



MAINSTAGE *The* **Studio**

**Your favorite
community theatre!**

www.LBPlayhouse.org
562-494-1014
5021 E. Anaheim St.
Long Beach, CA 90804

Applied Music Studio



**Violin • Voice
Guitar • Piano • Brass
Woodwinds • Drums**

- ♪ Discounts for local Students
- ♪ Keyboard for Kids
- ♪ Rock, Jazz, and Marching Band Preparation
- ♪ Quality School Instrument Rentals & Sales
- ♪ Rent with an Option to Buy
- ♪ Teachers DOJ/FBI Live Scan Certified
- ♪ Private, Semi-private & Group Lessons

**Online
Available**



Free Music Lesson!

Schedule one today!

(562) 596-1287

New students only. Not valid with other coupons

10900 Los Alamitos Blvd., Ste. 203, Los Alamitos
appliedmusicstudio.com
appliedmusicstudio@gmail.com



Laura L Doud
City Auditor

Cheering for Each Other

Can you see yourself at 100 years old? To hit the century mark happy amongst family and friends cheering for us would be amazing, wouldn't it?

I reflected on this after listening to the incredible story of Orville Rogers (November 28, 1917 – November 14, 2019). Rogers, a retired military, commercial, and missionary pilot, took up running in his fifties. He went on to compete in track and field events, impressively setting records in his nineties. Though, it was one of Rogers's races in particular that resonated with me. At 100 years old, Rogers entered the 1,500-meter event at the USA Masters Track and Field National Championship for seniors. When the starter pistol fired, the runners took off and Rogers settled into last place. Nearly 3,000 spectators watched as Rogers shuffled slowly around the track. When he began his final lap, the crowd rose to its feet, cheering and applauding. By the time he reached the homestretch, the crowd was roaring. Lifted by this encouragement, Rogers victoriously crossed the finish line to a standing ovation and then was embraced by his fellow competitors. He waved gratefully and humbly to the crowd before walking off the track with his friends. It was his fifth event of the meet and although he finished last in all five of the events, he broke five world records that day while competing in the 100+ age division.

Cheering for one another inspires belief while strengthening confidence and resilience. Encouragement helps people believe in themselves, empowers them to pursue their goals, and supports them in recovering from setbacks. It also creates unity as supporting others strengthens relationships and shifts the focus from competition to collaboration, fostering a culture of mutual support and shared growth.

What does it look like to cheer for each other in our day-to-day lives? There are many ways, both big and small. It might mean showing up for someone, truly listening, offering a compliment, sending a message of support, or lending a helping hand, advice, or expertise. It could be celebrating milestones like a birthday, graduation, promotion, or engagement. Or, as in Rogers's case, it could be cheering from the stands at an event, game, or race. Your encouragement and cheering might be exactly what someone needs to break their own personal world record.

411 West Ocean Blvd., 8th Floor, Long Beach, CA 90802
562/570-6751 • www.CityAuditorLauraDoud.com