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Covering the Los Alamitos Unified School District

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JUNE–SEPTEMBER 2015

Celebrating Our Employees and Dr. Pulver's State Recognition



Dr. Sherry Kropp
Superintendent

Los Alamitos Unified School District is fortunate to have exceptional teachers and support staff, who continually demonstrate their talent, passion, dedication, creativity, and commitment to working with our students and families. Each year, during the month of May, our Board of Education, parents, and community come together to express their appreciation for our employees and to celebrate Teacher Appreciation Week, Classified Employee Appreciation Week, and Day of the

Administrator. We are grateful for the countless hours and acts of service our employees give to improve the lives of students. Our students excel in academics, athletics, and the arts, in large part because of the daily actions of our employees. Los Al has much to honor in the hard work of our outstanding staff, not just in the month of May but throughout the year.

It also gives me great pleasure to announce that Dr. Andrew Pulver, Assistant Superintendent of Human Resources, has been selected as the 2015 Personnel/Human Resources Administrator of the Year for Orange County and the state of California by the Association of California School Administrators (ACSA). This is an incredible honor for Los Alamitos Unified School District,



Dr. Andrew Pulver

as there are nearly 1,000 school districts across the state, and Dr. Pulver was singled out among all of them.

Providing the best possible educational experiences for all students is the driving force behind Dr. Pulver's exceptional work ethic. He has worked in Los Al for 16 years as a teacher, assistant principal, principal, and currently as an assistant superintendent. He recruits the finest talent and creates and implements a high-quality, rigorous selection process for each position. As the chief negotiator for our district, his implementation of Interest-Based Bargaining has permeated throughout the district as the way we work together and do business, with our common interests being high-quality education, employee wellbeing, 21st-century schools, and financial stability. He is currently Orange County's representative on ACSA's state-level Human Resources Council and the co-chair of Orange County's Personnel Administrators Group. He has taught various classes for the ACSA Personnel Academy, served on panels for new and aspiring administrators, and is an adjunct professor for the doctoral program at University of Southern California.

Throughout the month of May, please join me in honoring all of our extraordinary employees and the countless roles they play in supporting students and families.

Adult Transition Program



Meg Cutuli
*Member
Board of Education*

One of the aspects of the culture in Los Alamitos Unified School District that I am so proud of is supporting all students to reach their highest personal potential. In this light, I am happy to highlight a specialized program that serves adult students in Special Education between the ages of 19 and 22, called the Adult Transition Program (ATP). These are students who are not on track to receive a regular high school diploma but need education and training to start them on their path to their adult life. Under federal law, all public school districts are required to provide appropriate Special Education services to eligible students until the student: is no longer a student with a disability; graduates with a high school diploma; or reaches the age of 22. Our ATP is how we serve these students.

The primary goal of the ATP is to maximize student independence to enable students to have successful transitions to adulthood. Our ATP is a growing program with anticipated enrollment of 22 students for the 2015–2016 school year. Our program is focused on four principles: high-quality classroom instruction that emphasizes communication and social skills, provides workplace simulations, and develops independent living and self-care skills; multiple supervised work experience opportunities, both within school district facilities and with local business partners; community-based instruction, with an emphasis on student safety within the community and skills to successfully and independently navigate the community; and linking students to continuing

education opportunities at local community colleges. Our students in the ATP have had outstanding work experience opportunities with our local business partners, including Cali Stitches custom apparel, Precious Life Shelter, Los Alamitos Medical Center, Long Beach Animal Shelter, and Sunrise Senior Living.

Supporting our students to learn how to live more independently and be responsible for themselves is extremely important. We appreciate the partnerships with businesses in our community that allow these students to have workplace experiences. And working with our community colleges and other educational institutions, we know that these students will be prepared for their future. We highly value the educational opportunities provided to students in the ATP and continue to pursue our mission to develop and deliver exceptional learning experiences for all students.

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What is Prematurity?



Antoine Soliman, MD
Medical Director,
Neonatal
Intensive Care Unit,
Miller Children's &
Women's Hospital
Long Beach

With the advancement of medicine and prenatal care, prematurity is declining in the United States. In 2006, the pre-term birth rate was 12.8 percent and in 2013, it dropped to 11.4. Even with all of the advancements, 1 in 9 babies are born prematurely in the U.S. each year.

Prematurity is when a baby is born at least three weeks before the designated due date (37 weeks). A full-term baby is born between 37 and 40 weeks.

When a baby is born prematurely, they are more likely to experience health problems and may need to spend time in the neonatal intensive care unit (NICU). Even if a woman has a "normal" pregnancy, there is still a risk of having a premature baby. Some known risk factors for prematurity, include:

- Previous premature birth
- Multiples (twins, triplets)
- Problems with uterus/cervix
- Chronic health problems
- Certain infections during pregnancy
- Alcohol, tobacco and drug usage

If a woman is experiencing a "normal" pregnancy and does not have any of the known risk factors, it is still important for her to go to her regular check-ups to ensure the health of the baby. Issues may arise, so it is important to be as prepared as possible and communicate with the physician during the entire pregnancy.



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Kay Coop
Founder/Publisher



Congratulations Class of 2015!
Congratulations Los Alamitos
Unified athletes on your amazing year
continuing the LAUSD tradition of
excellence both on and off of the field.

Beginning in this issue we are
delighted to include among our
contributing columnists the School
Resource Officer.

Have a wonderful summer. Please
remember to include reading among
your summer activities. The library
summer reading program is on page 10.

Thank you for continuing to include
School News among your reading
choices. Our next issue is October 14th.

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Meet Your School Resource Officer

By Michael Henderson, Police Corporal
Emergency Services Coordinator

In the summer of 2014, McGaugh Elementary School partnered with the Seal Beach Police Department (SBPD) to enhance safety with the addition of a School Resource Officer (SRO). SBPD Police Officer Corporal Michael Ezroj (pronounced es-roh) was assigned as the SRO at McGaugh.

Corporal Ezroj's primary responsibility is as a patrol officer, the SRO position is a collateral duty. As SRO he is tasked with developing relationships with staff and students. He is a resource for the school on matters related to law enforcement, especially laws related to juveniles. But it's not just about enforcing the law, much of what Ezroj does is talking to people, providing guidance and counseling where appropriate. Ezroj also conducts security inspections, monitors crime statistics and works to design crime prevention strategies. He works closely with school administrators, and develops training programs that prepare staff for handling crisis situations.

"We are really fortunate to have Corporal Ezroj working with us to make the school safe," said Dr. Jerry Gargus, McGaugh's principal. "He is a great resource and is available at a moment's notice."

Corporal Ezroj was born and raised in San Diego. He graduated from Bonita Vista High School and later attended college at California State University, Long Beach (CSULB). While in college, he started his law enforcement career as a deputy sheriff in San Diego and later as an officer at CSULB. He was hired by Seal Beach in 2005 and has become a member of the West County Special Weapons And Tactics (SWAT) team and a field training officer. He resides in Long Beach with his wife, Christine, and daughter, Sarah.

Corporal Ezroj was recently selected as the SBPD Police Officer of the Year. "It is no accident that Corporal Ezroj was assigned as the SRO for McGaugh," said SBPD Chief Joe Stilinovich. "Corporal Ezroj is one of our best officers. He displays a high level of professionalism and commitment. Those are the qualities we want to have around our children."



**School Resource Officer -
SBPD Police Officer,
Corporal Michael Ezroj.**

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Andrea Reed
Principal

Hukilau—Huge Success!

The Hopkinson Hukilau, the school's largest fund-raiser, took place at a local country club in May. Over 350 Hopkinson parents attended the event that is sponsored annually by the Friends of Hopkinson (FOH). The event is a not only an evening for parents to give back financially to the school but also an opportunity for the parent community to come together and celebrate the school's accomplishments.

The evening is filled with silent and live auctions as well as a sit-down dinner with dancing and entertainment. Big-ticket items this year during the live auctions were a Labrador puppy and membership to the country club, bringing in a combines \$9,100. The Hukilau brings in over \$100,000 to support Hopkinson programs and is true testament to the strong home-to-school connection that is embedded in the Hopkinson school culture. FOH has provided SMART Boards in every classroom, multiple iPad carts, a credentialed teacher in the media center, and the funding of many enrichment programs at Hopkinson, with funds stemming from the Hukilau in previous years. FOH is igniting unlimited possibilities for all students at Hopkinson!

Los Alamitos *Elementary*

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



Dr. Sunghie Okino
Principal

Drive-In Theater!

You may think that drive-in theaters are relics from the past. Well, at Los Alamitos Elementary School, the drive-in theater is thriving!

Each year, LAE families pick a cool Friday night to descend on campus and watch a big-screen movie under the stars. Hundreds of students and their families continued the annual tradition this spring as they "drove" onto campus in their homemade card-box cars. Hot dogs, popcorn, nachos and cheese, candy, and drinks seem to taste better when spending time with friends while watching a favorite movie.



After staking a spot, families played bingo, listened to music, and played on the playground while they waited for the sun to set.

"It's so much fun to relax and enjoy a night out with everyone," commented one parent. "I can't believe all of the different cars. People are so creative!" marveled another parent.

Lee *Elementary*

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



Robert Briggerman
Principal

Keep Cognitively Fit

It's that time of year again! Summer is a great time to relax, enjoy going to the beach, camping, barbecuing, and spending time with family and friends. It's also a great time to keep your child's brain active. Take a book with you to the beach. Spend some time at a local museum while visiting with family out of state. Practice a foreign language when traveling abroad. There are all types of fun activities to keep the mind active when relaxing during the summer months, and research shows that students transition to the next grade much more quickly and successfully when their minds have been actively engaged over the summer.

This summer the Los Alamitos Educational Foundation is offering a summer school program for all students. Grade-level enrichment courses will be offered to kindergarten through fifth-grade students at Hopkinson Elementary School. The Los Alamitos Unified Summer School will be held at Los Alamitos Elementary School for kindergarten through fifth-grade students in need of extra support.

The Lee Elementary School Web site has information on activities and summer reading to help keep your child actively engaged at home. Also, endless learning opportunities are available for students through parks and recreation classes and individual student camps. In addition, many local colleges and universities provide summer learning programs for elementary students. This is a perfect time for students to explore curricula of specific interest to them.

No matter what your summer plans are, keeping students cognitively active as part of your routine will support a healthy transition to the next grade level.

Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losal.org



Dr. Joshua Arnold
Principal

Los Al Rocks at All Sports!

With the fastest Boys & Girls 1600M Medley teams in the United States Of America, Los Alamitos High School is having an incredible track season all the way around. With every varsity athlete scoring at least one point to help the team win, Los Al stepped out from the shadows of four-time champions Mater Dei and a strong Mission Viejo team to win their first Orange County Championship ever.



And there's Boys Tennis. Ranked #1 in Orange County.

And, of course, Softball, a Top 40 team in the nation, and undefeated in Sunset League play.

And don't forget Girls Lacrosse, the 6-time reigning Southern California Champions.

Or Boys Volleyball, currently ranked #12 in the country.

The truth is, athletics are valued in our learning community. And we develop incredible talents, from amazing families, with top-notch coaches to further the legacy that #LOSALROCKSATALLSPORTS.

McAuliffe *Middle School*

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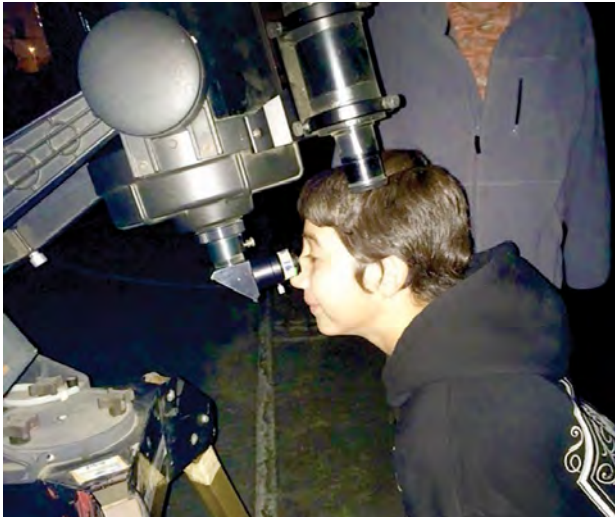


Ann Allen
Principal

STEAM/Astronomy Night

In May, we partnered with the Los Alamitos Education Foundation (LAEF) for our first STEAM/Astronomy Night! STEAM—science, technology, engineering, the arts and math—is a nationwide movement designed to integrate these disciplines to better prepare students for college and career. During Astronomy Night, science students presented on topics that included astronomy software and applications, life cycles of stars, star myths, space, the Big Bang theory and many others.

An LAEF local-business partner—a Los Alamitos space-technology corporation—set up an interactive booth where their engineers worked with attendees to build virtual satellites on a computer application the company created.



At the end of the evening, guests shared the wonderful experience of stargazing through several telescopes brought by the Orange County Astronomers Outreach Program. They watched the sunrise on one of the moons of Jupiter and saw the surface of the moon in remarkable detail. What an amazing evening!

Oak *Middle School*

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



Sally Neiser
Principal

A Banner Year

It's been a banner year for Oak this year in many ways. Our students truly excelled in the "4 A's"—academics, athletics, activities and the arts. Most recently, Oak received Gold Ribbon recognition from the California Department of Education for academics. On the athletic front, we had a record number of young athletes compete in the schoolwide track meet—the first one held on our new regulation track. The arts programs continue to prosper, with the choirs and instrumental groups receiving superior scores at music festivals.

In addition to the many clubs and extracurricular activities in which our students participate, they reached out this year to support others in immeasurable ways. The school year started with the students raising over \$1,000 for the ALS Ice Bucket Challenge. Contributions were also given in October in honor of Breast Cancer Awareness Month. The Scholarship Club sponsored the annual Pennies for Patients, which netted over \$5,000 to the Leukemia and Lymphoma Society. Students spearheaded a drive to support our furry friends at the Long Beach spcaLA, resulting in hundreds of pounds of dog and cat food, toys and towels being donated.

As we wrap up another school year, we'll participate in two more community-service projects that include a food drive and a fund-raiser to build a well that will supply students in Africa with water. We'll also learn more about the drought in California and what we can do to contribute to healthy living. Congratulations, Oak students, for being exemplary citizens through helping others.

McGaugh *Elementary*

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



Dr. Jerry Gargus
Principal

Celebrating Military Families

Week of the Military Child is very special at McGaugh Elementary School, where over 100 students come from families with parents serving in the armed forces. During the week of April 13–17, the McGaugh community celebrated the Week of the Military Child with a number of special activities.

The week kicked off with a Flag Deck Ceremony with the US Marine Color Guard presenting the Stars and Stripes. Spirit were high, and students and staff were clad in red, white, and blue to honor the contributions of military families to the school's success. On Thursday afternoon at lunchtime, students in all grade levels had the opportunity to participate in a Train with the Troops activity, as volunteers from the 5th Battalion, 14th Marines set up an age-appropriate obstacle course. Hundreds of students participated in the activity, which tested their strength, agility, and stamina.

On Friday, all students from military families were presented with official certificates of recognition from the Military Child Education Coalition. In addition, a static display of military vehicles provided by the Marine Corps and the US Army was presented for students, which included troop transports, two specially-equipped Humvee, and a completely disabled M777 Howitzer.

Lt. Colonel Wade Nordberg, whose children attend McGaugh, McAuliffe Middle School, and Los Alamitos High School, shared that "the Marines and I had a blast" and that he "looks forward to doing it again next year!"

With nearly 12 percent of our school's student population coming from military families, this special week represents a great opportunity for us to recognize the sacrifices made by our students, as many of them overcome tremendous obstacles while their parents serve our great country.

Rossmoor *Elementary*

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



Kiva Spiratos
Principal

Carnival of Fun!

Rossmoor Elementary School's Carnival of Fun was a fantastic day for all! We are so grateful for our parent volunteers, who dedicated months of preparation for our community to come together and share some fun.

Our carnival on April 25 started with fun in the sun, and then we were surprised by rain. Despite the change in weather, students were drenched in water and smiles as they played on our inflatable rides and enjoyed human hamster balls, laser tag, carnival games, and more. Community vendors shared their products, and local talent performed on our stage. Faces were painted, hair was colored, and so much food was eaten.



Rossmoor students are beyond excited for the carnival to begin!

Our classroom auction baskets were filled with family fun for all. We are so grateful to the parents who volunteered and dedicated their entire day to the event. We hope you are able to stop by our carnival next spring!



Erin Kominsky
Principal

Full Steam Ahead

Science, technology, engineering, art, and math were the focus of Weaver School's recent STEAM Fair.

With over 100 entries, the Weaver Quad was fully lined with students explaining the scientific and mathematical reasoning behind their projects. They interacted with technology and displayed their coding abilities on projects that included a solar-powered car, a homemade guitar, and a device that demonstrated earthquake intensity.

Saving the environment was a key theme too, as the Compost Club shared their knowledge with the community. The students also displayed inventions that help solve real-world problems. A student-driven social action project called "Saving Elephants Every Day" (SEED) also created buttons to promote awareness.



Interactive activities like building the highest tower, floating the most pennies, folding origami structures, and building Lego designs all demonstrated our students' sense of innovation, creativity, and collaboration.

Thanks go to the Los Alamitos Educational Foundation and several outside companies for supporting student innovation at Weaver.

Girl Scout Troop 602

Bridging in Style!



Marissa Aldegarie

By Marissa Aldegarie, Age 11

Our girls in Troop 602 are fifth-graders at Weaver Elementary. We are in our last year of Junior Girl Scouts, so we thought it would be fun to "bridge" to the next level of Cadets in style!

We went to San Francisco to be a part of the Golden Gate Bridging Ceremony. We joined over 5,000 Girl Scouts and walked across the Golden Gate Bridge to our ceremony at Crissy Fields. While walking, we met girls from all over California and even a few from New York. We exchanged SWAPS (Special Whatchamacallits Affectionately Pinned Somewhere). These are small pins that we made and shared with each other for friendship.



Carmen, Sophia, Summer, Payton, Savannah, Marissa and Phoebe at the Golden Gate Bridge.

At the ceremony, there were a lot of cool booths to do fun activities. We also had the chance to dance and sing. At the end, we formed the largest friendship circle around Crissy Fields by holding hands with all the other Girl Scouts. It was a very special event to travel with my friends, and we will remember it forever.



Congratulations Class of 2015!

Look to LAEF for Summer Learning!

By Carrie Logue, Executive Director

What are the options for your child this summer? Enrichment! Academics! Fun! The fully accredited Los Alamitos Education Foundation presents the 6th annual Summer Enrichment Institute (SEI), which offers valuable classes to students in grades K-12 in two summer sessions (June 29-July 10 and July 13-24). Small class sizes of 17 maximum students, taught by credentialed teachers in 2-hour blocks, provide an ideal learning environment and help your student avoid the summer learning loss.

LAEF is introducing a new Summer Camp option for students entering grades K-8. Held at Hopkinson Elementary, children will increase their physical fitness and enjoy activities all summer long! The camp is offered in afternoons during SEI and all day from July 27 to August 14. In addition, LAEF once again offers for-credit high school classes in online health and government, and on-campus for ceramics and health. Classes run from June 17 to July 21.

LAEF is again partnering with district coaches and directors to bring many amazing summer camp options to students in sports and the arts. Arts Camps include Xcite! show choir, dance and middle school instrumental music. Sports Camps include baseball, basketball, lacrosse, soccer, swimming, tennis, track and field, water polo and wrestling. Ages, dates, and times vary by camp, so visit www.LAEF4kids.org/summer today to view the flyers with all the details.

Registration is now open at www.LAEF4kids.org/programs and catalogs with all the details are available at www.LAEF4kids.org/summer. Scholarships are available to certain programs on a limited basis. For more information, visit www.LAEF4kids.org or call (562) 277-6876 today!

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A Family Rowing Tradition



Jack Nunn

Ever since Dana and Will Boudreau were young, they knew they could never leave the water. Dana started sailing sabots in Alamitos Bay when he was eight and raced boats for the next seven years. In high school, a need for physical education credits brought Dana to Long Beach Junior Crew (LBJC) after his twin brother, Will, who rows in the Varsity 8, suggested coxing might be a good fit for him. Dana immediately had a knack for it. He jumped from novice to varsity in his first year and finished seventh with the Men's Lightweight 8+ at the 2014 national championships, all in just a couple of months.

When the 2015 season started, Dana knew he wanted to join the lightweight boys again. He has been through thick and thin with some of them, and he has gained trust with his teammates that he does not have with any other group of people. At the 2015 San Diego Crew Classic, Dana coxed the lightweight 8+, and their start was not the best. However, Dana told the boys to get the rate up, and they snapped into rhythm. At the 1,100-meter mark, Dana called their planned move of five extra strokes, coming up on the outside lane. Now, with 500 meters to go, they were gaining on the leaders. At this point, Dana could feel all eight rowers waiting for him to call the sprint; when he did, they broke through and took the lead. They executed one of their best races of the year, and Dana was a huge part of it. Now they are training for this year's national championships.

His brother, Will, also hopes to win the high school national championship and continue to row in college. Will watched the LBJC team win the national championships as an alternate, and he dreams of achieving that glory with his teammates. Rowing has changed his life, giving him confidence in his physical capabilities and teaching him to be a gentleman on and off the water. After high school, he plans to implement the character skills he has learned from rowing to be successful in college. His rowing may even gain him acceptance to a strong school.



Dana Boudreau



Will Boudreau

The highlight of Will's rowing career was winning his second race in the men's novice quad at the Fault Line Face-Off in Oakland. The team members in Will's boat had a sense of brotherhood and trust in each other, which Will believes was the key to their success. His good friends Jack Freiburghouse, Glenn Necessary, and Nate Cooper rowed, with Will's brother, Dana, as coxswain and under the guidance of Coach Erich Hanxleden.

These brothers love being part of the same crew team. Whenever they race together, they have nothing but the utmost confidence in the other's capabilities. During a race, they are driven by the same determination. The two of them rarely argue (with regard to rowing, that is), and they are the first to congratulate each other on a job well done.

Dana and Will's parents, Russ and Gretchen, also row with Jack Nunn at the Roworx Fitness Center in Long Beach nearly every day. The indoor rowing boot camp program offers group exercise that's low-impact, high-efficiency, and great for building strength and endurance.

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

Going Green! 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 subject line)

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Congratulations to the April Winner!
Noelle Kim



Salads for Dinner

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



Carol Berg Sloan, RDN

Americans are continuing to eat more fruits and vegetables and many times an entrée salad is replacing the usual meat and potatoes. We provide new ways of looking at that side salad and moving it to the main dish!

Who would have thought that grains, rice and pasta would turn into popular salads? Quinoa, barley, basmati rice and tri-colored pasta serve as the base for many delicious and healthy salads. Adding vegetables and fruits can increase your daily serving quota and meat, beans and nuts add excellent sources of protein and healthy fats. Try this salad from world-renown and award-winning cookbook author, Mollie Katzen.

Green-Flecked Barley Salad with Walnuts

<http://www.walnuts.org/cooking-with-walnuts/recipes/green-flecked-barley-salad-with-walnuts/>

Ingredients

1 cup raw barley
2 cups freshly shelled and peeled fava beans (from 2 pounds whole fava bean pods) or edamame
1/2 to 1 teaspoon salt (or to taste)
2 tablespoons white wine vinegar
1 tablespoon fresh lemon juice
1 teaspoon agave nectar or light-colored honey
Heaping 1/2 cup minced red onion
1 to 2 cups chopped broccoli florets
1/4 cup extra-virgin olive oil
1 teaspoon minced or crushed garlic
2 average scallions, minced all the way up (whites plus reasonable greens)
1 stalk celery, finely minced
1 to 2 tablespoons mayonnaise (can be reduced fat)
Black pepper to taste
2 to 3 fresh, tart plums, pitted and sliced
or 1 cup golden raisins
1 cup California walnut halves, lightly toasted
Lemon wedges, for serving
Celery leaves, for serving

Directions

Step 1 Place barley in a pot with 3 cups water and 1/4 teaspoon of the salt. Bring to a boil, lower the heat to the slowest possible, cover, and simmer until tender (about 45 minutes).

Step 2 Have the favas, onion, and broccoli in a colander in the sink. Drain the cooked barley directly into the vegetables in the colander, cooking them slightly in the process. Refresh under cold running water, then shake out all the excess water, and leave in the sink for a few minutes to drain thoroughly

Step 3 While the vegetables and barley are draining, combine the oil, garlic, 1/2 teaspoon of the salt, vinegar, lemon juice, and agave nectar (or honey) in a large bowl, whisking to blend. Transfer the contents of the colander to the bowl, and stir to combine.

Step 4 Stir in the scallions, celery, and mayonnaise, and taste to adjust salt. Add some black pepper to taste.

Step 5 Cover and chill until serving time (also okay to serve right away). Serve topped with plum slices and walnuts, and with a squeezable wedge of lemon on the side. Garnish with celery leaves.

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



Kelly Sloan

I work at a local coop in Honolulu as a deli cook. I prepare new and creative entrees and salads for the self-serve bar that contain a variety of nutritious ingredients. Quinoa is one of the most popular salads and it can be paired with almost any vegetable or fruit. But what is quinoa? Quinoa was introduced to humans about 3000 years ago and became a staple food item throughout various regions. It is a gluten free, grain-like seed that contains mostly carbohydrate but also provides protein. You should always have quinoa on hand to make salads or even have for breakfast or dessert. Try this popular version of my Greek Quinoa Salad.

Greek Quinoa Salad

<http://www.kellyfoodparadise.com/foodparadise/2015/5/6/greek-quinoa-salad>

Ingredients

2 cups water 1 cup quinoa 2 tablespoons extra virgin olive oil
1/2 cup lemon juice 1 cup grape tomatoes, halved
1/2 red onion, cubed 1 cucumber, cubed
2 collard green leaves, ribs and stems removed salt and pepper, to taste

Directions:

1. Bring the water to a boil in a large saucepan. Add the quinoa, reduce to a simmer and cover quinoa. Cook for 10-12 minutes or until liquid is absorbed.
2. Remove from heat and fluff with a fork. Pour into a large bowl and cool completely.
3. Stir in olive oil and lemon juice. Add grape tomatoes, onion and cucumber. Garnish with collard greens and season with salt and pepper.

Kelly Sloan-Staff Writer, Ka Leo O Hawai'i
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Note-ables

Backyard Garden



Kate Karp

The idea of sustainability coupled with eating a healthy diet has been gaining steady momentum in communities across the country. The concept is becoming part of the curriculum of an increasing number of elementary schools. Community gardens and rooftop beekeeping have been established in cities, and it's not uncommon to find classes and entire schools planting gardens on campus.

Earthworm Ensemble, a group of family musicians, integrates this lifestyle into their new collection, *Backyard Garden*. The CD is a sprightly collection of country-rock tunes with a narrative of growth for both plants and youngsters.

Everything our planet needs has a tribute on the CD, be it ladybugs, wind and compost or compassion and responsibility. The title tune expresses the joy of growing, harvesting, cooking and eating and getting dirty in the process. "Bees Make Honey" arranges strings and lyrics to create a worthy hymn to the busy workers and also includes essential vocabulary for young people: *cross-pollination*, *drone*, *worker bees*. "Chicken Coop" informs listeners that backyard chickens are free range and quite content, and it would be lovely if all poultry were raised this way. "Reduce Reuse Recycle" turns an omnipresent motto into a steel-guitar-embroidered song of hope for the planet and its young residents.

Summer's here, and it's time to tend the garden, whether it's a rural, suburban or urban one. *Backyard Garden* is a brisk and bouncy accompaniment to a favorable combination of Mother Nature and human nature.

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

Summer Reading



Sean Whittle
Branch Manager

Summer’s the time to sit by the pool, lounge on the beach, or take those hard-earned vacations. All good times to be had. Summer is also the time the library shifts gears and begins our grand campaign to encourage summer reading. For children and teens we are encouraging them to resist the “summer slide”, the drop in proficiency which many young people experience while out of school. For the adults, though, we encourage them also to engage in their own campaign of summer reading to set good examples for the young ones, and in the process hopefully find some enjoyable reads.

Now for this summer we have a wonderful slate of performers and prizes to help the children and teens get excited. We have six performers for children and for teens and tweens we have five programs. These five programs are a special addition to the teen summer reading program this year to help communicate to them how important we find their use of the library and its resources.

As for the folks over age 19, we have our wide array of materials for you to dive deep into. Here is a list of formats available to you: books, books on CD, e-books (Kindle, Nook, etc.), and e-audiobooks (mp3); newspapers, magazines in print and digital (Zinio); music CDs, DVDs, and Blu-ray; and our online reference databases (Chilton’s repair manuals, Reference USA, National Geographic Virtual Library, etc.). So poke around our website to access them (www.ocpl.org). As always consult staff with any questions you may have.

The summer reading program starts June 22nd, so don’t miss out! Let’s all enjoy our summers!

Groove Wednesdays! 3:30 – 4:15 pm

June 24	Richard Woloski, Puppet Show
July 1	Wild Wonders Animals “Jungle Boogie”
July 8	Dance Around the World with Galyn Görg
July 15	John Abrams, Magician
July 22	Cory Hills, Percussive Storyteller
July 29	David Cousins, Juggler

Teen Tuesdays! 5 pm

June 30	Author Talk, Meadow Griffin
July 7	Spectrum College Planning
July 14	Swordscholar for Tweens (Ages 10 to 13 Only)
July 21	3D Printer Hands-On Intro
July 28	Swordscholar for Teens (Ages 14 to 19 Only)

Remember When?

Those Lazy Days of Summer



Charlene
Ashendorf

With the arrival of spring, and as the days grow warmer and longer, we begin to anticipate summer; at least that’s how it was when I was a child. To ease my mother’s nerves, we came up with a School’s Out Calendar! The day after Memorial Day the homemade brightly colored calendar was taped to the refrigerator and a thick, black, grease or china marker hung at its side. Do you remember that wood pencil that is sharpened by pulling a string to peel off the outer coating covered in paper?

We didn’t have rocket making or robotics camps, or camps with outings to Raging Waters or Knotts Berry Farm. I don’t recall any camps, “back in the day” except for two weeks of vacation Bible school. Those were the lazy days of summer.



A Bit of History

Fluoroscope

By D.H. Coop

If you lived in the United States from the 1930s to the early 1950s, shopping with your mother was not an adventure for young children. The only thing for those of us who were young was getting into trouble by asking questions or wandering off and getting lost in the store. Yet, there was that one day that the shopping trip was a step into a world of wonder and amazement, and that was the trip to the shoe store.

The salesperson would take you over to a machine that measured your feet scientifically, measuring the length and width of your foot for the perfect fit. At the huge machine, you would stick your feet into the base, look into a view port at the top of the machine, and see with Superman vision the bones in your feet. Other children would stand around the machine waiting for a turn to see their feet or each other’s hands. The machine was a place of wonder and excitement, and it often turned into a fight over who would be next.



Machines like these showed up in the 1920s for a variety of medical problems. The shoe fluoroscope was advertised as visual proof that fitting your child’s feet with shoes was done with scientific precision. Early in the 1920s, concerns were raised about the exposure to X-rays. Yet, real concerns only came after the atom bomb was dropped on Japan and radiation concerns became more evident. Real warnings were published in 1948. Then, in 1953, more warnings were reported, and the Food and Drug Administration placed a ban on the machines. Pennsylvania was the first state to ban the use of the machines in 1957. The one in use in the United States was in Boston in the 1970s.

I still have fond memories of visiting the shoe store and the machine that had nothing to do with the way my shoes fit. The only reason for the machine was to entice mothers and their children to the shoe store by giving us the thrill of seeing the bones in our feet, just like Superman.

Oh, we anticipated dad’s two week vacation, which always meant a road trip. Beyond that, summer took on a whole new meaning: sleepovers and staying up late, backyard swim days and days spent with Gramma. Those special days were always marked on the calendar because they meant delightful treats and playing on the street with the neighborhood kids. I’d see Gramma sit at the window with watchful eyes as we drew hopscotch on the road or played double dutch with jump ropes. My fondest memories were of us stretched out on the lawn cloud spotting. Our imaginations would run wild as beasts and witches or animals rolled against the blue sky.

By August, boredom would set in, just about the time those “dog days of summer” arrived. I remember when summer seemed to last forever and we would wish it would never end.

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>



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