's end approaches, we at LAEF are preparing for the third year of the Summer Enrichment Institute (SEI). Last year, over 1000 children in grades K-12 took advantage of our innovative programs. We are excited to see what numbers this summer will bring. Look for program registration and course-scheduling information in March.

The Class Size Reduction (CSR) campaign is coming to an end, and we want to take the time to thank all who contributed. Every dollar counts and has gone directly back into our schools. Our school community is what makes Los Alamitos shine!

At LAEF, our hearts are with Seal Beach. Always remember: "Love Is Louder!"

Log on to the foundation website to learn more about our programs. If you have any questions, call or e-mail Evelyn Garcia, LAEF After-School Program Director, (562) 277-6876, egarcia@loaledfoundation.com.

At LAEF,
our hearts are
with Seal Beach.
Always remember:
"Love Is Louder!"



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Real Estate Matters

Beware of New Scam to Steal Your Identity



CathyLyn Brooks

I continue to be amazed by how much effort and creativity "crooks" use to scam or otherwise steal or hurt innocent people. If they were employees, and performed this imaginatively and thoroughly, they'd surely be employees of the month.

The new scam involves the use of Craigslist and homes that are for sale. The scammers identify a property that is for sale, collect images from the Internet, and then list it for rent on Craigslist. The advertised rent is very appealing, usually low or offering to pay utilities, or cable service. When a person makes an inquiry about the property, the scammer invites them to complete an application. This application is what they are after, of course.

The Craigslist ads are vague. When a party calls about the rental, they are given a story about how the homeowner is forced to move out of state to care for an ailing relative. And that the move is going to be for a substantial period of time, so they are looking for an honest, sincere family to move into their residence during this absence.

Scammers may make viewing the property hard to view. A reliable landlord or rental agent will want you to see the property. Scammers may say the keys will be delivered after the application is completed. This is not standard protocol. Run quickly from a person who tells you this.

To avoid scams, work with reputable firms. And do your research. If average rents are \$2000 and you see a home advertised for \$1000, ask yourself why. Remember that things that seem too good to be true, really can be.

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 and tax advice from professionals in each field.

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Hopkinson *Elementary*

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MAKING MEMORIES • FROM PAGE 1

Dr. Linda Stewart
Principal

In early November, we continued our tradition of recognizing Veteran's Day by commemorating the heroes in our lives. We held a special ceremony for current and past members of the military, complete with a rousing patriotic song fest. Our chorus serenaded our honorees with special tunes from each branch of the armed forces. Our honored veterans were treated to coffee and breakfast in our media center, which was decorated for the occasion. We also incorporated the curricular area of writing by sharing our fourth- and fifth- grade students' insights. The children expressed their appreciation for the dedication and commitment our men and women in uniform provide for us each and every day.

As part of our community pride, students participated in the Gift of History event at Anaheim Stadium, where third-grade students came together in the world's largest history lesson on Orange County. Children will forever remember their part in attaining this record for the Guinness Book of World Records.

Lee *Elementary*

11481 Foster Road, Los Alamitos, CA 90720 • 562/799-4540 • www.losalUSD.k12.ca.us



Robert Briggerman
Principal

Connectedness and Success

Building a safe and supportive school environment to which students are connected is paramount to academic success. Students achieve at higher levels when provided with experiences and opportunities that lead to a sense of community, self confidence, and safety.

At Lee Elementary School, we embrace this philosophy as we encourage all of our students to be involved in activities beyond the school day. Our after-school programs provide a safe place for students to engage in enriching activities that enhance their sense of connectedness to the school community. Lee provides several after-school programs in languages, arts, science, music, and scouting. I would like to thank our partners from the Los Alamitos Education Foundation, the Youth Center, scout troops, and private companies for providing our students with engaging after-school experiences. No matter what your child's talent or interest is, I encourage you to help your student get connected by joining an after-school activity.



After school science program at Lee.

Laurel *High School*

10291 Bloomfield St., Los Alamitos, CA 90720 • 562/799-4820 • www.losalUSD.k12.ca.us



Dr. Brent Forsee
Principal

Celebrate Student Success

The students and staff at Laurel High School experienced a highly successful initial cycle to kick off the 2011-2-12 school year. A cycle consists of a 6 week grading period where students work to earn grades and credits towards graduation. Cycle one was highlighted by the first Cycle Awards Assembly on October 20th during which a number of students were honored for their hard work, resiliency and perfect attendance. The student awards are sponsored by the Rossmoor Women's Club and the Optimist Club, both of which are cherished community partners of the Laurel family.

A new tradition has also begun at Laurel as staff seeks to recognize student's positive contributions as we "Celebrate Student Success" each Wednesday morning by announcing our student winners for the week. Students are considered based on their academic improvement and contributions to a positive school culture.



Teacher Bob Ostmann with a few of the many hard working Laurel students.

Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losalUSD.k12.ca.us



Dr. Sunghie Okino
Principal

School Spirit Soars

Los Alamitos Elementary School (LAE) may be just coming out of construction, but there are no signs of a slow start at the school. After September's student achievement celebration, the PTA welcomed families to a roller skating event on October 21. Sergeant Sharon Kerbow from the Los Alamitos Police Department kicked off Red Ribbon Week on October 25, and the entire student body was seen on Fox News on Channel 11 as Weatherman Rick Dickert flew over the school in his helicopter. You can see the event at youtube.com. After Rick Dickert talked about the "smart kids" and described the "bucket-filling" school, a parent from Whittier called to find out more and vowed to bring the bucket-filling idea to her child's school. On Halloween, the hamsters from a popular car commercial opened the annual parade, which can also be seen on youtube.com. The student body has been busy working on a service project with Katella Manor and Laurel Manor. Students are collecting supplies for homeless veterans and recycling bottles and cans.

In November, LAE launched the Step by Step Club, funded by a grant from Run Seal Beach and HealthCare Partners. Second- through fifth-grade students run or walk during lunch to improve their fitness levels. The club's mission is to emphasize running and walking as fun activities that can be enjoyed throughout life. LAE scholars and families continue to focus on academic achievement while ensuring that school spirit remains high.

Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losalusd.k12.ca.us



Dr. Grant Litfin
Principal

The LAHS Player Saver...

Balancing Academics, Activities, Arts, Athletics, and Active Citizenship is a rare thing in today's schools, and it takes special people to make it happen. An advocate and role model for all of these things is Mr. John Hanson. If that name doesn't ring a bell for you, consider yourself healthy and lucky. Mr. Hanson is best known as our school's athletic trainer. Regardless of the sport or activity, you will see Mr. Hanson (along with Dr. Derek Dee, M.D. & Larry Hanson) making sure that our students are cared for. John is a talented Sports Medicine Teacher, a great mentor for students interested in medicine, a well respected resource for students seeking additional treatment, and is constantly going out of his way to make sure any injury is healed. It is common for Mr. Hanson to go as far as making a personal appearance at hospitals to follow up on his student's. His exceptional example of care for others is another reason it is great to be a Griffin!



Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losalusd.k12.ca.us



Helping Holidays

The word "HOLIDAYS" starts with the letters "H" and "O." At Oak Middle School, we emphasize the holiday season as a time of "Helping Others." As we head into the Thanksgiving season, there are many examples of Oak students and staff carving out time to help others.

During the month of October, students and staff worked together to collect hundreds of pink yogurt lids to contribute toward breast cancer research. The month of November saw the Scholarship Club holding a food drive to fill the shelves of the We Care Food Pantry, a local agency that services the homeless and less fortunate families in the community. As soon as that drive ended, Oak collected complete holiday meals for local families. Last year meals were collected for more than 35 families, and this year our goal is to exceed 40.

Oak students participate in many other opportunities that connect them to serving others throughout the year. Students collect cans and bottles for the Recycling Club, donating their proceeds to support local animal shelters. The newest club on campus is the Gardening Club, which helps to beautify our campus by taking care of plants and landscaping. The Scholarship Club also sponsors the Pennies for Patients fund-raiser in the spring and raises thousands of dollars annually to benefit the Leukemia and Lymphoma Society.

While we look forward to the holidays as a time of giving, helping others is a year-round celebration at Oak. Happy Holidays!

McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losalusd.k12.ca.us



Dennis Sackett
Principal

Excellence Never Rests!

McAuliffe is again a high-performing state and county middle school. Our API is up 11 points to 931, with all major subgroups scoring above 900. This puts us in the top five in the county, with three subgroups number one in the county!

McAuliffe's belief system is that *all* students can learn. Holding to this belief can help keep us on the productive course that will significantly help our young people as they go through high school and into higher education.

But, is there more? The president of MIT stated a couple of years ago that in addition to academics, the fully rounded and equipped student will be the best prepared to become a productive society member. With that in mind, we offer a number of activities and opportunities that will help "round out" our students. We offer a daily intramural lunch program that features a number of sports. During September, we have a club sign-up day at lunch. This year, we have 30 clubs that meet before school, at lunch, after school and off campus. Clubs include Paintball, Archers, Spelling Wizards, Books, Science Olympiad, Ecology, Robotics, Conservation, Christian Club, History, Creative Writing, and more. Approximately 500 students are involved in at least one club.

A number of field trips tying in to the curriculum are taken each year and include local theme parks, science centers and museums. The Jazz Band visits Reno, Nev. McAuliffe also has a community service program that encourages students to help at various centers, including hospitals and eldercare and youth homes.

Igniting possibilities and opportunities continue to play an integral role in McAuliffe's educational program.

McGaugh *Elementary*

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • www.losalusd.k12.ca.us



Bill MacDonald
Principal

Hands Together for Peace

October was a difficult month for families at J.H. McGaugh School and in the greater Seal Beach community. On the heels of a tragedy that left many stunned, scared and confused, there were questions about how the community would deal with such catastrophic loss.

At McGaugh, in the true spirit of support and love, the answers came quickly and without hesitation. Teachers and support staff put aside their personal feelings and provided continuity and a sense of security for their students. The PTA created ivory ribbons to honor the victims. Staff members organized donation baskets, food for families and blood drives. Students wrote supportive letters to the police and fire departments and created banners covered with hearts expressing their support. Terri Epps, the art teacher, collaborated with all 780 McGaugh students to create the beautiful mural "Hands Together for Peace," commemorating the eight lives lost on Oct. 12. Together, the McGaugh community was able to mourn, make sense of the events, and move forward.



Rossmoor *Elementary*

3272 Shakespeare Drive, Los Alamitos, CA 90720 • 562/799-4520 • www.losalusd.k12.ca.us



Kiva Spiratos
Principal

Assemblies of Learning and Fun!

The wonderful Parent-Teacher Association of Rossmoor School dedicates a portion of its fund-raising efforts to provide fun, interactive and instructional assemblies for our students. Each assembly is chosen by a team of parents, and the themes support the California Content Standards for grade-level curriculum and personal growth.

Our assembly topics have included anti-bullying strategies for children to use to stand up against negative behaviors. We have also had professional story tellers who teach the art of character development and plot through historical storytelling. Another gathering taught music appreciation, and the evolution of musical history from the 1920s to current genres.

The children have also been exposed to multiple cultures through these assemblies, including the exploration of Native American and Polynesian traditions and heritage.

The Rossmoor community and family of children gather from the cultures of the world. We are grateful to our PTA for sponsoring assemblies that highlight the diversity of these cultures. It helps satisfy the academic needs of our students and creates an exciting environment of interactive learning and fun.



Rossmoor students learning the history of native Polynesian dances of the regions of Hawaii, New Zealand and Samoa.

School News



Have Your Business Highlighted in *School News*!

We will be publishing a special issue on "How I Use Math in My Business." If you would like to have your business highlighted, email me in 150 words or less, how you and your employees use math in your business.

For now the deadline is April 15; however, that may change depending on the number of responses.

(562) 493-3193

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Weaver *Elementary*

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Erin Kominsky
Principal

Collaborative Effort

We are so fortunate at Weaver School to have such a talented and dedicated staff. Our teachers are highly skilled and focused on raising the rigor of instruction. Each day, our goal at Weaver is to reach levels of success for every child. Once a month, our grade level teams meet for an entire day to collaborate and conduct professional discussions on instruction. All teams Kindergarten through 5th grade are focused on examining our benchmark data, building collaborative assessments, and targeting instruction to meet the needs of all students. In first grade and third grade, our teams are analyzing data to help guide a response to intervention model in both language arts and math. Many teams work across grade levels to share instructional practices. Way to go Weaver Whales!

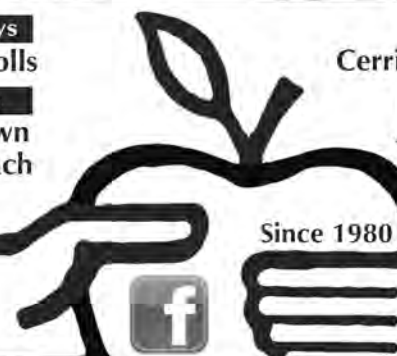


A fifth grade class and Kindergarten students working collaboratively on a dissection of an owl pellet. Fifth graders were studying skeletal systems and kindergarten students were studying nocturnal animals. Together, the grade levels worked together to raise the rigor of learning.

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Language and Play



Kelly Rowe
Child Development
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Play is a great context for facilitating language development in children, beginning at birth. When children play, they don't have to have a goal or product; they are in control and can choose what to play with, what the rules are and the activities that are meaningful to them. Children like to play with adults who can play at their level.

During play, children practice talking and learn language skills. They are free to experiment with words and can practice new words and phrases without worrying about being "right." Play helps children learn about symbols and get ready for reading. Children learn that one object can be used to represent another—for example, pretending that a block is a car. This helps them understand that letters and words are also symbols and can represent objects, people, events and ideas.

Play and early language grow together; symbolic play emerges at around 12–15 months, about the same age as when children first begin to use words. Using a toy for more than one action—for example, feeding a doll and then putting the doll to bed—occurs at the same time as using multiword utterances.

Research suggests that children learn best through interactive and exploratory play, not through direct instruction, videos, TV, flash cards or push-button computer-learning toys. Studies have tracked educational TV and video use with language development and have found a link between increased TV time and developmental delays and attention problems. Whether TV and videos are a cause or effect isn't clear nor are the long-term effects, but the findings are very concerning. Even when media play in the background, it distracts babies and toddlers from play, an activity that is known to have deep developmental benefits.

No one can spend 24 hours a day reading and playing with his or her child. It is totally OK to let your child play independently; it is valuable time learning how to problem-solve, using their imagination, thinking creatively and entertaining themselves.

The Gift of Reading



Sherry Toth
Branch Librarian

Imagine not being able to read your favorite book this holiday season. Imagine not being able to escape into a book, being unable to help your child with homework or fill out forms for work. Sadly, approximately 350,000 adults in Orange County are confronted with these situations. The good news is that there is help available for these learners.

READ/Orange County, an adult literacy service offered through OC Public Libraries, provides no-cost one-to-one or small-group tutoring in basic reading and writing. Lessons are confidential, individualized and highly goal oriented.

In support of its core literacy program, READ/OC also offers Families for Literacy (FFL), Working for Inmate Literacy Now (WIN) and English Language and English Literacy Civics Education (EL-Civics). By referring a learner to one of these literacy programs or by becoming a volunteer tutor, you can do your part to give the gift of reading to someone.

Potential tutors attend orientation and training sessions to learn how to work with adult learners and to set the foundation for tutoring. READ/OC provides two tracks of training for tutors, one for those who do not have any previous tutoring or teaching experience and the other for individuals with at least two years of teaching or tutoring experience.

For more information about READ/OC, including dates for future training sessions, call (714) 566-3070, email readoc@occr.ocgov.com or visit their web-page at <http://egov.ocgov.com/ocgov/Read%20OC>.

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has. —Margaret Mead



Cheese Word Search Contest

**NEW
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 is the word you
email to: Kay@schoolnewsrollcall.com LAUSD in the subject line)**

Entries must be received by January 15, 2012

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

American	Feta	Parmesan
Brie	Gorgonzola	Provolone
Camembert	Gouda	Ricotta
Cheddar	Limburger	Romano
Colby	Mozzarella	Roquefort
Cottage	Muenster	Swiss
Cream	Neufchatel	

Congratulations!

Analiese Gonzalez

Winner of the October Word Search Contest!

Cathy Cusick

Winner of the October Seek 'n Find Contest!

G	M	I	W	Y	M	S	S	O	O	X	B	M	Q	S
C	O	T	T	A	G	E	O	O	H	Q	G	U	O	Z
F	Z	R	E	G	R	U	B	M	I	L	O	E	J	E
N	Z	Y	G	Y	J	G	K	N	F	B	U	N	P	N
C	A	T	R	O	F	E	U	Q	O	R	D	S	Q	O
P	R	C	R	P	N	E	U	F	C	H	A	T	E	L
N	E	E	I	A	J	Z	T	K	V	K	S	E	Z	O
B	L	Z	A	R	D	R	O	A	B	R	N	R	U	V
Y	L	K	H	M	E	D	T	L	O	O	I	B	C	O
W	A	T	R	E	B	M	E	M	A	C	W	Y	S	R
U	E	G	F	S	M	P	A	H	O	O	S	L	B	P
A	H	Y	G	A	S	N	T	T	C	L	Q	L	X	P
U	X	T	T	N	O	I	T	A	B	B	K	B	Z	P
Y	L	K	L	X	Y	A	W	E	Z	Y	Q	Y	I	Y
L	H	K	K	H	X	F	I	S	K	W	Y	C	E	C

Nutrition Update

Caution: Holiday Eating Ahead



Carol Berg Sloan, RD

The holidays are a time for fun, celebrations, parties and numerous opportunities to gain a few extra pounds if not careful. Alice Henneman, a registered dietitian and extension educator at the University of Nebraska in Lincoln has put together a useful “taste” tip sheet that reminds us of all those hidden calories that we popped into our mouths during the course of the day. How many sound familiar?

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work. Approximate Calories: 30 calories

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. Approximate Calories: 80 calories

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples — I'll just eat a little cracker with spread to tide me over until I get to lunch. Approximate Calories: 40 calories

Taste 4: The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! Approximate Calories: 20 calories

Taste 5: Still a couple of hours to go at work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up ... Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one. Approximately Calories: 60 calories

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximate Calories: 75 calories

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximate Calories: 200 calories

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me! Approximate Calories: 60 calories

Taste 9: The nice thing about helping dish up dessert is you can take a little “preview” taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximate Calories: 70 calories

TOTAL TASTING CALORIES FOR THE DAY: 635!

If comparable types of “tiny tastes” are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If going to a party or hosting one, always take a dish you know is healthier than usual holiday fare. Try

Edamame Walnut Dip

Ingredients

- 1 cup fresh or frozen shelled edamame (soybeans)
- 3/4 cup California walnuts
- 1/2 cup lightly packed parsley
- 1/4 cup plain nonfat yogurt
- 1 small clove garlic, pressed
- 1/4 teaspoon salt

Directions

If using frozen edamame, rinse under warm water until thawed.

Place edamame, walnuts, parsley, yogurt, garlic and salt in food processor.

Whirl until smooth. You can store this dip refrigerated in covered container up to 3 days. Serve with carrot sticks or pita chips.

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. Her daughter currently attends Poly High School and her other two children attend colleges in the Cal State system. She can be reached at cbergsloan@ix.netcom.com.



*The Christmas Spirit
will be very special this year at
the Liberty Theater*

December 8 – 18
Thursday – Saturday 7:00pm
Sundays 2:00 pm

Liberty Theater
Los Alamitos Joint Forces Training Base

Regular Prices: Adults \$15 • Children/Seniors \$13

Sun. Dec. 18—Children's Service Organization Day:
Members in Uniform \$5 / Parents \$10
(Girl Scouts, Boy Scouts & Camp Fire USA)

Sundays—Senior Days: Seniors \$10

Fridays—Jr. & Sr. High School Days: Students \$10 (with ID)

For more information
www.seclo.org • (714) 827-9141



The Theatre Guild & Children's Repertory
Presents

Swingin' Beauty

A Big Band Romp of
the Classic Fairy Tale

Audition Dates:

Mon – Thurs • Jan 9 – 12
4:00pm – 6:00pm

Ages: 7 – 14

Please bring a song to sing with music

Performance Dates:

Feb 23 – March 4

Liberty Theater
Joint Forces Training Base
Los Alamitos



For more information
www.seclo.org or (714) 827-9141

Expanding Minds and Hearts



Attend an Admission event to learn more!

Pre-Kindergarten
Info Session
December 7
9:00 a.m.

All Grades
Info Session
January 18
9:00 a.m.

Kindergarten
Info Night
January 25
6:30 p.m.



www.thepegasusschool.org

714.964.1224 | Huntington Beach | Pre-Kindergarten – Grade Eight

APPLY ONLINE NOW!

Redesigned Web Site!



William M. Habermehl
Superintendent

The Orange County Department of Education (OCDE) is pleased to announce the launch of its newly redesigned website: www.ocde.us. Designed to be user-friendly and easy to navigate, the new website allows visitors to quickly access department web pages and information regarding OCDE services, products, events, and programs. From the home page, visitors can learn about OCDE, visit department pages, browse news and hot topics, watch videos, and explore featured links. The new site also offers a calendar to connect visitors with events happening in and around Orange County.

The site provides our main audiences with specific landing pages that will help them find services and resources that may be of value to them. In addition, visitors can enter a search term in the upper right hand corner of the home page which will direct them to pages that match their interests. Through the new website, OCDE will continue its spotlight on customer service while focusing on the needs of Parents, Educators, Students, and Community/Partners.

Parents

The Parents page contains information regarding academics, child care, college and career readiness, health and safety, best practices, and a calendar of family friendly events.

Educators

The Educators page includes information on curriculum and instruction, leadership and professional development, learning and health support, school and district improvement, special student populations, and student and family services.

Students

The Students page provides information and links on academic events, college and career readiness, health and safety, learning resources, and youth development and leadership.

Community/Partners

The Community/Partners page provides links to our business and community partners, data sources, community reports, and education resources.

In many ways the newly designed website is an extension of the OCDE mission of providing excellent customer service. The website is dynamic, user friendly, and provides our different audiences with the information they want quickly and easily. I invite parents, students, educators, community, and business partners to explore the new website, and since the site will continue to evolve and expand, visitors are encouraged to check back often for updates.

Prepare for Natural or Man-Made Disaster



Chief Keith Richter

Being prepared for a natural or man-made disaster can reduce the fear, anxiety and losses that accompany them. Communities, families, and individuals should know what to do in the event of an earthquake and where to seek shelter during a fire. Residents should be ready to evacuate their homes and take refuge in public shelters and know how to care for their basic medical needs.

If a disaster occurs in your community, local government and disaster relief organizations will try to help you. But you need to be ready as well. Local responders may not be able to reach you immediately or they may need to focus their efforts elsewhere.

Your family may not be together when disaster strikes, so it is important to plan in advance how you will contact one another, how you will get back together and what you will do in different situations? Identify an out-of town contact for every member of your household. Equip your family with the contact's phone number and a cell phone or prepaid phone card. Teach family members how to use text messaging.

You should know how to respond to severe weather or any disaster that could occur in your area, including earthquakes, wildfires, landslides, flooding, terrorism and more.

You should also be ready to be self-sufficient for at least three days and even up to a week. This may mean providing for your own shelter, first aid, food, water and sanitation. For more information, go to www.ocfa.org or www.readyoc.org.

Recommended Supplies to Include in a Basic Kit:

Water one gallon per person per day, for drinking and sanitation; Non-perishable food at least a three-day supply; Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both; Flashlight and extra batteries; First-aid kit; Whistle to signal for help; Filter mask or cotton t-shirt to help filter the air; Moist towelettes, garbage bags and plastic ties for personal sanitation; Wrench or pliers to turn off utilities; Manual can opener if kit contains canned food; Plastic sheeting and duct tape to shelter-in-place; Important family documents; Items for unique family needs, such as daily prescription medications, pet food, infant formula or diapers; Cell phone and chargers

Seal Beach Animal Care Center

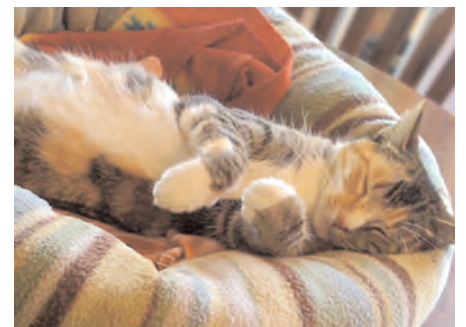
1700 Adolfo Lopez Drive, Seal Beach, CA 90740 • 562/430-4993 • www.sbacc.org

The In-Between Time

By Murlyn E. Burkes, Liaison – Cat Committee

A foster home may be the most important part of animal rescue. It takes people who are dedicated to animals to open up their homes to care for rescued animals.

A foster home provides the in-between time from the shelter to a forever home. The individuals of the foster home must be willing to put the time and effort into the care and rehabilitation of the animals. Sometimes these animals come from abusive environments and need to understand how to love again. They may need time to recover from feeling threatened or just time to get away from a crowded shelter.



Foster homes are responsible for providing a loving home, premium food, and fresh water daily, as well as healthy treats and safe toys. The foster home gets to know the true needs of the animals and can ensure that they are placed in suitable homes.

Fostering is not always easy. It can be exhausting and challenging, and it can be painful to let go of a foster animal. But, in the long run, fostering can be the most rewarding and fulfilling time a true animal lover will ever experience. Please consider being a foster parent for a dog or cat at the shelter. You won't regret it!

Los Alamitos Unified School District Board of Education



Karen Russell
President



Meg Cutuli
Clerk



Dr. Jeffrey Barke
Member



David Boyer
Member



Diana Hill
Member

Los Alamitos Unified School District captured the spirit of its first Priority, *Increase Academic Excellence for all Students*, by creating this one page document that highlights some of the District's accomplishments, goals, and action plans. We are extremely proud of the passion and dedication that our entire school community displays for students. This passion and this dedication have resulted in exemplary student achievement and an ongoing desire to continually improve.

Dr. Sherry Kropp, Superintendent & Dr. Mark Johnson, Assistant Superintendent, Educational Services

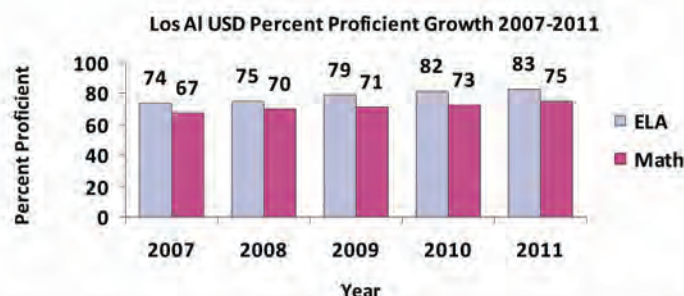
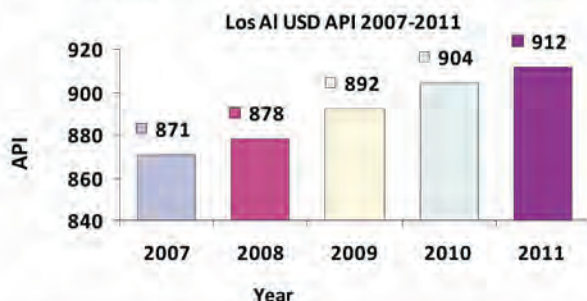
Los Alamitos Unified School District

Igniting Unlimited Possibilities for Students!

Good News

**We are a top performing District in the County and State.
The District's Academic Performance Index (API) is up 8 points to 912!**

- Talented, highly skilled teachers, staff, parents, and community members are dedicated to preparing all students for future success.
- Over 83% of all students are proficient or advanced in English Language Arts (ELA) on the California Standards Test (CST), and 75% of all students are proficient or advanced in mathematics on the CST.
- On their first attempt, 97% (#1 in Orange County) of our students passed the ELA section of the California High School Exit Exam (CAHSEE), and 96% of our students passed the mathematics section of the CAHSEE.
- As a result of a strong K-12 program, 85.4% of the 2009 (most recent data available) graduates enrolled in a college or university following high school (#1 in Orange County).
- More than 68% of graduating seniors completed the CSU/UC a-g college entrance requirements (up 10% in two years).
- All K-8 schools increased achievement and have an API score above 900.
- For two years in a row, Los Alamitos was one of only two Districts in the County that received National Recognition from the College Board for increasing access to Advanced Placement (AP) classes, while simultaneously increasing passage rates on AP exams.
- Los Alamitos High School was ranked #166 (out of 44,000) by *U.S. News and World Report* in 2011 (highest ranking in school history).
- District schools received numerous awards in academics, activities, athletics, and the arts.



Goal Statement

Our Goal is 100% Proficiency!

- Seventeen percent of our students are not yet proficient in ELA, and 25% of our students are not yet proficient in mathematics.
- Thirty-two percent of our graduates are not completing the CSU/UC a-g college entrance requirements.
- Fifty-two percent of our 8th graders are not enrolled in Algebra I.

Action Plan

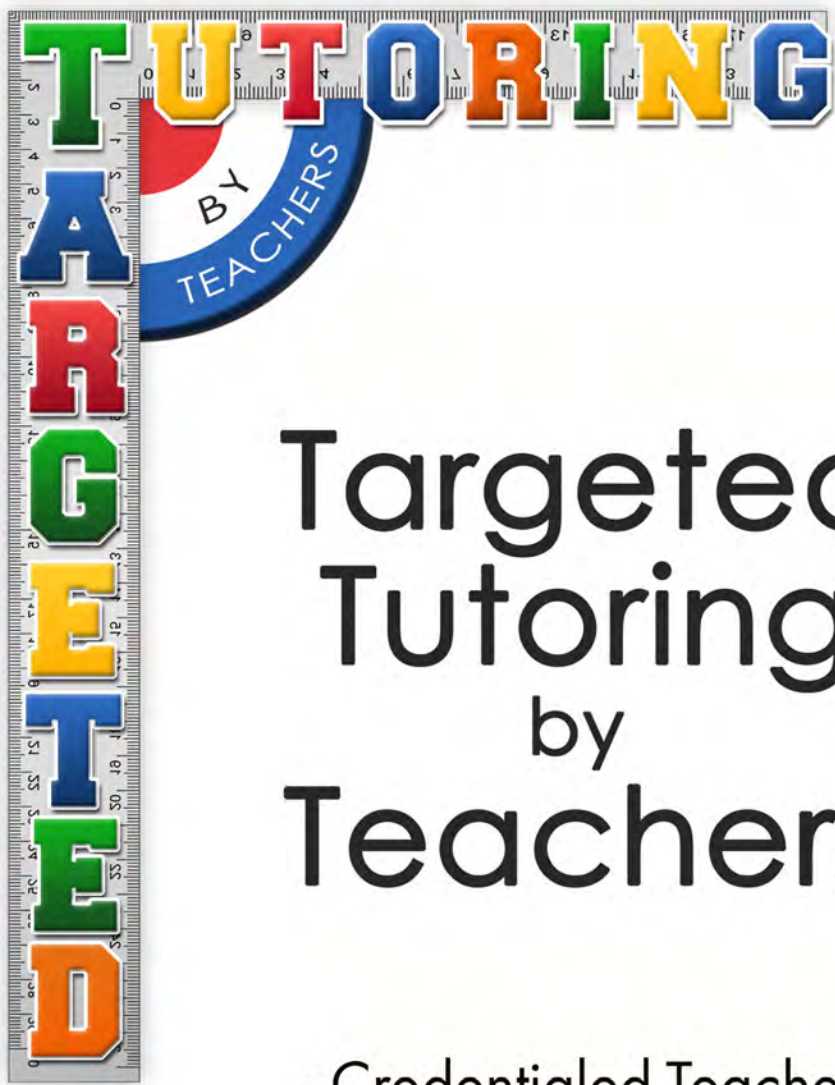
All Los Alamitos Unified School District students will demonstrate proficiency or advanced proficiency in all core subjects.

To support this goal, we will take the following actions:

- Create powerful teams who collaborate regularly about student learning, best practices, and instructional strategies.
- Promote student enrollment in CSU/UC a-g courses and provide academic support for rigorous coursework.
- Provide timely or immediate interventions for struggling students who are in need of extra time and support.
- Provide high quality professional development for teachers, administrators, and support staff.
- Use data from common site assessments and district benchmarks to target instruction and address the needs of all students.
- Promote student participation in activities, athletics, and the arts.

Children are one-third of our population and all of our future.

- Promotion for Child Health



Targeted Tutoring by Teachers

- Credentialed Teachers
- Grades 7 – 12
- One-on-One
- 4 Sessions for \$100

Subjects *www*

Social Studies

Government
Economics
Geography
World History
United States History

Test Preparation
Advanced Placement ★
International Baccalaureate

**STUDY
Habits**

Note Taking
Writing Skills
Reading
Critical Thinking Skills

562-852-5241