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# School News

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**Covering the Los Alamitos Unified School District**

**VOLUME 11, ISSUE 57**

[www.SchoolNewsRollCall.com](http://www.SchoolNewsRollCall.com)

**JUNE–SEPTEMBER 2014**



## New State Funding Model

**Patricia L. Meyer**  
Deputy  
Superintendent

With the end of the school year right around the corner, I wanted to take this opportunity to provide you with information regarding the state budget and its impact on the Los Alamitos Unified School

District. The 2013–2014 budget has, for the first time in years, been relatively bright for Los Al and other districts.

The reason for this is that California has amassed a multi-billion surplus since early 2013, a lot of which has to do with the voters passing Proposition 30 in late 2012. As you will recall, the measure provides the K–12 community with new revenue through temporary increases in sales tax and income tax for individuals earning at least \$250,000. Education's share of the new revenue under the Proposition 98 constitutional guarantee is \$2.9 billion.

However, instead of applying these new funds to the existing funding model, the Governor pushed through a major reform of the school finance system. The Local Control Funding Formula (LCFF) is the new name given to this major finance reform, which changes 40 years of revenue limits and categorical funding. Funding from this new consolidated source will be distributed based upon a single, weighted, allocation formula and then will add on a supplemental grant and a concentration grant depending upon the number of disadvantaged students in the district (i.e. students living in poverty, English-language learners, or children in the foster care system). Districts with higher concentrations of disadvantaged students will receive significantly more money to help supplement

See **NEW STATE FUNDING** • Page 10

## Pay It Forward



**Weaver Elementary students “pay it forward” as a thank-you for their own school modernization. (please see page 9)**

## Preparing for the Future



**Dr. Mark Johnson**  
Assistant  
Superintendent  
Educational  
Services

### Preparing for the Future

As many of you may already know, there have been a number of changes in public education over the last two years. Some of these changes include: a new school funding model called the Local Control Funding Formula (LCFF); new content standards in math, English/language arts, and science; a new testing system for students known as the Smarter Balanced Assessment Consortium (SBAC); and a new strategic planning document titled the Local Control Accountability Plan (LCAP). While the intent of LCFF is to provide an overhaul in school funding, a major change from the old model of Base Revenue Limits and Categorical Programs, with larger dollar amounts given to districts and schools with higher populations of Low Income (LI), English Learners (EL), and Foster Youth (FY), the intent of LCAP is to provide a coherent story/plan for how districts align their actions and expenditures to the goals and priorities they establish. Additionally, under LCAP guidelines, districts are required to reach out to stakeholders in new and exciting ways as they develop goals in the state's eight priority areas and articulate the

actions and expenditures needed to meet those goals. While student outcomes remain the top priority, according to the state, new metrics such as attendance, suspension and expulsion rates, student engagement, and college and career readiness for all are becoming increasingly more important in school accountability.

In the Los Alamitos Unified School District, we have been engaged in the process of developing and writing our LCAP since last September and have just completed our second draft of this important document. Our process began with the education of our Board of Trustees, district and site administration, various teacher groups, classified personnel, and various other critical stakeholder groups such as the District Advisory Council, the District English Learner Advisory Council, the Operation Steering Committee, and our school site councils. In addition, the district recently hosted a town hall meeting and invited the entire staff and community to discuss the current draft and provide further input to guide the final LCAP. We have found this level of engagement to be exciting and hope that more parents, staff, and community members participate in the development of our next LCAP for 2015–2016.

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**Kay Coop**  
Founder/Publisher



Congratulations Class of 2014!

This is such a special time with seniors anticipating life after high school and parents realizing the years pass all too quickly. We can probably all remember when our children were babies and being told enjoy them while you can as they grow up fast...at that point we only wanted a full nights sleep. Now we are the ones telling parents with newborns to enjoy them while they can.

For parents of kindergarteners LAUSD Child Development Center has an excellent article on page 5.

Our next issue is October 8. Have a wonderful summer!

## School News

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LOS ALAMITOS UNIFIED SCHOOL DISTRICT**

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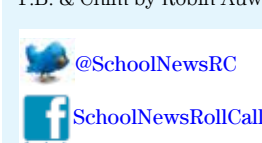
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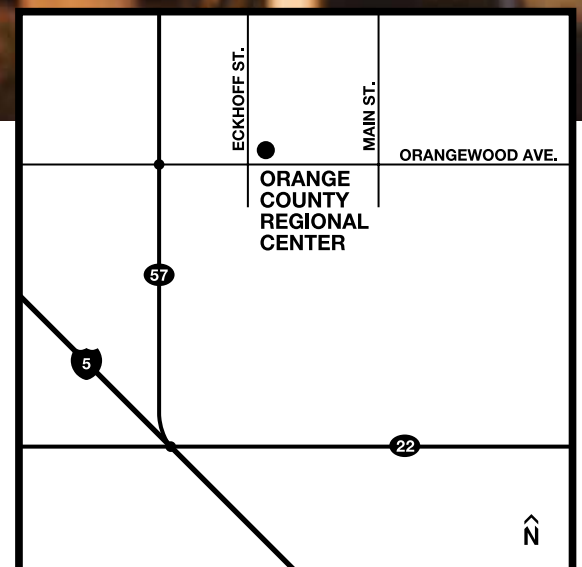
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## Severe Morning Sickness



**Michael Nageotte, MD**  
Associate Chief  
Medical Officer,  
Miller Children's &  
Women's Hospital  
Long Beach

The majority of pregnant women suffer from some type of morning sickness, but nearly five of every 1,000 women develop severe nausea and vomiting. Also known as hyperemesis gravidarum, severe morning sickness can cause such extreme weight loss and dehydration that the health of the mother and the baby can be jeopardized.

Morning sickness usually begins around the sixth week of pregnancy, but disappears around weeks 16 to 18. While some morning sickness is considered normal, intense vomiting and nausea are not.

#### **Signs of hyperemesis include:**

- Nausea with severe vomiting
- Consistent nausea that makes it impossible to eat or drink
- Recurrent headaches
- Weight loss
- Decrease in urination
- Extreme fatigue
- Inability to keep any food down
- Fainting or dizziness
- Dehydration from vomiting

Risk factors for hyperemesis are carrying multiples, a history of motion sickness and migraines with nausea/vomiting. The intense vomiting results in a loss of nutrition for mom and baby and can be very harmful.

At Miller Children's & Women's Hospital Long Beach, the high-risk pregnancy care team works with women suffering from hyperemesis to provide an individualized treatment plan. Most patients feel better within hours of receiving therapy, stop vomiting after one day and are back home from the hospital after a second day.

If you are pregnant and suffering from severe morning sickness, don't ignore it. Call your doctor immediately to determine the next steps to take to keep you and your baby healthy and receiving the necessary nutrients.



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**Kristha, Type 1 Diabetic;**  
High-Risk Pregnancy Patient,  
Mother of **Michael,**  
**3-months-old,**  
Level III NICU Patient

# Preparing Your Child for Kindergarten



**Kelly Rowe**  
Child Development  
Coordinator /  
Early Learning  
Specialist

Going to school can be a big change in a child's life. It is only natural that at this time, a child may be anxious or upset. Here are some ideas to keep in mind for your child as they transition to the school setting.

Treat going to school as part of the normal course of events. Don't give the impression that there is any choice about whether to attend school or not. Children will often say "I'm not going." Or "They can't make me." Respond to these types of comments calmly and reassuringly. Let your child know that you understand their concerns about this new situation, but that you know that they will be able to handle it-and that all children have to go to school.

Don't allow older children to frighten or tease the younger child with tales of how awful school is. If necessary, speak with older children privately about their responsibility in helping the younger child go to school without fear. Try to make the older children your allies. If a teasing child is a neighborhood bully over whom you have no control, ask your child to trust your perceptions about what school will be like.

Answer all questions honestly about school and what to expect. Tell your child the length of time at school, the days he will attend, how they will get back and forth to school. A child may be anxious and knowing these details will help them handle the stress involved. Working parents should make sure the child knows the arrangements for before and after school care. Make the transportation plans clear to your child.



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### Tips for Separation Anxiety

- Let your child take something from home to school. Perhaps a picture of the family to tape inside a desk or notebook. Assure the child that you will all be together again later in the day.
- Before the child leaves, say something like "I'll see you again this afternoon."
- After you say that you are leaving-leave. If you linger because a child is whining, you are teaching the child to whine to get what he or she wants.
- Be where you say you will be when school is over. If you told your child you will be at home after they get off the bus-be there. Be dependable to your child.

Create a normal routine atmosphere at home for the first few days of school.

Be a good listener, allowing time to talk about school and the people there.

On the other hand, don't explode with questions. That first day belongs to the child's private world. Respecting that privacy will help your child realize their own separateness and independence.

If you need any help with this transition, please contact me for help and materials at (562) 799-4585.



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## Los Alamitos Education Foundation

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## Young Americans Workshop Success

*By Carrie Logue, Executive Director*



The Los Alamitos Education Foundation (LAEF) received a check in the amount of \$7000 from the Young Americans on April 27 during the finale performance of the performing arts workshop. Over 120 students in grades 3-12 participated in the workshop and were mentored by 43 Young Americans in dancing, singing and acting. LAEF is so grateful to the Young Americans for

their amazing mentorship to students and is pleased to present this workshop annually. It was a pleasure to see a passion for the performing arts ignited in all participants.

Avoid summer learning loss with LAEF's 5th Summer Enrichment Institute (SEI) for K-12 students! Summer sessions will be offered from June 30-July 11 and July 14-25. Small class sizes of 17 maximum students, taught by credentialed teachers in 2-hour blocks, provide an ideal learning environment.



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# Hopkinson *Elementary*

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**Andrea Reed**  
*Principal*

## A Four-Time Recipient

“Success is a journey, not a destination,” shared author Arthur Ashe. It is under this ideal of embarking on an expedition of instructional excellence that led Hopkinson Elementary to be honored as a 2014 California Distinguished School.

Receiving this distinction for the fourth time is a tremendous honor. It is a validation of the amazing work that our Hopkinson teachers, students and parents have accomplished as they worked together for the success of all children.

The 2014 Distinguished School Program directly focuses on California’s students and their entitlement to an equitable and rigorous education. The California Distinguished School Award identifies and honors schools that have demonstrated educational excellence for all students, as well as their progress in narrowing the achievement gap. Hopkinson’s school-wide signature instructional practices of Cognitively Guided Instruction (CGI) and Thinking Maps were the main tenets of their application for the award.

“It is a privilege and honor to work on a staff of so many distinguished educators, and with a school community that values excellence and believes in igniting unlimited possibilities for all children!” shared Principal Andrea Reed.

# Los Alamitos *Elementary*

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



**Dr. Sunghie Okino**  
*Principal*

## Meet Me at the Drive-In!

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 home-made card-box cars. Pizza, 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,” one parent commented. “I can’t believe all of the different cars. People are so creative!” another parent marveled.



**Friends enjoy LAE’s drive-in movie.**

# Laurel *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4820 • www.losal.org



**Heidi Olshan**  
*Principal*

## Reflection Dinner

Last week, Laurel students celebrated their success with a very special dinner sponsored by our community partners. In attendance were folks representing all facets of our students’ lives, including their parents, their friends, their teachers, our district, and our board of education. It was a lovely evening where each graduating senior was introduced and given the opportunity to speak about their goals for the future once they leave Laurel High School.

The evening was capped off with a beautiful video where each senior student had the opportunity to tell their personal story and to thank the people involved who were instrumental in helping them reach their individual academic goals. Needless to say, there was not a dry eye in the house!

In the coming year, Laurel will continue its transition from a continuation high school to a model support program for all students that need additional help.



# Lee *Elementary*

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



**Robert Briggerman**  
*Principal*

## Keep Cognitively Fit This Summer

It’s that time of year again! Summer is a great time to relax and enjoy going to the beach, camping, barbequing, 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. Research shows that students transition to the next grade much more quickly and successfully when their minds have been actively engaged over

the summer.

If you’re looking for more formal learning activities, you may want to consider the following:

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 School District Summer School will be held at Los Alamitos Elementary School for kindergarten through fifth-grade students in need of extra support.

In addition, the Lee Elementary School Web site has information on activities and summer reading that you can access to help keep your child actively engaged at home. Endless learning opportunities are available for students through parks and recreation classes and individual 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*

## There's No Place Like Los Al

"Results matter. And this year, we're proud to be ranked among the most challenging high schools in the entire country — an achievement that would not be possible without the collective efforts of very student, teacher, parent, and support staff in our learning community.

So, congratulations Los Al! This achievement is validation that our efforts to prepare students in a deep and meaningful way for college and career opportunities after high school are of value. And furthermore, when Los Al grads compete with their peers prepared at schools across the land, they fare better than almost all of their classmates and colleagues as a result of the education and experiences provided for them during high school. Let's continue this tradition and keep this legacy going. The truth is... there's no place like Los Al!"

# McGaugh *Elementary*

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



**Dr. Jerry Gargus**  
*Principal*

## A Signature School

One of my favorite quotes of all time comes from the legendary football coach Vince Lombardi. He is credited with explaining that, "The only place where success comes before work is in the dictionary."

Well, a lot of hard work by staff, students and the community certainly turned into a success which was publicly recognized on April 23. That's when McGaugh received notification that it was being honored as a 2014 California Distinguished School.

This marked the fifth time that McGaugh has earned this prestigious award, which is a credit to the school's long track record of providing its students with an exceptional education.

Our application featured two signature practices that significantly contribute to the success of our students. Through our first signature practice, a Response-to-Intervention instructional model, the team demonstrated how we systematically support students who need additional help to reach their grade-level learning targets.

Our second signature practice, providing students with an arts-enriched educational experience, has long been a source of pride here. Students at McGaugh receive formal instruction in both the visual and performing arts from the time they arrive on campus as kindergarteners.

The visual and performing arts programs are complemented by a dynamic technology, and multimedia program, that helps teach our students the research skills they need to stay successful throughout their educational career.

As principal, I couldn't be more proud of our staff, students and community for the role they played in helping us earn this prestigious award!

# McAuliffe *Middle School*

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



**Ann Allen**  
*Principal*

## For the Love of Reading

McAuliffe Middle School's PTA-sponsored book fair was a huge success! Our school community embraced the theme, "Read Every Day, Lead a Better Life." Parents generously volunteered before school, during the school day, and after school so that students, teachers, and parents had plenty of access.

Lollies for Literacy was a creative idea used to raise funds. Students purchased lollipops in the names of the principal, Mrs. Allen, or the assistant principal, Mr. Bowen. The administrator with the most lollipops purchased in her or her name won the chance to cover the losing administrator with silly string at lunch! Although it was a close race, Mr. Bowen got "silly stringed." He was a good sport for a worthy cause.

Due to the outstanding efforts of our PTA and our supportive students, parents, and teachers, the book fair raised nearly \$7,000, half of which will be donated to our media center.



# Oak *Middle School*

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



**Sally Neiser**  
*Principal*

## Smart with Heart

Oak has a number of clubs that support a strong, student-centered culture. The largest of these attracts students from all grade levels and a wide variety of interests. A couple qualities that students share in this club are that they all demonstrate they are smart and give back to the community with heart!

There are currently 86 students in the Scholarship Club, which is chartered through the National Junior Honor Society. After the students fulfill the requirement of having excellent grades they can participate in many diverse service projects that support people from all walks of life.

The most popular project is the annual "Pennies for Patients," a fund-raising drive for the Leukemia and Lymphoma Society. Oak raised over \$5,000 this year to help support research for the prevention of these diseases.

Another project they sponsored was "Operation Hope," a letter-writing campaign to our troops in the field who are fighting for our country's freedom.

In addition to these more global projects, our Scholarship Club also stays active in the local community by supporting charities through the National Charity League and the Girl Scouts and Boy Scouts. They are also helping other clubs and organizations raise funds, do beach clean-ups, assist teachers, and work at local elementary school carnivals.

This group of active students meets Monday afternoons to coordinate their efforts. They are advised by Oak teachers Juliet Gardner and Cathy van der Linden.

Oak Middle School is proud of its students. They represent us through their many smart and heartfelt efforts.

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## Weaver *Elementary*

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**Erin Kominsky**  
Principal

### A Special Week

Students at Weaver Elementary participated in our recent Act, Build, Speak Week as part of their ongoing partnership with Habitat for Humanity. Stepping stones were created by students in grades K–2, while the

third- through fifth-grade students painted interior doors for new homes.

This partnership with Habitat for Humanity was created to allow our students and staff to “pay it forward” as a thank-you for their own school modernization. All Weaver classrooms and buildings were modernized through the support of Measure K, and so a partnership was established with Habitat for Humanity to reach out to those less fortunate in the community.



This year students participated in the “Nickels for Nails” campaign, which raised over \$4,000 for the organization. Student leadership visited a building site and also provided lunch for volunteers. Their final project was to create the stepping stones and doors.

Way to go, Weaver Whales!



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## Rossmoor *Elementary*

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**Kiva Spiratos**  
Principal

### Rossmoor Elementary Carnival of Fun!

Rossmoor Elementary School's Carnival of Fun provided sunshine, games, delicious food and entertainment for children, families, and our entire Rossmoor community! Children of all ages enjoyed the lush green fields of Rossmoor Elementary School to

relax and spend time with friends.

Community vendors shared their services and products with our parents. Our neighborhood restaurants provide delicious food for all. Our own Rossmoor students and community talent agencies provided the song, dance, and garage band entertainment on our center stage. Enjoying the Carnival of Fun with families is a wonderful way to transition into summer fun.

We hope you all enjoyed your time and return next year to share in the fun.



**Rossmoor face painting was a bit hit for students.**

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## 21st Century Learning Environments



**Dr. Al Mijares**  
Superintendent

Tony Wagner, Expert in Residence at Harvard University's Innovation Lab, stated, "Knowledge is a commodity and having it is not enough. It is what you can do with it that matters to corporate America and the labor force." In other words, it is the application of knowledge that is most essential to the strength of our country in order to solve problems. Technology is a powerful driver in the acquisition of information and its use. Furthermore, it spurs on innovation and today affects virtually every aspect of our lives. The current social, economic, and technological environment presents challenges for educators but also wonderful opportunities. Just as technology has revolutionized the world, it is also transforming the classroom.

Educational technology is now providing teachers with a framework known as TPACK (Technology, Pedagogy, and Content Knowledge) to identify the skills required to integrate technology in learning. These practices help classrooms to incorporate learning activities that engage students. For example, many schools have implemented blended learning, a formal education

program in which a student learns at least in part, through online delivery of content and instruction while still receiving face-to-face classroom instruction. Another instance is a school that solicited student feedback to redesign an instructional learning environment, resulting in a classroom with no rows, tables, or straight back chairs.

The Orange County Department of Education (OCDE) is committed to supporting educators in preparing today's students for tomorrow. The OCDE Educational Technology Department, OC Innovate, maintains ongoing research and provides professional development to support the educational community in creating classrooms that continue to engage our learners. Schools need to foster global innovation while meeting the diverse needs of students. We recognize that teaching methods and environments must shift in order to keep students engaged in their education.

Our children are walking into classrooms with more significant technology experience than ever. Our duty is to provide them with the learning environments that will foster creativity and prepare them to apply knowledge to the workforce. I look forward to the challenges in education today, and have confidence that Orange County students will lead the nation in college and career readiness and success.

For more information, visit [www.ocde.us/EdTech](http://www.ocde.us/EdTech).

### NEW STATE FUNDING MODEL • From Page 1



**Patricia L. Meyer**  
Deputy  
Superintendent

learning needs for these student subgroup populations. The Governor expects that it will take eight years to fully implement and fund this new model.

Los Al has incorporated all of these changes into the district's budget. Based on the latest information out of Sacramento, the district will see approximately a 3.8 percent increase in funding for 2013–2014 or about \$2 million in new revenues. Though there are a number of details yet to be revealed by Sacramento for the upcoming 2014–2015 budget, the extra funding would appear to begin an era of recovery for California's public schools after years of devastating cuts.

Here are some other takeaways regarding the new state budget:

Unlike the previous Revenue Limit funding model, the state is now differentiating base-per-student funding, depending on student grade levels. In addition to that base, supplemental funding equal to 20 percent of each student's base grant will be allocated to support English learners, students from low-income families, and those in foster care. A separate concentration grant will only benefit districts in which at least 55 percent of students meet the above criteria.

Districts are cautioned that challenges remain, including the implementation of the new LCFF and increases in health care costs due the Federal Affordable Care Act.

As we look ahead to the 2014–2015 school year, we are grateful for the financial stability our district has been able to achieve over the past several difficult years. We know our future is bright, and, as always, we are grateful for the support of our staff, parents, and the community.

### PREPARING • From Page 1



**Dr. Mark Johnson**  
Assistant  
Superintendent  
Educational  
Services

For the 2014–2015 School Year, the district has identified and written goals in the following areas: providing every student with a highly qualified teachers; access to appropriate instructional materials; modernized campuses that are safe and clean; implementing the Common Core Standards in English/language arts, math, and Next Generation Science Standards (NGSS); increased student proficiency in math and English/language arts; increased data in College and Career Readiness (including University of California/California State University A–G requirements, Advanced Placement programs, and Career Technical Education); increased achievement on the California English Language Development Test (CELDT) for English learners; improved student and parent engagement; and providing a positive and safe school climate for every student.

To view a draft version of district's entire LCAP, visit the district's Web page at [www.lostal.org](http://www.lostal.org).

Please note that we will be hosting a public hearing on LCAP and the district's 2014–2015 budget on June 10, 2014 at 6:30 p.m., and the Board will be taking final action on both items on June 24, 2014.

### Los Alamitos Unified School District Board of Education



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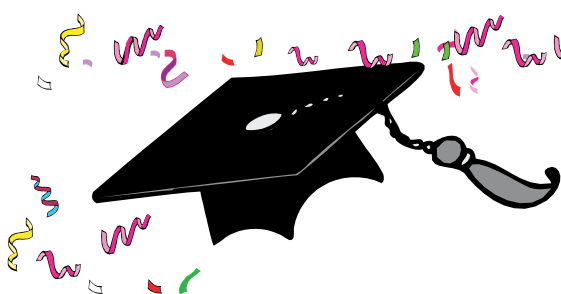
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## Rehoming a Pet

By Murlyn E. Burkes, Cat Committee Liaison

There are lots of reasons why people rehome a pet. The hard economic times nowadays make it difficult for families to care for a pet properly. Often, someone in the family develops an allergy to the pet or is facing relocation for a job. Rehoming a pet can be painful, so you need to do everything you can to place him or her in the best home possible.

There are several possibilities to research rehoming your pet. First, you can check with a local rescue organization, or your veterinarian may be able to suggest local rescues. Always make sure that the group is a reputable group before turning over your pet to them.

Advertise your pet with photos. Be sure to include a pet profile with the photo. This will attract potential adopters. Include your pet's medical history and behavior. This will avoid any issues that may arise in the near future. Be sure to include your fee. Create a flier with your pet's photo and distribute it to grocery stores, coffee shops, convenience stores and grooming businesses.

Once your pet has been adopted, be sure to give the adopter your pet's bed, toys, food and whatever your pet's favorite thing was in your home. Check with the adopter within the first 48 hours and then periodically to get updates on how your pet is coping in the new home. Remember, your pet is counting on you to provide him or her with the best possible home. You owe it to your pet!

## College 4 Less

## Summer is the Time for Edu-tivities



Susan D. Marshall

Typically I write to address the parents, but this is for you and your children. Soon we will all be thinking, "Hooray! School is out!" This is the time to swim, play sports, and enjoy some R&R.

One question though: Have your children ever wanted to study sea animals or to learn to play an instrument but there just isn't enough time during school to do it? Maybe they wanted to learn about rockets, how to cook or sew, the choices are endless!

Kids: Now is your chance to learn about what you are interested in, to discover and to explore things that YOU have always wanted to find out about. Now is the time to satisfy YOUR curiosity.

Simply stagnating for 3 months will eliminate some of the knowledge your children gained throughout the year. As a parent, I always wanted to cultivate my children's desire to learn and explore. If they were interested in something we would research that subject, learn all we could and then do an activity related to their research. Sometimes time is not on our side but I found that having a membership to museums, the zoo, or an amusement park would allow us to explore for a shorter amount of time on days throughout the year would allow us to gain more access and a better experience than trying to fit all of the attractions into one day.

The benefits of membership at different venues stretch far beyond simply the ability to visit the various attractions. They typically have special member only classes for the children, discounts for behind the scenes tours, and much more. If money for a family membership sounds out of reach there are FREE activities to be found.

Of all the venues for learning opportunities, the best place is still your local library. Before you say "sounds boring..." ask yourself when was the last time you went? Library cards are FREE! You can get videos, music, even find books that can rock your world. There is story time and other shows at many libraries, but you won't know about them until you look. Plus, the knowledgeable librarians will help you on your quest, showing you the right sections to find the information you need.

Who will you be at the end of summer? It's up to YOU...

Note to the college bound: Your summers are as important as the school year. Stay competitive, be productive.

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

## On The Run

## What are Minimalist Shoes?



Dr. Doug Richie

A fashion fad sweeping the country involves the wearing of minimalist shoes or so-called "barefoot" shoes for casual and sporting activities. These lightweight, comfortable and very stylish athletic shoes are being worn not only for running but for aerobics and Zumba® dance classes. While these shoes initially feel great and appear to provide adequate cushion, people should be careful when wearing minimalist footwear for fitness conditioning.

Minimalist or barefoot shoes have no stability in the arch or sole of the shoe. They bend easily across all sections of the foot. For individuals who have weak arches, minimalist shoes place a greater strain across the ligaments of foot and can increase the risk of injury. As minimalist shoes have a very low heel height, there is greater strain on the Achilles tendon and risk of injury to this structure is increased.

Some people who are blessed with perfect, stable feet can get away with wearing minimalist shoes for sport and fitness activities. However, the vast majority of us are not so blessed and we must count on the support of standard footwear when running and working out.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451

## Note-ables

## Smiley Face Sticker, Mr. Palindrome,



Kate Karp

Ding, dong! Madame, I'm Adam. Said the flea, let us fly; said the fly, let us flee!

Those are examples of onomatopoeia, palindromes and alliteration. Big words, but not so big that Mr. Palindrome, aka Australian musician Natan Kuchar, thinks that your young child can't have fun learning them. His new CD features a song for each of the aforementioned types of figurative language. "Alove Alliteration" actually rolls off the tongue. "Onomatopoeia" asks, "Do you have any i-de-ah what's an onomatopoeia?" and sings out examples. The palindrome has two songs, "The Palindrome Song" and "Backwards Alphabet," which practices singing the ABC's backward, stopping and starting with the British English *zed*, and shows how a word like *kayak* is spelled the same backward and forward.

"The Real Adventures of Incy Wincy Spider" will encourage parents, teachers and children to compose further adventures of favorite storybook characters. And to let you know that the collection isn't just about the lyrics, "Smiley Face Sticker" has a great melody line and thumping beat, enough to leave you with an incy wincy earworm.

Mr. Palindrome, as he puts it, wants to teach very small children very big words with very silly songs. Even better, your child's experience with figurative language will be enhanced by some even sillier videos and doodlings available free, along with lyrics to all the songs, on Mr. P's website, [www.mrpalindrome.com](http://www.mrpalindrome.com).

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



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# 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 great grandmother, grandmother and parents.

...Planning vegetable garden beds for this year. It is getting more difficult to wait patiently for the frosty nights to pass before putting vegetables in the garden. The kale plants that were still in the garden went home with the boys for their garden beds (and hamsters, guinea pigs and rabbits). Young onion plants are up and growing and my experiment of growing potatoes in empty wild birdseed bags is proving to work, at least the plants have sprouted and are looking very healthy. I added more compost around the plants to encourage potatoes to set along longer stems. The plan is to continue "hilling" the potatoes by adding more compost as they grow taller, thereby increasing the eventual harvest of potatoes. By growing them in bags, I am hopeful I can get all of the potatoes out of the ground and not have sprouting veggies here and there.

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...Dealing with poor drainage in the back yard by putting in drains, moving a few blueberry plants and snapdragons.

...Enjoying vases of daffodils as well as groups here and there throughout the property. I plant them here and the gophers move them there, so you just never know where you will find a narcissus, jonquil or daffodil. In the summer there are mysterious plantings of gladiolas joining the "gopher planted gardens." The ranch critters provide me with new garden items annually. Right now I have two beautiful dogwood trees courtesy of the blue jays, the aforementioned bulb plantings, lavender plants, and a few olive trees.

....Marking time preparing for Spring! Garden catalogues! Planting plans!

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

## Summer Fun 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](mailto:Kay@schoolnewsrollcall.com) (Please put LAUSD in the subject line.)

Entries must be received by July 15, 2014  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |           |           |            |
|-----------|-----------|------------|
| Awesome   | Lessons   | Sunscreen  |
| Barbeque  | Lifeguard | Surfing    |
| Beach     | Picnics   | Swimming   |
| Fireworks | Pool      | Vacation   |
| Fun       | Popsicles | Volleyball |
| Hot       | Sand      | Water      |
| Ice Cream | Summer    | Wave       |
| Lemonade  | Sunny     |            |

**Congratulations to Burberry Roberts**  
**Winner of the April Word Search Contest!**



# Ferocity in Rowing and Running

Hannah Levy and Brianna Wynn are two unique individuals who had one common goal: to run a full marathon before the end of their senior year in high school. Hannah and Brianna have rowed for the Long Beach Junior Crew (LBJC) program for about five years and have used running to cross-train for rowing. They are both two-time San Diego Crew Classic Lightweight 8 Champions, and they have also been to the US Junior Nationals for rowing. Brianna has fifth-place and 11th-place titles in the Lightweight 8, and Hannah has a sixth-place title in the Varsity 4 and a bronze medal in the Lightweight 4 at US Junior Nationals. They placed fourth in the women's Varsity 4 at The Head of the Charles in 2012, the most prestigious and largest rowing race in the world!



Brianna Wynn and Hannah Levy.

These young women have gained a great deal of knowledge from the tremendous LBJC coaching staff, including 2012 Olympic Rower Peter Graves, 1984 Olympic Rower and Head Women's Coach Alfredo Montenegro, and US National Rowing Team Member Tom Graves. This amazing coaching staff has taught them the value of teamwork and work ethic through their daily workout experiences on the crew team. Being recruited to Stanford University and University of Wisconsin proves to Hannah and Brianna how much rowing has done in their lives. Their work ethic and motivation are outcomes

of the LBJC rowing program. At Stanford, Brianna will be able to stretch even farther beyond her limits and once again use crew to make a name for herself as someone who is ambitious and driven. Brianna found the perfect place for her at Wisconsin and is over thrilled to be on one of the best lightweight teams in the country. It is a perfect fit for the amazing dedication she has to crew.

The goal of running a marathon arose from their love of running together. Hannah and Brianna bonded over the mileage they put in during training. They ran two half marathons last year and decided it was time to push themselves. They trained throughout the summer and into the fall. Their experience at the Huntington Beach Full Marathon was pure pride. They progressively went faster with each mile and never hit "the wall" because of their conditioning. In fact, they were both smiling the whole time. They finished hand in hand, sprinting across the finish line together, and it was a moment that they will never forget. And this achievement was even more amazing considering they raced a 2,000-meter rowing test the day before!

This summer the girls plan on training together and running in the San Francisco Marathon. Hannah also hopes to work as a lifeguard and has aspirations to go on a hiking trip with two other rowers.

On a daily basis, these young women show perseverance and determination through physical fitness and mental toughness. Their dedication and work ethic should be an inspiration to all junior athletes.

Jack Nunn/Owner, Powerhouse Fitness Center, 5750 Boathouse Lane, Long Beach, CA 90803 562/688-1716, [www.powerhousefit.com](http://www.powerhousefit.com).

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# Benefits of Summer Reading



Sean Whittle  
Branch Manager

With summer come lots of free time and sunshine. We might be so glad to be free from the daily grind that we drop altogether all sorts of "school" activities—like reading. This often results in learning loss over the summer.

But it doesn't have to be that way. Each year, the library has our summer reading program, which provides a fun way for children as well as teenagers and adults to engage in reading. How is it fun? We offer incentive prizes for reading!

Students have done lots of hard work for nine months. They're getting a well-deserved break, but that doesn't mean they have to cut out such a fun and vital activity as reading. In fact, studies show that the more someone reads materials that they choose, the better they are at it and the more they enjoy it. This has the added benefit that when students return to school, they do better and do not suffer learning loss. This is a win-win.

And so, to beat those dog-days of summer, we're putting on the Dog-gone Good Wednesdays! Come on by to start diving into those books and reaping the benefits! All activities are free. No registration required.

Our summer reading program runs from June 23 to Aug. 2. Our Dog-gone Good Wednesdays for ages 3 and up include Bubblemania! Bubble Show on June 25, Magician Abbit the Average on July 2, One World Rhythms Music on July 9, Comedy Juggler Michael Rayner on July 16, a puppet show with Richard Woloski on July 23, and Wonders of Wildlife Animals on July 30.



## A Familiar Face From a Foreign Place

# How Do I Come Back?



Lauren Barrette

I spend more than my fair share of time complaining about my struggles here in Nicaragua. As many friends from home have heard me say: I'm sweating profusely as a group of 50 students screams out of control and refuse to participate in my attempt at a creative lesson plan. No class again? But this is the third week straight of cancelled class just because of a few little earthquakes!? I hit my head once again on the cultural wall reemphasizing how foreign I am even after 2 years here.

I had to start over completely in Nicaragua. I put all my energies into one goal: redefine normal and figure out how I, a young American woman, could fit into the Nicaraguan context. For two years I have thought only about how to act, talk, dress, and eat like Nicaraguans. I learned that taking the time to greet and chat with people matters; time won't run out for whatever needs to get done. I learned that a basic plate of beans, cheese, and fresh tortilla can be comfort food. I learned to see the U.S.A. as a distant place full of treasures and fine things.

Through all my efforts to integrate into Nicaraguan culture, I still spent hundreds of hours day dreaming about coming back to the U.S. to hug my family, to eat my foods, to experience carpet under my bare feet, and now that it's almost here, and I'm afraid to go back.

I am afraid because I worry that after all those struggles to learn a new way of life, I will go back to the land of treasures and have all the things I was dreaming about, except it won't feel as good as I imagined. I won't know whether to turn around and go back to complaining about the heat and smiling over a shared plate of beans or start over again and somehow hold onto my Nicaraguan experience and make it fit into the U.S. context.

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

You Can't Write Checks On An Empty Bank Account



Sandy Spurgeon McDaniel

As I write this piece, I have spent ten days in southern California giving parenting talks, doing an assembly on bullying (BelieveYouAreBeautiful.com) and seeing my granddaughter. First there were the freeways to deal with and to navigate. I lived in Newport Beach for 68 years, and each time I return there are more cars on the freeways with drivers acting as if they are racing to some imaginable goal. It seems everyone begins the day yelling, "Come on we're going to be late!" Everyone is late. Even on the side roads there is some unspoken race in motion. I have had people constantly driving on my tail and though I haven't seen the "unpleasant hand gestures" this trip some woman and I attempted to move into the same lane at the same time and her blood pressure was clearly off the charts. I was quietly giving thanks that we missed each other.

When I glance into a "kid taxi" the driver is often on a cell phone texting (against the law, putting the family and others at risk and setting a poor example), the children are either on their cell phones or some other "gadget." There doesn't appear to be any sign of a conversation about how school was or any attempt to connect. Even my granddaughter has gotten befuddled when I ask her to turn off the TV and play a game with me or we actually talk during breakfast. I've observed two adults out to dinner with both of them texting

rather than being in the moment and communicating across the table! We need to take a "time out" from the chaos and just breathe!

There is no way to listen to our intuition when we are moving full speed ahead. Just breathe in and breathe out. Relax and take time to re-charge your batteries so you can return to the chaos with some sort of grace. You may need to schedule your chill time. You will do a better job at parenting or any job if you take as little as a half hour to recharge your batteries. A walk in the park, coffee with a friend, read a book or enjoy a massage are wonderful gifts to give yourself—time away from a phone, TV or other media.

You will make better choices, be calmer, yell at the children less (see [parentingsos.com](http://parentingsos.com)), and be healthier if you take time each day for you. Just as you can't write checks on an empty bank account, you can't function effectively with an exhausted body and mind. When you take time for you, those around you will benefit as well.

Sandy Spurgeon McDaniel has written four adult books, and a new children's book: *Believe You Are Beautiful*. She has taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. [ParentingSOS.com](http://ParentingSOS.com), Amazon and Kindle

Publisher's Note:

There's a tremendous amount of stress and pressure on all of us in today's busy world. Many of us are not taking adequate care of ourselves, which is important to give us the energy to take care of our responsibilities. Whether you're a business professional, caring for your aging parents, anxiously waiting for your teen to come home, caught in traffic while a sick

child waits at school, enjoying a soccer game for one child while missing a baseball game of another, trying to help with math homework with dinner on the stove— everyone needs an occasional break to recharge the brain and body. This means taking time each day to do something for yourself. In today's world that also means actually scheduling "me time" or it will never happen.



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