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#### PRESIDENT'S MESSAGE





#### W. Allan Nakken

I'd like to take a moment to bring everyone up to date. Our board met for the first time in six months last Wednesday and everyone was brought up to speed about what's taking place in Friendly Hills.

First, we are pleased with our latest magazine. Your "Hiller" has grown into a 52-page magazine. We are striving to add relevant editorial content so we don't overwhelm readers with advertising. That said, please patronize those who have supported and continue to support this magazine.

As the heat of summer continues and the tumbleweeds grow taller and taller going up Colima, we met with Councilwoman Cathy Warner and City Manager Brian Saeki to ask for their help to provide us with better fire protection.

I'm pleased to say that within three days Brian had his crew cleaning the first eight feet of ground from the east side of the curb way in Whittier city limits. He also sent billy goats up to what we call Wilderness Park to reduce the vegetation. One of our primary concerns has always been that if the wind blows the wrong way and we get a fire along Colima due to the overgrowth from the hills. We are now trying to work with the Los Angeles County Fire Department to ensure that they take over and complete the balance of the work needed to provide the proper safety required.

I'm sure by now most of you have traveled south on Lucerne Avenue and noticed the new sidewalk that has been installed all the way down to the old Marie Callender's site. I have been working with City Hall to keep the trash bins emptied and the pine needles off that sidewalk.

Improved landscaping around our nine "welcome" signs to Friendly Hills at this point it's still a challenge but over the next several weeks we will begin a project of taking one sign at a time and upgrading the lighting.

As I write this message we're back to wearing masks in L.A. County. Let's hope and pray this COVID-19 scourge ends soon. It's been a stressful time for everyone and I look forward to hosting a free dinner before our annual meeting this coming April.

#### Allan Nakken

President

Friendly Hills Property Owners Association

Friendly Hills Property
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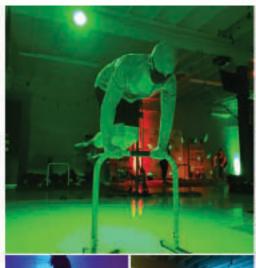
John Paul Garcia Administrative Assistant

Editor: Tim Traeger ttraeger@411whittier.com

#### Clarifications:

A story about Orchard's BBQ & Grill in the Summer, 2021 edition should have said that owner Troy Silva was born in New Mexico.

A story about bringing the Gold Line light rall system to Whittier should have said Councilman Fernando Dutra has been affiliated with the city of Whittier for 18 years, a councilman for 10.













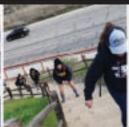






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#### Let's Celebrate!

We are having a GRAND REOPENING/RIBBON CUTTING on Wednesday, October 13th.

We are excited to welcome our members back to a safe place to learn, grow, enjoy fun enriching, and positive youth development activities this new academic year. We invite you to join us to see the renovations that we made to our Main Clubhouse.

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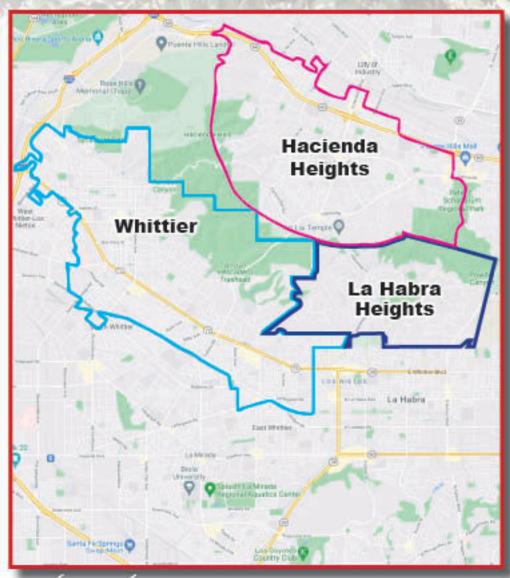




This is sumac, a highly flammable shrub or tree of the cashew family that inundates much of the Friendly Hills terrain along Colima Road into Hacienda Heights.

# PRETAINE LINES

By Tim Traeger, Editor, The Friendly Hiller



Careless hikers, wayward children, auto wrecks, an errant cigarette butt, a faulty catalytic converter

"There's so many ways you can start a fire," says Mark Nelson, a retired assistant L.A. County fire chief and Friendly Hills dweller.

With climate-induced fires setting records up and down the state and weather conditions dry enough to turn years' worth of baked sumac, sage and brush into a dangerous wildfire, the Friendly Hills Property Association has reached out to city and county leaders to ensure all is being done to maintain Colima Road and protect homes from the new reality that every season is fire season.

"The L.A. County Fire Department will always do everything we can to protect lives and property," said David Christian, a battalion chief with Station 28 in Uptown, which covers Friendly Hills and Colima Road. "During Santa Ana events winds can be over 70 mph, which makes protecting structures dangerous."

He said in May and June crews



For specific information on wildfire safety,



inspected properties along Colima and Mar Vista in the "Very High Fire Hazard Severity Zone." Notices were left for owners with inadequate defensible space. He said similar efforts have happened on the Hacienda Heights and La Habra Heights side of the hill.

"The same guidelines for Whittier are in place for Hacienda Heights," Christian said. "La Habra Heights is a separate fire department, but follows the similar guidelines and joint cooperation occurs between LHH and LACOFD."

Whittier City Manager Brian Saeki said city crews have already performed brush clearance and has even enlisted billy goats to thin brush near Murphy Ranch.

"The city of Whittier clears eight to 10 feet along Colima to the county border," Saeki said. "We also contract the management of our hillsides to the Puente Hills Habitat Authority. They along with L,A. County Fire manage fire issues in our hills."

Nelson, 63, said fire danger in Friendly Hills mostly depends on which way the wind blows, and September, October and November are key months for Santa Ana gusts.

"The only question is, is it a north wind or a west wind that day? If it's a west wind, the chances of Whittier getting hit are slim and none because of moisture. If the wind is blowing 10 to 15 mph, it will go up canyon because fire loves to climb, but you can catch it," Nelson said on Colima Road next to Casino Drive. "The biggest threat to Whittier is when gusts are blowing out of the north or east. The winds are normally stronger and drier because a lot of them originate out in the desert. When you have a western wind from the ocean, it usually brings moisture with it. Heat dictates how fast these fires will spread."

Both Christian and Nelson said maintaining defensible space around your home is one of the best ways to protect your property, but Nelson added that in Santa Ana wind conditions, embers can jump up to a mile ahead of the main blaze.

"I don't mean to sound like Chicken Little, but the whole area has not burned in God-knows how many years," said Nelson, who retired in 2011 after 37 years in the business. "The sumac is huge. When they get tree-sized, that's 50 years of growth. You have sage, you have grasses, but this brush lets off gas that makes it even more flammable when it's hot outside. The north wind is like a big hand, pushing a fire."

Because fire danger never goes away, Nelson said the area should develop a fire modification plan.

"We need to make this an annual event because, as you can see, it's going to get worse," Nelson said. "This stuff has been growing for a long time. It hasn't burned in years. Whittier is at most danger in a north- and east-wind fire with the dry humidity, 40 to 50 mph gusts, I don't care how many helicopters you've got. All you can do is chase it and hope for the best."

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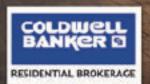
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### A TUSCAN TRANSFORMATION

EYE-POPPING VIEW COMPLETES 'HOME OF THE QUARTER'

By Tim Traeger, Editor, The Friendly Hiller

It wasn't in Laura Zaragoza's character to dash from her car and rush the front door when she spied the "for sale" sign. The Columbia grad wanted a home with a pristine view and, after getting outbid on another down the street, her boldness captured a 2,780-square-foot slice of heaven on Seranata Drive.

"I went up and knocked on the door, something you're not supposed to do," said Zaragoza, a successful financial advisor for Edward Jones. Her four-bedroom, three-bath beauty at 8403 Seranata is this edition's "Home of the Quarter" if only for its owner-designed 1,500-pound Italian iron front door.

"Come on in," said owner Gary Childress, who told Laura back in 2016 he had just grudgingly put the house, built in 1971, up for sale to satisfy a trust obligation. Over his shoulder she caught a glimpse of the view.

"This house was in shambles. It looked like homeless people lived here. There were holes in the walls. I saw the view and angels started singing," Zaragoza said. "I didn't care what it looked like. I knew I could renovate it."

And renovate she did. The East Los Angeles native and single mother said she must have put in about \$200,000 worth, a major chunk of that change erecting a columned portico showcasing that door. It's all quite Tuscan, complete with golden lion door knockers, Columbia's mascot.

"It changed the whole look of the house," Zaragoza said.
"I had a hard time getting it approved by the city. I wanted columns and it added another dimension."

The avid Dodger fan said she replaced the flooring, added a bathroom, switched the kitchen from electric to gas and is thinking of an infinity pool and barbecue for her back yard, which offers spectacular views to the sea.

Zaragoza has a bachelor's degree in political science from Columbia with a concentration in psychology. She said she initially wanted to be a lawyer and then a politician but found that world distasteful. She dabbled in public relations and worked in the non-profit sector for many years in New York City before returning to Whittier and starting her financial practice in 2002.

"People assume I'm married because they can't fathom how I could do what I do on my own. But they don't know my story and where I came from," said Zaragoza, who lives with her daughter, Vanessa, a senior at Arizona State University.

When she's not hiking in Murphy Ranch, writing a novel, contemplating a non-profit to benefit women or serving as the newest board member of the Friendly Hills Property Owners Association, you'll find Zaragoza at Dodger Stadium. She said she "bleeds blue" and was inspired by a shared love of the team with her late father, José Robert Zaragoza.

"There's a few moments in your life that you remember, and Kirk Gibson's home run (in 1988) was one of them," Laura said. "The feelings of exhilaration. I remember them very well. Vin Scully's voice was my childhood."

Because the family was bilingual, they also got regular servings of iconic Dodger Spanish broadcaster Jaime Jarrin.

She quipped her ultimate dream would be building a helipad in the back yard and taking an aerial route to Dodger Stadium.

"It's been a labor of love and a huge transformation," Zaragoza said of her prized home. "What you see now you



would never believe it seeing what it was before. Kind of like myself and my story. I love the fact I was very blessed. I was lucky. It was only by the grace of God I was able to stumble upon it, the timing of it, the fact I actually got out of the car and knocked on the door. I want to be buried in the back yard. I want to live here forever."

She compared the Dodgers to real-life living.

"There are very few things in life that will make you experience a wide range of feelings, all within the span of a few seconds," Zaragoza said. "You can go from happy and elated to completely devastated in a matter of seconds. That is what life is all about. It's not about living, it's about feeling. To find the joy among the struggles."





Friendly Hills Property Owners Association - 11

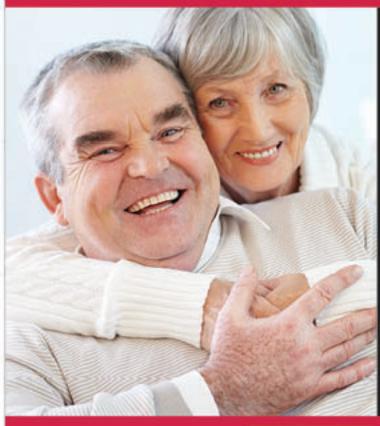


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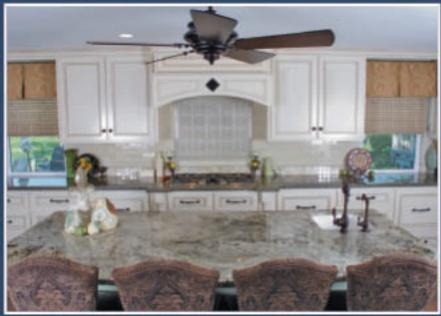
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# into the Lions' den

#### D.A. Gascón faces recall for 'progressive' crime posture

By Tim Traeger, Editor, The Friendly Hiller

With his boss under a recall effort for being soft on crime as head of the largest prosecutorial agency in the nation, Mario Trujillo should be awarded a badge for bravery as he headed into the Lions' den on July 29 at the Azar Events Center in Santa Fe Springs.

Gov. Gavin Newsome faces removal if voters give a thumbs-down on September 14, but his newly elected Los Angeles District Attorney George Gascón faces his own recall movement. Trujillo defended his boss for a new "progressive" tact the county's lead prosecutor has taken since winning election over Jackie Lacy on Nov. 6, 2020.

Gascón joins eight other progressive district attorneys put in place in backlash to the George Floyd killing, which spawned the "Black Lives Matter" movement and subsequent efforts to de-fund police departments across the nation.

The alleged killing of beloved Whittier Police officer Keith Boyer on Feb. 20, 2017 by gang member Christopher Michael Mejia happened a stone's throw from Whittier Area Community Church, so the matter hits close to home in a literal way.

Gascón, a Cuban immigrant, longtime LAPD officer and former chief of Mesa, Ariz., and San Francisco has refused to seek the death penalty against Mejia nor seek special allegations that would enhance Mejia's time in prison. Trujillo didn't have many friends among the grizzled room of about 100 Whittier Host Lions.

"He absolutely murdered (Boyer) for no apparent reason and your office won't seek the death penalty. Don't tell me that's increasing public safety," yelled an unidentified Lion to unbridled applause.

"By putting him on death row, he's in isolation. When you're talking about light sentences, you're talking general population," said Lion Vincent Daigneault. "If he's going to be in general population, he'll be a superstar. He killed a cop. So now he's in prison with a dozen inmates working for his butt. He's gonna have his drugs. He's gonna have a great life. I want to see that SOB stuffed in a cage."



"We can either euthanize him or keep him in a jail cell," Trujillo said. "I just don't want him out on the street, because that affects public safety. The killing of a police officer still qualifies for LWOP (Life Without Parole)," Trujillo said.

Trujillo, a Downey councilman, has been with the D.A.'s office for 24 years and is days from retirement.

He said Gascón, his fourth D.A., has three main priorities: Increase public safety; expand victim services and promote equity and fairness. Trujillo said his department has been a leader in child advocacy and forensics and "we sent more people to the state prison system than the next four counties combined, with San Diego, San Bernardino and Riverside."

"In prosecuting those murder cases, is it not true the district attorney is not assigning the special circumstance of gang affiliations that would allow for the LWOP?" asked Lion David Gonzalez Jr.

"We are no longer seeking special circumstances," Trujillo said. "Because?" Gonzalez shot back.

"Because this D.A. is no longer seeking the death penalty," Trujillo said.

"What is the rationale behind the ideology?" Gonzalez asked. "Because it helps us? The people?"

"I would venture to say moral or religious reasons," Trujillo said to a collective grown.

"Watching the pendulum swing from our 'tough on crime' perspective to a much more progressive approach has been an interesting ride for me," Trujillo said.

To get Gascón's recall on the ballot, supporters must gather 10 percent of L.A. County voters, or 579,062 signatures by Oct. 27. As of July 25, 25 of L.A. County's 88 cities had passed votes of no confidence in Gascón.

"You may be for or against the death penalty, but you have a governor, an A.G. and now a D.A. who do not believe in the death sentence. They are not an 'eye for an eye' type of people. And their policies reflect those ideologies," Trujillo said.



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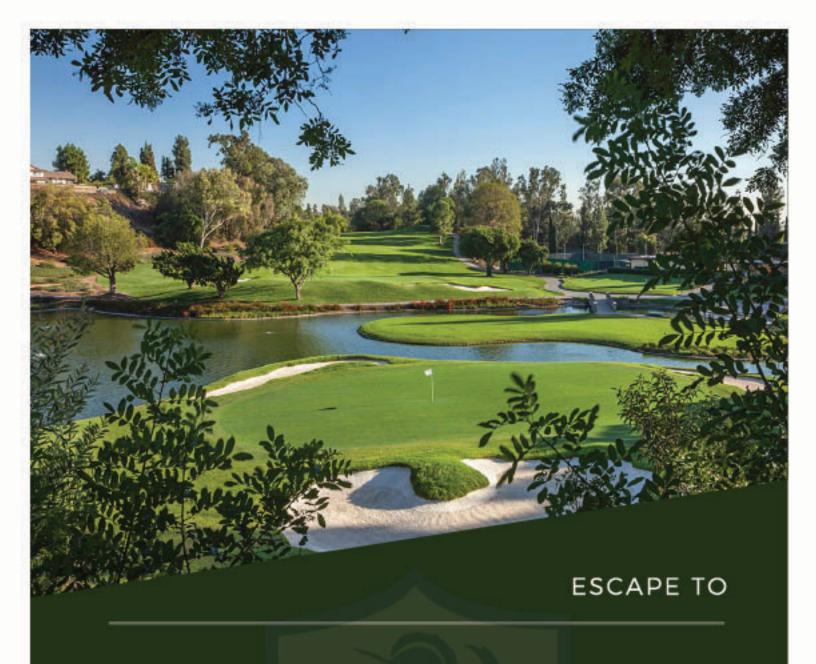
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Back-to-school time is exciting for many people, from kindergarteners to college students, as well as parents and school staff. Back-to-school time is also an exciting time for crooks who exploit unsuspecting victims as streets fill up with students carrying valuables, and school parking lots fill up with vehicles. The following list contains various tips on making your school year a safe one:

- Be sure your child knows his or her home phone number (including area code) address, your work number, the number of another trusted adult, and how to use 911 for emergencies.
- Plan a walking route to school or the bus stop. Choose the most direct way with the fewest street crossings. Test the route with your child. Tell him or her to stay away from parks, vacant lots, fields and other places where there aren't many people around.
- Teach children whether walking, biking, or riding the bus to school - to obey all traffic signals, signs and traffic officers. Remind them to be extra careful in rainy weather.
- Make sure they walk to and from school with others a friend, neighbor, brother, sister.
- When carpooling, drop off and pick up children as close to school as possible. Don't leave until they have entered the school yard or building.

- Teach your child never to talk to strangers or accept rides or gifts from strangers. Remember, a stranger is anyone you or your children doesn't know well or doesn't trust.
- Have a secret code word with your child, to help confirm your child is dealing with a trusted person.
- 8. If your child is home alone for a few hours after school:
  - Set up rules for locking doors and windows, answering the door or telephone.
  - Talk about what activities your child can and can not do while home alone.
  - Make sure he or she checks in with you or a neighbor immediately after school.
  - Agree on rules for inviting friends over and for going to a friend's house when no adult is home.
- Take time to listen carefully to children's fears and feelings about people or places that scare them or make them feel uneasy. Tell them to trust their instincts. Take complaints about bullies and other concerns seriously.
- Teach you kids to stay alert when they walk to and from school.
- If you park your vehicle at school, make sure the alarm is on, all doors are locked and all valuables are removed from plain view.

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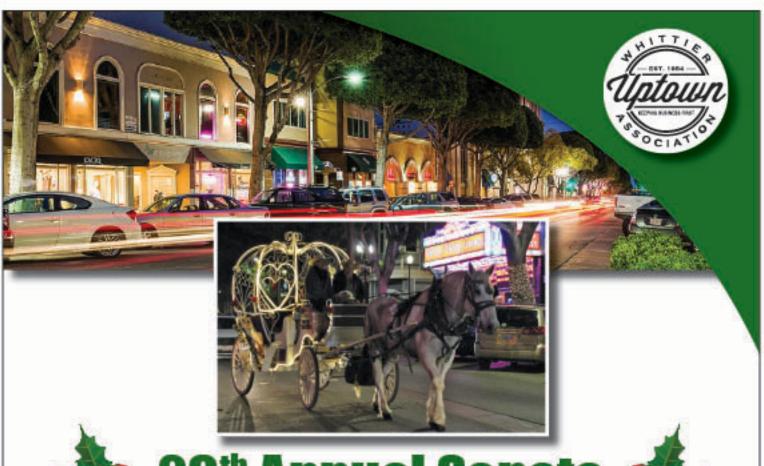
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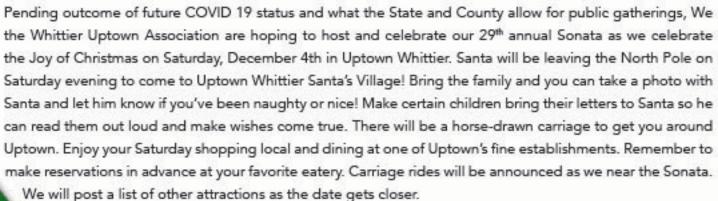






# 29th Annual Sonata

Saturday, December 4, 2021



Remember that our 29th Annual Sonata is contingent on the outcome of the COVID 19 status in December 2021 and we will adhere to what the City, County, and State say we can do, yet we are hoping for the best outcome. Please follow us on Social Media for updates.





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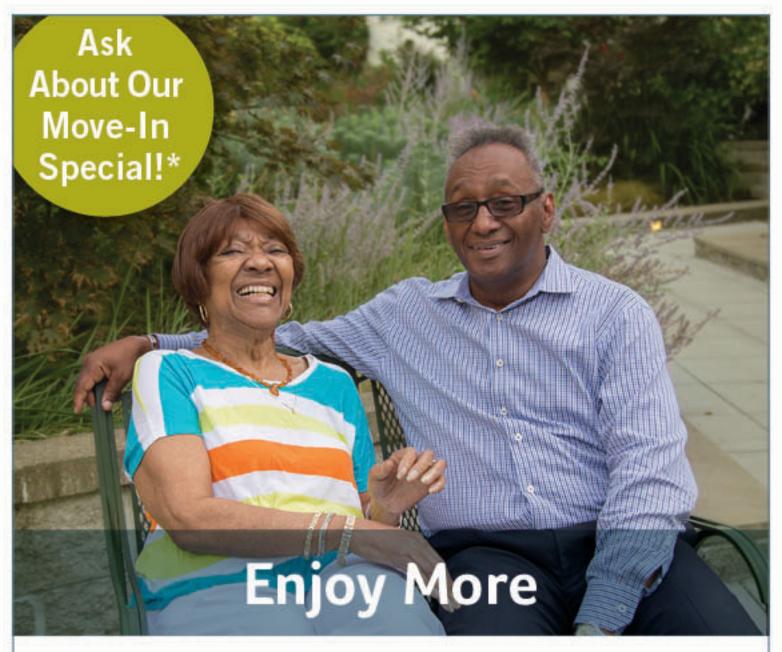
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By John K. Sudick, DDS

## Sports & Recreation Part 1

How about a Friendly round of golf? genial game of tennis? Baseball anyone? The 1960's in Friendly Hills brought many changes as our community grew, and this included organized sports and recreation.

Most of the sports programs offered in communities including Friendly Hills were male oriented. Some sports and

recreation programs in the 1950s and Not your cup of "tee"? How about a 1960s for girls and women focused more on archery, dance, cheerleading, tennis, swimming, bowling and golf. There were also co-ed activities including skiing and hiking. The activism of the 1960s was a transitional period for women so that until the mid-1960s and early 1970's. funding for community sports for girls

and women was limited. The beginning of the 1960's saw the WRA (Women's Recreation Association) formed. organization that sponsored women's recreation, intramurals, and intercollegiate teams in sports such as hockey, volleyball, basketball, competitive swim, archery, tennis, softball, and bowling.

The WRA sought to provide women the same opportunities as men, even if the college would not recognize them as varsity sports. In the beginning, these sports were not funded by the schools. As a result, the students or families had to organize and pay for their own events. This led to many individuals and families forming their own sports organizations in Whittier and other communities to support their efforts to purchase or lease land and make agreements with city and local school districts to participate, help fund, and create space for baseball fields, tennis courts, swimming pools, football field use outside of school sports, soccer and more. In 1961, with the annexation of Friendly Hills and East Whittier into the City of Whittier, The city's Parks and Recreation Department was instrumental in helping to support many of these sports and recreation programs. Many of these efforts created new local teams of Pop Warner Football and Little League Baseball such as Murphy Ranch Little League. It also led to new funds to upgrade facilities at York Field and other city-owned parks.

A Federal antidiscrimination law passed in 1972 called Title IX states: "No person



Hitting the Mark, Archery in East Whittier circa 1960's



Pop Warner Cheerleaders circa mid 1960s



Whittier 5ki Club circa 1960





East Whittier YMCA Senior Aquatics



Friendly Hills Bowl circa 1958



Friendly Hills Country Club circa 2020

denied the benefits of, or be subjected schools in Whittier and Friendly Hills. to discrimination under any education program or activity receiving Federal and built Candlewood Country Club on financial assistance." With this broad Telegraph Road was one of two Whittier law and the activism and dedication of Area 18-hole golf courses. It became a mothers, dads, and women everywhere, member-owned course and club in 1957. began to include young girls and women Country Club in North Whittier near email to FriendlyHistory@gmail.com

in the United States shall, on the basis of in sports like baseball, soccer, basketball, sex, be excluded from participation in, be and many others. This included our

In the 1950's, the newly organized

Workman Mill Road developed in 1956 on old Pellisier Dairy land. The closest other golf course was the newly renovated (1964) Hacienda Country Club in La Habra Heights. In 1968 with the development of homes east of Colima Road and Mar Vista Street in the last remaining acreage of the old Murphy Ranch, Friendly Hills Country Club was established. Designed by James Wilfred "Jimmy" Hines, the new Friendly Hills Golf Course is considered one of the finest in the Los Angeles-Orange County area. Tennis courts, pool facilities, as well as the golf facilities make for new opportunities for local sports clubs in Friendly Hills.

For East Whittier, expansion of the Whittier YMCA in Uptown Whittier included the opening in 1964 of an East Whittier YMCA branch in an old firehouse on Colima Road. In 1970, one of the new premier sports and youth facilities in Whittier was the East Whittier YMCA on Starbuck Avenue near Santa Gertrudes. Many Friendly Hills families enrolled their children in 'Y' sports and recreation programs including aquatics, gymnastics, basketball, volleyball, and dance.

Another iconic structure in Friendly Hills that was a sign of the times and a place to socialize and have fun was the Friendly Hills Bowling Alley. Built in the mid-1950s as East Whittier was expanding with new homes and families, bowling's popularity served as a family-friendly activity as well as a competitive indoor sport to beat the Southern California summer heat. With it's cool Googie architecture and close proximity to the soon-to-be-built Whittwood Town Center, the Friendly Hills Bowl was the place to be with your friends.

In this three-part series we will explore some of the early Friendly Hills sports and recreation programs that kids, youths, adults and seniors had fun, maintained their health, socialized, and became the friendly fabric of our community we know as Friendly Hills. Due to limited photos and information available on the Internet, your help combing through some old photos and scanning or simply photographing them with your phone and emailing to me will be extremely helpful in sharing school and community sports programs. The second course was the California our Friendly Memories with others. Please



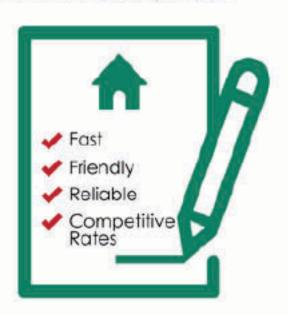
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# Friendly Recipies By Lou Grimaldi



#### Spatchcock Chicken

Spatchcocking makes for a chicken with super crisp skin and moist meat, in about half the time it takes to roast a whole bird. We have stopped buying roasted chickens at Costco. With the time to park, walk in, pick up chicken, wait in the checkout line and drive home ... we can make it ourselves. We make this in both the BBQ and/or the electric smoker. Same times apply to the smoker ... we usually grill corn or sliced Italian squash and make a salad as side dishes ... Bon Appetite!

Prep: 10 mins | Cook: 35 mins at High 450° F Additional: 30-50 minutes at 375 ° F Total: 60 mins | Servings: 8



- 2 (3 1/2) pound whole chickens, wingtips removed (If larger just increase time a bit)
- See next column for the 2 different rubs



#### Directions

Step 1: Preheat oven to 450 degrees F (230 degrees C).
Line a large rimmed baking sheet with foil.

Step 2: Place chicken, breast side down, on a work surface. Starting at the tail end, cut along both sides of backbone with kitchen shears. Remove backbone. Grabbing hold of both sides of the chicken, open it like a book. Turn breast side up. Push down on each side of breast with your hands until you hear it crack. Flatten chicken and transfer to one short end of the prepared baking sheet. Repeat with the second chicken.

Step 3: Combine salt, tarragon, paprika, and pepper in a small bowl. Stir in oil. Run your fingers under chicken skin and rub tarragon paste under skin. Or if using Lou's Rub add oil to mix and do the same.

Step 4: Roast until skin is crisp and an instant-read thermometer inserted into thickest part of breast reads 165 degrees F, about 35 minutes. Let stand 5 minutes before cutting each chicken into 8 pieces.

To submit a recipe, email Lou Grimaldi at redsubmariner@gmail.com

#### Tarragon Rub:

- 2 teaspoons salt
- 1 teaspoon dried tarragon
- 1 teaspoon paprika
- ¼ teaspoon black pepper
- 4 teaspoons olive oil

Combine all ingredients for the rub in a small bowl. Stir well to combine using a fork to break up any clumps. Store in a mason jar for up to a month

#### Lou's Sweet & Spicy Rub:

This works for chicken and pork

- ¼ cup of dark brown sugar
- 1 tablespoon coarse sea salt
- 2 teaspoons cracked black pepper
- 2 teaspoons of smoked paprika (hot or mild)
- 2 teaspoons of garlic powder
- 2 teaspoons of onion powder
- 1 teaspoon of ground mustard
- ½ teaspoon of cayenne pepper (optional as this gives it quite a kick)
- 4 teaspoons of olive oil

Combine all ingredients for the rub in a small bowl. Stir well to combine using a fork to break up any clumps. Store in a mason jar for up to a month.

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#### **Hospital to Hospice:**

#### Understanding This Lesser Understood Benefit in Everyone's Medicare

Interviewee: Dr. William Welsh, DO Certified Dementia Practitioner, Owner-Loving Homecare

# Tanner Gish, MA Certified Dementia Practitioner Owner, Loving Homecare





There are many services and terms in the healthcare industry that we think we understand. However, it's often only after we experience it by necessity do we learn more, telling ourselves "I wish I had known that sooner!"

When you think of "hospice"—what comes to mind? For some, the word carries a stigma and an association with life's final days. However, what may not come to mind is that hospice care is often a rich source of comfort, support, and well being... for both patients, and for their loved ones.

To explore this topic, we sought the counsel of Dr. William Welsh, long-time geriatric physician in Whittier, and Medical Director of Bristol Hospice of Greater Los Angeles.

## While most forms of healthcare are focused on the care recipient, hospice offers benefits for more than just a patient. Tell us about the benefits hospice provides for family members of aging loved ones?

"Hospice is not only just for the patient, it's for the family members. Sometimes family members have difficulty accepting some of the problems we run up against in hospice. [However], family members need the intervention of the nursing physicians, the home health assistants as well as the social services and spiritual counseling. They find that these are much more beneficial than they would have expected. Often when family members are confused and don't know what the next step in the process would be, hospice can relieve them of that burden. It can turn them on to things that they wouldn't think to think about, like post mortem arrangements, and that kind of thing. It does help family members as well as the patient."

#### How do you find an appropriate hospice provider in your community?

"Ask friends and neighbors if they have any positive experiences with hospice. Also, talk to their physician, and learn from them if there are any Dr's that they would recommend for their needs."

#### You have obviously been helping seniors at all levels of health for years. Tell us about your experience with Bristol Hospice?

"I have been in hospice care for more than 25 years, [and continue] on with Bristol Hospice (which was acquired from Remita Hospice). I think they provide an excellent service. We have the same [continuity of] staffing. They appreciate [the care results] we have been able to accomplish with our patients. We have positive relationships with these patients. Bristol Hospice will continue to with our methods of providing this care to the patient."

Environment in times of needed comfort matters. Do you have a recommendation on the best place for a patient to receive hospice care?

"My recommendation for most individuals would be to maintain hospice at home."

I've heard it said that a common myth is that unlike "hospital" or "nursing home," hospice is not a place- it's a philosophy of care. Would you agree?

"We are looking at quality of life, not quantity of life with hospice. Certainly for patients the most important thing is comfort. For hospice an important thing is not to intervene in issues that would only prolong suffering and not preserve additional quality of life."

#### What questions should a family member ask, and what answers should they look for, in a hospice provider?

"What Levels of Care are available? Is care provided in a facility, in the home?

Also, does the hospice team have the staff to provide the level of medical services required, so the individual can remain at home, and not require going to a nursing home or hospital where unnecessary interventions will be employed, and which will unlikely be of any benefit to the patient's longevity, but more to the patient's discomfort.

2. How rapidly can the hospice company respond to their needs?

At 3 a.m., can they have mediations brought to their home, or nurses brought to their home if necessary (some of the smaller hospice companies just don't have the staffing to manage this)?"

As Dr. Welsh alluded to above, many are unfamiliar with the fact that hospice service provides an interdisciplinary team, who can provide support for others. When I first entered the healthcare space, I was quickly overwhelmed by the number and the nuances of the many services that are out there to support the aging. Having access to competent social workers and spiritual counselors can provide significant alleviation of stress and save much time for those around a hospice patient.

And lastly, people often forget that hospice doesn't need to be one's treatment forever. At Loving Homecare, we have personally provided care for hospice patients. Over the years, we have seen that the healing and recovering power that dedicated personal care can provide to the soul and the body. Through personal attention, good hygiene, building self-esteem, and increased interpersonal activity we have elevated many to come off of hospice because their condition improved, or they "found the fight" to take the next step in their health journey. Hospice isn't a sentence- it's an embrace, designed to be what you need it to be in crucial seasons.

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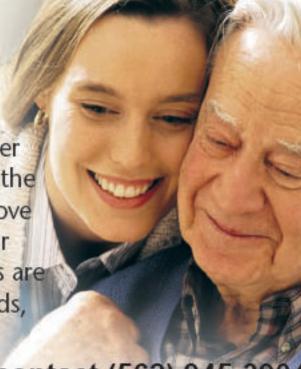
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# School Days in Whittier...

By Cathy Warner Whittier City Councilwoman, District 3



### Did You Know?

At this time of year our thoughts often turn to our children and grandchildren returning to school... and perhaps we reminisce about our own memorable experiences when we were students.

As residents of Friendly Hills, our children have the opportunity to attend our local public schools which are Ocean View or Murphy Ranch Elementary, East Whittier or Granada Middle School as well as La Serna High School. We are also fortunate to have many outstanding private schools in our area which we will highlight in a future column.

East Whittier City School District (EWCSD), our current K-8 school district, was established in 1902 and the District's first school taught grades one through eight. A fire in 1910 destroyed the school, forcing students to attend classes at the East Women's Improvement Club (on Second Ave.) until the new school was built. The new school (now called East Whittier Middle) was finished in 1913 and in 1922, its most famous student, 9-year-old Richard Nixon, moved into the District and attended there for several years. The school suffered extensive damage during an earthquake in 1939 and subsequently underwent massive repairs.

Today, East Whittier Middle is a student-centered school that prides itself on working closely with families to create an exceptional learning environment. As a result, the State of California selected East Whittier Middle as a California Gold Ribbon school, a California Business for Education Excellence Honor Roll School as well as the recipient of the California School Boards Association Golden Bell Award for the English Language Acquisition through the Use of Technology Program offered on campus.

I have many fond memories of attending East Whittier (back then called East Whittier Junior High) Middle School as my family moved from the west side of Whittier to East Whittier.

An interesting historical note, the Emma Wicker Auditorium was named after the aunt of a former Whittier mayor, Monte Wicker. Emma taught first grade during the school's early history.

Granada Middle School continues to provide excellence for local students and ranks better than 81 percent among middle schools in California.

Elementary schools Ocean View and Murphy Ranch were built in the 1950s and provide classroom instruction for grades K-5 for the children who live in Friendly Hills. Test scores reported at Murphy Ranch and Ocean View are far above the state average, suggesting that most students are performing at or above grade level.

Led by Superintendent Marc Patterson, the EWCSD website highlights the district's preparation of its students to be 21st Century citizens by teaching them five essential skills: Communication, Collaboration, Creativity, Critical Thinking and

Community. These skills will open the door to our students' future education, careers and other important areas of their lives.

The history of the Whittier Union High School District (WUHSD), of which La Serna is a part, begins in 1900 with the establishment of Whittier High School (WHS) wherein the original 47 students attended classes in the upper level of the old Jonathan Bailey School. The classrooms included a study hall, a library, a recitation room, a science laboratory, and the principal's office. The library contained one stack of books. For a heating unit, there was an old-fashioned wood stove. A few pictures and a statue of Julius Caesar ornamented the building.

Following the addition of the East Whittier, Ranchito, Rivera, Los Nietos, Pico, and Mill School Districts, the school became known as Whittier Union High School. In 1905, a new building was opened at the corner of Philadelphia and Lindley, which is the current site of Whittier High School.

Following World War II, the Whittier area began to grow rapidly. In 1952, the student enrollment was more than 3,500. It was at this time that the District opened a new high school called El Rancho High School in Pico Rivera (Yes, El Rancho HS was once part of the WUHSD). Growth continued and in 1953, California High School (go Condors!) opened, followed by Santa Fe in 1955, Sierra in 1957, Pioneer in 1959, La Serna in 1961, and Monte Vista in 1964. By 1966, the District had almost 16,000 students in seven schools. In 1979, because of declining student enrollment, both Monte Vista and Sierra high schools were closed.

Here's a fun fact: During the first year of instruction at La Serna High School, students had to walk on plywood boards because a strike slowed construction. Lunch was served through windows of the science room as the cafeteria was not yet completed. La Serna has since been named a California Distinguished School four times in 1990, 1996, 2003 and 2009.

Today, the Whittier Union High School District (WUHSD) is led by Superintendent Martin Plourde, whose team supports the collective goal of "Realizing The Vision" which is the District's commitment to meeting the educational needs of all students, the implementation of courses aligned with the State's content standards, continued support of teachers, and the expectation of continuous improvement in performance. The District's mantra is "Whatever It Takes" to provide rigor, relationships and relevance in working with all of its students.

One thing is certain: Whittier has continued to offer highquality learning opportunities for our students and our local educational partners remain committed to furthering success throughout our community. I am grateful for my education in the East Whittier City School District as well as in the Whittier Union High School District and that appreciation extends from my seven children and numerous grandchildren.



#whittiervision #whittierchanges #whittiergrows #whittierprotects #whittierstrong

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