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# PRESIDENT'S MESSAGE



## W. Allan Nakken

As we approach the holidays I'd like to extend a special family greeting to all of our Friendly Hills members. I'd like to thank you for your support financially each year and for keeping your homes beautiful in order that all of us can prosper from one another's beautiful abodes.

We have a new beautification chair, Cesar Borjas, and he will be evaluating property conditions throughout our area. The process would include letters to those who violate our standard beautification guidelines.

We're not trying to be tough on people. We're merely asking that care be given to those yards that are neglected. A first letter will be sent, followed by a second 30 days later. After 90 days we will be turning these properties over to Code Enforcement.

This is not done to be mean or spiteful. This is our way to support the general population here in Friendly Hills and to keep our property values growing.

We had our first "Home of the Quarter" placed on the front page of our last magazine and I have to say it set a new standard for all of us. Mr. and Mrs. Corey Ford have a beautiful home that they have remodeled it in order to reach its current beauty. We are on the lookout, by the way, for future recipients so if you know anyone who is deserving of a beautification award you can forward it directly to Cesar Borjas. He will be awarding people at the annual meeting who have won quarterly awards.

We continue once again with pride the publication that you are now reading. It is our attempt each and every issue to make it better than before and to make it something you'll leave out on your coffee table so those advertisers who support our magazine will get your business.

The magazine allows us financially to do what we do, along with our dues which we are now publishing for payment for 2020. Please enclose your check for \$50 payable to FHPOA as soon as you get the current newsletter. This will save us sending out a second notice, or even a third.

We appreciate so very much your support and for being a loyal member.

**Happy holidays to all!**

**Allan Nakken**

President

Friendly Hills Property Owners Association

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## Homeless 'guardian' Friendly Hills man entrenched in uphill battle

By Tim Traeger, Editor, *The Friendly Hiller*

He is both revered and reviled, depending on where your head rests at night.

For the last several months Paul Rodriguez has been centric in the fight against homelessness in Whittier. With his smartphone handy, the 57-year-old avid jogger and bicyclist has been scoping the alleys and parks where the homeless reside. When the Friendly Hills man finds a new encampment, the advertising executive snaps a picture and shares it with the Whittier Police Department using the city's 24/7 app.

"I've got more than 500 photos of rotting food, filth, needles, balloons - you name it - that I've picked up off the streets," Ramirez said. "Let me be very clear. This is not a war on the homeless. This is a war on drugs. There's been a lot of debate about me being mean to the homeless. I've worked to get a lot of these guys shelter. They don't want help. They're service-resistant. If you need help I will pay to get you housing.

"This is a war on drugs and crime," the Monterey Park native said. "That distinction is all important. If you're service resistant and an alcoholic who is stealing bicycles from kids. If you're using needles and drugs, urinating and defecating in the park, and you're not willing to accept a shelter bed, then that's on you and you need to leave."

On a recent Saturday at Leffingwell Ranch Park, Ramirez was accosted for his actions. "Sabrina," 41, accused him of "stealing her stuff," which allegedly included important court documents.

"I'd like to see you come out here and try to survive. In two days you'd be in a ball whining for your mommy. You're just a snotty-ass little bastard who grew up with a golden spoon in his mouth," the single mother said. "If you actually want to know, we're not bad people at all. This dude has stolen my stuff. He prevents a lot of us from getting off the streets. Tell him and his little group of vigilantes to back off. All we're doing is just trying to help each other. Some of us get defeated, but some of us get stronger. A lot of us wouldn't survive if we didn't have each other."

On Oct. 29, one day after the Whittier City Council held an emergency meeting about the homeless crisis, Whittier Mayor Joe Vinatieri invited KNBC reporter John Cadiz Klemack to Parnell Park to continue the network's "Streets of Shame" series. The park was disinfected and power washed before the city's Easter egg hunt in April.

Now the homeless have returned, knowing they cannot be displaced because of a 9th U.S. Circuit Court ruling in *Martin vs. Boise* that said it's not a crime to be homeless and the homeless can't be displaced if there are not adequate shelter beds to accommodate.

"We have a number of Whittier people who are engaged in the homelessness issue," Vinatieri said. "Paul has been a leader in both personally helping those homeless who desire help and calling out those who choose not to have a bed and services."

Councilman Fernando Dutra said he's concerned for Ramirez's well-being.

"Paul is the 'guardian' of Whittier public spaces. I appreciate his passion but worry for his safety. I can't endorse all of his methods but I trust his sense of right and wrong. To many Paul is like 'Batman.' You may not like him but he is needed," Dutra said.

With housing costs skyrocketing and wages flat, the systemic problem plaguing cities across the Southland isn't soon to fade. Yet Ramirez is resilient.

"These are smart people. They know the law. They know how to navigate it. And the Boise decision in the Ninth Circuit Court says homelessness is not a crime. Unless you have a shelter bed, you can't kick them out of the park. So they can stay on public property. I don't have a problem with that but it doesn't say you can urinate, defecate, litter and steal," Ramirez said.

Councilwoman Cathy Warner is his biggest fan.

"It has been a pleasure for me to work with Paul dealing with homeless issues in our community," said the District 3 representative on the city dais. "He is the epitome of an engaged and proactive resident. Nothing dissuades Paul in his quest to make our community better. If one avenue doesn't work in finding a solution, he finds another," Warner said.

Ramirez said he communicates with more than 300 people on Nextdoor.com and urges everyone to download the free 24/7 app on their phones.

"There's a wide misunderstanding of what homelessness is. These guys over here are shooting up, using meth, stealing bicycles, breaking into cars, breaking into homes and destroying this park," Ramirez said. "I think every person has a responsibility to the community in which they live."

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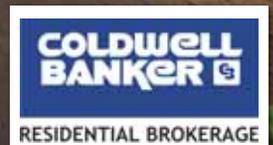
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### ● Friendly Hills Neighborhood Watch Program

Do you need a Neighborhood Watch sign? Call us today! We are actively looking for watch captains and volunteers to enforce the neighborhood watch program and keep our neighborhood safe. For more information please call Minerva Gutierrez, Neighborhood Watch Chair, at (323) 497-4437

### ● Minerva Gutierrez, BROKER ASSOCIATE

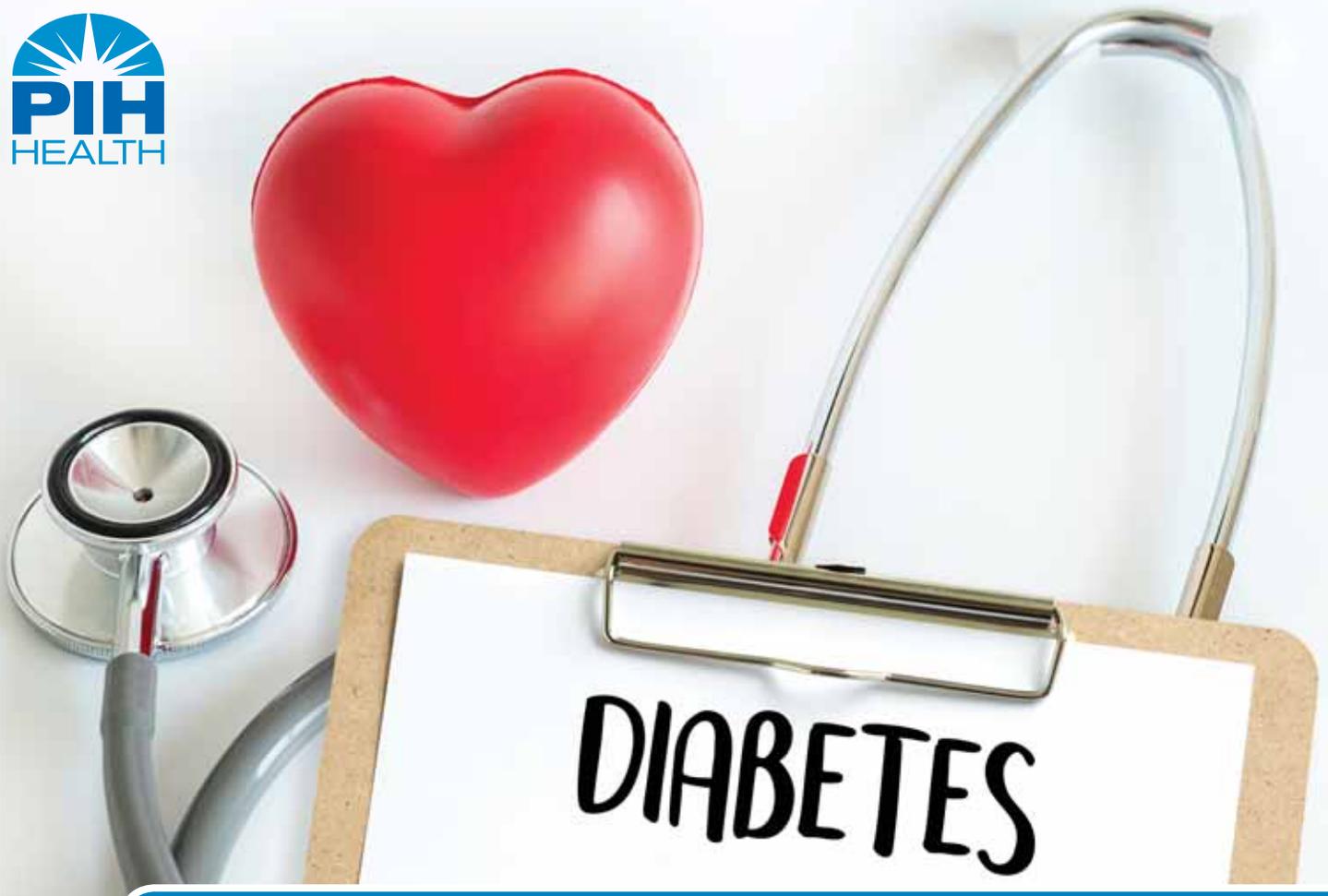
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## What You Should Know About Diabetes

According to the National Institute of Diabetes and Digestive and Kidney Diseases, gestational diabetes is a condition that can develop in females during pregnancy.

"Most of the time gestational diabetes goes away after the baby is born, however, even if it goes away, the mother and baby have a greater chance of developing diabetes later in life," said Ghasak Amer Mahmood MD, an endocrinologist physician at PIH Health.

Other types of diabetes are Type 1, where the body produces little or no insulin; and Type 2, where the body causes blood glucose (sugar) levels to rise higher than normal.

### **Causes of Diabetes**

There are many factors that play a role in developing diabetes. However, Type 1 is hard to predict, as

it's caused by an abnormal behavior of the body's autoimmune system turning against itself.

Type 2 diabetes can be caused by genes, excessive body weight, age, family history, inactivity and the development of gestational diabetes when a female was pregnant.

### **Diabetes Prevention**

And although Type 1 and sometimes gestational cannot be prevented, you can potentially lower your chances of gestational and Type 2. Start with healthy lifestyle choices such as eating healthy foods that are low in fat and calories and high in fiber.

Focus on fruits, vegetables and whole grains; get 30 minutes of moderate exercise a day, and try to lose excess fat. If you are overweight, losing body weight can reduce the risk of diabetes.

# Join the PIH Health Foundation Circle of Excellence



*Circle of Excellence members at our August 2019 gathering*



Foundation

There is still time to support PIH Health with a tax-deductible gift in 2019. Gifts of \$1,000 or more qualify for membership in the PIH Health Foundation Circle of Excellence. The Circle of Excellence is a community of generous donors who consistently support and sustain PIH Health by giving annual gifts of \$1,000 or more to ensure that PIH Health provides the highest quality healthcare for our communities.

For more information about joining the Circle of Excellence please visit [PIHHealth.org/Circle](http://PIHHealth.org/Circle).

For questions regarding other end-of-year gifts, including gifts of stock and IRA charitable rollover gifts, please contact PIH Health Foundation at **562.698.0811 Ext. 81520** or email [PIHHealth.Foundation@PIHHealth.org](mailto:PIHHealth.Foundation@PIHHealth.org).

# Friendly Recipes

## Ground Beef Green Chili By Lou Grimaldi

This is an easy dinner dish or snack. You can use the green chili on its own or use it to make soft tacos or burritos.

It also is great on a bed of tortilla chips as nachos ...

Super simple to make and very tasty. Enjoy

### Ingredients:

- 1 pound Ground Beef or Ground Turkey
- 4 green chilies
- 16 oz. green chili sauce
- 1 large onion
- 1 clove garlic
- 2 tbsp beef bouillon
- 1 tbsp salt
- 1 tbsp corn oil

### Directions:

Take seeds, stems and veins out of chilies.

Dice chilies, onion and garlic.

Sauté chilies and onions until translucent, then add garlic.

Add ground beef and sauté together with beef bouillon.

Pour green chili sauce in pan and simmer for 30 minutes.



*For our family of five  
we double the recipe  
and there usually is  
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*To submit a recipe, email Lou Grimaldi at [redsubmariner@gmail.com](mailto:redsubmariner@gmail.com)*



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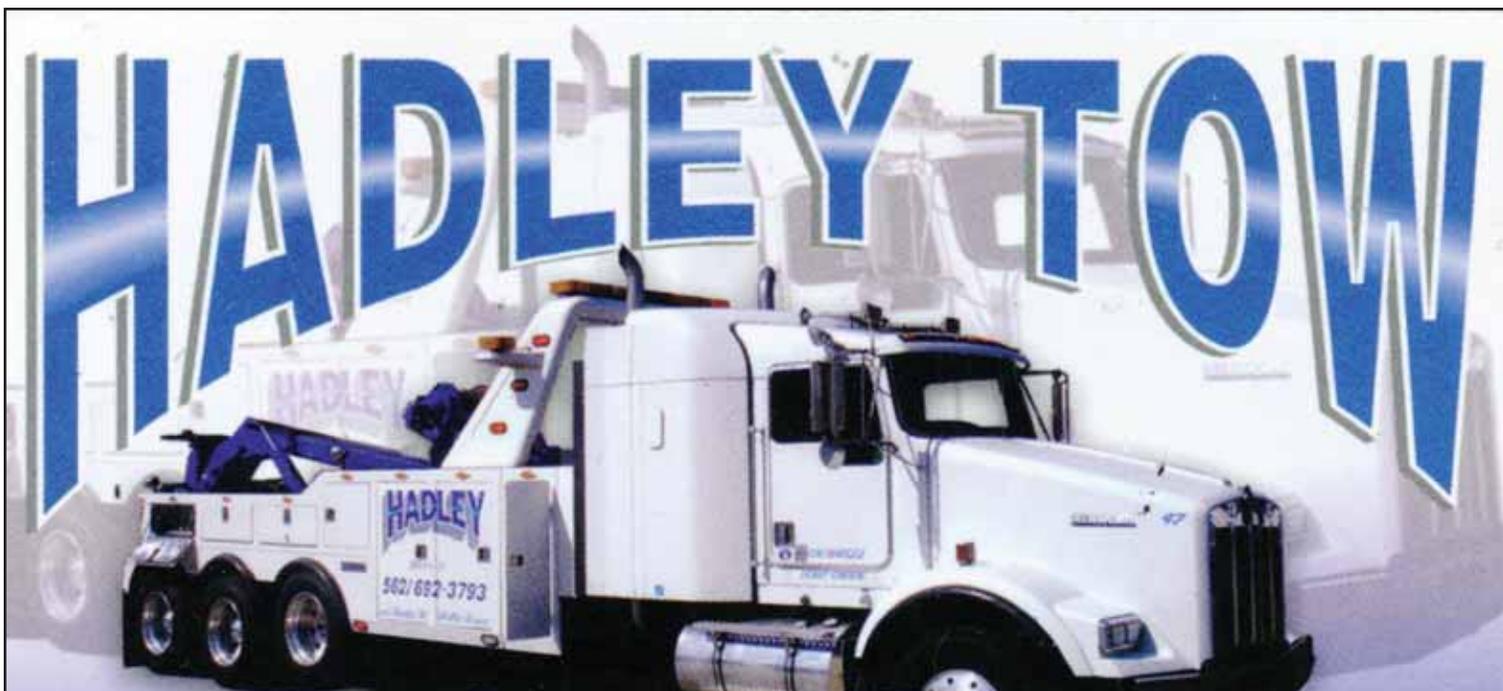
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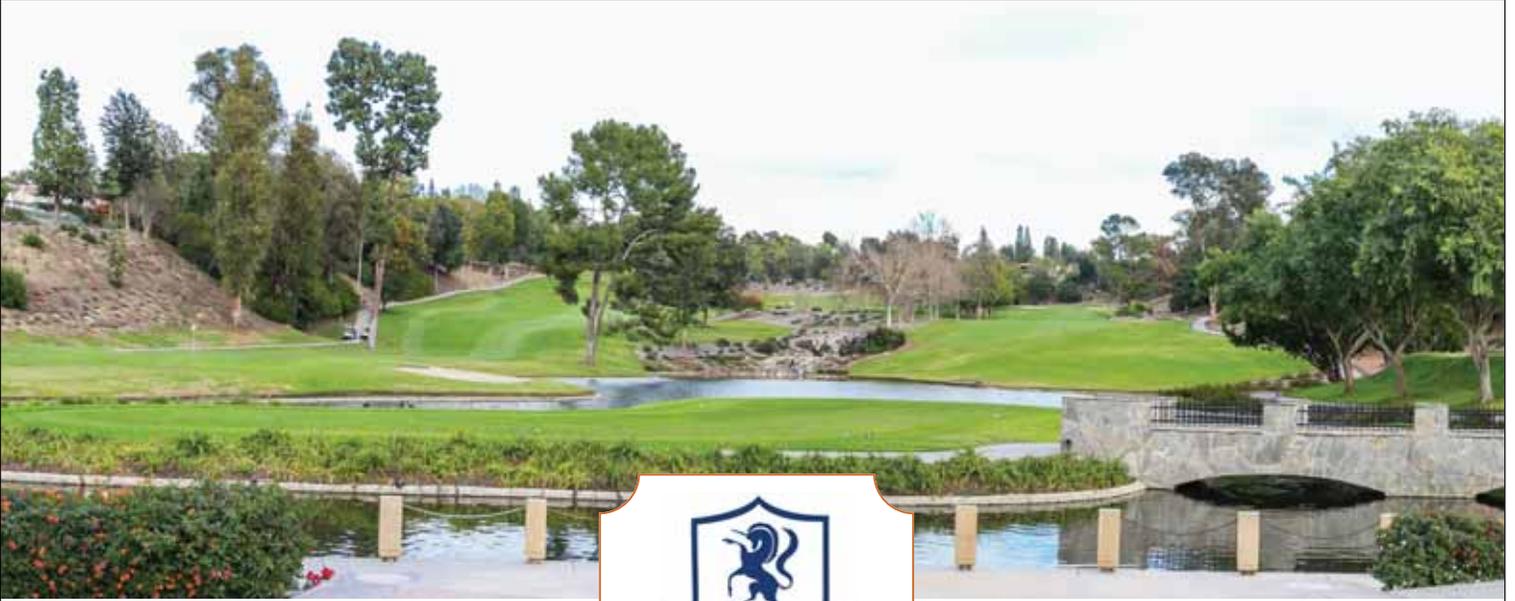
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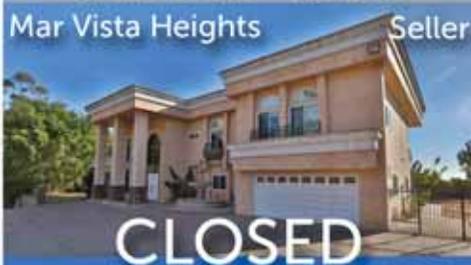
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# FRIENDLY HILLS PROPERTY OWNERS ASSOCIATION: GIFTS THE COMMUNITY HAS RECEIVED

As we venture into the holiday season, our thoughts often turn to family as well as gifts both given and received. I would like to add another perspective to this thought which would be consideration of gifts we have received as a community. Where do we start to list the gifts given to us as a community and yes, at the same time, we must acknowledge that there are still many individuals and families in Whittier that need our support. How do we focus on one without the other? Well, again at this time of year.....maybe we focus on both.

We have been blessed as citizens of Whittier both in temporal gifts and those of friendship and caring for each other. Let's start with our regional hospital, PIH Health. Started in 1959 with the encouragement of Mrs. Albert Haendiges and Mrs. E.J. Blanchard who literally collected coins in cans... today, PIH Health is a nonprofit, regional healthcare network with two hospitals, numerous outpatient neighborhood medical offices, hundreds of talented and compassionate physicians, home health care services and hospice care. The entire staff and leadership dedicate themselves to putting patients first and delivering top-quality health care. Additionally, we have Whittier Hospital to serve our community. How

many of you and your family members have been served by either of these two hospitals?

Our police and fire service consist of individuals who are always ready to place their lives on the line to protect us. With a state-of-the-art police station and now new digital radio equipment, the men and women of the Whittier Police Department have many of the tools necessary to protect us as well as our homes and community on a daily basis.

We are fortunate to now have an additional paramedic position that also serves as the Engineer for Los Angeles County Fire Station 59's located on Scott Ave. Also, the paramedics and firefighters at Station 28's and 17's serve our residents in Central and Uptown Whittier. Los Angeles County Fire Department has provided service for our community since East Whittier was annexed to Whittier in the late 50's. The department has an intricate series of backup plans so that we will never be without the fire service protection that is needed in any situation. Assistant Fire Chief Patrick Errett has confirmed that the department also has detailed plans in place to address a potential fire in the Whittier Hills.

I will never forget the care my father received from





**By Cathy Warner**  
*Whittier City  
 Councilwoman,  
 District 3*

L.A. County Fire Department when he had medical issues and the paramedics responded to his home to take care of him and transport him to PIH Health. Thank you L.A. County Fire Department!

Our list continues as we consider our two Whittier public libraries. We are fortunate in that our Whittwood Branch was remodeled and doubled in size a few years ago and now, the city has secured the money necessary to rehabilitate the Central Uptown Library. Our libraries provide myriad services to our community members in addition to the lending of books. We have just been made aware that our State Senator Bob Archuleta is securing thousands of dollars to enhance the Veteran's Resource Center in our Central Library. Greg Lucas, our state librarian, has indicated this will be a model project for the State of California.

We are blessed with wonderful public school districts, namely, Whittier Union High School District, East Whittier City School District and Whittier City School District. The educators and staff members who work in these districts are dedicated to the children of our community and to the excellence of their education.

The public services noted above are a gift to all of us

in our community... yes, our taxes pay for these services, however we are the very fortunate recipients of the high level of services provided by the professionals who staff these departments and districts.

How can we help those who are less fortunate, particularly this time of year? I would suggest that we consider donating our time, talent or treasure to one or more of the many excellent nonprofit organizations that serve our community. Would you please take time to personally determine with which nonprofit you would like to be affiliated:

Whittier Community Foundation, Interfaith Food Center, Meals on Wheels, Women & Children's Crisis Shelter, Boys & Girls Club, YMCA, Whole Child, Spirit Family Services, CAPC, Assistance League, and National Charity League.

This is by no means a complete list and I urge you and your family to determine which nonprofit is a good fit for you. By donating our time, talent and treasure to these nonprofits, especially at this time of the year, we can ensure that those who are less fortunate will be able to enjoy their holidays as well as the gifts that we receive by being residents of Whittier.



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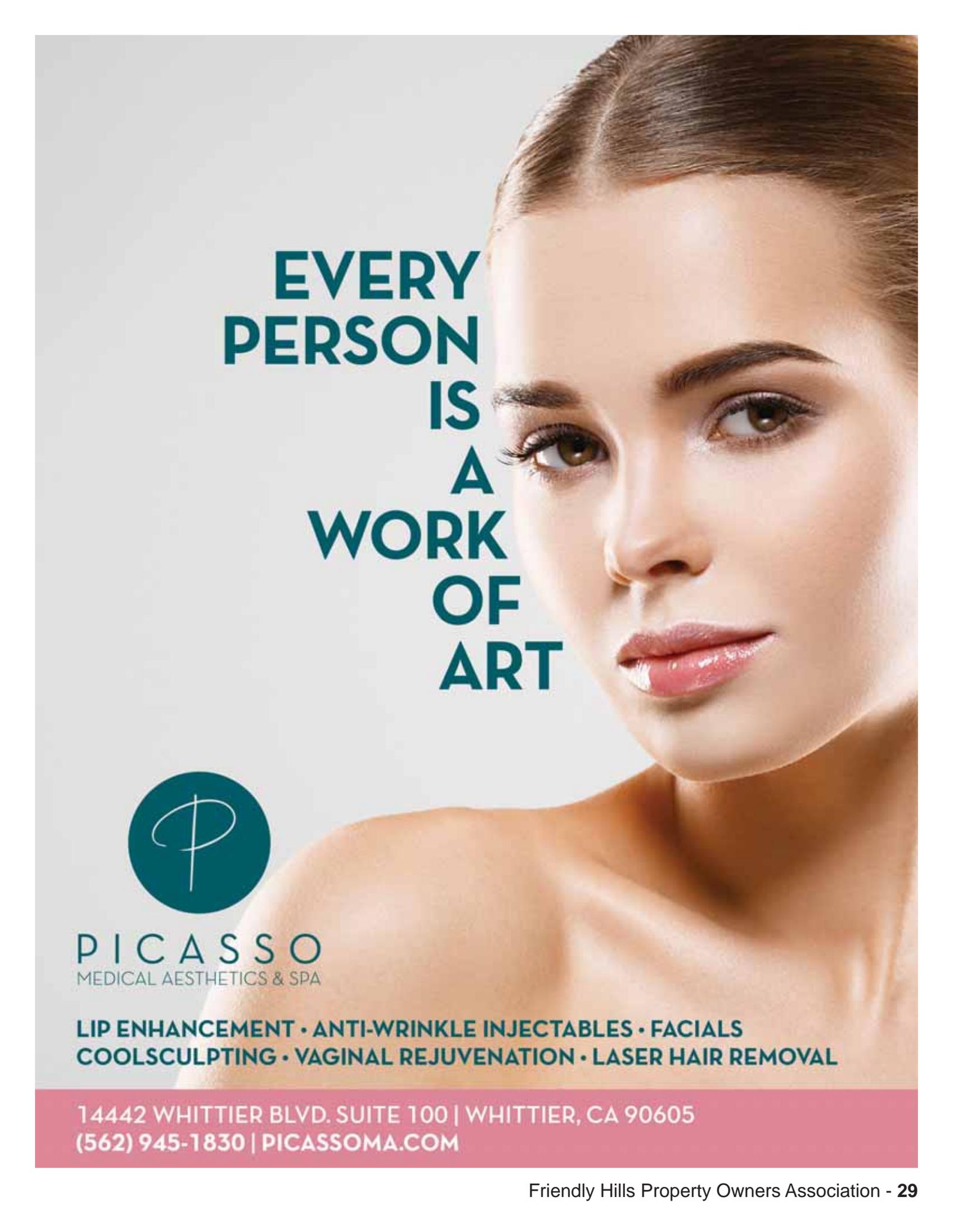


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# Friendly Memories

Searching for Stories and Photos

By John K. Sudick, DDS

John K. Sudick, DDS, is on vacation. His "Friendly Memories" feature will return in the next edition of the "Friendly Hiller." In the meantime, he is still searching for stories and images of Whittier's rich and storied past. Please email them to [friendlyhistory@gmail.com](mailto:friendlyhistory@gmail.com)

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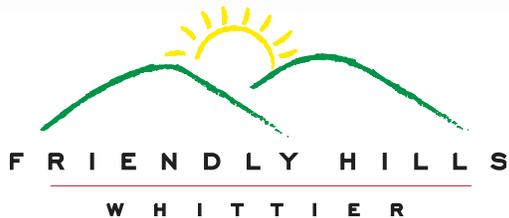
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The Friendly Hills Property Owners Association would like to thank all who came out to the Member Pizza Social on Tuesday, Sept. 17. Each resident received a free pizza and a soft drink. We tip our hats to Pizza Press, 15309 Whittier Blvd., for hosting the event. FHPOA board members in attendance included, from left, Lou Grimaldi, Enrique Hernandez, Allan Nakken, Minerva Gutierrez, Luis Carrion, Jens Welling and David Pilker.



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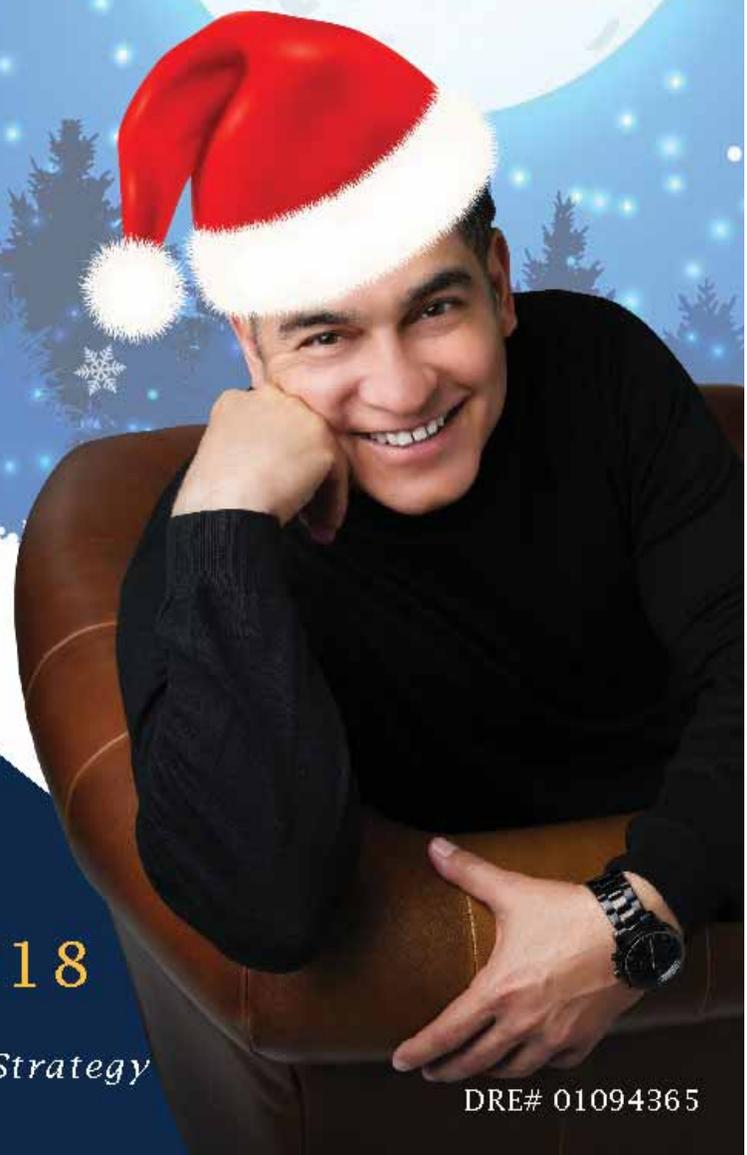
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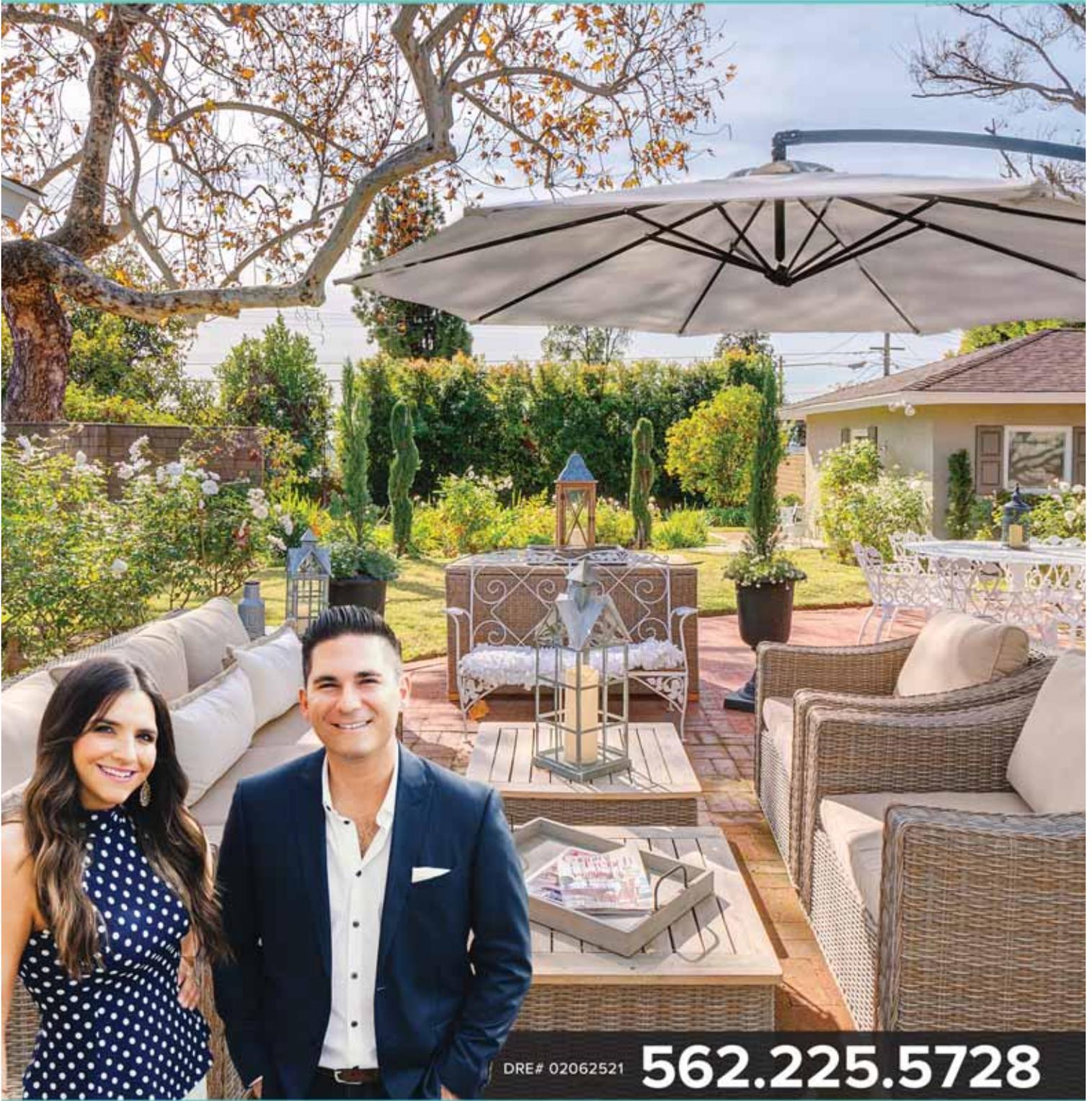
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## Meri Rama 'Comes Home' To Century 21 Real Estate; Leaves Realty Executives And Will Now Operate As CENTURY 21 Cornerstone



Broker-owner Meri Rama, after years of deliberation, announced that her industry-leading company Realty Executives Cornerstone will operate and do business as CENTURY 21 Cornerstone. Rama's team of relentless sales professionals will now leverage the global franchisor's comprehensive platform, market relevance and size to build on its reputation for delivering extraordinary experiences to home buyers and sellers in Whittier and throughout Los Angeles and Orange counties.

"Because we are committed to the people we serve every day, the CENTURY 21® mission to transform from transactional to experiential service aligns perfectly with our dedication to providing memorable moments along every step of the home buying and selling process," added Rama. "We look forward to leveraging the power and reputation of the CENTURY 21 brand to better serve the many unique cultures and communities in the markets we serve and grow our company."

"I've known Meri for many years, and she has been on my radar because I know deep down that her mindset of always giving 121% and focus on delivering the extraordinary would be the right match to our company's overall strategy," said Mike Miedler, president and CEO of Century 21 Real Estate LLC. "She is a fearless leader who thrives on being relentless on behalf of her affiliated agents and the communities they serve. We look forward to helping her and her company achieve their goals and aspirations."

[C21CornerstoneWhittier.com](http://C21CornerstoneWhittier.com)



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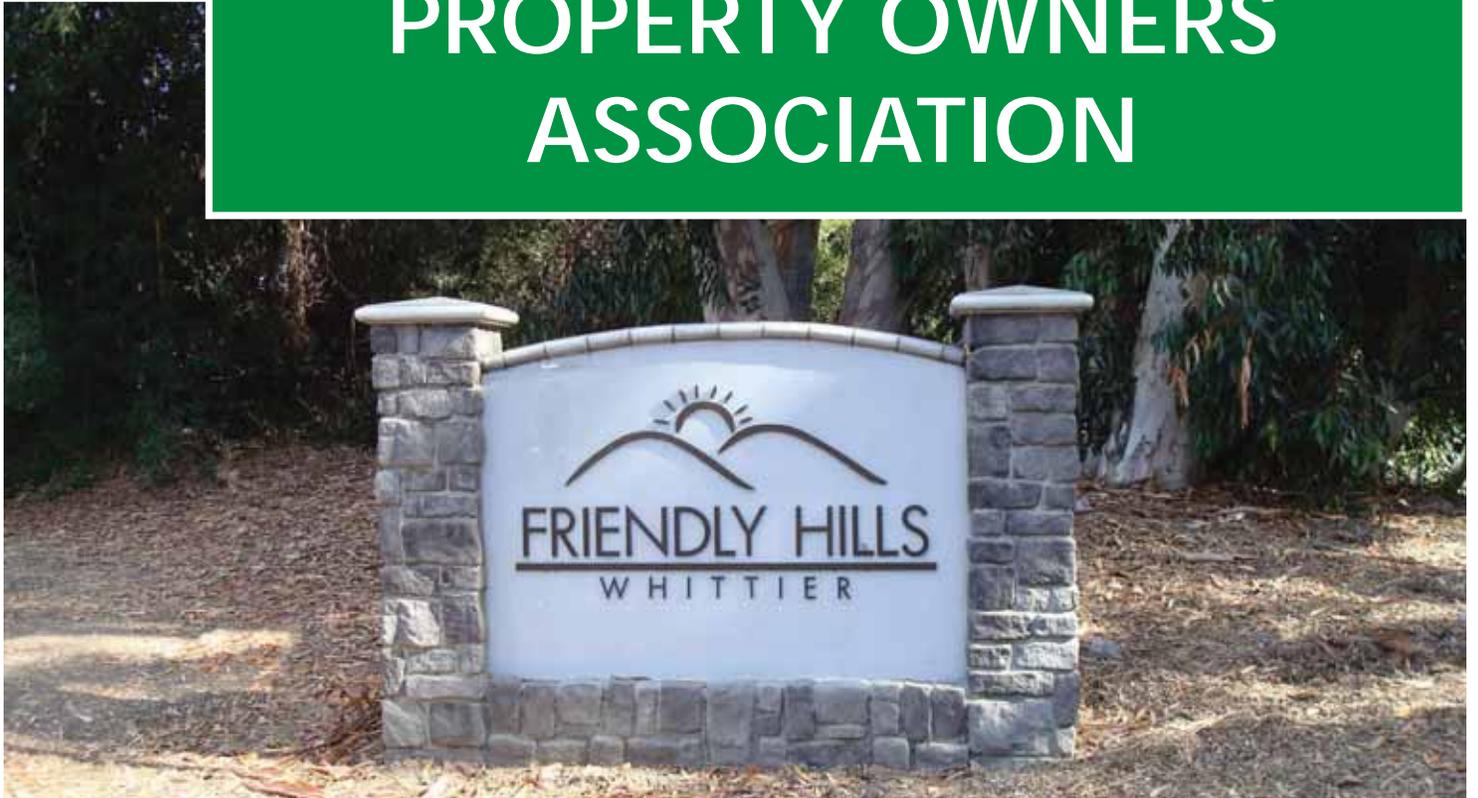
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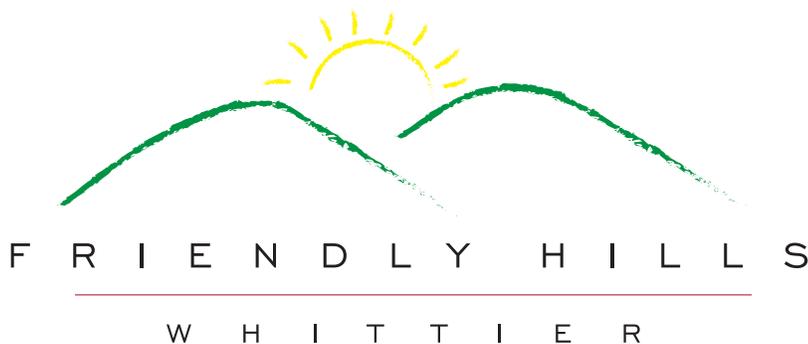
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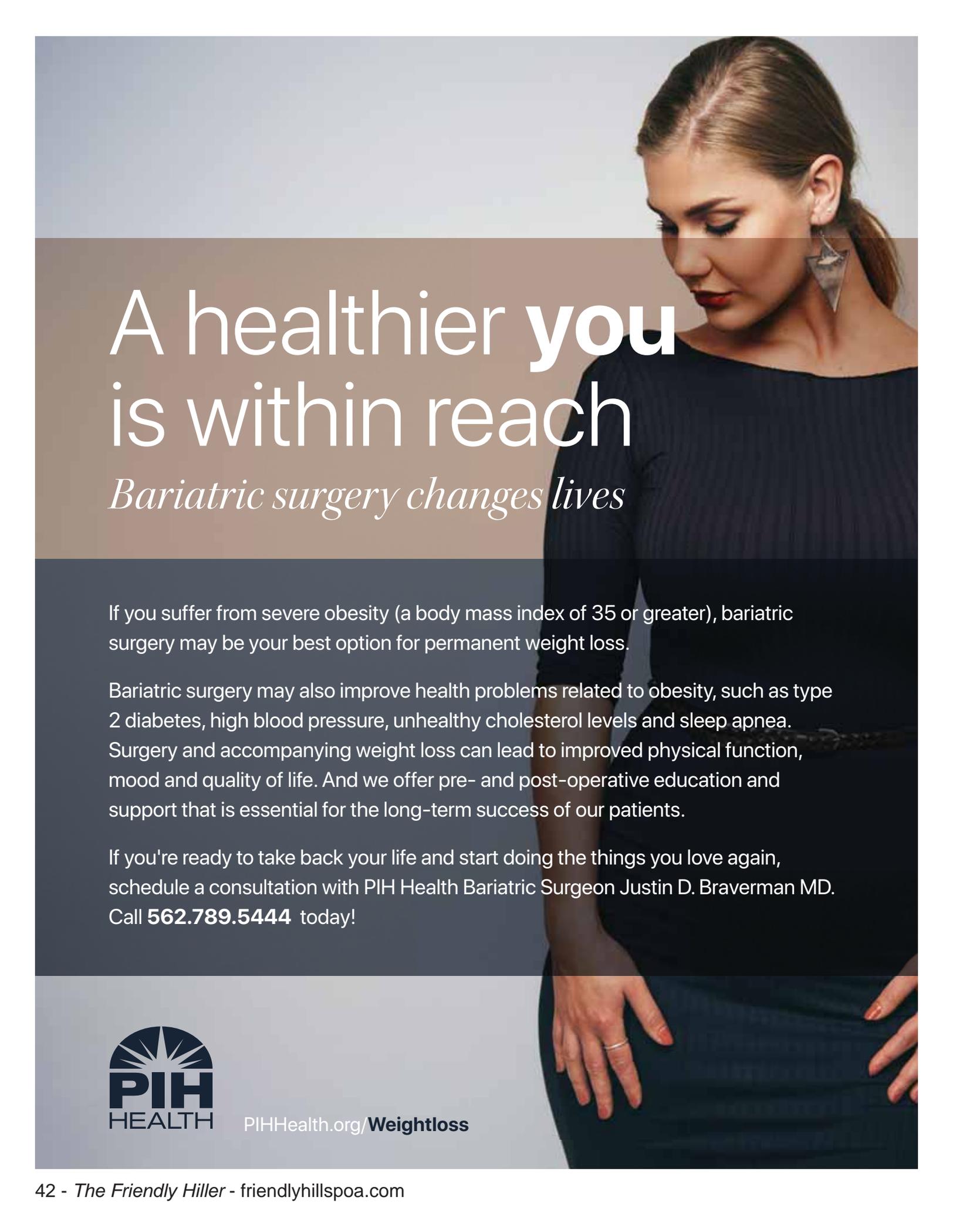
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We have known for many years that basic crime prevention is the most effective way to reduce the likelihood of becoming a crime victim. We also know that most criminals are opportunistic in nature and will look for an easy job with the least amount of resistance to complete their crime.

Officers conduct interviews with car burglary suspects after their arrests. When asked how they committed their crimes, the criminals tell us they spent hours walking through parking lots and residential streets looking into vehicles for anything of value that was visible through the windows.

When they saw an item, they simply smashed the window and took it. In other cases, the suspects said they parked in shopping centers and watched people place purses, backpacks and other valuables in the trunk before heading to shop or use a fitness facility.

When the owners walked away, the suspects smashed a window, opened the trunk and removed the valuables. When the suspects examined a vehicle with nothing visible through the windows, they simply moved on to another victim.

This information should remind all of us that on any given day and any given time, criminals are looking for an easy target. In addition, the theft of purses and wallets from vehicles is a precursor to identity theft.

To reduce the chance of becoming a victim, do not leave ANYTHING visible in your parked vehicle. This includes when parked in your driveway. Even cheap sunglasses or a phone charger could entice a criminal to break the window and ruin your day.



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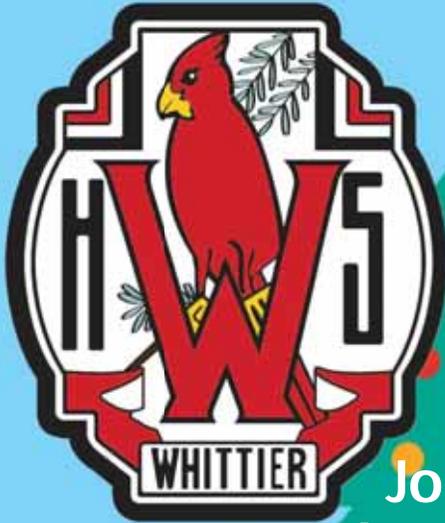


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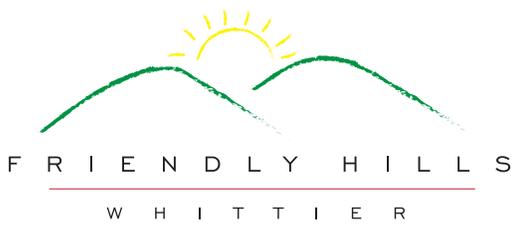


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