

FREE



Volume 1, Issue 2 / Fall 2020

Learn to Read and Your Life is Changed Forever!



The Literacy Project



Lack of Electricity Doesn't Stop a Reader



Andrew as a Child and as a Father with His Two Sons

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 Founder/Publisher



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Netragrednik

Hello Again

Our Summer issue was created to fill a void as we waited for schools to open and we'd get back to publishing *School News*; however, the response was tremendous so here we are with a Fall issue. Thank you for validating the need for print (we also post all of our publications on our website for our online readers). With lessons online and social media constantly at your finger tips it is a welcome time away from technology to enjoy the printed page. There is just something timeless about the smell of a book, reading a newspaper in a comfy chair

with a favorite beverage or writing thoughts on paper.

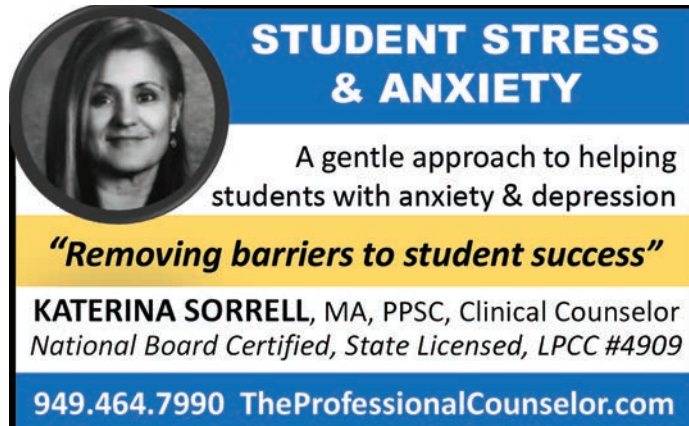
This issue is highlighting literacy, music and art. As Mark Twain said, "The man who does not read has no advantage over the man who cannot read." And to quote Dr. Seuss, "You're never too old, too wacky, too wild, to pick up a book and read to a child... You can find magic wherever you look. Sit back and relax, all you need is a book... Reading can take you places you have never been before."

Creativity is important for pleasure and in business— in life.

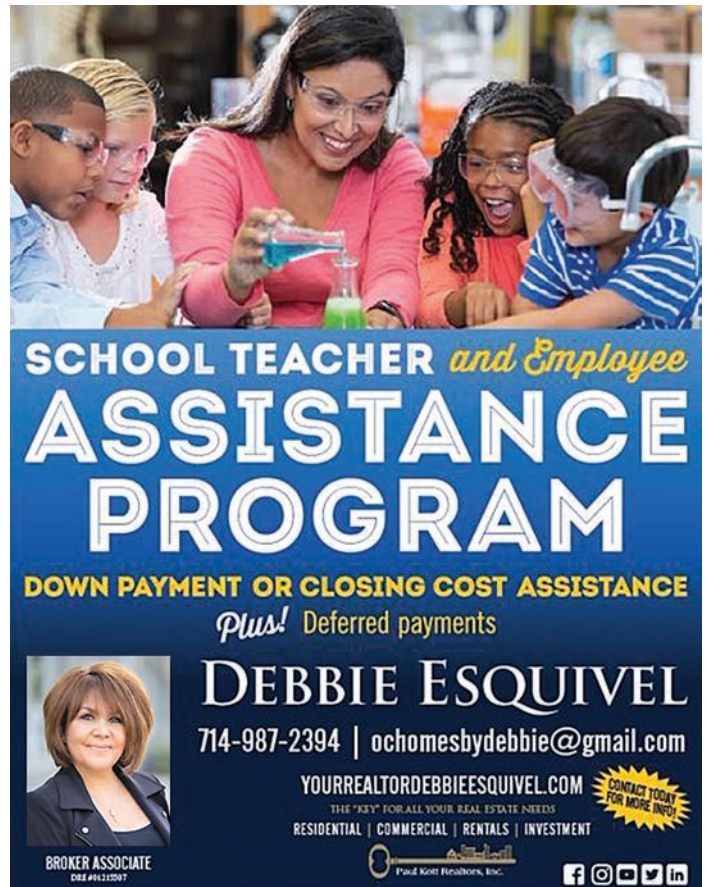
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Building the Foundation for Healthy Futures



By Jishing Yu

Rambu is a teacher in Dasa Elu, an island of Sumba in Eastern Indonesia. In this remote location, the community does not have access to national health services. Therefore health risks, such as undernutrition, are prevalent.



Vitamin Angels, a global nonprofit working to end malnutrition, has been working with local health clinics in this region to offer a multitude of free health services to the women and children in the community. These services include vitamin A distributions for children under 5, prenatal vitamins and minerals for expecting mothers, and nutrition education. (www.vitaminangels.org)

Over the past four years, Rambu has regularly needed to repeat her teaching curriculum to bring many of her students back up to speed because they have missed so much school due to being sick. In recent months, however, Rambu has noticed that her students have been missing less school. She believes this increase in attendance has been a direct result of the essential vitamins her students received at their community health clinic.

“I love watching my daughter grow healthier, more beautiful, and smarter each day,” Rambu shared. Rambu’s daughter, Karin, is known as the most active student in preschool. “I will bring home picture books, and Karin will memorize the stories and repeat them back to me.”

With better attendance and the health of her students improving, Rambu can experience one of her greatest joys — standing in front of a classroom full of students and helping them learn and grow.

MemorialCare Miller Children's & Women's Hospital Long Beach

The New Normal for Children and Families in the Age of COVID-19



Ioana Pal, PsyD
clinical psychologist,
Stramski Children's
Developmental
Center,
MemorialCare
Miller Children's &
Women's Hospital
Long Beach

Since the pandemic began, the daily routines of many parents and children have changed rapidly. With households drawn indoors and online, families are learning how to manage school, childcare and social time. These challenges are the "new normal," making it increasingly important for families to address growing concerns and difficult feelings.

It's important to watch for signs that a child is struggling with change or stress. Major life alterations can lead to frustration, anxiety, anger, depression, disruptive sleep and other adverse effects. These manifestations vary with age and should be addressed in developmentally appropriate ways, either at home or through therapy.

For children between the ages of 2 and 8, understanding why they're not allowed to socialize with friends, play sports or go to school can be difficult. Tweens may feel uneasy about their health and safety due to misinformation on social media or parental response to change.

Coping Strategies for Parents and Children

Coping strategies can help families ease tensions while engaging in healthy activities, such as:

- Managing stress and anxiety by participating in calm, open conversations about COVID-19.
- Providing educational information through social stories, cartoons and reputable online resources.
- Engaging in outdoor exercise or performing chores outside. Walking, running or playing outside can improve everyone's mental and physical health.
- Practicing social distancing while also staying connected with relatives and friends through video chats.

These coping strategies and being proactive can have a powerful impact and help your family adjust to the "new normal."



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Art and Social Comment



Botticelli's *Calumny of Apelles* depicts injustice by using a past event that showed how truth and justice were abused by others. Calumny, with a torch that symbolizes truth, drags a victim to the judge sitting high above, with Ignorance and Suspicion whispering in his ears that are shaped like those of a donkey. Envy stands in rags before the judge, while Fraud and Conspiracy weave roses into Calumny's hair. Truth is standing naked in the back, with only Remorse glancing back at the naked Truth.



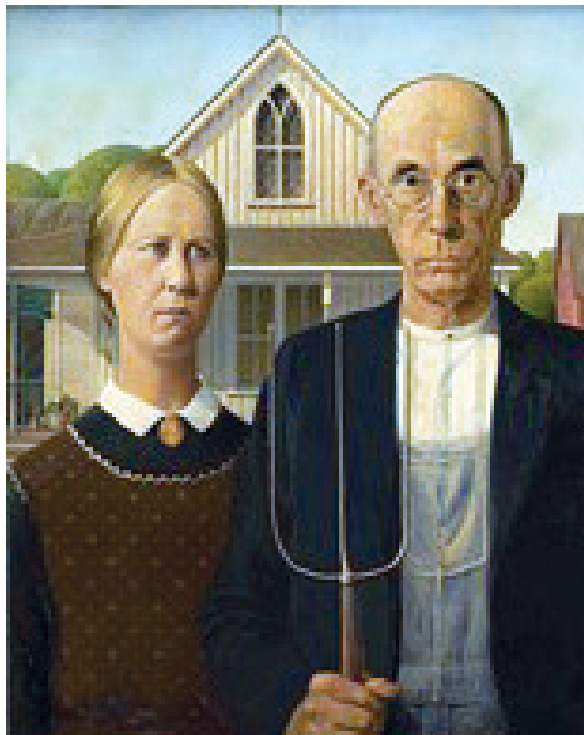
Calumny at Apelles – Botticelli

Ben Shan took Botticelli's *Calumny's* symbols for his *Passion of Sacco and Vanzetti* social comment on the trial of Sacco and Vanzetti. See if you can compare the symbolism between the two portraits.

'American Gothic' by Grant Wood

One of the most famous American paintings of the 20th century was *American Gothic* by Grant Wood. The Gothic farmhouses that were found in Iowa fascinated Wood. He asked the owners of one of them for permission to paint a portrait of their house. The models were Wood's sister and a local dentist, who were to represent father and daughter. However, most individuals see a husband and a wife.

The Gothic window in the house and the pitchfork along with the somber faces give one a feeling of a hard life. The painting was entered in an art contest and was criticized by one critic as being comical. The artwork did win a bronze medal and \$300 cash.



There are a variety of opinions on the painting. One group sees the painting as old-fashioned, with a view of a rural America that was changing into a modern urban world—a past world filled with individuals with grim, pinched faces that resisted change from a past of puritanical values and strict Bible thumpers.

Another group that views the painting with an idea of the Great Depression sees it as an example of the steadfast American spirit that built the West—solid individuals who went about their lives trying to make a better life through work.

Art is what one sees, and that might be different from what the artist intended. So, enjoy the artwork for yourself!

The Art Below Your Feet

During the 1950s and 1960s, “stop and smell the roses” was a popular saying, which had more meaning than just taking the time to smell a rose. It meant that life is full of wonderful little things that should be enjoyed.



One of those things is right below your feet, if you take the time to look down. It is the manhole covers you see in sidewalks and streets. Their circular shape is perfect for the simple reason that it is the only geometric shape that will not fall into itself.



Some manhole covers are imprinted with a word to identify the type of manhole that is hidden beneath. Others have designs that share a location, while still others are used to display art. So, next time you are walking, take the time to stop and look

down. You may see more than just a circular metal plate covering a hole. It may open your eyes to a whole world of possibilities!



The Selfie

Back in the far past, when one wanted an image of oneself, one hired an artist. There was a rumor that because these artists charged by the limb, the term it costs an arm and a leg came about. If one could not afford an artist, the practice of silhouettes became popular. This was the tracing a shadow of a profile on a piece of black paper and then cutting it out to frame. The 19th century saw a breakthrough with the photographic camera that produced an image on a plate of glass.

These first cameras required one to sit or stand very still for a long period to expose the plate. Therefore, the old tin plates never showed one smiling, for the smile would not hold and would distort the final result. Photographers were used during the Crimean War in the 1850s and were widely used during the American Civil War. Most of the battlefield photo plates were too graphic for the public, so the glass plates were used to make greenhouses.

The next big jump in the camera came with the Eastman Company and paper film. Eastman-Kodak produced the Brownie Box camera that was affordable. The camera was

sent off for development and later turned into a disposable camera. The next innovation was the Polaroid camera with self-developing film. The photos always had one person left out of the picture, so the time delay was invented to take everyone at the same time. The camera operator would set the timer and then run to get into the picture frame. Each new change allowed for a faster image and development, so that today, we have the digital age.

The digital camera allows one to take still shots and motion film with the same device. This new invention created a fad—the selfie. One would hold out their arm and take a picture of themselves. Then, people felt that their arms were not long enough, so the selfie stick was invented. Social behavior shifted from respect of someone else's photo to a craze of “photo-bombing” other people's photos. Another craze has people taking photos of the meals and other items the photographer thinks others might want to see.

So, smile! There are cameras everywhere!

D.H.Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to tutor and consult. www.HistoryDepot.com

Unlocking the Potential that Literacy Provides

*By Cherall Weiss, Literacy Coordinator
and Eve-Marie Kuntzman, Board President
Newport/Mesa ProLiteracy (NMPL)*

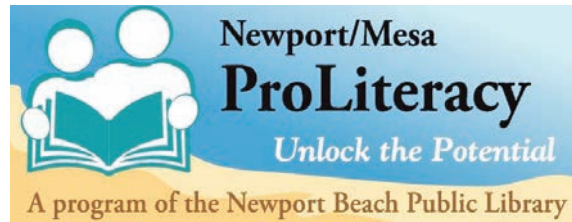
Imagine walking into a restaurant, and being afraid someone might notice you cannot read the menu. Think about the last time you had to go to the doctor, what that might be like if you couldn't figure out how to fill out all the forms. Driving your car, and not being able to read the street signs to get where you need to go. And what about being a parent, when your child first asks for you to read them a story ...

The fact that you are reading this article might not seem like a big deal to you, but, for the 3 million people right now in California who cannot read, it is the biggest deal of all. In Orange County, CA alone, there are an estimated 350,000 adults today who would struggle to write a letter, read a children's book, or complete a job application.

You may wonder, how could someone live in our society today and not be able to read and write? These individuals are all too often simply victims of circumstance, being overlooked in schools, moving from city to city, and lacking the resources to address these issues before they reach adulthood. Many have fallen through the cracks because of family circumstances or frequent moves that interfered with their ability to focus on literacy skills. They might have emigrated to the area and, although they were a doctor, lawyer or nurse in their home country, they have not been able to get their certification because they lack the proficiency in English necessary to do so. One thing that they all share in common is the realization that, in order to get ahead, they need to improve their ability to read and write.

The stigma and shame that plagues individuals struggling with literacy is a heavy burden to carry, and its shadow follows them through every walk of life. Chances are good that you know people who carry this burden, and you don't even realize it due to their efforts to disguise their struggles. There is only one light that can drown out that darkness — and that is the gift of literacy.

This is where organizations like Newport/Mesa ProLiteracy (NMPL) play a pinnacle role. Established in 1986, NMPL empowers adults who struggle with their reading, writing and communication skills to become more successful, more engaged, and more productive members of our community. NMPL offers free, confidential literacy tutoring for adults — we call them “learners” — tailored to each individual's unique goals. Each learner is paired with a tutor — someone from the community who is passionate about literacy, and volunteers their time in this capacity.



Statistics show that children who have parents that struggle with reading are more than twice as likely than their peers to struggle as well. “Literacy is a hard word

when you can't read,” said one of our learners recently. Born and raised in Costa Mesa, this learner struggled throughout school. Now, with three children, she realized that she could not keep up with her children's schoolwork. Studies tell us that the way to create children that are more successful in school is by starting with the parents. Thankfully, she found her way to NMPL, and worked hard to increase her literacy skills and make a positive impact upon her children's education and future as a result. She is just one example of many; last year alone, nearly 40% of the participants in NMPL's program included as one of their primary goals to read their children a book, or to help their children with homework.

Another learner said she and her husband moved to California from South Korea, and at first, she was content to shop at Korean markets, eat at Korean restaurants, and watch Korean movies. But one day, she realized how caged she felt. “I felt like I was just like a hamster running on the same wheel every day,” she said. “I wanted something new to make my humdrum life a little more exciting.” Getting involved with NMPL and being paired with a tutor inspired her to dream a new dream — to pass the state nursing exam and earn her nursing license. After completing the program, and a lot of hard work and dedication, both by her and her tutor, she celebrated that milestone and achieved her ultimate goal.

One of the greatest challenges faced by NMPL as an organization is connecting to the people who need our services the most. Between the inherent challenges associated with literacy struggles, combined with the stigma involved, the journey to our program is often nothing short of fortuitous. The majority of learners who find their way to the program are referred by someone they know — someone who may have recognized signs that they would benefit from learning about our program. Now, with the current pandemic and all the impact of COVID19, in terms of isolating us all from one another, the need for our program has proven more absolute than ever before. It is difficult enough to shelter-in-place, when you are forced to connect with others via technologies like ZOOM, and turn to books to fill your free time ... imagine how isolating it would be if you were not technologically literate, much less even able to read a book at all?

See **PROLITERACY** • Page 9



Distance Learning

All instruction at NMPL is “learner-driven”, and customized to each learner’s immediate needs. NMPL works with outcome measures to document the changes made in adult learners’ lives. At intake, all learners must identify personal literacy goals; once matched with a tutor, the pair works together toward achieving the goals that were set.

All tutoring and classes are provided by a core of dedicated volunteers. Virtually every volunteer sees the remarkable changes in the life of their learner but also recognizes how tutoring has changed them.

In addition to tutoring and small group classes, NMPL recently expanded its programming to offer a specialized option for adults to achieve an accredited high school diploma. This program, Career Online High School (COHS), has served as a pathway for adults to elevate themselves and to set a strong example of achievement for their own children as well. Many of the COHS graduates have gone on to secondary education and significantly improved employment opportunities.

NMPL is, in a large part, supported by a generous community who understands and values the importance of a literate society. One such champion is the Orange County chapter of Kappa Kappa Gamma alumni who have taken on literacy as their cause. Kappa Kappa Gamma — who boast a storied history of philanthropy and volunteering for causes that better the lives of others — has for many years provided volunteers as well as funding to NMPL. Without their help, and the support of many such businesses and organizations, NMPL would not be able to deliver crucial assistance to our vulnerable population.

Please contact us for more information about how you can help ‘unlock the potential’ and see first hand how you can change a life. Newportliteracy.org • Literacy@newportbeachca.gov or on Facebook @newportliteracy • 949.717.3874

Literacy Creates Opportunity

By Jenn Hiza, Adult Literacy Coordinator
Orange Public Library

Imagine not being able to read the label on your child’s medication bottle or fill out a lease agreement because it is written above a fifth grade reading level. Being able to read and write at a level that society deems appropriately functional is something that is taken for granted. 34 million adults in the United States are functionally illiterate and 35% of those are native English speakers.

Since 2017, the Adult Literacy Program at Orange Public Library has been working hard toward reducing that number in the City of Orange and its surrounding communities. Our one-on-one tutoring program is free to any English-speaking adult who is 16 or older (provided that the learner is not enrolled in a high school program). Though we are not an English as a Second Language (ESL) program, we still assist those who are transitioning from an ESL program to a more advanced English-speaking, reading, and writing environment. We are supported by many kind and compassionate volunteer tutors who commit 12 hours to



initial training and up to four hours a week to prepare for and tutor their learners. Currently, we have 49 learners and tutors working together to resolve this literacy crisis, and despite the curveball that the current situation has thrown us, many tutors and learners are still meeting for distance learning. At this time, though we may not surpass the nearly 2,700 hours our tutors and learners had dedicated last year, we stay the course. Literacy creates opportunity, and we are loyal to the cause!

If you would like to volunteer as a tutor or refer a friend to become a learner: Orange Public Library (714) 288-2467 or contact Jenn Hiza, Adult Literacy Coordinator, Jhiza@cityoforange.org <https://www.cityoforange.org/1614/Literacy>



Schools Seen as Lighthouses of Their Communities



Dr. Al Mijares
Superintendent

I believe schools should be seen as lighthouses of their communities. They stand as beacons of learning, familiarity, safety, friendship and enlightenment. And so it was no small decision to close campuses to students and pivot to distance learning models as the COVID-19 pandemic threatened to overwhelm local health care systems.

Educators throughout Orange County have done a remarkable job of using every resource at their disposal to connect with students, provide academic stability, maintain equity, and offer emotional support during the worst public health crisis of our lifetimes. They took up the challenge to ensure that spring 2020 wasn't a lost semester, but rather an opportunity to pursue meaningful distance learning. Yet we know nothing can rival a modern classroom, where students can learn face-to-face from a highly qualified teacher and collaborate with peers. We also recognize the vital role schools play in promoting socialization, nutrition, mental health and physical activity, and it has always been our intent to reactivate our community lighthouses when state health officials determine it is safe to do so.

With that in mind, the Orange County Department of Education and school districts across our county worked diligently to develop recommendations and assumptions to restart more than 600 schools in a safe and responsible manner, pulling in guidance from local, state and national health experts. *Orange County Together: A guide to safely reopening schools in the COVID-19 era* was released in June as the product of multidisciplinary collaboration from staff members who oversee educational services, health, business services, human resources, and maintenance and operations divisions throughout Orange County. Its development was also supported by representatives from the OC Health Care Agency, CHOC Children's and UCI.

This resource, which supports social distancing and the use of face coverings, is being updated regularly based on the latest guidance from the California Department of Public Health, but it cannot address every difficult decision

that administrators will face in the weeks and months ahead. Moreover, it will not supersede local decision-making. Ultimately, the 28 school districts of Orange County will be responsible for determining their own plans under the leadership of their locally elected school boards and superintendents. However, our recommendations are based on a common set of principles, which are as follows:

- Orange County public school districts are working toward a resumption of in-person instruction, which will likely be integrated with and complemented by online learning options.
- Orange County public school districts are collaborating with the Orange County Health Care Agency and following guidance from the California Department of Public Health to plan reopening in a safe and coordinated manner.
- Orange County public school districts are developing innovative approaches to scheduling that may differ from traditional scheduling in the early stages of reopening, to address the need for physical distancing.
- Orange County public school districts are communicating regularly with families and community partners to develop collaborative and coordinated approaches to education.
- Orange County public school districts are monitoring developments daily and will make adjustments to plans as circumstances warrant.

With recommendations for classroom space, cleaning, food service, promoting healthy hygiene and other areas, this site should be considered a guide for districts, in concert with stakeholders, to make decisions that best meet their local needs.

It should also be seen as a living resource, because we know new circumstances will continue to arise that will require us to rethink assumptions and modify plans. But make no mistake, this roadmap to recovery leverages an array of collective knowledge with the goal of returning students to safe, welcoming and equitable learning environments.

Just as significant, it represents our commitment to moving forward, together.

The Gift of Literacy



Sue Grant
Founder/CEO

The Literacy Project was founded in 2009 by Sue Grant in recognizing both the short-and long-term social concerns directly associated with illiteracy. Considering statistics of higher rates of school dropout, unemployment, and poverty, as well as the long-term implications of the third-grade reading achievement gap, TLP was established to make a significant and lasting impact. Utilizing their comprehensive literacy intervention program, The Literacy Project strives to improve reading skill levels among struggling readers in the second grade at Title 1 schools throughout Southern California.

The program is provided at “no cost” to both the school and qualified students in the second grade. Our program teaches the fundamental principles of phonics in all three learning modalities – auditory, visual, and tactile – critical to children with varying learning styles.

The Literacy Project (TLP) accesses and enhances key phonic skills among struggling readers, promotes learning in a fun, social and interactive environment, uses proven methods to maximize the learning experience and fosters self-sufficiency and economic success through academic achievement.



We are giving children the chance to visualize what the world has to offer and fulfill their personal dreams. We are building their dreams into realities, creating avid readers for a lifetime...one child at a time.

Throughout its 10 years of operation, The Literacy Project has helped over 10,000 children overcome the insecurity of poor literacy skills and develop a passion for reading. Their program has tackled the impediments that hold children behind

in school and the impact made in these children’s lives is priceless. The Literacy Project is helping to create stronger and brighter futures for the next generation. The success of this first decade is only the first chapter of the impact The Literacy Project will make during the forthcoming years.

Vision: The Literacy Project (TLP) will remove the impediment of illiteracy from the lives of our most vulnerable children with the help of teachers, volunteers, mentors and role models. We will continue to grow organically while developing new strategies, products and tools that will be saleable, verifiable, and sustainable. We will strive to foster in our children the life-long love of reading, for it is the doorway to learning and achieving the American Dream.

Mission: To eliminate the literacy gap of emerging 2nd-graders who are functionally illiterate.

The Literacy Project, 124 Tustin Ave., Suite 103, Newport Beach, CA 92663 • 949-721-1319 • www.literacyprojectfoundation.org

Instill the Love of Reading

*By Summer Reading Program Committee
OC Public Libraries*

All students who aren’t able to access learning experiences over the summer can experience learning loss and start school in the fall behind. This is especially evident for low-income students who don’t have equal access to camps and other fun classes. Kids who don’t have access to reading materials over the summer can experience what is known as the “Summer Slide,” losing hard won progress from the school year before; any skill that is left dormant for 2-3 months at a time will deteriorate, and that lack can accumulate over the years, resulting in a knowledge and performance gap in high school.

Developing and improving reading skills takes practice, just like athletic ability – you wouldn’t train for a marathon by sitting on the couch all summer, and you can’t train for reading comprehension and critical thinking without books! Public libraries offer kids of all ages and socioeconomic

backgrounds access to a wide variety of books to suit any interest or reading level. Rather than prescribed reading which may not connect with all students, we offer children and teens a wide range of genres, formats, and topics reading recommendations to help find the stories that will keep them engaged.

Make summer reading a family effort! Read to your children, listen to audiobooks together on car rides or while gardening or doing puzzles, sing songs while doing the dishes, watch a virtual storytime or participate in one of our weekly Family Challenges together. Remember to always keep reading fun! Your child’s appreciation will thrive from the desire to actively read whatever they find most enjoyable. Most importantly, set aside some time to let them see YOU read for your own pleasure. Set a family reading goal, and let your kids decide the reward: a special dinner of their choice, working on a family craft, a new trail to hike, or a donation to a cause close to their hearts.

Parent To Parent



Jodie Lynn

Jodie answers a reader's question:

Q: My brother-in-law is a musician and believes in the power of introducing music and reading to babies before they are ever born. He claims that his own could recognize his voice once they were born and thinks that the music and reading indeed makes babies and children smarter. Is this an old wives tale? Or, does it actually work?

A. Singing and reading to your unborn child or infant certainly couldn't hurt. Just ask all of the parents who have sat up at 2:00 a.m. singing a song or reading to a crying baby.

What we do know is that music and books affect all of us in different ways. A soothing lullaby or simple story might help to quiet a wailing infant, a screaming toddler or anyone who has had a bad moment or an unnerving mishap of any sort.

Happy music with various beats inspires many of us to want to dance around a little, sing along or lightens our mood. Either way, as a parent, grandparent or other member of the family, we can enhance the love of music and reading in babies, toddlers and everyone in our household by choosing to do it more often.

After you've shared a story, a short book, (even three or four sentences), before bedtime, play soft music. Some parents swear by this nightly calming ritual, especially when the same story or music is played.

Babies grow to love to hear familiar voices. Singing a special song or reading a certain book or repeating a certain phrase, is one more way for them to connect to you and actually inspires stronger bonding.

Monitor the body language of your baby as you're singing, playing music or reading to see which one may be preferred. When a baby seems calmer and happier, he is actually choosing his own sound or tone.

Our goal in filling our environment with beautiful music and lovely stories may help to inspire our babies and children to become the next Mozart or Einstein.

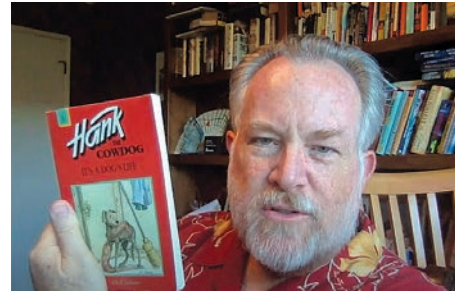
Along the way of listening to favorites, should the baby cultivate an innate intelligence that sparks the next mastermind plan behind the complexity of improving brain surgery, it shall be an additional bonus.

In fact, I sang to each one of my three children before they were born as well as read to them in a calm soothing tone. Once they arrived, my voice seemed to quickly soothe them if they were even the tiniest upset. Music and reading also helped them to go to sleep.

Personally, I feel that the flow, tone and calmness in both, helped to build a smarter baby through personal growth inspired by listening, singing and engaging them in various types of tunes, books and phrases while growing up.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. www.ParentToParent.com.

TUSD Read Aloud Program



**TUSD Superintendent
Dr. Gregory Franklin shares
*Hank the Cowdog: It's a Dog's Life.***

Community leaders and school volunteers are participating in the Tustin Unified School District's Read Aloud Program.



**Tustin Public Schools Foundation Executive
Director Carol Burby Garrett read
*The True Story of the 3 Little Pigs.***



**Sycamore Magnet Academy
Assistant Principal
Yaneli Rivera reads in Spanish,
*Sofía Valdez, Presidenta Tal Vez.***

"We've created a digital library of staff and community members reading books to children," said TUSD Superintendent Dr. Gregory Franklin, who has posted several chapters of *Hank the Cowdog: It's a Dog's Life*. "Individuals read their favorite book, record it and send the video to us."

The program is geared toward elementary students. The videos are posted on Tustin Unified's YouTube channel, according to Garrett Kerr, former Coordinator of Educational Technology and now assistant principal at Sycamore Magnet Academy. They can be seen

at the following link: <https://www.youtube.com/channel/UCyHdyxjb1fZwIL33mAsdwug>.

"The Read Aloud project is a great way for community members to connect with our students during this distance learning era," Franklin said.

For more information, call the TUSD Communications Office at (714) 730-7339.

Note-ables



The Kid's Guide to Service Projects

The title of this wonderfully helpful resource is directed at children, but Barbara A. Lewis's *Kid's Guide to Service Projects*, Free Spirit Publishing, 1995, is a volunteer guide for any age. The more than 500 suggested projects, ranging in difficulty from caring for a neighbor's pet to getting state laws and city ordinances passed, will appeal to anyone who want to make a difference and earn breathing space on the planet.

Kate Karp

Ask Dr. Shari



Good for the Mind & Great for the Heart

The way we choose to spend our time and the activities in which we engage help form our value system. With a wide array of possibilities and opportunities, volunteering is a positive and vastly beneficial way of helping young people develop a strong sense of self.

Volunteering offers benefits spanning from the intellectual and spiritual to the educational and professional. As young people give of themselves and their time, they can learn about being selfless. In a busy world of "pursuit of personal happiness," too often the intrinsic values of empathy and giving are the lessons that are overlooked. Helping others via a structured volunteer program is a positive and safe way to develop oneself in this regard.

Additional Benefits of Volunteerism:

- **Learning:** Acquiring a new trade or skill can help teens see the world in a bigger picture and be inspired to continue to expand intellectually.
- **Networking:** Volunteering brings people of like minds, interests and values together. This will inevitably lead to positive interaction and healthy relationships.
- **Building the Résumé:** Engaging in service to others and taking the initiative to learn new trades or skills is a brilliant way to expand your portfolio. This is especially beneficial for students and young professionals.
- **Personal Growth:** As Mahatma Gandhi said, "The best way to find yourself, is to lose yourself in the service of others." Teens who experience growth at an early age are likely to continue cultivating positive behavior and friendships.

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIn: Dr. Shari Sweetnam

The projects, all worthy, are described simply and clearly enough to encourage any aspiring humanitarian.

The projects focus on human and animal welfare, community development and safety, the environment, literacy and politics, further divided into 10 categories. In the introduction, Lewis gives short shrift to anyone's claims of not having enough time or that the goals are too involved for any one person to attempt. Instead, she maps out projects for every passion, and invites the reader to send her anything that she hasn't thought of. She then provides a template of 10 steps to make any effort a successful one; gives handy how-tos for pesky paperwork tasks such as creating fliers, writing petitions and press releases, and lobbying for a cause; and suggest seven ways to raise funds.

Anyone who wants to be proactive in solving problems for the community, either local or at large, will find frequent use for *The Kid's Guide to Service Projects*. It will be particularly helpful in the service requirement for graduation from high school; and families, youth and religious organizations, and classroom teachers will all find something to forward worthy efforts. Most of all, lone individuals who feel the need to take action on a problem but may be overwhelmed by the details will be happy to find that Lewis has done the initial organization for them. And that in itself is a great service.

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

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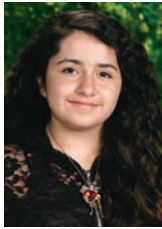
Lion's Heart is a national nonprofit organization that

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lionsheartservice.org 800.894.8877

Alana's Book Review



Alana F.

Helpful Writing Book

Do you ever feel the pains of writer's block? Chances are, you have, if you've ever written before. Well, here's the funny and extremely useful solution! Insightful and hilarious, *642 Things to Write About* is endlessly helpful. Containing prompts like "A houseplant is dying. Tell it why it needs to live," to "A day in the life of the person sitting next to you," this book will give you the best ideas to spark your creativity.

This book is amazing for beginning and experienced writers alike. I'd give it seven out of eight trifold shards for being inspirational and creative, seemingly never running out of things to give you. 642 is a lot of prompts, after all. And even if you're not a 'writer,' per se, this book is great for passing the time. So pull up some cushions, make yourself a cup of tea, and release your inner writer!

Alana is a student columnist and a self-proclaimed "huge nerd." When she doesn't have a book in her hands, she loves to play video games and write fiction. She rates books on a scale of 1-8 trifold shards with 8 being the highest



Christina's Book Review



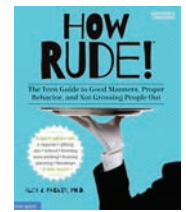
Christina J.

Politely Funny

How Rude!: The Teen Guide to Good Manners, Proper Behavior, and Not Grossing People Out

The book title is self-explanatory. Hands down, this was one of the most enjoyable, fun, informational, entertaining, captivating book I have ever read. "Good manners don't cost anything. You can have the BEST for free." You can look up a specific topic or read the whole thing for all-around understanding of manners. So, why choose good manners? I will answer with one quote from the book: "We used to spend every Christmas with my aunt. I was always nasty, bored and annoying brat. When she died, I lost out on her \$1,000,000 will." There are manners for behaving with friends, parents, teachers, employers and much more. The best part is that the book demonstrates how good manners bring you many benefits (for instance, get you a job or get help from teaches) versus how bad manners are detrimental to your life. I give this book a 5 out of 5 stars. 465 pages, but what a worthy reading!

Christina is in 10th grade. She is an avid reader, who enjoys a good book on adventure, mystery or action. She is a hard-working student, her favorite subjects are Spanish and AFJROTC. She likes to help animals and take care of them. Christina is a young author. In 5th grade she wrote a book *Melody's Stories: I Am a Spy Now* (Studenttreasures Publishing, PIN #3582798).



Tyson's Book Review



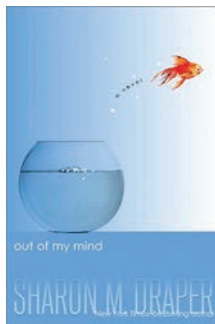
Tyson

Be Yourself

Imagine being a kid who cannot move, talk, or write. Wouldn't that be a hard, sad, and crazy life? *Well, Out Of My Mind* by Sharon Draper, is a book about a girl who has to live

like that every day, and her name is Melody Brooks. She's really smart, but there is one thing that prevents her from sharing it with the world. That is her cerebral palsy. This disease makes her unable to share her feelings, which makes Melody stuck in her head and drives her nuts! She has to go to school, perform in front of people, and even go through some tragedies. There are people and things that try to prevent her from achieving her goals, but will they stop her? Journey through this amazing book and you will see Melody push through her hard, but entertaining life and sometimes, she goes a little out of her mind!

Tyson is an athletic 7th grader who loves basketball and volleyball. His favorite subjects are PE and math. He is a gentle pet owner and loves taking care of new puppy, Chewie, and 3 guinea pigs. He enjoys spending time with his family.



Sean's Book Review



Sean

Crazy Neighbor

Have you ever heard of a horror game called Hello Neighbor? If you have, and are interested in the backstory, *Hello Neighbor: Bad Blood* by Carly Anne West is the

book for you. The main character is a kid named Aaron. He moved to a new place and discovered that his grandparents are very famous. But while he's there, he gets asked questions, which stresses him out, so as a choice, he goes places he should not have. Throughout the book, there is a lot of mystery, action, and suspense that will have you hooked. Want to start off right? Then read the other 3 books in the series before this one. But if you want to jump right in, read this one as all of them make you understand their world more than ever. Overall, this is a really fun book and I would rate this a 10/10 on the 'Awesome Book Scale'!

Sean Cheng is a 6th grader and enjoys speed cubing, playing basketball, and performing tricks on his scooter. His favorite subjects at school are math and PE. He loves teaching tricks to his new puppy and taking care of his 3 guinea pigs. He looks forward to boogie boarding at the beach!



COMPANION DOGS



BY

Sue Myles

Step Two

Repeat the story time (dog is still at your side) and now, when you insert his name and he does

not become attentive, apply the Reminder Cue. Hold the treat that he will not get in your hand, circle it around his nose slowly as you drone, "Too bad!" a few times. Put the treat back in your pocket and let the dog mull over the lost opportunity.

"Too Bad!" is not a punishment or correction. It tells the dog, 'Oh, sorry! But, you get another try.' This is not only excellent operant conditioning it is kind to your pet. To be good pet owners we

give our dog many times to learn something and we learn patience, too.



Story Time

Want to pep up your dog's listening skills? Here's an-oh-so-fun way that increases his listening and your laughter.

Step One

With your dog at your side (not in front) and treats in your pocket(not your hand) tell your dog your favorite fairy tale, tall tale, family story or the story of how you picked him from the litter. Insert his name frequently, even if it makes no sense. Did he perk up his ears and look? Heap verbal praise upon his attentive self and add a tasty treat. Continue with the story, insert his name and be generous with verbal praise and a treat when your dog looks at you at the sound of his name.

Reward with right hand if your dog is on your right. Reward with the left hand if your dog is on your left. Do not cross over the center of your body to reward.

If he did not become attentive at the sound of his name do not jerk the collar, tap on his head, push his head toward the treat or wave it under his nose. Just prattle on. Wait to see what he does at the next opportunity to earn a reward.

Is he getting about a 75% rate of listening for his name? Time for Step Two

Publisher's Note: Sue trained two of our Golden Retrievers and I have referred her to many people over the years. When I was inviting columnists for our MISC... edition, I immediately thought of Sue. Every dog and owner should have the experience of a loving trainer. In addition to training, (group, private and virtual), she is currently writing her fourth book. She may be contacted at 714-696-8939, www.suemyles.com, speak@SueMyles.com

Over My Garden Gate

Oranges and Life's Lessons



Nancy

I just spent a wonderful weekend with two little grandsons (ages 6 and 4) watching them enjoy and delight in what has become work for me after all these years at the ranch. The two boys loved climbing orchard ladders to harvest navel oranges. They picked themselves 5 twenty five pound bags to take home to sell. Aside from all the enjoyment they had they are learning some of life's lessons, i.e., where their orange juice comes from, the work involved in harvesting the fruit, the work and art of sales, and earning some of their own money. Not too bad for one morning in the outdoors, enjoying nature and spending time with their grandmother.



Nancy is *School News* Social Media Coordinator, a mother, grandmother, great grandmother, retired school board member, and community volunteer. Nancy is a rancher in Northern CA.

How Music has Impacted My Life



Caleb Robbins

Music is one of the most wonderful things, in my opinion. It can be used to remember things easier, such as putting words to a little song. It can fill a heart with joy, spark inspiration, and bring comfort to an anxious soul.

My experience in music has been a key factor in what forged me into who I am today.

My parents are professional musicians, so from my birth, even up until now, they've always played music around the house, be it at the piano, or with the saxophone, or just with their voices! And I was completely enraptured by it. When I was a baby, my mother would sing 'The Body Parts' song, and she had a solo piano album she made that she used as a lullaby for me! Music was all around me, with jazz, blues, swing, rock, and many other music styles becoming part of my world.

And so began my adventure in music! I began to make up my own little songs, and I started learning how to beatbox, of all things to learn! And as I got older, I got into playing the violin, intrigued by its flowing, smooth language, totally unlike staccato trumpets and the subtlety of the saxophone.

While I had all of this amazing music, though, I soon found myself looking to hear a new type of music. One with heavier drums, and the faster action that my ears were craving to hear! That was how I found electronic music. It was a treasure trove; and not only did it have those faster, heavier songs I sought out, but it also had songs with upbeat, high pitched melodies, and ones with commonplace sounds, like a door slamming, or a shoe squeaking,

electronically altered to become drums and musical notes!

Music followed me through grade school, and all the way up to high school, when I started playing violin and singing in orchestras, at performances, and eventually, I got to use those skills in a music group called the Jazz Angels.

The Jazz Angels is a nonprofit led by Barry Cogert, with the mission to bring jazz to the next generation. We've performed great jazz standards locally at places like Roscoe's, DiPiazza's, and Tracey's. I have learned so much from them, and I've enjoyed every moment of it!

Now, how has music impacted my life?

It has inspired confidence in me, my joy and want for bringing music to people putting me on the stage. It has clearly brought joy to the people around me, too! When I would play the violin outside of stores, simply for the sake of my joy, people would open my case and put money in it, encouraging me to keep playing!

I now play the violin and drums, and I soon wish to play the bass! I am primarily a jazz singer, singing songs from Michael Buble, Duke Ellington, Nat King Cole, and, of course, Frank Sinatra.

So, dear readers, here is my question:

How has music impacted you?

Caleb Robbins is 18 years old, entering his senior year in high school as a homeschool student who also takes his classes at Long Beach City College. He lives in Seal Beach with his mom, dad, and his brother.

Musical String Instruments 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 MISC... in the subject line.)

Entries must be received by October 15, 2020

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

- | | | |
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Violins to Violets

By D.H. Coop
Guest Columnist

As the violin music softly filled the silence from the outdoor speakers in the background, the newly planted violets swayed in the breeze, standing tall as if reaching for the sun. Landscaper Lisa Romano and her crew were busy with their weekly maintenance of the well-manicured garden.

Lisa is a certified arborist, and her company, Balanced Earth, is based on environmentally conscious landscaping. I was visiting the residence where Lisa was working on this particular day, and I was quite taken as I watched the work being done in such a caring and methodical way. The fountains were polished as the water cascaded over the stone. Specific flowers had been planted for morning, afternoon and full sun. The different areas with grass had been planted depending on the sun, shade and intended use. Balanced Earth is not a “blow and go” company!

I couldn't help but wonder how Lisa became an arborist and was delighted to share a few minutes with her in the presence of this lovely garden. I was surprised to learn that Lisa had been a violinmaker. It was fascinating to learn that the creation of a violin begins with woods that make the purest sound for the instrument. The back is maple, in most cases. The front of the violin is made of spruce—poplar or willow is sometimes used. The fingerboard and tailpiece are made of ebony, while the molds, or ribs, that give the violin shape are made of maple. The violin hasn't changed much in the last 400 years except for the strings. Originally, the strings were made of gut. Later, metal was used for the G string, and as time went on, the A and D strings were wrapped in wire to improve the tone, with only the E string made of steel.



Lisa Romano

When I asked Lisa how she transitioned from violinmaker to arborist, she replied, “How to even begin with the question of the change from violins to violets! I realized that to make a living with making violins was going to be impossible. If I was lucky, I would get a job in someone's violin shop and do repairs for an extended amount of time and try to make instruments on the side, then try to sell them, which would be really difficult. You have to be top notch as a maker and find someone influential to buy one, and then the word spreads around. I did not have the time or ability to accomplish this. I made about a dozen instruments and am glad I experienced this in my life. It is an incredible art and an amazing journey to make a violin.

“After realizing all of this, I moved out of Utah to Laguna Beach. I always loved gardening. I love natural beauty and working with my hands. I had ambition and saw a great opportunity in the area I lived in to start a landscaping business. I bought a lawnmower and a few basic tools, and so began ‘Balanced Earth.’ I now have a thriving business working in beautiful gardens.

“I found this quote in a magazine: ‘Beautiful yards require nurturing, patience and the occasional display of raw brute strength.’ I would say that is a completely true statement and can be applied to violin-making as well.”

Listening to Lisa, I couldn't help but make the comparison of her attention to detail needed as a violinmaker and as an arborist. As Lisa and her crew drove away, they had truly created a symphony for the eye.

Lisa may be reached at (949) 619-7125



Note-ables



Kate Karp

Camp Songs

Camp songs are very dear to Ella Jenkins, the national children's-singalong treasure who at 93 is still performing. She cherished songs that her brother brought home from Boy Scouts and had always wanted to record a camp-song CD.

For this project, Jenkins assembled a literal band of brothers and sisters who have veritable campground DNA: Kate and Tony Seeger, nephew and niece of the legendary Pete Seeger, and Judy Seeger, the late folk singer's wife. A team of musicians, children, parents and teachers rounds out the rounds, spirituals, campfire singalongs, protest songs and just plain silliness.

Camp Songs opens with Jenkins's harmonica and the round of all rounds, "Row, Row, Row Your Boat." Following are 24 more familiar and yet-unheard numbers: "This Little Light of Mine," "Down in the Valley"; "Sipping Cider Through a Straw," and the hilarious but complicated round "One Bottle of Pop." On "The Hill Was Steep and Tall," Jenkins relates how she reluctantly signed up for a hike with some campers and then got hopelessly lost.

School districts camping and field trips, and scout gatherings and youth groups are going to love these songs.

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

Newport Guitar and Music



Kim Andrews

I started playing guitar on a Sears Kay Silvertone electric guitar at age 7 with an amplifier my uncle built. My father was in the Army, which meant many different teachers in lots of countries.

In my teens I was in garage bands and in my early twenties I took lessons from Bill Thrasher in Santa Barbara, who also taught Kenny Loggins and Jim Messina. While there, I taught guitar and formed Top 40 bands. Bill recommended me to a keyboard player, who was looking for someone to complete a trio. She and I hit it off, and we performed in hotels from California to New Orleans.

I took more lessons from jazz guitar greats Ted Greene and Lenny Breau, and later went on to invent and patent some musical equipment. I sold the company after eight years of traveling and promoting the product line in the US and Europe.

Having a variety of musical experiences behind me and wanting to teach a fun and easy method of learning an instrument, I opened Newport Guitar and Music. I strive to offer a fun and comfortable learning atmosphere teaching guitar, bass, ukulele and banjo to my great clients from 4 to 98! The store also offers restringing, quality instruments, and accessories at great prices.

Publisher's note: I read Kim Andrews story on his website and asked him to share his story. www.newportguitar.com

Vacation-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 MISC... in the subject line.

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From the correct entries one name will be drawn to win a \$20 gift card to Barnes & Noble!

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Congratulations to our May contest winners:
Rochelle Maynard, Kara Cawood and Jayden Weathersby

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