



theCenter
sacramento chinese
community service center

Let us be grateful to people who makes us happy, they are the charming gardeners who makes our souls bloom. – Marcel Proust

ASSETs Program



Spring 2015

We're on the Web!

www.sccsc.org

www.facebook.com/SacChinese

Welcome to ASSETs

Luther Burbank High School, home of the mighty Titans!

Happy Spring!

Spring is a season for outdoor activities such as hiking, walking on the beach, flying a kite, having a picnic and enjoying nature. Spring provides us with the opportunity to enjoy the sun, which rises earlier and sets later. Take it among yourself to eat healthy seasonal fruits and vegetables such as avocado, spinach, carrots, cucumbers, peas, strawberries and blueberries. Eating fresh produces gives you a natural boost of energy that will help elevate your day and improve your health.



Berries

Reasons to Eat Berries:

A ½ cup of most berries is: A good source of vitamin C, fiber, and manganese and it is also rich in phytochemicals.



Harvest
of the
Month
Network for a Healthy California

Berry-Banana Smoothies

- 1 cup of strawberries
- 2 whole bananas
- 1 cup of blueberries
- 1 peeled and sliced orange
- 2 tablespoons of honey
- 2 cups of milk (or almond/ soy milk)
- 2 cups of orange juice
- 1 cup of ice

Prep time: 10 minutes, Serves up to 4

Clean berries, peel bananas and orange. In a blender combine all ingredients and press blend until ingredients become smooth. Pour smoothie into a cup and enjoy!

WHAT ARE THE TITANS UP TO?



Black History Month



Black history month, is an annual celebration to honor Black Americans and recognize the achievement of the roles they played in U.S. history.

Our 7th period leadership class, BMAD hosted an assembly on February 19, 2015 to celebrate Black history month. Students performed songs, spoken words, dances, and created a play that reflected a time in history.

Computer Robotics

Computer Robotics is the branch of mechanical engineering, electrical engineering and computer science that deals with the design, construction, operation, and application of robots, as well as computer systems for their control, sensory feedback, and information processing. However, many students at Luther Burbank think of robotics as basically just computer programming. As they get ready to attend a great RoboPlay along side with their teacher, Mr. Dagler, I got the experience the excitement in the interview.

John, a student I interviewed was working on programming his robot to move. He called the model of his robot a gorilla robot and he was going to get ready for the RoboPlay by adding his robots movements into a movie. Another student who goes by the name of Jason, thought that computer programming his robot would help him in his career to become an engineer. Also, his friend Steven believed being a part of computer robotics would significantly help him in any career he chose fit for his self since it deals with a high level of math. So far, Luther Burbank students are successfully moving these robots with their own encoded programs in which they are creating themselves.

-Angel Sylva

BMAD field trip to UC Santa Cruz and Cabrillo College

The BMAD leadership class attended two colleges on April 8, 2015 to explore career opportunities, tour the campus and learn about the different majors and programs each campus has to offer.

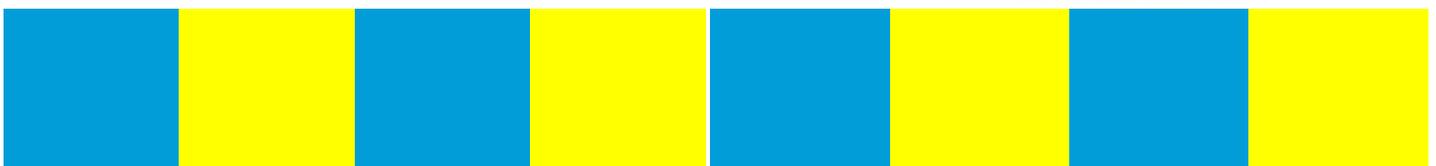
Without a struggle, there can be no progress.—
Frederick Douglass

LBHS competes in the RoboPlay 2015

Luther Burbank's 7th period Computer Robotic Class compete in the 2015 RoboPlay Challenge Competition and won 3rd place! Congratulations!



UC DAVIS
C-STEM Center



ASSETs Health Fair

On April 15th, Luther Burbank ASSETs hosted a Health and Wellness fair. Burbank students and teachers participated in the event alongside community members. The Health and Wellness Fair was design to educate students about health and wellness, learn about community resources and be informed about healthier choices. There were different booths set up to teach students about healthier eating, yoga, domestic violence abuse, alcohol abuse, the side effects of tobacco use and many more. Different booths set up around Burbank's cafeteria allowed students to look over each section of information individually. Students were engaged and enjoyed learning about what it actually means to be healthy. There were free food samples of different types of fruits and vegetables provided by the vendors. Organizations such as Covered California, MADD, My Sister's House, Sacramento Yoga Center, Sacramento State Martial Arts, and Act-Up hosted a table to inform our students. We would like to thank Unico, Beacon Hut Deli, Sacramento State multi-cultural Center, CARES, Weave, and several Sacramento State students. Each of these organizations has had individuals who donated prizes or information to give to Luther Burbank students. Without the help of these organizations we wouldn't have pulled off the event. Thank you community members and Monica Hoyos for putting together an educational event!



- Angel Sylva

Poetry

Poetry is the act of living and breathing through paper.
Writing down your emotions yet still being able to look at
them years later.

Poetry is life; it's your own personal swag or flare you can
put whatever you want in it here or there.

Poetry is love and hate its keepsake Poetry is whatever
you want it to be. Poetry is you expressing you, it's free it's
everything and nothing at all. Like you can explain being
put up against a wall then falling through darkness and no
one hearing your call.

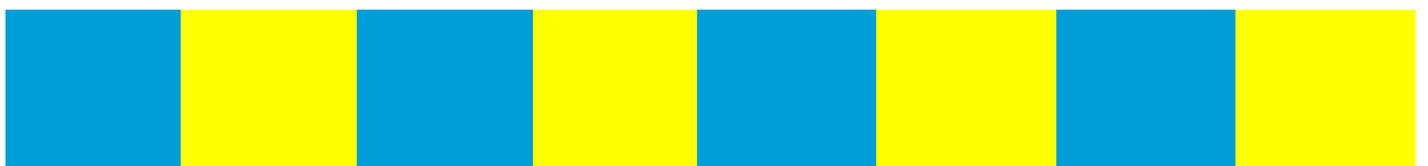
And it's being so in love you can't breathe like so in love
you don't leave, cause love is life and life is poetry. Every
segment of building and dirt and earth is poetry.

- Angel Sylva



Open Mic Night

Got something to say? If so,
come out every Thursday at 3pm
to express yourself. This event is
located in the cafeteria and is
open to all students and staff.



Monsterz Inc. Annual Talent Show

Monsterz Inc. held their annual Talent Show on March 27, 2015. Ms. Page Yang and Monsterz Inc. Dance Crew did a great job planning, organizing and hosting the event. Students raised enough money to buy new equipment and plan a field trip. Thank you parents, guardians and community members for coming out and supporting our students!



BUG Field trip to UC Davis Farm

On April 14, 2015, the 7th BUG class attended a field trip to explore UC Davis campus and their acres of farm land. UC Davis students hosted an opening event to for our fellow Titans.

UC Davis college students shared their personal stories, which included their decision to attend college, the sacrifices they made and the barriers they over came to ensure they were successful.

This opportunity, also gave our students a chance to ask questions, see how an actually working farm operates, learn about organic produce and what it does for our bodies, and learn about the research that goes into farming.



Open House

180 Degrees Youth Leadership Class Service Learning Project

The 180 Degrees 7th period Youth Leadership class did a phenomenal job with their service learning project. The class partnered with Angel Bins to collect gently used clothes and shoes. The students, Mr. Martinez and Mr. Miguel helped collect almost 300 pounds of shoes and clothes. The proceeds will be donated to the Garcia Family. Thank you LBHS staff and students who helped contributed!



Open House was held on April 21, 2015 at Luther Burbank High School. Open house is very important to teens and their families. It's important to the guardians of the Burbank students because they get to revisit their students' SLC teachers and talk about their students' progress. This event, also allows parents to receive information on how they can help support their child to be successful. It also gives busy parents a summary of their child's progress in school. Open House gives students a great feeling to know that someone took the time out of their day to go to a school event that is all about them. As teens get older they need more support and Open House is just the type of support they need.

-Angel Sylva

180 Degrees Youth Leadership class goes on a field trip!



The 180 Degrees Youth Leadership class were able to explore downtown Sacramento and attend a baseball game. For some students, it was their first time riding the light rail, visiting a museum and attending a baseball game. Students were excited and thrilled they were able to learn about the history of their own city.



Parent University Scholars



Parents and community members of Luther Burbank high school released their second book, *Stories Crossing Borders: Memories of There and Here*. With the help of UC Davis, Hoang Pham, Ms. Gonzalez, Ms. Dusbiber, Ms. Padilla, Alma Avalos, and the parents the book was written with truth, tears and love. To obtain a copy of the book, please contact Elisa Gonzalez at elisa-gonzalez@scusd.edu.

Family Literacy Night

The Family Literacy Night was designed to encourage families to utilize literacy in their homes and support students to become competent reader, active learners, enhance their writing skills and inform parents why literacy is so important. The Sacramento Public Library provided the families with tools and resources, encouraged families to sign up for a library card and promote summer reading. The Family Literacy Night, also focused on healthy eating and healthy choices. During the event, parents were given a bag of fruits and vegetables and examples of what healthy foods look and taste like. Parents were encouraged to make healthier food choices and learn about literacy! Thank you Sacramento Public Library and the Sacramento Food Bank for participating in our event!



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