



# *West Floral Park*

## Neighborhood Association

Community – Pride – Integrity – Appreciation – Respect – Unity – Charity –

August 2002

### **Message From the President:**

Summer time is a special time in West Floral Park because it brings out so much of our neighborhood's beauty.

Take a drive down Towner, Riviera or Baker streets and see their grand towering Sycamore trees. Try a spin down Westwood Avenue with its Sir Jacarandas & Crepe Myrtles or maybe even Rosewood Avenue with its Liquid Amber trees.

Wherever you drive within our neighborhood you will be struck by the mature and majestic beauty that is West Floral Park. In addition to the trees it is our residents who showcase the neighborhood with their beautiful landscaping that accompanies our distinctive and unique architecture.

With all this, going on in our neighborhood you start to feel that you live in a J.R.R Tolken's fantasy book that is only realized in most people's imagination.

Not true, we live it everyday here in West Floral Park.

Throw in the Easter egg hunt, Christmas Caroling, Progressive Dinner Party and Oktoberfest, it's like I've always said, "we are blessed to live in such a great place.

Thank you West Floral Park for being such a great neighborhood and sharing with us your beauty.

Steve Doughty

## Reminder!!!

The quarterly West Floral Park Neighborhood Association General Meeting is scheduled for Tuesday, August 6<sup>th</sup> at the Rancho Santiago Community College building on Broadway and Santa Clara Avenue. This is a change from our regular location at Santiago Elementary School. Come find out about what's happening in the your neighborhood. Guest Speaker, Committee reports and upcoming events.



**Summer...**days of endless fun in the sun,. During and average summer, some 200 people across the county die due to heat injuries from exposure to high summer temperatures according to Earthquake Survival Program. During childhood, excess sun exposure increases one's risk for developing skin cancer. Therefore protection should start in childhood in order to prevent skin cancer in later life.

Although sun is necessary for life on this planet, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. The sun discharges three types of ultraviolet radiation: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). The earth's ozone layer screens UVB (the shorter waves of sunlight), but not UVA (the longer waves of sunlight). UVC does not penetrate the earth's upper atmosphere. The UVA waves reach the earth's surface nine times more than the UVB waves. Melanin (pigment that gives us skin color) absorbs UVA and passes the energy to DNA, where it does the damage that can result in melanoma (skin cancer).

UV rays are most intense at noon and the hours between 10:00 a.m. and 3:00 p.m. UV can damage the skin and eyes. Sunburn is an inflammation of the skin that is caused by overexposure to UV. In severe cases of sunburn, the victim can experience fever, nausea, chills, dizziness, rapid pulse, rapid breathing, shock, and loss of consciousness. Such symptoms require emergency treatment.

Overexposure to UV rays can cause three types of skin cancer; malignant melanoma, basal cell carcinoma and squamous cell carcinoma. Malignant melanoma is the most dangerous form of skin cancer. Melanoma can spread rapidly, but is curable if diagnosed early. Basal and squamous cell cancers are slow growing and are far less likely to spread than melanoma. Both basal and squamous cell cancers can be cured in at least 90 percent of the cases if diagnosed early.

Many sunscreens do not protect against UVA. In fact, the FDA will no longer permit a product to be called "sun block" since sunscreens are unable to block out all the sun's rays. Sunscreens are available in the forms of topical lotion, cream, ointment, gel, or spray that can be applied to the skin. Look for "broad spectrum" sunscreens since it protects against both UVA and UVB radiation. Zinc oxide blocks more UV radiation than titanium dioxide. Sunscreens with a Skin Protection Factor (SPF) of at least 15 are recommended. The number indicates how long a topical sunscreen remains effective on the skin. The sunscreen should be applied very liberally, a half-hour before going outside to allow time for the sunscreen to soak in and take effect. Sunscreen should be reapplied at least every two hours and after swimming, bathing, heavy perspiration, or drying off with a towel.

Babies six month of age or younger should not have sunscreen applied to their skin because their bodies may not be capable of tolerating the chemicals in the sunscreens. Everyone over six-months of age should use a sunscreen regularly.

When going outside, seek shade. A tree can provide about 60 percent blockage from the sun's rays. Cover up. The three things to look for in sun-protective clothing are: weave, material and color (the tighter the weave and the darker the color the better). Hats are the best way to minimize UV radiation exposure to the face, head, ears,

and neck. The general rule is that each inch of a brim lowers your risk by 10 percent over not wearing a hat. Don't forget the lip balm that contains sunscreen and SPF of 15 or higher. Sunglasses can provide 100 percent protection against UV radiation (information from Summer Skin survival guide from Better Homes & Garden).

Who is susceptible to sunburn? The American Academy of Dermatology classifies skin types into six categories for skin colors ranging from fair to black. The skin types are as follows:

**Type 1 and 2 High Susceptibility to Sunburn:** Persons with Skin Type 1 have a very fair skin (pale or milky white), blond or red hair, and possibly freckles. Such persons can suffer a burn in less than half an hour when exposed to summer sunlight at midday. They never tan. Persons with Skin Type 2 have very light brown skin and possibly freckles. They burn in a short time in the sun, although they may achieve a very light tan.

**Type 3 and 4: Moderate Susceptibility to Sunburn:** Persons with Skin Type 3 (called "average Caucasians" by the American of Dermatology) have skin that is slightly more brown than the skin of Type 2. They can develop a moderate sunburn and a light brown tan. Persons with Skin Type 4 have olive-colored skin. Ordinarily, they develop only a minor sunburn while acquiring a moderate tan.

**Type 5 and 6: Minimal or No susceptibility to Sunburn:** Persons with Skin Type 5 have brown skin and can develop a dark tan while rarely burning. Persons with Skin Type 6 have black skin and never burn.

Information compiled from the MedicineNet.com Smart Medicine.

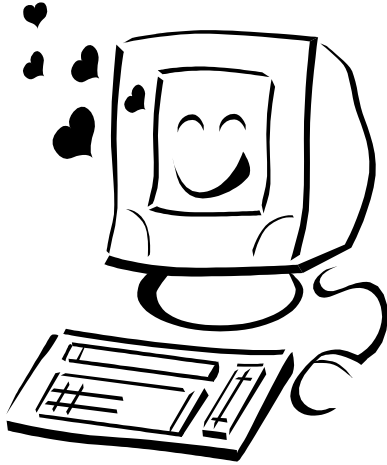


# Pancake Breakfast

It's time again for the West Floral Park Neighborhood Association, Annual Pancake Breakfast.

- WHAT:** Pancake Breakfast Fundraiser
- WHEN:** Saturday, August 17<sup>th</sup>
- WHERE:** Look for the flyers delivered to you home and signs posted in the neighborhood

The price will be \$5.00 per person and will include pancakes, eggs, bacon, sausage and orange juice. There will be a bouncer for the kids !!! So bring your parents and have some good eats and some good fun !!!



## Web Sites You Should Know

Before you head out of our quiet and peaceful neighborhood for a road trip, you first must make it through Orange County traffic. To see how fast (or slow) the 5, 55, 22, 405 or 57 are moving, log onto [www.travelTIP.net](http://www.travelTIP.net) – the Orange County Transportation Authority’s real-time traffic and commuter transportation service that provides up-to-the-minute details on the county’s freeway and surface street flow, as well as closures and advisories. A link to the web site is also available on the web site. If you prefer, you can listen to the information by calling (949) 451-1TIP.

Orange Unified School District celebrates learning through the development of the whole child. Our commitment to excellence provides a quality education, in depth, for all students. Our mission statement is, "The mission of Orange Unified School District is to provide a curriculum and learning environment of excellence and high expectations to provide each student with the opportunity and preparation to compete in the global economy."

### A Plus Math

This web site was developed to help students improve their math skills interactively. Visit the game room and play exciting games like Matho and Hidden Picture... Test your math skills with

Flashcards! Try out the Math Word Find Puzzle

<http://www.aplusmath.com/>

### The Frugal Shopper – Free Printables

The website has an incredible amount of printable forms for anything you can think of to make a list for!! There are the important household inventory charts for insurance purposes, grocery lists, reminder lists, and chore charts; you name it there is a list for it!

<http://www.thefrugalshopper.com/printables.html>

### Awesome Clipart for Kids

This is an awesome site for clip art. There is every kind of clip art that you can imagine. Great stuff for teachers, parents and children. Lots of fun.

<http://www.awesomeclipartforkids.com/generalindex.html>

### Parents and Teens

Parents and Teens is a wonderful site for any information you might need if you are parenting teens, whether biological, foster or adopted teens. Patti Chadwick is the creator of Parents & Teens and the author of "MISSION POSSIBLE: RAISING GREAT TEENS!" and "LOOK UP!", a 30-day devotional journal for teens. There are links to video, book and music reviews, articles by teens to encourage teens. There are recipes, message boards, etc. Enjoy.

[www.parentsandteens.com](http://www.parentsandteens.com)

### Puzzlemaker

Puzzlemaker is a puzzle generation tool for teachers, students and parents. Create and print customized word search, crossword and math puzzles using your work lists. Build your own maze or print our specialty hand-drawn mazes created around holidays and classroom topics.

<http://www.puzzlemaker.com/>



## Hooray for Hollywood

### **and the winner is...**

On Saturday, June 29<sup>th</sup> neighbors and friends gathered for the annual progressive dinner. This year's theme was "Hooray for Hollywood". A traditional Hollywood movie premier. 130 neighbors gathered at the gorgeous home of Guida and Danny Quon for appetizers at the red carpet. Guest were greeted by fans and paparazzi, as they walked the red carpet and passed the feet and handprints of local starlets Buffie Politiski, Guida Quon, and Kathi McLean. The imprints of celebrity, Jack Russell was also on hand (a.k.a. Jeff Van Hoosear).

After appetizers, the Hollywood "A-List" moved onto the magnificent home of Mike and Kathi McLean, where the award ceremony and dinner was enjoyed. Neighbors of the year were announced. Bill Stacy and Shelli Horan, were awarded with

honors. Bill and Shelli are recent neighbors, who have immersed themselves in the neighborhood association volunteering with the social committee, welcoming committee, communication committee and beautification committee. Bill holds office as beautification committee chair and Shelli holds office as secretary of the neighborhood association. Congratulations to them both. They truly are examples of "Good Neighbors."

The evening ended with an "After Hours Party" that would have put Wolfgang Puck and Spago's to shame. The festive group concluded the evening at the stunning home of Greg McCullom and Jeff Van Hoosear, located in Jack Fisher Park. Here an opportunity drawing was held to raise funds for the neighborhood association and future improvements. Prizes included, a cooking basket from William-Sonoma, Dinner at Newport 17 and AMC Movie Passes, and a Spa Package that included a One-hour massage by CMT Joy Ridout in the winner's home and gourmet soap from Running Faucet.com. The lucky winners were Kathi McLean, Dick Politiski and Shelli Horan.

The evening was a lot of fun....visit the website at [www.westfloralpark.com](http://www.westfloralpark.com) and check out the pictures posted.



## **4<sup>th</sup> of July Patriotic Parade**

Approximately 40 children and their parents gathered on the corner of Rosewood and 21<sup>st</sup> street, mid-morning, July the 4<sup>th</sup>. Bikes, strollers, razor scooters and wagons were decked out in Red, White and Blue, showing their patriotism for America and in honor of the heroes of the World Trade Center disaster. The proud group marched up Rosewood, down Riviera Drive and down Westwood Avenue. Music playing, flags waving and smiles galore.

Pictures can be seen at the web site by logging on to [www.westfloralpark.com](http://www.westfloralpark.com)



## **Santa Ana Fire Department**

### **C.E.R.T.**



### **INTRODUCTION**

The Community Emergency Response Team or CERT is designed to prepare yourself, your family, and your neighbors in the event of a catastrophic disaster. Emergency services personnel may not be able to help everyone immediately. You can make a difference by using the CERT training to save lives and protect property.

CERT Training covers basic skills important in a disaster, when emergency services are unavailable. You will want to help. With training, practice, and by working as a team, you will be able to do the greatest good for the greatest number of people following a disaster. You will also be protecting yourself from becoming a victim.

### **WHAT IS A COMMUNITY EMERGENCY RESPONSE TEAM?**

CERT is a group of responsible, trained individuals who have come together to form a skilled group of Disaster Service Workers. The CERT Program can be used in neighborhoods, businesses, and schools. The CERT members realize that in the event of a major disaster they will have to rely on their neighbors and themselves to handle emergencies until professional help arrives.

The CERT organization uses the same basic working structure that the Fire Department and the City Emergency Operations Center uses. This structure, the Incident Command System (ICS) uses positions and assignments that correlate directly to specific functions without the duplication of effort.

### **WHAT TYPE OF TRAINING WILL BE OFFERED?**

The CERT Training Program will cover skills and information necessary during a disaster including:

- ✓ Disaster Preparedness
- ✓ Fire Suppression
- ✓ Disaster Medical Operations 1 & 2
- ✓ Light Search & Rescue
- ✓ Disaster Psychology and Team Organization.

CERT training is constructed to be focusing on interactive discussions and hands-on activities.

## HOW DO I GET STARTED?

If you would like to work with your neighborhood or business in this endeavor, the first step is to talk with one another and promote the interest in forming a CERT Team. If you decide to form a CERT Team in your neighborhood, business, or school, contact the Santa Ana Fire Department and obtain an application and reservation for the next class. Class space is on a first come first serve availability.

## WHO DO YOU CONTACT FOR MORE INFORMATION?

Community members who live or work in Santa Ana are encouraged to obtain more information by contacting the Santa Ana Fire Department CERT Program Coordinator David Thomas, at (714) 647-5732 or E-mail [Dthomas@ci.santa-ana.ca.us](mailto:Dthomas@ci.santa-ana.ca.us)

## Santa Ana **Community Emergency Response Team** Information

Let me commend you once again on your desire to serve your community and neighborhood by participating in the CERT Program. Enclosed is an initial application for the program. Please fill it out and return it to the address below. Class space is on a first come first serve availability.

Training is set to begin in August. There will be two training classes, one on Wednesday evenings from 7 p.m. to 9:30 p.m. for 7 weeks and another class on Saturdays from 8 a.m. to 12 p.m. **There will be a final combined training, scenario and graduation for both groups on Saturday September 28th.** Training will take place at the Fire Training Facility located at Centennial Park. The training classrooms are located in the back of the park next to the soccer fields. The park is located at Fairview and Edinger. Please check your schedule and make sure you can attend all training days. You will need to be present at all the classes in order to become a Santa Ana CERT Team member.

### Scheduled Training Days

**Wednesdays**  
August: 14, 21, 28  
September 11, 18, 25, 28

**Saturdays**  
August 24  
September 7, 14, 21, 28

The Wednesday classes are for one training group and the Saturday classes are for the second training group. It is important to remember that the CERT training is constructed to be focused on interactive discussion and hands-on activities.



## Beautification Committee Update

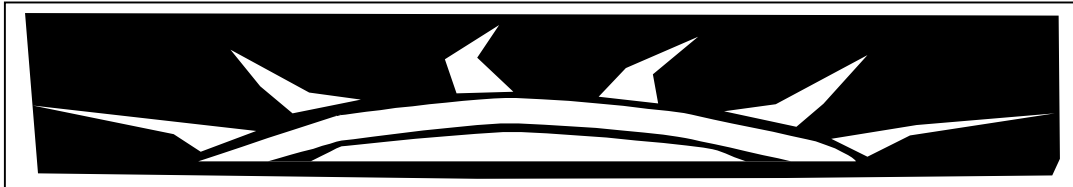
Since the last Neighborhood General Meeting the Beautification Committee and several other volunteers got together and painted all 240 street signposts through out the neighborhood. Many neighbors have commented on how nice they look and a big Thank You needs to go out to all who participated. The next major project for the Beautification Committee will be to clean the Santiago Creek bed north of Riviera Drive and between Flower and Bristol. The date is scheduled for Saturday morning, September 14<sup>th</sup>. All volunteers are welcomed and appreciated.



## L a z y d a y s o f s u m m e r ...

Warm-season grasses which include Bermuda Grass, Blue Grama, Buffalo, St. Augustine, and Zoysia are perfect for West Floral Park homes. These grow best in warm-summer areas and they peak in summer. Help your lawn stay greener;

- **Fertilize** – Bermuda and St. Augustine need 2 pounds actual nitrogen per 1000 sq. ft. and others can do with 1 pound.
- **Mow** – Cut often, grass clippings contain 3-5% nitrogen, they feed the lawn if you let them drop. (do not bag them).
- **Water** – Most lawns need 1 inch of water per week. Apply deeply and frequently and in the morning.
- **Dethatch** – Thatch is a sponge-like layer of roots, runners, and grass blades, which interferes with water and fertilizer. Use a dethatcher from a rental yard. The lawn will recover quickly and will perform better through the summer.



# *Massage Therapy*

*Joy Ridout*  
*Certified Massage Therapist*

**714-325-8232**

**[jridout@iwon.com](mailto:jridout@iwon.com)**