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School News

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Covering the Los Alamitos Unified School District

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The Arts in Los Alamitos



Dr. Sherry Kropp
Superintendent

Los Alamitos Unified School District is all about the four As: academics, athletics, activities, and the arts.

For this issue, we are focusing on the amazing programs we have across the district in the arts. While many districts across the country have been cutting arts programs, Los Al has continued to expand and continually improve its programs. The Board of Education has a steadfast commitment to providing high-quality programs in the arts for all students in our district! We want students to have experiences in the visual and performing arts, which include instrumental music, choral music, dance, drama, theater technology, drawing and painting, ceramics, three-dimensional design, contemporary video, Advanced Placement (AP) Art History, AP Photography, and AP Art.

There are numerous benefits of an arts education. Research shows a strong correlation between the arts and academic achievement. Equally important, students who are involved in the arts have higher grades, better critical-thinking



Weaver Elementary students.

skills, and increased attendance rates and are more involved in school. We want all of our students to be connected to their schools, their communities, and each other; participation in the arts helps ensure that they are, indeed, connected.

We strive to Ignite Unlimited Possibilities for all students now and following high school graduation. We want to help them dream big and be fully prepared to achieve these dreams. Participation in our award-winning programs taught by outstanding teachers and directors helps students gain confidence, embrace various forms of communication and expression, and develop special talents. For some, participation in the arts is temporary, but others develop a love of the arts that lasts a lifetime.

For a small taste of our arts program in instrumental music, we invite you to join us for the All-District Band and Orchestra Concerts on Saturday, February 7, in the gym at Los Alamitos High School. The K-12 band programs will perform at 2 p.m., and the K-12 strings programs will perform at 6 p.m. Special thanks to the Youth Center for providing our elementary instrumental music programs and to the entire community for their ongoing support of the arts in Los Al!

BOARD OF EDUCATION

By Diana D. Hill, President

Welcome to 2015!

It is an honor for me to serve as the president of the Los Alamitos Unified School District Board of Education.

My husband, Randy, and I are longtime district residents with two boys (now young men) who went through our school system and graduated from Los Alamitos High School. I am grateful for all that my children experienced while growing up and am committed to giving back to the district and community that I love and call home. On behalf of the entire Board of Education, we will continue to work hard to represent your vision for students. We are passionate about improving the lives of young people, enhancing our neighborhoods, and helping connect our students and schools to their respective communities for the betterment of all.

Collaboration, partnerships, and relationships are critically important in order for us to do the most exceptional work possible, from teaching our students to improving the infrastructure and appearance of our facilities. We envision 9,000 students, nine schools, 1,000 employees, and three distinct communities continuing to work together to ensure that Los Alamitos Unified is the best place to live, work, and go to school.

Our students are thriving in academics, athletics, activities, and the arts, and I hope you enjoy reading about some of our outstanding arts programs in this issue. If you haven't been to a performance, give it a try! Our students and staff do a beautiful job and want to impress you beyond measure. I am inspired by the entire district community for the achievements of our students, the talents of our staff, and the extraordinary support we get from our families and communities. Here's to a fabulous New Year! Go, Los Alamitos Unified!

Board of Education



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Seal Beach Animal Care Center

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

Does a Dog Need Exercise?

By Murlyn E. Burkes, Seal Beach Animal Care Center

A tired dog is a good dog. No matter the type, size or weight of your dog, every pet should have a physical outlet to expend their extra energy. This will help with his or her fitness and health.

As with people, regular exercise can improve your dog's mental health, as well as reduce negative behaviors performed out of boredom or anxiety. All animals are different, so take into consideration your own pet. Modify his or her program to fit their needs. You must of course make adjustments for age, injury, and weather. When exercising your dog, always take into consideration their breed. Some dogs have very high energy and need a more intensive workout. Smaller breeds need fewer workouts because they will get a fair amount of exercise just around the yard.

There are several ways to wear out an over-energetic dog. Playing fetch is a good way to exhaust a dog, and with little energy on your part. Swimming is also a good outlet if you have a place where dogs are allowed. If it is the first time that your dog swims, a life vest might be a consideration until it learns the ropes.

Mental exercises can be tiring as well. Toys that allow you to place food inside them will work your dog pretty well. These kinds of recreations require the dog to knock around the toy and make the food fall out of holes. They can be filled with small, low-calorie treats or pieces of regular dry food. You can also hide small bits of food in the house to encourage your dog to find them on the hunt.

Exercising your dog helps control their weight and maintain a healthy pet in mind and body. But make sure that your exercise program is tailored for your animal. If you keep your dog in shape, you will find that the two of you will share a happy home in both mind and body.



Kay Coop
Founder/Publisher



This is our 12th anniversary publishing *School News* from LAUSD. There have been many changes during those years and most recently the implementation of the Common Core Standards. Also, technology in the classroom has risen to a whole new level. We are now being introduced to coding and programming...It is indeed an exciting time to be a student. (It is an exciting time to have grandchildren explaining Skype, etc.)

Thank you for including *School News* among your reading choices. Our next issue is April 15.

School News

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**Covering the
LOS ALAMITOS UNIFIED SCHOOL DISTRICT**

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Kind & Queen of Hearts

By Carrie Logue, Executive Director

The Los Alamitos Education Foundation (LAEF) announced the 2nd annual King & Queen of Hearts Royal Court on December 11. The King and Queen will be crowned at the Royal Ball and Coronation gala on February 20 at The Grand in Long Beach.

During these ten weeks, candidates will raise funds for LAEF and every dollar counts as a vote! Proceeds will support school STEAM Fairs (Science, Technology, Engineering, the Arts, Math) and a district-wide STEAM showcase at the end of the school year.

The Queen candidates are:

- McAuliffe principal Annie Allen
- Los Alamitos City Councilmember Shelley Hasselbrink
- LAHS counselor Tina Heeren
- Recently retired music teacher Coralie Prince

The King candidates are:

- Los Al USD school board member Dr. Jeff Barke
- Jim Klisanin of Baytown Realty
- Tom Lent of Southland Credit Union
- Chief Joe Stilinovich of the Seal Beach Police Department



To donate/vote for your favorite candidate and buy gala tickets, visit LAEF4Kids.org/kingandqueen.

B: Joe Stilinovich, Dr. Jeff Barke, Tom Lent. F: Shelley Hasselbrink, Tina Heeren, Coralie Prince, Annie Allen.
Not pictured: Jim Klisanin.



Los Alamitos Unified School District

We are delighted to register your child for school and begin the exciting journey of academics and personal growth together. We look forward to welcoming you to our educational community.

Kindergarten / Transitional Kindergarten Registration Week

March 2–6, 2015 for District Residents • March 9–13, 2015 for Interdistrict Permit Requests

Please note that kindergarten tours will not be scheduled. For more information, please plan on attending the Meet and Greet event at the various schools.

A one hour Meet and Greet is scheduled at each school on the following dates:

- | | |
|--|---|
| Feb. 17 – McGaugh Elementary – 3pm | Feb. 23 – Hopkinson Elementary – 3pm |
| Feb. 18 – Los Alamitos Elementary – 3pm | Feb. 24 – Lee Elementary – 3pm |
| Feb. 19 – Rossmoor Elementary – 3pm | Feb. 25 – Weaver Elementary – 3pm |

Parent-paid before and after school day care options available.

Eligibility Dates

Kindergarten:

Child must turn 5 years old on or before September 1, 2015

Transitional Kindergarten (TK):

Child must turn 5 years old between September 2 & December 2, 2015 (Kindergarten age students can enroll in TK based upon space availability.)

Instructional programs and practices include:

- Cognitively Guided Instruction in Math
- Reader's/Writer's Workshop
- Math Wall
- Guided Reading and Thinking Maps
- Digital Literacy (iPads, Google and Windows devices)
- ST Math (Spatial Temporal Math)
- Depth and Complexity Prompts
- Elementary Music and Character Education



For more information: www.losal.org



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Congenital Heart Defects



Dr. Shaun Setty
Medical Director,
Pediatric & Adult
Congenital Heart
Surgery, Miller
Children's Hospi-
tal Long Beach

Each year, 34,000 children are diagnosed with congenital heart defects. From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric Heart Center at Miller Children's Hospital Long Beach offers total prenatal, infant, pediatric, and adult heart care for patients with congenital or acquired heart disease.

Pediatric & Adult Congenital Cardiac Surgery Program

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric

Heart Center at Miller Children's Hospital Long Beach is one of only a few programs in Southern California to offer comprehensive cardiac care to patients of all ages.

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

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

Uniquely Suited to Care for All Ages

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



Highly Personalized Care

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



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

Nico, 11, was having trouble keeping up with his friends during practice. A test revealed a hole, developed at birth, between the chambers of his heart. Nico and his family were referred to Miller Children's Pediatric Heart Center. Under the care of cardiothoracic surgeon, Shaun Setty, M.D., Nico's congenital heart defect was repaired. Though Nico's heart threw him a curve ball, he is back to striking out batters on the field.

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

Follow the leader to Miller Children's.

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Nico's specialty:
Strike-out Pitcher

Our specialty:
Congenital
Heart Surgery

Nico, 11-years-old,
Miller Children's
Congenital Heart Patient



Challenging Preschool Behavior



Kelly Rowe
Child Development
Coordinator /
Early Learning
Specialist

Ignoring challenging but minor behavior is a useful strategy in a positive behavior guidance approach. Instead of intervening every time a child's actions do not quite fit your expectations, ignoring allows you to concentrate on positive behaviors and remain focused on situations that truly need your attention. Using this strategy also allows young children to make discoveries about their own behavior and supports their emerging self-regulation skills.

Two common child guidance mistakes often observed in early childhood include caregivers who: attend to almost every inappropriate or disruptive behavior, regardless of the significance of the behavior and attempt to reduce inappropriate behavior by focusing their time and attention on stepping in after a child uses a disruptive behavior. By learning to focus attention, encouragement, and time on a child when he or she is using appropriate behavior—and at the same time ignoring certain inappropriate behaviors—you avoid these serious mistakes and enhance your effectiveness.

To implement ignoring as a child guidance strategy, plan ahead. Consider your environment and the individual strengths and needs of the child. Identify behavior that can be ignored in general and consider behavior that you would like reduced. Ask yourself, "Does the behavior poses a threat to other children, people, or property; break a rule that has already been established; or create any urgent risk or concern if it is repeated several times as you implement the new strategy? It you can answer no to those questions, ignoring the behavior can be effective and a wise use of your limited time and energy. If the answer is yes to even one of those questions, use a different approach to stop the child's behavior and develop a plan for teaching the child a more appropriate way to interact.

Think about how and when to encourage positive behavior. If you use ignoring, you must also deliberately increase your attention to the child and others when they engage in positive behavior. You will be most successful when your interactions with the child are at least 90 percent positive. To effectively use ignoring, you need to have a plan and do a lot of practice. But, at the same time, it will relieve some of the stress of attending to every little thing a child does.

It is important to observe carefully to determine if using this strategy is effectively reducing the frequency of the child's inappropriate behavior. Patience and consistency are keys in any type of behavior change. In the beginning, expect to see a brief increase in the frequency of the behavior before it gets better.

Thinking About Literacy



Sean Whittle
Branch Manager

I have just read a book by Clive Thompson called *Smarter Than You Think: How Technology is Changing Our Minds for the Better*. He has a chapter entitled "The New Literacies," where he discusses all of the different ways that technology is changing the literacy landscape and building on the basic skills of reading and writing.

This book got me thinking about literacy, because librarians say that they are all about the subject. I once worked for a library which had a remedial tutoring program. I remember working with 8 to 12 year olds who had some pretty basic problems with reading and writing, and generally having to do with a non-English home language.

Reading is a fragile skill, much like a muscle that needs exercise to remain in shape. Humans learning how to externalize their thought through written symbols that can be decoded by others is one of the great contributions to civilization, culture, and the expansion of knowledge.

The question to then ask is, are we properly exercising this skill, even at the basic level? Do we recognize any "new literacies" in our midst? How can we engage these new methods, and also develop the core skills of reading and writing?

How can libraries support these new skills, as well as the tried-and-true ones? Our landscape is changing in many ways, and yet in many ways it is the same. If you'd like to read more of what Mr. Thompson has to say, our library system has the book copy and compact disc. Enjoy engaging those (new) literacy skills!

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Ondrea Reed
Principal

A Class Act

The Huskies are thrilled to participate in the Pacific Symphony’s Class Act program, which enhances Hopkinson Elementary School’s existing music program by providing additional musical experiences. Class Act works to increase involvement with symphonic music for elementary school students, their families, and educators.

Each year, students form a relationship with a new symphony musician, who serves as a teaching artist for activities including classroom lessons, ensemble performances, assemblies, and youth concerts. Doug Basye, an assistant bass player, is the resident musician this school year. All activities feature the music of the Class Act composer of the year, Leonard Bernstein.

Teacher workshops foster high-quality classroom instruction and offer curricular materials designed to enhance the program objectives. Parent volunteers form the backbone of the program.

Class Act celebrates its 20th birthday this year, with the theme of “Sharing the Joy of Music.” The Huskies couldn’t be happier to share the joy!



Pacific Symphony Class Act program prelude assembly at Hopkinson Elementary.

Lee *Elementary*

11481 Foster Rd., Los Alamitos, CA 90720 • 562/799-4540 • www.losal.org



Robert Briggerman
Principal

Bringing Joy to Music

Assuming the role of a longstanding, beloved music teacher is no easy task. Ms. Lisa Crawford has created a seamless transition. She was hired the week school began and jumped right in.

Research shows that music instruction may enhance academic performance. Under the direction of Mrs. Crawford, Lee Elementary School offers many options for students. Each grade level receives weekly music instruction, which culminates in a grade-level performance. Our talented choir of fourth- and fifth-grade students performs annually at the all-district choral music festival and other venues, and our annual Lee Special Persons’

Day features an all-school performance.

Ms. Crawford most recently taught music in the Redondo Beach Unified School District and is currently finishing her doctorate in music at the University of Southern California. We are thrilled to have such a passionate and talented teacher to carry on the legacy of music at Lee.



Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losal.org



Dr. Sunghie Okino
Principal

Our Visual Arts Program

Students at LAE enjoy the arts in various forms. In addition to being a Class Act school with the Pacific Symphony and instruction in music and choir, students engage with master visual artists through the Art Masters Program. Students from kindergarten through fifth grade are introduced to famous artists through assemblies and hands-on studio art projects by a practicing visual artist. They learn to recognize artistic elements, become better observers, and expand their vocabulary as they gain a lasting appreciation of art.

This year, LAE’s artists include René Magritte, M. C. Escher and Louise Nevelson. Through Magritte, students learned how artists can create thought-provoking images via surrealism. Escher’s work as a graphic artist features mathematically inspired works, while American sculptor Nevelson will introduce students to monumental wooden wall pieces and outdoor sculptures.

Take a look at some LAE student pieces the next time you visit SchoolsFirst Credit Union in Cypress.



Brooke Beukelman, Katin Cathey, and Gaven Olden share studio pieces with Mrs. Paxon (fourth grade teacher).



Dr. Joshua Arnold
Principal

Committed to The Arts

At Los Al, we're fortunate in that our students, teachers, and families are committed to an education rich with experiences in The Arts. That's why we offer, literally, dozens of visual, performing, and applied arts classes with instructors experienced in giving students the tools and skills to

be true artists themselves. Each and every day, teachers in The Arts use direct instruction techniques, independent practice strategies, and foster a collaborative spirit and culture within their class environments, all to be able to provide immediate feedback on student successes and growth areas on the way to honing a craft. By the time Los Al students finish their coursework, they end up accomplished ceramists, painters, singers, dancers, actors, musicians, graphic designers, and the list goes on. Oh, the places you can go with an education in The Arts!!!



Mr. Carthew helps a student by giving her specific feedback on a bowl she's making for their current unit project.

**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 LAUSD in the subject line)

Entries must be received by March 15, 2015
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

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

Congratulations to Ethan Reed Winner of the December Word Search Contest!

McGaugh *Elementary*

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • www.losal.org



Dr. Jerry Gargus
Principal

The Arts in Full Bloom

With the arrival of spring, the arts are now in full bloom at McGaugh Elementary School!

We have a longstanding tradition of excellence in both the visual and performing arts. The McGaugh Idol, one of the most entertaining events of the school year, showcases our school's amazingly talented students as they demonstrate their singing abilities, instrumental skills, and dance moves. Parents, students, and staff members have a great time watching this diverse collection of performances.

Where else are you likely to hear a piano-playing prodigy, spot the next Taylor Swift or Adam Levine, or discover the next Baryshnikov perform as a 9-year-old child? Only at McGaugh!

Of course, it wouldn't be springtime at McGaugh if our students and staff members weren't busy preparing for the 33rd annual Pageant of the Arts under the leadership of Pageant Director Leslie Obert. The Pageant is truly "a tradition unlike any other," with nearly 100 fifth-grade students learning and performing original dances choreographed by McGaugh's own Cherie Aniceto, and which are then taught to the students by our dedicated teachers during weekly after-school rehearsals.

The interpretive dances help to tell the stories of the timeless works of art that are replicated on a grand scale by McGaugh's first- through fifth-grade students, under the expert tutelage of Teri Epps in the Art Lab. This year's featured artist, Paul Klee, and his 1923 Watercolor-Gouache masterpiece Landscape with Yellow Birds, will be on full display on April 24 and 25. If you haven't yet experienced the Pageant, or have attended the event for decades, you will want to mark those dates on the calendar and join us for a phenomenal evening of the arts!

Rah, McGaugh!

McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losal.org



Ann Allen
Principal

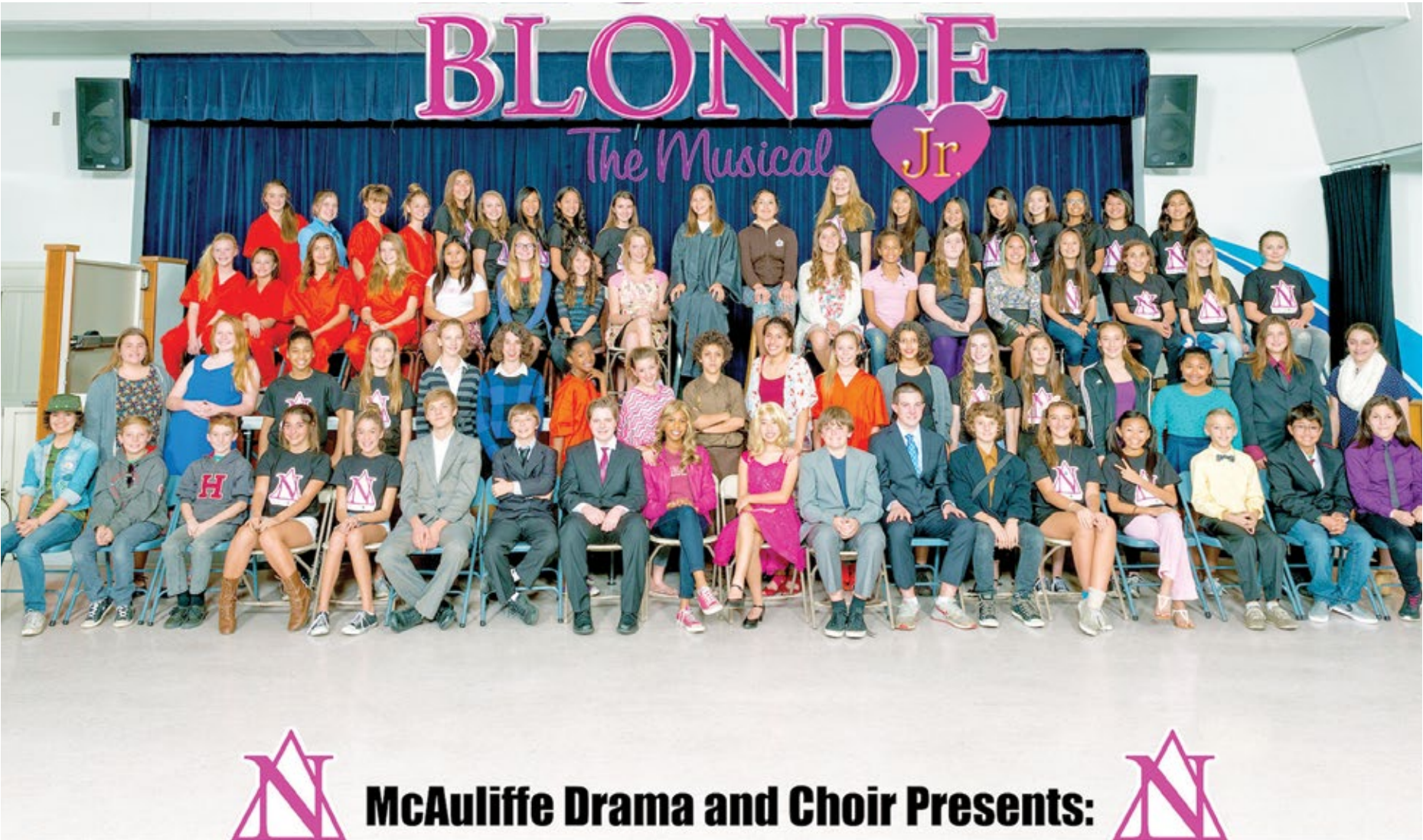
As Big as Broadway!

In January, the McAuliffe drama and choir programs worked together to proudly present Legally Blonde Jr., The Musical. Held in our very own Sackett Center, the students spent several months preparing for the event. Their hard work paid off, too, as it was a resounding success!

At the helm were Drama Director Megan Cozad and Choir Director Shannon Wallace. Both dedicated countless hours producing and directing students who performed like they were on Broadway.

Both shows packed the house as the audience followed lead character Elle as she charmed her way into Harvard Law School. Elle, played by Danyelle Burke and Maya Shimizu, initially attends Harvard to win her ex-boyfriend back, but finds out in the end that, to her surprise, the law is her natural calling.

Congratulations to the entire cast and crew, whose hard work and dedication made for a performance that was enjoyed by all. Great job, Eagles!



Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losal.org



Sally Neiser
Principal

'All the world's a stage'!

At Oak Middle School, the visual and performing arts department prepares students to confidently portray their understanding of the arts and life through onstage performances. This year, we proudly bring live theater to our stage in the beautiful, newly-modernized multipurpose room. The one-act play, 10 Ways to Survive the Zombie Apocalypse, is a comedy about rampaging zombies at the end of the world. It's the culminating experience for the first semester of a revised drama program under the direction of language arts teacher Amanda D'Avila.

More than 70 students found their niche in this production either in the cast, as part of the stage crew, creating and building props, or working with audio and visual technical aspects. This exciting elective brings another dimension to an already robust music and arts program that includes approximately half the students in the school involved in more than 12 different instrumental and vocal performing-arts groups.



Oak students rehearse a scene from "10 Ways to Survive the Zombie Apocalypse."

Rossmoor *Elementary*

3272 Shakespeare Dr., Los Alamitos, CA 90720 • 562/799-4520 • www.losal.org



Kiva Spiratos
Principal

Youth Center Music Program

Rossmoor Elementary School supports instruction in the four As: academics, athletics, activities and the arts. At each of our elementary school sites, the arts thrive with the support of our Los Alamitos Unified School District Youth Center Music Program, which provides after-school instruction in band, strings and percussion instruments. Children receive 60 minutes of small-group instruction each week with talented career musicians as instructors. The program loans instruments and guides the children in finding instruments to match their musical interests.

In the spring, each group has the opportunity to perform for an audience. This year, over 400 students in kindergarten through fifth grade participated in our music program. These talented musicians are building the foundation for our award-winning middle school bands and orchestras.

If your child is interested in playing a musical instrument, please contact the school office to sign up and keep the arts alive in Los Al!



Weaver *Elementary*

11872 Wembley Rd., Los Alamitos, CA 90720 • 562/799-4580 • www.losal.org



Erin Kominsky
Principal

The Arts Are Alive!

At Weaver, we ensure that every student learns how to read music and play the piano. Research indicates that musical training for children directly connects to increased academic ability, improved auditory attention and increased ability with cognitively demanding tasks.

Spatial-Temporal (ST) music and math from the MIND Research Institute are signature practices here. The ST Music Program comprises listening to Mozart's Piano Sonata K448, learning to read music and playing piano. Students spend 40 minutes weekly in our piano keyboard lab, staffed by a credentialed and Institute-trained music teacher. First-graders learn to read music with patterns and colors. They soon shift to reading music, learning one hand at a time. The pieces become progressively challenging, culminating in a piano recital for parents. By the time our students reach fifth grade, they can read and play a full musical staff.

When you ask Weaver students how many of them play an instrument, every hand goes up!



Remember When?

Technology... Things of the Past



**Charlene
Ashendorf**

"I've got gadgets and gizmos a-plenty. I've got whozits and whatzits galore. You want thingamabobs? I've got twenty! But who cares? No big deal, I want more". If you are not familiar with these lyrics, you might just have to ask a little girl! Most likely she is familiar with Ariel and "The Little Mermaid."

Doesn't it seem that young people are bombarded by "must have" stuff? I remember a simpler time. I can remember the words as if I uttered them yesterday: "Mom, It's lovely and it lights up and every one of my friends has one." Yes, I had to have one too... that turquoise princess phone. Of course, today, many nine year olds have a cell phone; and landlines, well, kids may not be familiar with that word.

When the Brownie Bullet camera (in the yellow box) was introduced, I had to have one! Photos, film and processing (all terms dropped from our vocabulary) cost me my weekly allowance time and again. But just anticipating the results of my photo shoot was exciting!

At the age of nine I had already written my first short story. The operative word here is "written" as in pen and paper written. The tale of a young girl and her elephant growing up on Mount Kilimanjaro when a chasm in the earth separates the two was one I couldn't write fast enough. I begged my parents to buy me a typewriter. That dream became a reality in 1961 with the release of the IBM Selectric. What a fabulous invention, it was. No longer would the typewriter use the typebar that moved up with great force to strike a ribbon. This mother of all inventions used a typeball that actually pivoted. And what's more, it could be removed and changed which introduced a multitude of fonts! The Selectric changed my life. More coveted than the television, the Selectric was every writer's dream. Now granted it was not a computer with spell check, but ultimately a self-correcting feature became life changing to this young writer. Enrolling in a typing class in middle school added confidence, speed and accuracy to my budding interest in writing.

The history of technology includes many wonders, we never dreamed of: the computer, a PC, the MAC, a tablet, a chrome book, kindle, and the iPad. However, looking back, nothing can compare to the imagination one was forced to unlock with the IBM Selectric. Yes, Growing up with "technology" means many different things for many of us. Most of them, like us... obsolete.

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. Charlene resides in Costa Mesa with her husband, Dennis who is a teacher in the Newport Mesa Unified School District. <http://about.me/cmash>

From The Boathouse



Jack Nunn

Men's Rowing Team Competes in Germany

This past summer, Izak Epstein, Luke Khoury, and Allen Reitz represented both Long Beach Junior Crew (LBJC) and the United States of America at the 2014 Junior World Rowing Championships in Hamburg, Germany. Just one week after winning a national championship in the Men's 8, the trio set off to make the USA Junior National Team: Allen for his third time; Luke for his second; and Izak for his first.

While Luke and Allen set off with LBJC head coach Tom Graves to prepare for trials in the two-man race (a dream for the duo), Izak headed east to Pittsburg, Pennsylvania to attend a selection camp of 30 athletes, competing for 14 spots. Allen and Luke went on to win the trials and trained at the Craftsbury Outdoor Center in Vermont in anticipation for the world championships. Izak made top 14 and went on to train at Princeton, where he ended up stroking in the four-man race.



What had been a thrilling season filled with hard work and dedication continued as the three teammates met up in Germany, ready to compete. Luke and Allen finished 17th in the two-man race, and Izak finished 10th in the four-man race after a truly extraordinary year.

"These are the experiences that you will remember for the rest of your life," said Izak. He is grateful to all the people who helped him to achieve success: his coaches, Nick D'Antoni and Tom Graves; his family; and especially his teammates, who he says "push each other to [their] limits."

Allen Reitz is currently a freshman at Stanford University, Luke Khoury is a freshman at the University of Washington, and Izak is a senior at Long Beach Polytechnic High School and is deciding between Stanford and Yale University.

Jack Nunn has had the privilege of overseeing and offering advice to all the Long Beach junior rowers throughout the years. Jack rowed under coach Craig Amerkhanian as a freshman at University of California, Berkeley (UC Berkeley), in the first-ever undefeated 1998 rowing season. Craig was hired to coach the men's crew team at Stanford due to his tremendous success from coaching numerous national championships in college. Jack also rowed under Steve Gladstone for the varsity rowing program at UC Berkeley and won three Pacific 10 Championships along with two US National Championship victories. Steve Gladstone has recently been hired to coach the varsity program at Yale. Since Izak is deciding between the two schools where Jack's former coaches are leading the rowing programs, he has benefitted from Jack's advice.

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