

The Village Drummer

Jefferson Park Neighbors Association

City Council District 10 Region 6

In An Emergency, Am I My Brother's Keeper? Or Just My Own?

By David Miller

Just a few weeks after a 5.4 earthquake hit the Southern California Region on July 29th, many citizens took it as they should have... as a serious wake up call. Did you "duck, cover, and hold" for two minutes like you're supposed to? Or did you run outside, possibly right into harms way of falling glass, electricity poles, and debris? A few people waited for 20 minutes before making a call to leave the phone lines open for first responders. Most did not.

A lot of people eventually called the Red Cross or went to the local shopping center to pick up some emergency preparedness supplies, canned goods, and bottled water. Some people took the initiative to stock up on supplies not just at their homes, but also in their cars, and at work. Some people, as they should have, made a phone list of *out of state* emergency contacts of their family members and close friends.

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Eat, Drink and Be Neighborly

By Luis South

Our annual Block party will happen on Saturday, October 25th from 3-6 p.m. It's all about kids, and making it real when it comes to being that special inner city community. Our planning committee started out

with 3 neighbors meeting at the South Family home in July. Then in August the committee grew to six members meeting at the Zetina Family home. Everything is going smoothly to make this a very special 2nd

anniversary block club party celebration on the 2000 block of 30th Street.

This is a free open event sponsored by local businesses and L. A's City Council, District 10 . Come celebrate with us!



Jefferson Park
Neighbors Volume

September 2008

Jefferson Park Neighbors

Monthly Meeting

Meet Our New
LAPD Lead Off.

Tracy Hauter

South Seas House
2301 W. 24th Street

10:30-11:30 a.m.

Sept. 27, 2008

• NEXT MEETING

Special Forum

Intro Lead Officer

Sat., Sept. 27, 2008

10:30– 11:30 a.m.

South Seas House

2301 W. 24th Street

Special Places in the Hood

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2625 S. Western Ave.
(323) 735-2353

Trinity Baptist Church *
2222 W. Jefferson Blvd.

One Stop Market *
2115 W. Jefferson Blvd.

Smile Mart *
3115 S. Western Ave.

Tim's Kitchen *
3125 W. Jefferson Blvd.

* For More Info call
Luis South @ (323) 370-9140

In An Emergency, Am I My Brother's Keeper? Or Just My Own? By D. Miller
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Even so, there are a lot of people (perhaps yourself included) who haven't done anything in response at all. Solar or battery-operated flashlights and radios, and three to seven days of canned food with three gallons of water, *per person, per day*, are mandatory.

It can't be stressed enough how important it is to make sure that you've done all you can to prepare yourself for a natural or manmade disaster. However, it is even more important that we

establish a local response network in our neighborhoods, from block to block.

Knowing at least one neighbor who will turn off the gas and water in your building, and who the doctors, nurses, electricians, and plumbers are, can be invaluable. In a post-Katrina world, we cannot be caught off guard again. September is Emergency Preparedness Month, create or join a local emergency response network. Your company or place of worship can do something too.

FOR MORE INFORMATION

Individuals contact
LA County/City Fire or Red Cross
Companies contact
B.I.C.E.P.P. or B.E.N.S.
Non-profit organizations contact
EMERGENCY NETWORK LOS ANGELES (ENLA) through *David.Miller@enla.org*
David Miller is an MPA and LA-based community policy catalyst

Nature Art for Peace

By Barbara Flemings

Artists in Jefferson Park gather to share their insights and critical analysis about creating **Nature Art Collages**. It's a very interesting medium. I've had to rely on my Buddhist chants to evolve in this medium. Come check us out.

South Seas House has accepted our offer to come again. So on Saturday, **Sept. 27th** from **12-2**

p.m. we'll be holding another exhibit and training of Nature Art collage-making. South Seas House is located at **2301 W. 24th Street**, right on the northwest corner where Arlington meets 24th Street. Bottled water will be available. Fruits and vegetables from local gardens will be exchanged. Doors will be open come rain or shine. This is an entirely free event for children and adults.

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Single Payer Health Insurance Worldwide

By Luis South

Single Payer health insurance coverage or the continuation of corporate welfare. The debate continues. However, it's becoming clearer that it's been a long time talking about it to arrive at the place where now the overhaul of America's economy possibly will require a sudden shift to permit

this government run model. As quiet as it's kept, our global communications places us in a better position to examine other national health coverage systems. Public television aired a Frontline program titled **Sick Around the World**. It goes to various countries around the world where people from a wide variety of cultures all speak with pride about the idea

that they are proud to live in countries where everyone is covered by government run health insurance. All are particularly proud that there's no such thing as going broke because of medical bills. Also, in country after country such systems are self-sufficient, performing quite well. It's noticeable that there are no propagandists

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Single Payer Health Insurance Worldwide

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anywhere to be found who support the idea that insurance companies are essential and necessary in order to run a national health coverage program well. To the rest of the world Americans look silly upholding such a ridiculous viewpoint for so many years. Based upon research the evidence is overwhelming and undeniable: The United States of America must join the rest of the world to implement health insurance coverage for all. **Single Payer** or bust.

The lie that has been allowed to exist for so long is the idea that America would go into economic hemorrhaging if a single payer health insurance system was created. Nothing is further from the truth. What the American government has failed to do is **control medical costs**. The best way to do that is to place all of the spending for health care in one pot controlled by a government

Exercise With Your Cat

Tirhasi Kiflezghie, NP

Animal behavior can be so interesting. Whether it's something on television, or in your own home happening live and in color, those four legged creatures can make our lives richer and more meaningful.

I've always liked to just sit and watch how lean cats can suddenly

agency. That would force all health care providers to work fairly to correct out of control health care costs. The rest of the world where universal health coverage is working didn't move to create such government run systems out of stupidity. Their collective stories will allow for the new America to analyze what's best for us to do.

It's really worth it to go to www.pbs.org in order to see that 60 minute **Frontline** show.

The lie can no longer stand, let us all be clear, there are many reasons why it would be advantageous for America to move to instituting a single payer system for all; chief among those reasons are the economic advantages. For even more info <http://www.pnhp.org> .

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For Jefferson Park



Korean American Grocers Association Sets Standards

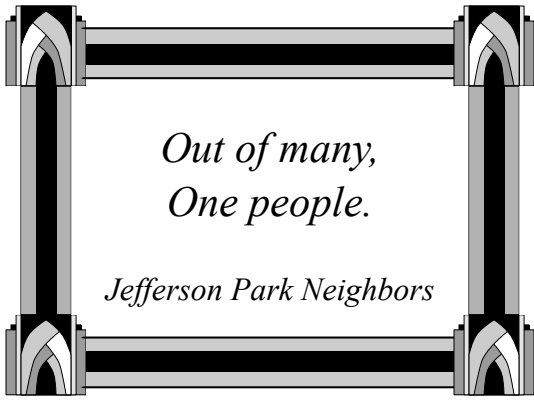
And Works to Help Us Be Everything We Can Become

stop, pause, and take the time to stretch. Just a few weeks ago I started to copy this behavior to see if this might help me to be healthier and more limber.

Like them, I get down on my knees and stretch both arms far in front of me on the floor, shifting my chest forward until my back

arches. It really makes my arms, shoulders, neck and back feel stronger. Also, with a no-carbohydrate diet, my abdomen has trimmed down too.

Watch those cats next time. Imitating them may make a big difference in your fitness and your life.



TLC

Jefferson Park Neighbors

Phone: 323-370-9140

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Read the letter to Governor Schwarzenegger

An Appeal to Governor Schwarzenegger

Written by Luis South

As a public school educator I live the reality that there are many things essential to providing a solid education. Among them is finding ways to model responsible citizenship. One of the most basic concepts to share with the youngest of students is the connectedness we all have to history. One very effective modeling technique is to remain actively involved with written communication between self and political leaders. We are all leaders, much more than mere bystanders. An assertive informed public helps elected officials

define how they represent the interests of their constituency.

So I wrote an appeal to Governor Schwarzenegger requesting him to clarify his position concerning Single Payer Universal Health Insurance Coverage for all legal residents.

California State Senator Sheila Gruehl wrote SB840. The beauty of this proposed legislation is the dedication of the writers to remain respectful of others' intelligence. The level of research allowed this health insurance legislation to effectively rise above politics.

The exchange between the writers of SB840 and the Legislative Analyst's Office should have forced a dialogue between other descending politicians and the Analyst's office, but that didn't happen—or did it?

So my appeal to the governor is short and to the point. Did he write to the Legislative Analyst's Office for clarification of how SB840 would impact the state?

The real significance of SB840 has more to do with history. By signing SB840 now would force a fuller debate for the U.S president.