FOR A SUCCESSFUL SCHOOL YEAR

+ BUILDING additions
+ GRADS’ ADVICE
+ BUS ROUTES
+ CALENDAR

YOUR LOCAL GUIDE
FOR A SUCCESSFUL SCHOOL YEAR

plus

> NEW PRINCIPAL profiles
> CERRO COSO College
> BUILDING additions
New STOPit App empowers students to stand up against bullying

Sierra Sands Unified School District has enrolled with STOPit, the leading technology platform for schools that deters and controls harmful or inappropriate conduct. STOPit empowers students to safely and anonymously report anything of concern to school officials – from cyberbullying to threats of violence or self-harm. STOPit empowers students to stand up for themselves and others while giving our schools the insight we need to keep students safe.

STOPit does more than just help schools address incidents and mitigate risk. STOPit will also help us go beyond reacting to bullying and inappropriate behavior, and instead start deterring it. As young people continue to engage more with technology every day, we are taking a proactive step to empower our students to become Upstanders in our community in the way that they feel most comfortable. We believe our adoption of STOPit is an important step in our continued effort to provide a positive school climate and a safe learning environment for our students. Students who do not have access to a smartphone or the ability to download the app can still report anonymously using an easy to use website.

To learn more about STOPit, please visit www.stopsolutions.com

Back-to-School Night Schedule 2017-2018

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<tr>
<th>Site(s)</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Las Flores, Richmond</td>
<td>Tues. 8/22</td>
<td>6:30 PM</td>
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<tr>
<td>Gateway, Pierce</td>
<td>Wed. 8/23</td>
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<td>Monroe, Murray</td>
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<tr>
<td>Mesquite</td>
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Food Service Department 2017-2018

Our on line application is available to apply for free or reduced price Breakfast and Lunch for your students through the internet. We ask that every Sierra Sands Family complete this application whether or not you participate in the Breakfast or Lunch Program. Please complete only one application per family no matter how many children and different school sites they attend. Computers are available at the school sites for those families that would like to use a computer at school; however anyone who has access to the internet can apply right from home. A paper application is also available at your school site but the preferred method is the online application. Parents may complete the online application for 2017-18 school year as early as July 1, 2017.

Simply visit sierrasands.strataapps.com to begin the application process.

This website is very user friendly and will guide you through each step of the process. This website uses high level security so your information is safe.

After you have submitted your application the school district will send a letter home with your student informing you of your benefit status. Please allow several days for this notification.

If you have any questions, or need assistance with your online application, please contact the Food Service Office at 760-499-1880, ext 2, Sue LeBlanc or your school site.
Attention All Parents of Students Riding the Bus for the 2017-18 School Year

1. The attached posted times are the estimated pick up and drop times. Adjustment to route times may be made as needed and drivers will notify students of impending changes. Inactive bus stops may be reinstated as needed. Please feel free to call the Transportation Office at 760-499-1874 if you have any questions.

2. If we experience delays, we will be using the autodialer or other communication system to notify you. Please make sure the school site has your correct phone/cell phone/email address for proper notification. This means your student must ride the designated route in order for you to receive notification.

3. LATE-START WEDNESDAYS: All route times listed will be delayed by thirty (30) minutes on late start Wednesdays. For example: If your normal pick up time is 6:30 AM, your late start Wednesday pick up time will be 7:00 AM. All routes will be delayed by 30 minutes.

4. All students must have their bus pass and be ready to show it to the bus driver by September 12, 2017. Passes will be needed for AM and PM loading onto the bus.

View or download the PDF of the bus route schedules on our district website www.ssusd.org or our Facebook page.

If you do not see a stop near you, please contact the Transportation Office at 760-499-1874.

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<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>School</th>
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Sierra Sands School District

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Las Flores Elementary

Las Flores Elementary is a neighborhood school with boundaries within District multi-kinds.

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**Sierra Sands School District**
Cero Coso excited for students’ return

BY NATALIE DORRELL
CERRO COSO COLLEGE

There is nothing more exciting than the hustle and bustle of a new semester at Cerro Coso Community College. As students and staff return to campus, President Jill Board shares what the new school year has in store for both students and the community.

This is a historic year for the college, as it begins granting Cerro Coso Promise awards for the first time to students ready to work hard and commit to their education. A structured solution to college access and debt, the Cerro Coso Promise will cover tuition and textbook expenses not covered by financial aid and scholarships for qualifying students. The goal of the Cerro Coso Promise is to create a culture of college expectation, increase college readiness, and improve graduation rates among local high school and college students, raising the education attainment rates of the region. “The Cerro Coso Promise is the result of the hard work and commitment our faculty, staff, and administration, has made to ensure student success, and is made possible thanks to the support of the CCCC Foundation” said Board.

Always a thrilling time, with a new class joining the student body and new goals set by students and staff alike, the beginning of a new academic year is always filled with great promise. “I hope our students are as excited about the year as I am,” said Board “and that they are equally proud to be surrounded by my colleagues who share such a clear dedication to their achievement.”

On campus classes begin Monday, August 21, 2017 and Online students may begin logging into classes as early as Saturday, August 19th. The semester will officially kick off with Cerro Coso Rock’s, a welcome back event slated for Thursday, August 17th from 3:30 to 6:30 p.m. in the Learning Resource Center. Open to the public, activities will include a live broadcast by KSSI 102.7 I-Rock, rock hunt, food, information, workshops, tours, games, and prizes, and will provide an excellent opportunity for new and returning students to meet new faculty and staff, and to catch up with those who have been away during the summer. The Cerro Coso Child Development Center will also be holding an Open House during the event. A FREE movie screening of Guardians of the Galaxy will take place at 8:15 p.m. in the Sculpture Garden offering a unique viewing experience under the beautiful night skies.

A new interactive online orientation is now available on the college website at www.cerrocoso.edu/studentservices/counseling/orientation with lots of new content that will help students get connected. Fresh instructional videos on how to apply and concurrent enrollment are also available on the website.

The college welcomes Dr. Chad Houck the new dean of Liberal Arts and Sciences and a new Athletic Director John McHenry, along with two new full-time faculty members Yvonne Mills (English), and Alec Griffin (Anthropology/Sociology).

Each class brings its own unique excitement to campus, from wide-eyed first year students to seasoned second year students preparing for their next step. But it is the combination of students, faculty, and staff that make the Cerro Coso campus in the fall a vibrant and exhilarating place. “The excitement in the air is energizing,” said Board. “As we start a new academic year and a new semester, I encourage students to work hard, get involved, and take advantage of all the great opportunities Cerro Coso has to offer.”
Did you know Desert Valleys offers Kids Accounts

Desert Kids accounts include birthday cards, special savings programs and chances to earn prizes specific to kids!

Start their future for $5 today!

100 E. Ward Ave
www.desertvalleys.org
Meet Margaret Bergens, Gateway Elementary's new principal

BY MICHAEL SMIT
Staff Writer
msmit@ridgecrestca.com

Margaret Bergens had only recently learned that she’d successfully secured the position as Gateway Elementary’s new principal. She said she had quickly run out to get some decorations so her office walls weren’t empty during her interview with the Daily Independent.

"Look," she said as she opened her desk drawer. One of the only things in it was the hammer she’d used to put photos on the wall.

Bergens will be taking over as Gateway principal after Sierra Sands Unified School District promoted former principal Lisa Decker to SSUSD special projects coordinator.

"I’m excited," she said.

Bergens grew up in Ridgecrest. Like so many Ridgecrest natives, she left town for a while around the time she went to university, but the desert eventually pulled her back in. She wanted to advance her career in education, but she also wanted to remain in Ridgecrest. She said this left her without about a 10 mile radius of where she could apply.

"This is my hometown," she said. "I’m so happy this opportunity came up."

Despite wanting to stay in her hometown, Bergens said she’s always looking to try new things and challenge herself; she said the most important thing for an educator is to be a lifelong learner.

She’s worked in SSUSD for 24 years, teaching various grades at Las Flores Elementary, James Monroe Middle School, Pierce Elementary, and Gateway.

For the last six years, she’s worked as the Title I site projects teacher at Las Flores Elementary. Title I is a special program from the California Department of Education. Bergens described the primary practice as evaluating students individually and then placing them into learning groups for special classes which help each group target subjects which will especially help that group.

An example she gave is that for reading skills in the first grade, one group may be students who can read, another group may be students who need help with sight words, and another group may be students who need help with the alphabet. The Title 1 classes will help those students receive the specific educational help they need.

She also said part of Title 1 is to have teachers of the same grade come together to share practices and work on how to better lead their classes. Bergens said her role in collaborating with these teachers was a great experience that helped prepare her for her role as principal.

In addition to that experience, Bergens recently earned an M.A. in educational leadership. A picture on her wall shows Bergens in her graduate school graduation gown while holding her newborn granddaughter. She laughed because she said the same thing happened when she graduated from undergrad.

Bergens said she married her high school sweetheart, Paul Bergens. The two thought they met while attending Burroughs High School, but then later realized they had actually met for the first time years earlier. They were in the same kindergarten class.

Bergens said she knows Gateway Elementary’s culture plays a large part in how much students and parents appreciate the school, so she aims to maintain it and do what she can to improve it. She also looks forward to collaborating with the school’s teachers and learning how they can work together.

"I hear great things about the school’s faculty and staff," she said. "I’m excited to get to know everyone’s face and name."

Margaret Bergens takes a moment from setting up her new office and prepare school schedules to talk to the Daily Independent on Thursday morning. Bergens is taking over as Gateway Elementary’s principal after the previous principal, Lisa Decker, was promoted to SSUSD Special Projects Coordinator.

RIDGECREST REGIONAL HOSPITAL
DERMATOLOGY

DR. LASHGARI, M.D.

Dr. Lashgari is a board-certified dermatologist and a member of the American Academy of Dermatology. Dr. Lashgari has had his own private practice since 1999 and brings his expertise in dermatology, dermatologic surgery, and cosmetic surgery to the Ridgecrest community.

Services
• GENERAL DERMATOLOGY
• SURGICAL REMOVAL OF SKIN CANCERS- INCLUDING MOHS SURGERY
• COSMETIC PROCEDURES SUCH AS BOTOX® AND FILLERS

FOR AN APPOINTMENT PLEASE CALL: 760.499.7260
Meet Traci Freese, Pierce Elementary’s new principal

BY MICHAEL SMIT
Staff Writer
msmit@ridgecrestca.com

Pierce Elementary’s new principal, Traci Freese, sat alone in an otherwise empty school on Tuesday afternoon, making final preparations in the few weeks before school begins. She’s eager to support her school’s teachers, parents, and — most importantly — students. Sierra Sands Unified School District promoted Freese to Pierce principal after the school’s former principal, Pam Barnes, retired at the end of the 2016-2017 school year.

“At the end of the school year, they had the students write a little letter to Ms. Barnes about what they think she does in the office,” Freese told the Daily Independent. She said some of the students thought Barnes sat around staring at pink hippos all day, as that was well known to be her favorite animal. “It was so cute to see the perspective of the students.”

However, the work of a principal is a bit more complicated than staring at safari animals. Freese said it’s a very multi-faceted job that involves working with school staff, parents, students, and even maintaining the school facility itself. Her plan of action for her first year as principal is to improve on anything she can and maintain the aspects of the school that are already great.

One thing Freese said that Pierce Elementary has been great at is working together with its community. She told the Daily Independent that she’s excited to continue reaching out to the community to allow for their involvement and allow them to get involved in their students’ education.

“The school has a very cohesive culture of community, and that is very important for me to maintain that,” she said.

Beyond any other goal, she said her primary objective is to help the students. “Our number one job is to educate our students, and prepare them for the future,” Freese said.

Freese ought to be well equipped to prepare students for the future; the jobs of the future are going to increasingly rely on technology and Freese has worked as SSUSD’s Project Teacher Technology Coach for the past three years. As the Technology Coach, she helped SSUSD schools adapt to teaching with Chromebooks and adjust to using Google Drive apps. She said she often taught example lessons and pioneered the new Technology Coach position.

She says that the technology’s new capabilities help the students become better critical thinkers and better collaborative workers, which are all necessary qualities for common core. “Really, that technology integration is an essential part in their education and in preparing them for the future,” she said.

Although kids seem to pick up new technology like it’s natural to them, Freese stated that during her time as a technology coach she realized that they know how to entertain themselves with technology, but don’t always know how to be productive with it. Her focus when teaching with technology is to help kids learn how to take technology, which they already find entertaining, and learn how to make it into a marketable skill.

“Move the kids in the direction where they can use the technology as a tool to produce something,” she said.

However, she also emphasized that she won’t be using technology just for technology’s sake. Aside from her three years as SSUSD’s Technology Coach, Freese also taught SSUSD elementary classes for 14 years. She said that she taught every grade except third, and taught in multiple SSUSD schools. She knows that the traditional ways are sometimes best.

“My two rules for using technology are ‘Is it efficient?’ and ‘Is it effective?’” she said. “The number one goal is to educate our students and prepare them for the future. So that’s what we do.”

Freese has updated Pierce Elementary’s website to include her personalized Principal’s Message. Towards the end of it, it states, “We are committed to see to it that every student who walks through Pierce’s door is being prepared to become productive members of our society. Therefore, it’s my privilege to join the Pierce Team and continue Pierce’s long history of inspiring excellence, respecting our community and equipping students for a successful future.”
China Lake: Proper ID info and newly announced SSUSD base bus stop rules

NAWS CHINA LAKE
PUBLIC AFFAIRS

The 2017-2018 Sierra Sands Unified School District (SSUSD) academic year starts 15 August, and members of NAWS China Lake have been privileged to be working in collaboration and thus playing a supporting role to the School District’s activity and preparations for the new academic year.

The new academic year brings with it a significant change for the community as well as those that live and work on the installation (base) in that Murray Middle School finds itself with a new location adjacent to Burroughs High School. The resultant new location brings with it the benefits of a new facility however change to the way activity has been done in the past which is rarely without its challenges.

For instance, SSUSD will provide an opportunity for bus service to bus stops on NAWS China Lake at the end of the school day for applicable students but doing so will require children to possess proper identification (ID). Specifically, students will be required to present proper ID to the bus driver in order to ride the bus onto base.

Middle School and High School aged children with proper ID are not authorized to “vouch” for children without proper ID for entry onto the SSUSD school bus in order to gain transportation to the base bus stops. If this information applies to your child or children please instruct them not to bring a child without proper ID onto a school bus destined for the base because all vehicles desiring to gain entry into a Department of Defense (DoD) installation are eligible for search and inspection; thus if a child without ID makes it on the bus the possibility exists that China Lake Police Department personnel performing duties at the entry control points (aka gates) will require the non-credentialed child’s removal from the bus, and subsequently necessitate a wait until parent or guardian pick-up at the applicable gate. Moreover, an objective is to reduce or eliminate a scenario in which a child who is not an authorized patron of Castle X Youth Center, is thus not enrolled, and does not have proper ID finding his/her way to Castle X Youth Center because the child will be identified by a Youth Center representative as not being an authorized patron, and then finite China Lake Police Department resources will need to be used to process the child for removal off the installation and hand-off to an appropriate parental or guardian.

Please monitor electronic communication from SSUSD regarding bus information additionally the Monroe Middle School front office or the SSUSD District Office are available for assistance during business hours. For further information on SSUSD bus schedule and fees visit https://www.facebook.com/SSUSD/ or www.ssusd.org/departments/transportation or call the Sierra Sands Transportation Office at 760-499-1874.

The first scenario that may apply to you involves a parent or guardian of a child without proper ID then proper ID will be necessary in order for the school bus driver to grant entry onto the bus. Proper identification is a DoD Military dependent ID - children of military personnel over the age of 10 are to be in possession of said ID.

The second scenario that may apply to you involves an item pertaining to the Child Youth Program (CYP) that coincides with the start of the new SSUSD academic year; Castle X Youth Center has an ability to truly manage and thus adhere to DoD Policy concerning authorized Youth Center patents in concert with gracious assistance from SSUSD. Specifically, as has been communicated by Castle X Youth Center, authorized patrons include appropriately aged children (Middle and High School students) of Military, DoD civilian, and eligible DoD contractor personnel.

Therefore, the first step for a parent or guardian that meets Military, DoD civilian, or eligible DoD contractor status that desires to have their child or children attend Castle X Youth Center is to visit the Youth Center in order to validate existing Nimitz and Leyte) then proper ID will be necessary in order for the school bus driver to grant entry onto the bus. Proper identification is a DoD Military dependent ID or DoD dependent community badge: A parent or guardian in a military status desiring their child or children attend Castle X Youth Center, and make use of the school bus needs to have the child or children in possession of a DoD Military dependent ID, no different than for parents desiring child drop-off at the Military Housing bus stop as stated above.

- If in need of a DoD Military dependent ID then please visit the Naval Personnel Command ID office located in building 01671 (signage indicates “NAWS Annex”) on East Inyokern Road east of Switzer Circle and across from McLean Laboratory.

- For further information on Castle X Youth Center eligibility and enrollment requirements contact the Castle X Youth Center at 760-939-8336.

- The installation Visitor Center handles DoD dependent community badging, and is located on the east side of China Lake Blvd before reaching the Main Entry Con-
Vaccination law begins showing results

The last year saw no major outbreaks of measles or any of the other nine potentially fatal diseases against which California public schoolchildren must be vaccinated—one possible result of a 2016 law that eliminated a “personal belief” exemption that formerly allowed thousands of youngsters to attend school without vaccinations.

This “no news is good news” will see many parents drop off their kids with a new sense of security as schools open this fall.

There’s a good reason for their relief: Vaccination rates of 7th-graders reportedly reached record levels during the last school year, the first in which the new, stricter rules applied.

Seventh-graders can’t register for school unless they’ve had booster immunizations against tetanus (also called lockjaw), diphtheria and pertussis (better known as whooping cough). And if they haven’t previously been vaccinated against another seven diseases (measles, bacterial meningitis, mumps, polio, rubella, hepatitis B and chicken pox), those 7th graders must get it done before their enrollments can proceed.

Now the state Department of Public Health reports that 7th-graders meeting school-entry vaccination requirements stood at 98.4 percent last spring, up 1.8 percent from three years earlier.

That 1.8 percent can make a big difference, especially for the small percentage of schoolchildren who can’t be vaccinated for medical reasons like being immune-suppressed by drugs needed to keep organ transplants going. Only 0.4 percent of school pupils now get medical exemptions.

This leaves only about 1 percent of students unvaccinated for all other reasons, most of them the residue from the era when personal-belief exemptions were available to parents who dislike vaccinations.

Those kids are allowed to continue in school until 7th grade, when they must provide written evidence of vaccination. The unvaccinated are now a small enough portion of the school population to minimize chances for any new outbreaks of the targeted diseases.

The new law and the new emphasis on getting virtually all kids vaccinated stemmed from a 2014-15 outbreak of measles that struck some visitors to Disneyland and eventually infected 136 Californians, many of whom never visited the Orange County theme park but came into contact with people who did. Studies showed that no more than 86 percent of persons at Disneyland when the infections occurred had been vaccinated, not enough to ensure the safety of everyone there. Because some folks probably lied to researchers, the actual vaccination rate may have been as low as 50 percent, reported the Journal of the American Medical Association.

In 2014, also, whooping cough was declared an epidemic in California and listed as the cause of death of three infants too young for vaccination. They had likely been exposed to other children who were never vaccinated.

The new numbers and the relief they bring to parents who want certainty that their children are safe do not, however, mean that everyone who used the old personal-belief exemption (essentially allowing anyone to claim—with no verification—a religious conviction against vaccinations) has now acquiesced.

Authorities estimate about half those who previously refused to vaccinate their children found other ways to preserve them in that status: vaccinations are not required for children being homeschooled, nor do families leaving the state need to comply. Precise numbers for these types of avoidance do not exist because California’s Department of Education doesn’t track either the number of homeschooled children or the number of parents migrating elsewhere for this reason.

But at least those kids won’t be carrying any of the once-dreaded diseases into the state’s schoolrooms, making those who do attend schools as safe as they’ve ever been.

None of this has come easily; opposition to vaccination remains and bogus negative medical studies on it abound. But several judges declined to issue injunctions against the law when they were sought by vaccination opponents and an effort to qualify an anti-vaccination initiative for next year’s ballot has gone nowhere.

So it appears the vaccination law will survive indefinitely, making schools and all public venues significantly safer for children, seniors and the immune-suppressed for the foreseeable future.


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Daily Independent

CHINA LAKE
Continued from Page 8

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Cellphones are a big part of kids' lives. It's how they keep in touch, make plans — and strangers.

While parents are allowing younger and younger children access to phones, these devices are opening up both opportunities and dangers that kids might not be ready for.

A whopping 84 percent of teens 15 to 18, 60 percent of kids 10 to 14 and 22 percent of kids 6 to 9 own phones, according to C+R Research.

But the dangers can lie with any smart device.

"Parents also need to think in terms of handhelds such as iTouches, tablets and anything with Wi-Fi capability," said internet privacy and cybersecurity lawyer Parry Aftab, who founded and runs WiredSafety, a cybersafety help group. "Parents withhold cellphones without realizing they've handed a child an iPad or tablet that's just as connected."

Not understanding just what kids are doing on their phones is a big mistake.

"The No. 1 thing parents find surprising in general is that anything parents can do on their home computer kids can do on their phones," said Rob Zidar, co-founder of internet safety firm ThirdParent.

"Adults use technology differently than kids. There's no way a parent can keep up. You use common sense but there's no rating system for apps," Aftab said.

"One hundred percent, phones are opening up things kids are not ready for," Zidar said. While parents would never let their child drive a car without training and a license or even cross the street without teaching them to look both ways, "at the age of 9 or 10 we hand them a phone and it opens up a whole new set of risks," he said.

Open a dialogue

Concerned parents may want to ban phones and social media, but a better idea is to show a concerted interest in kids' online lives, both experts agreed. Signing a cellphone contract works for some people, but "in general kids vary so much and one size doesn't fit all," Zidar said.

The goal is tech transparency. Ask your child how they use their phone. Ask what apps they're using and how they're using them.

"Convince your child they can talk to you if they are unsure of anything. If they think something is unsafe online. If someone they don't know or someone they think is inappropriate has followed them. If they think they've been hacked that they can come to you," Zidar said. "Parents need to parent even when the child is more tech-savvy. Parents have the life experience to help."

Educating kids about digital safety is a constant dialogue and requires a strong relationship. Many children fail to tell their parents about something they were uncomfortable with online because they're afraid their parents will take away their phones, Zidar said. Losing phone privileges means losing their lifeline to their social group, he added.

Parenting in the 21st century means teaching your child to have digital street smarts. “Trust but verify everything,” Aftab said.

To find age-appropriate apps, talk to your school librarian or media specialist then test the apps out with your child, Aftab said.

Set rules, time limits and guidelines for disconnecting, such as at the dinner table and before bed, Aftab said. Parents should lead by example.

Kids don't understand privacy issues like adults do.

“Make them aware that people can misuse their information. (Tell them) don’t share anything you wouldn’t want shared with your least-favorite person at school who might misuse that information,” Aftab said.

What is the right age?

A level of trust must be in place once you've decided your child needs — not just wants — a phone.

"Are they old enough to deal with the stuff that comes with owning a phone? Are they good enough decision makers? Do you trust they’ll come to you if they’re unsure about something?" Zidar said.

Parents should always have kids' passwords, but when they're older than about 13 keep them in a sealed envelope and use them only in an emergency, Aftab said.

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You should be checking in but only when they give you reason to, she said.

If left on, location services will show a user's location either publicly or in metadata. Zidar recommends turning location services off so that others cannot find where your child is, especially if she's Snapchatting photos from Dunkin' Donuts every day after school. A more sophisticated option is to go into each app and turn off location services to prevent it from tagging a child's geographic location, he said.

Be active and engaged, but realize the best way to protect a child is to limit the amount of screen time and balance it out with other healthy activities, Aftab said.
Trona High School principal welcomes students back for 2017-18 year

Attention Tornadoes!!! I hope you’re all having a relaxing time off. I am getting excited for this upcoming school year.

Our first day of school is Monday, August 21st. Please be sure that students are in their classroom by 7:30 am. Students can begin to come in to the High School office on Monday, August 7th to pick up their schedules. Students must bring all their pre-registration papers completed in order to pick up their schedules. Students that have not turned in their community service hours for the 2016-2017 school year will have to wait to receive their schedule on the first day of school.

Our mission is to educate and empower all to be successful in college, career and community in the 21st century. We are honored that we have been entrusted with your child’s education. Trona High school is working hard to provide the most relevant, rigorous and current educational experience available. We take this charge seriously and are committed to the goal that every student leaves Trona High as an effective communicator, self directed learner, a responsible citizen and a complex thinker.

Our staff members will be constantly collaborating and evaluating in order to make positive progress towards academic achievement and athletic success. I am grateful for our teachers, staff, coaches, and parents/community members who put in so much time on behalf of our students.

We are absolutely committed to the RELENTLESS pursuit of academic success. We invite all involved to demonstrate this relentless attitude and grit as we work towards educating and empowering all. This partnership between, staff, students and parents is essential to ensuring this reality. I look forward to August 21st as we celebrate a brand new school year.

Please join us!
Go Tornadoes!
Joseph Wolfe, Principal
Trona High School

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Generation Z cares about style and price over brand names, according to a 2016 survey by Business Insider. While they shop both online and in stores, their eclectic style is harder to pin down. These teens and tweens will describe their look as “something between classic and casual,” “chic and trendy,” “sporty bohemian chic” and “modern, slick, chic, simple.”

They may not have credit cards yet, but kids in junior high and high school have buying power, and retailers are paying attention.

“For teens and many others, the trend in fashion right now is all about self-expression and athleisure. It’s about making a statement by wearing your brand’s favorite logo or a catchy head-turning saying. Comfort, attitude and style is the name of the game,” said Stephanie Muehlhausen of Macy’s Fashion Office.

Denim, casual are in

Style-conscious kids look to celebrities and fashion insiders for inspiration in how to express themselves sartorially.

“With today’s speed of information, teens have an enormous pool of resources for style inspiration,” Muehlhausen said. “The best way to translate this inspiration is by adding personal flair to make it your own and stand out in the crowd.”

“Denim is a constant for both boys and girls. So many of the newest trends are being worn back to denim. We are seeing a lot of really cool customization with patches, pins and doodling. Destructed denim with stepped hems and frayed waistbands are a must-have in anyone’s closet. We are also very excited about the revival of ’90s denim ideas like vintage-feeling Levi’s, ‘mom-jean’ silhouettes and lighter washes,” Muehlhausen said.

One look that’s sticking around — yet evolving — is the legging as pants.

“Slogan T-shirts, especially those with positive and fun messages, are all the rage for boys and girls.

Slogan T-shirts, especially those with positive and fun messages, are all the rage for boys and girls.

“Considering the importance of self-expression and the many parallels of bold logos and the athleisure trend, slogan and graphic T-shirts are a great way to share your personality and express your current mood,” Muehlhausen said.

Colors

The color palette for fall leans more to-
BY MELISSA ERICKSON
More Content Now

Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyberbullying, according to statistics from i-SAFE, an internet safety education foundation. Surprisingly, over half of young people who are cyberbullied do not tell their parents when it occurs — most likely because they fear that if they tell, parents will take their phones away in response.

“Today, kids are getting connected to the internet at younger and younger ages. They’re exposed to the internet at home as well as school and their friends’ homes. A parent and guardian can allow kids access to the internet, but they should be very vigilant on their child’s online activity and communicate with them often on the subject,” said Joel Mesa, education director/school coordinator, Citizens’ Crime Watch of Miami-Dade County.

What cyberbullying looks like

Cyberbullying is using the internet, cellphones or other technology to send or post images or text intended to hurt or embarrass another person. Some examples include making a threat through a livestream gaming system, posting a slur, spreading a rumor via text message, or pretending to be someone else online to trick or harass someone.

While the damage can be painful and even prompt suicidal thoughts or actions, 81 percent of youths say that teens cyberbully because it is no big deal, Mesa said. Kids don’t think about the consequences.

Parents need to do their homework to best decide what safety controls or filtering softwares (both free and paid) are best for their own family and situation, Mesa said.

“It is imperative for parents to be aware what their kids are doing online. The parents should talk with their kids about cyberbullying and other online issues regularly,” Mesa said.

Tips for parents:
• Keep the computer in an open area at home, such as the living room or the kitchen, to make it easier to monitor activity.
• Maintain access to a child’s social networking and email accounts. Inform kids that you may review their online communications if you think there is a real reason for concern.
• Create your own accounts on the social networks your children are members of and “friend” them.
• Ask for passwords but inform your child that they will only be used in case of an emergency.
• Ask children to show what they know how to do online, as well as their favorite sites.
• Get to know a child’s online friends.
• Be clear about what sites a child can visit and what they are permitted to do when online.
• Search Google for your child’s name, and look at profiles and any postings about them.

Need help?

“If the child is being cyberbullied, parents should talk with him or her and listen. They should show love and acceptance,” Mesa said. “Some signs that can be red flags that a child is being cyberbullying include wanting to stay home from school, sadness, spending a lot more time or a lot less time online, a dip in grades and withdrawing from contact with classmates,” Mesa said.

Don’t respond online to the bullying. Keep evidence by printing or saving emails, photos and screenshots of posts.

Block the email address or phone number the cyberbullying is coming from.

Report the cyberbullying to school officials, to the internet or cellphone service provider, or to law enforcement, depending how serious it is.

“If a child sees cyberbullying, parents should teach or reinforce that asking the person to stop cyberbullying and support the target are the right things to do; and of course, the child can also anonymously report the cyberbullying,” Mesa said.

For more information, visit stopbullying.gov or wiredsafety.org.

SSUSD resources

As part of our ongoing Bully Prevention and Mitigation plan, all Sierra Sands schools have an anonymous Bully Hotline number (see below) that students can use to text information related to bullying incidents on campus. Posters are located throughout the campus that contain the hotline number for students to use as well as other anti-bullying information.

Bully Hotline Numbers
Burroughs High School (760) 301-5789
Mesquite High School (760) 301-5882
Murray Middle School (760) 301-5107
Monroe Middle School (760) 301-5109
All Elementary Sites (760) 301-5110

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How to deal with cyberbullying
Change is hard for everyone. Entering a new school is one of the biggest changes a child may encounter in his young life. Parents can help smooth the transition and make it less traumatic.

“A lot of parents may feel anxiety about a change of school, but they should be careful not to project those feelings on their kids. Their child may not be feeling the same thing,” said parenting expert, blogger and author Richard Greenberg, who shares an analogy: “If you got in a taxi and said to the driver, ‘Take me to the airport’ and he said, ‘I don’t know how to get there,’ you wouldn’t feel too good about it. Kids are in the back of our cab. The key is to project confidence.”

Put yourself in their shoes and try and remember how it felt to be a kid in a new situation, he added.

“Let them know you’re part of the process. Project that this is going to be great. They’re going to have fun. Change is a part of life. It’s a part of growing up. Tell them that you’re proud of them. Use the power of positive thinking,” Greenberg said.

Make a friend early

“Friends play an enormous part of success in school,” said educational psychologist and parenting, bullying and character expert Dr. Michele Borba, author of “UnSelfie.” “Friends keep kids happy. They make a child want to go to school. They are a support system.”

If you can connect your child with one friendly face before school starts, it can ease the process of changing schools.

“Walking into a new school without knowing someone is stressful,” Borba said. “The goal is to make your child feel secure in dozens of ways. Whatever you can learn and discuss ahead of time will reduce their anxiety.”

Look for opportunities for your child to meet neighbors and potential classmates over the summer. Check out library and park district programs and the local newspaper to see what’s happening in your area.
Test-prep tips for students

BY MELISSA ERICKSON
More Content Now

Benjamin Franklin said it best: “By failing to prepare, you are preparing to fail.”

“Proper preparation means everything. In order to earn a target score, establishing a game plan and sticking to it are critical to achieve success,” said Jonathan Chiu, national ACT and SAT content director for The Princeton Review.

Sound study habits like good organization, time management and studying in the proper environment will help a student learn material and succeed, said study and life skills expert Rick Kamal, president, EduNova.

How to start

Get started by figuring out the test format.

“The only way that a student can expect success is when she knows what to expect on the test — both in terms of layout and content,” Chiu said.

Make a study plan and mark down specifically when you’ll be studying.

“That helps you keep your eyes on the prize,” Kamal said.

Create a comfortable study workspace such as a quiet room at the library or in your home with music playing in the background, Kamal said. It should be free from distractions and interruptions. Don’t forget to shut off your phone.

Different study strategies work well for different kinds of students, but for standardized tests “the key to success is being able to identify — and rectify — errors in thought processes or test-taking skills that are applicable to any given test,” Chiu said.

What’s better, to study alone or in a group setting? Use whatever works best for you.

“Some students may prefer group settings so that others can help explain why an answer choice is correct; others may prefer the solitude that working alone affords them to be more focused in their preparation and practice,” Chiu said.

Re-reading content doesn’t necessarily translate into better preparation if the student has difficulty understanding the content or identifying what she’s doing incorrectly.

“For example, if I were to read a passage about how the hydrophobicity and topography of a synthetic polymer substrate affects cell affinity for attachment and proliferation, I could repeatedly read the passage but still not pull any take-away messages from it,” Chiu said.

Do homework better

When faced with chapters to review, homework, study guides, practice tests and more, some students are unsure how to prioritize their time, but Chiu recommends that practice tests and completed homework should be reviewed before taking an official test.

One thing many students overlook is how to go about finishing homework. It “doesn’t simply mean doing all the questions one sets out to do or is assigned by an instructor,” Chiu said.

“Rather, finishing homework means doing all the questions and checking the answer key to see which questions are correct and spending time trying to understand how and why mistakes were made. Only by diligent review and analysis of completed work can appreciable score improvements be made.”

Lastly, don’t forget to hit the pillow. A good night’s sleep can translate to improved academic performance, according to findings published in the Journal of Sleep Research. Consistent optimal sleep gives a student energy and the abilities to focus, concentrate, retain information and problem-solve.
The Saint Ann School student body set to start the first day of school on Tuesday morning, Aug. 8.

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How to ease back into the school-year routine

BY MELISSA ERICKSON
More Content Now

Going from summer break back to the busy days of the school year can be a difficult transition for students and parents, but there are ways to ease into it. Change can be exciting, but new teachers and pressures can be unsettling for kids. It takes time and flexibility to transition smoothly, especially for students who experience anxiety.

Tantrums, sleeping problems or outright refusal to participate are signs children may need clinical attention, said psychologist Courtney Keeton, who specializes in the treatment of childhood anxiety and selective mutism at Johns Hopkins Children's Center.

“If a child's anxiety is causing a great deal of distress in her or his daily life, or if getting along with family members or friends becomes difficult, normal activities in and outside of school are avoided, or there are physical symptoms like stomachaches or fatigue, these red flags indicate that the child’s anxiety should be evaluated by a child psychologist or psychiatrist,” Keeton said.

It’s normal for nearly all children to experience mild back-to-school jitters that gradually diminish over a few weeks. The key to success is for parents to help prepare children for school-year routines, such as an earlier bedtime and selecting the next day's clothes ahead of time, Keeton said.

Sleep routine

Sleep is incredibly important for students, said Dr. Robert S. Rosenberg, board-certified sleep medicine physician and author of “The Doctor's Guide to Sleep Solutions for Stress & Anxiety.” Consequences from lack of good, healthy sleep range from inattentiveness to problems with impulse control, working memory, planning and organizing, he said.

“Insufficient sleep is a major cause of not only poor academic performance but poses an increased risk of obesity and cardio-metabolic dysfunction as well as mood disturbances, suicidal ideation, increased risk of athletic injury and motor vehicle accidents,” Rosenberg said.

Two weeks before school starts, parents should start putting children to bed earlier and stick to it on weekends, Rosenberg said. Calculate, based on your child’s age, how many hours of sleep they should be getting:

- Preschool: 10-13 hours
- School age (6-13): 9-11 hours
- Teens: 8-10 hours

“Then, based on what time they need to get up for school, work backward and put them to bed 15 minutes earlier every night or two, until their sleep/wake schedule is appropriate for their age,” Rosenberg said.

More tips to ease in

- Arrange play dates with one or more familiar peers before school starts, Keeton said. Research shows that the presence of a familiar peer during school transitions can improve children's academic and emotional adjustment.
- Visit the school before classes begin, rehearse the drop-off, and spend time on the playground or inside the classroom if the building is open. Have the child practice walking into class while the parent waits outside or down the hall, Keeton said.
- Like anything new, starting the school year is challenging. Reassure your child it may be hard but should soon become easy and fun.

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Daily Independent
Cerro Coso Community College’s community education department is planning to run an Entrepreneurship Program in January 2018. Continuing education campus manager Kara Tolbert told the Daily Independent that the program is designed for any community members of all ages and disciplines, even if they are not an enrolled student at Cerro Coso.

"The program is for any community member that think they want to open a business or have a business currently that they feel could use fresh ideas," said the college’s campus manager of continuing education, Kara Tolbert.

The program will run for two hours a day on Tuesday and Thursday for 12 weeks, starting in January, Tolbert said that the program will have multiple guest speakers from a variety of disciplines, but the classes will largely be interactive and project based. Tolbert said the class will usually cost around $500, but this first run of the course will be offered at a discount rate of $299. There is no set schedule for enrollment yet, but Tolbert expects enrollment to open sometime around October 2017. Interested parties can call 760-384-6208 to learn more.

Those joining the program will develop a full business plan for a new business or a new business plan for their existing business by the program’s conclusion, according to Tolbert. They will then practice pitching this business plan to a panel. She said Cerro Coso hopes to have actual investors on the panel when students make their pitch.

Additionally, students will take a Myers–Briggs personality test. Tolbert told the DI that this will help students understand what drives them. More importantly, the interactive nature of the program will allow students to compare tests with the other students, helping them realize what drives others and developing understanding of what does and does not motivate a wide variety of other people.

Tolbert said the program is largely made possible by California state’s Strong Workforce Program, which aims to add a new annual recurring investment of $200 million to spur Career Technical Education (CTE). Tolbert said Cerro Coso has attempted career programs in the past, but the Strong Workforce Program incentivizes community colleges to try programs like this as it reduces the financial risk of starting the program.

"They want us to try new programs and stretch ourselves," she said.

Cerro Coso’s CTE courses focus on training students in the skills and certifications they need to become employable in specific fields that may not require an associate’s or bachelor’s degree, such as welding or certain fields of IT.

Tolbert said that Cerro Coso hopes to expand their Community Education department by adding other programs as well. She cited an upcoming photography class as something that many community members may be interested in. Another example is an upcoming smartphone introduction class.

Smartphones have become ubiquitous and even necessary for many aspects of modern life, but many feel like the technology passed them by and now it’s become so complex that they feel hopelessly lost.

Tolbert said that her mother keeps asking her when the class is going to start up because her mother and 10 of her friends can’t wait to sign up.

Additionally, Cerro Coso is looking to expand its contract education department by adding regular, curriculum based courses. The contract education department allows local businesses to request classes for specific fields for their employees, such as customer service skills or earning a computer security certification.

COURTESY CERRO COSO COLLEGE

Kara Tolbert is Cerro Coso Community College’s continuing education campus manager.

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How to budget for school expenses

BY MELISSA ERICKSON
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Back-to-school shopping is expensive, but budgeting on backpacks and school supplies can make your dollars go further.

The National Retail Federation estimated that families with students in kindergarten through high school spent $630 per child in 2015, down from $669 in 2014, for a grand total of $29 billion.

“Every family needs to budget for back-to-school spending no matter what their financial outlook,” said personal finance expert Rachel Cruze, co-author of “Smart Money Smart Kids.”

From trendy school clothes to nifty pencil bags and binders, it’s easy for parents to overspend.

“Budgeting is key. If you don’t have a plan, you’ll end up spending too much,” Cruze said.

Some people “hear the word ‘budget’ and cringe, but a budget doesn’t limit freedom, it increases your freedom so you can control what you spend,” Cruze said.

Budgeting has to be intentional, and back-to-school spending needs to be a part of the household budget, Cruze said.

“List all the categories your money is going to: bills, mortgage, rent. That’s your household budget. What’s left after bills can be saved or set aside for things like back-to-school spending. You know school is coming. Plan ahead and you’ll have a nice little fund for shopping,” Cruze said.

Here are some more tips from Cruze, whose latest book is “Love Your Life, Not Theirs”:

Plan it

Start smart by making a list of everything you’ll need so you can budget the money you have to cover your expenses. Without a list, you’ll spend blindly and spend too much. Don’t shop without your list.

Think ahead

Some states have tax-free shopping days before school starts. Comparison-shop and look online to find the best prices. Take advantage of retailers who slash prices at the end of the season.

Make sure you need it

Check what you already have. Does last year’s school uniform still fit? Is there an extra box of pencils that can be used? You might already have essentials such as rulers, scissors, pencils and paper on hand.

Needs over wants

Just because you have a coupon for an item doesn’t mean you have to buy it. Stick with what your child needs rather than what your child wants. The required list of school supplies and new gym shoes to fit growing feet are needs. A new backpack is a want if last year’s is still in good shape.

Let kids help

Back-to-school shopping is an opportunity to teach kids about budgeting. Take an envelope with cash and let kids see the money disappear as it is exchanged for goods. When it’s gone, shopping is over. If a child wants trendy clothing brands or upscale supplies, let them cover the difference themselves.

Use tools

In addition to paging through weekly circulars and researching deals online, use an app to help with budgeting and couponing such as EveryDollar, SnipSnap, shopkick or YNAB (You Need A Budget), as well as apps from retailers you frequent.

Think about school-year expenses now

“It’s likely that you’ll have fees due throughout the school year, some expected and some unexpected. Too many parents get caught off guard because they weren’t planning for these fees and don’t have the extra money to pay for them,” Cruze said. “Create a line item in your budget for miscellaneous school expenses and start setting money aside. This will allow you to have the money readily available for when the fees come due and prevent you from going into debt or feeling stressed about not having the money.”

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ward warmth, like pale pinks, bright blues and classic autumnal shades of navy peony, butter rum and tawny port, according to Leatrice Eiseman, executive director, Pantone Color Institute.

"Tonal earth tones are all the craze right now, whether they are worn all together or as a monochromatic look," Muehlhausen said. "Metallics are also great to implement in your fall wardrobe. It’s a fresh way to add a pop."

**Accessories**

Getting down to the details, “accessories for the season are all about expressing yourself with embellishment, embroidery or personalization,” Muehlhausen said. “Backpacks are the ‘it’ bag of the season. Every teen should have one that shows off their own individual style through floral prints, studding or fun pins and patches.

“A new pair of fashion sneakers or ballet flats paired with a statement sock is a stylish way to start off on the right foot. To complete any outfit a girl needs a tech watch and a new choker with velvet, lace, denim or leather."

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School construction nears completion as the school begins

BY MICHAEL SMIT
Staff Writer
msmit@ridgecrestca.com

With less than two weeks to go before the Sierra Sands Unified Schools District school year is scheduled to begin, the Burroughs High School and Murray Middle School campuses are still full of construction workers wearing hard hats and safety vests. But SSUSD superintendent Ernie Bell said both campuses will be ready to start classes on Aug. 15.

“We’re going to be ready. Absolutely,” he told the Daily Independent on Wednesday afternoon. He said just earlier that day he met with the president of the SSUSD board of educators and with one of the leaders of Colombo Construction, the company behind much of the construction. Bell said he walked away from the meeting certain that BHS and Murray would be ready to start on Aug. 15.

While both campuses have some facilities that aren’t scheduled to be complete as of Aug. 15, Bell said the majority of the construction labor effort has shifted towards ensuring that the campuses are paved and the essential classrooms and offices are ready to go by the time the school year begins.

Plans for the construction project go way back to 2010 when the U.S. Department of Defense sent a team to check the school facilities on every American military facility in the U.S. DOD required multiple changes to BHS and Murray, which both were either partially or entirely on military land. DOD also awarded grants to SSUSD to help pay for the required changes.

It made sense to update BHS with the required changes, but Bell said that with the changes required for Murray, it made more sense to simply rebuild the entire school. An additional benefit to rebuilding the school is that Murray is no longer located inside the Naval Air Weapons Station China Lake fence line, which is generally more convenient for everyone involved.

While some of DOD’s required changes had to do with safety—such as requiring blast proof windows in some locations—the DOD grants awarded specifically for BHS and Murray also allowed SSUSD to bring much needed modernization to the two schools.

For example, Bell explained that most classrooms now feature smartboards. Smartboards are projectors that can also track motion, allowing students and teachers to interact with projected items by clicking on them or even writing on the projected image.

Other changes are more mechanical in nature. Bell stood in a classroom at BHS, looked around, and said, “It’s quiet.”

He explained that due to the old classroom design and the old air conditioning unit, the classes were often noisy even if
The students were being quiet. A noisy classroom strains teachers' voices and hurts students' ability to focus. But with the new classrooms and the new air conditioning unit, BHS classes are quieter than a whisper.

The new air conditioning unit is one of the most exciting parts of the update for BHS principal Bryan Auld. As Auld walked into the BHS gym, he immediately noted how well the new air conditioning unit is working. "See how cool it is?" he said.

The BHS gym is one of the facilities not scheduled to be completed by Aug. 15, though Auld said it should be ready within a week or two after school begins. He reckons classes should be able to maneuver around this time period without much trouble as gym classes often don't get into the physical activity for the first couple weeks anyhow.

The gym at Murray looks to take a bit longer. Bell said its completion date should be sometime around October. However, he also said Murray's gym is an exciting addition to the Ridgecrest community. Previously, James Monroe Middle School was the only middle school in town with a full size gym.

Another exciting feature of the construction is a brand new concessions center which sits just outside the BHS football field. The concessions center has a small patio in front of it, which Auld said he hopes to include some chairs and tables to people can relax and watch the games. He hopes to have the area ready by the time BHS has its first football game of the season.

Other features of the update include a new indoor lunch center and an updated quad. Auld said they've moved all the lockers out of the quad, and expect to put lunch tables in the building where the lockers used to be, allowing students to eat in the shade. The lockers have already been moved inside BHS's hallways.

One final benefit of the construction update isn't a feature at all, but simply location. With Murray now located across the street from BHS, the schools will benefit from far more collaboration and convenience for staff, parents, and students.
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