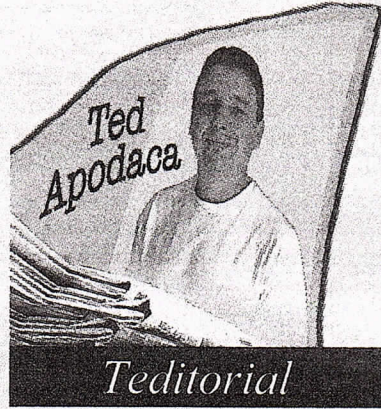


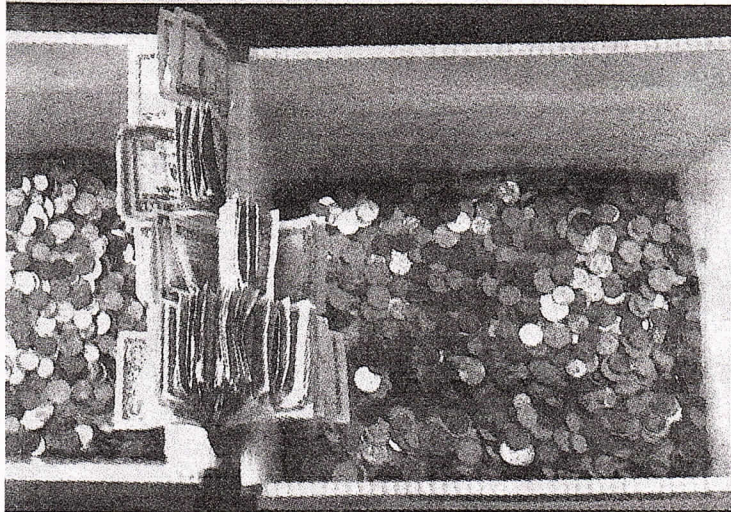
Plans move forward

'quick fix' for a long-term problem," says Coastkeeper Executive Director Garry Brown, who was appointed to the Orange County Water District's Advisory Panel. Scott Maloni, vice president of Poseidon Water has been quoted calling this project a "step closer to securing a new, drought proof water supply that will further the county's water independence."

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Boyo at St. Isidore



Courtesy Photo

have recently completed their "Pennies for Patients" coin drive supporting the Leukemia campaign they raised \$1,917.45 to be donated to help find cures and treatments for these pennies, 2,816 nickels, 4,174 dimes, 2,709 quarters with more than \$500 in bills and checks. knowledge about the obstacles faced by individuals fighting for their lives against leukemia broader social understanding about the importance of helping others.

against Gerrymandering

ma Independent Redistricting Commission, a case challenging Arizona's non-partisan, citizen-run districting commission. Based on indications from the Justices during oral arguments on the case in March, the court could rule to take away the power of Arizona's redistricting commission, which was established by a vote of the people of Arizona, to draw congressional districts and return this authority to the state legislature.

In addition to Arizona's citizen-run commission, the Citizens Redistricting

voters' voices are heard by keeping in place congressional districts drawn through independent redistricting commissions like the successful one in California.

In January, Congressman Rohrabacher and Congressman Lowenthal filed a bipartisan amicus brief with the Supreme Court in support of the Arizona Redistricting Commission. The brief was co-signed by 10 other Congressional Democrats and nine Congressional Republicans representing districts across the nation from California

Guest Columnist

A day in the life of a local CERT Family

By JENNIFER STEWART-TAI

One day, my husband and I got this crazy idea. What if we had a drill with our kids to test them and see how much they know? Not every family gets excited over things like this, but it's what we do. When we go camping, we like to experiment with shelter and fire. We give our kids survival problems to solve. They each have their own Go Bag filled with essentials, even the youngest.

Keith and I were married two years ago. Just prior to that, we completed our CERT Training with West Orange County CERT. As a blended family, there are six of us; Lauren 15, Colby 14, Rachel 13, and Cooper 9. Lauren is in a high school medical program and Colby is in Boy Scouts. Between the two of them, they have quite a bit of training.

So we thought, what would happen if we had a family drill? Keith and I began to come up with a scenario. It would be an earthquake at dusk. And we would be spectators. The kids would be alone. Keith and I facilitated, leading the drill, coaching, and taking notes.

We gathered all four kids in the living room and described the situation to them. The teenagers were reluctant at first, but they eventually got into their roles. We started at the beginning describing the scene to them. "Keith and I aren't home. There's been a large earthquake, it's almost dark. What do you do first?" It took a minute for this to sink in. We had them look at their feet. In So Cal it's not uncommon to be barefoot or in flip-flops. "Shoes and Go Bags," they shouted. And they were off.

Colby was assigned to shut off the gas if necessary, and Rachel and Lauren were sent to find lights. As dinnertime approached they fired up

the camping stove and contemplated dinner options.

Mid-way through the drill, we changed the scenario. "Cooper has a broken leg. What do you do?" This is where we saw our teenagers jump in to action and try to be in control. They were arguing about the correct acronym for assessing someone's physical state. It's because of situations like this, that professionals constantly train. We paused the drill and discussed what was happening. It didn't matter who was right, getting their brother taken care of was the priority.

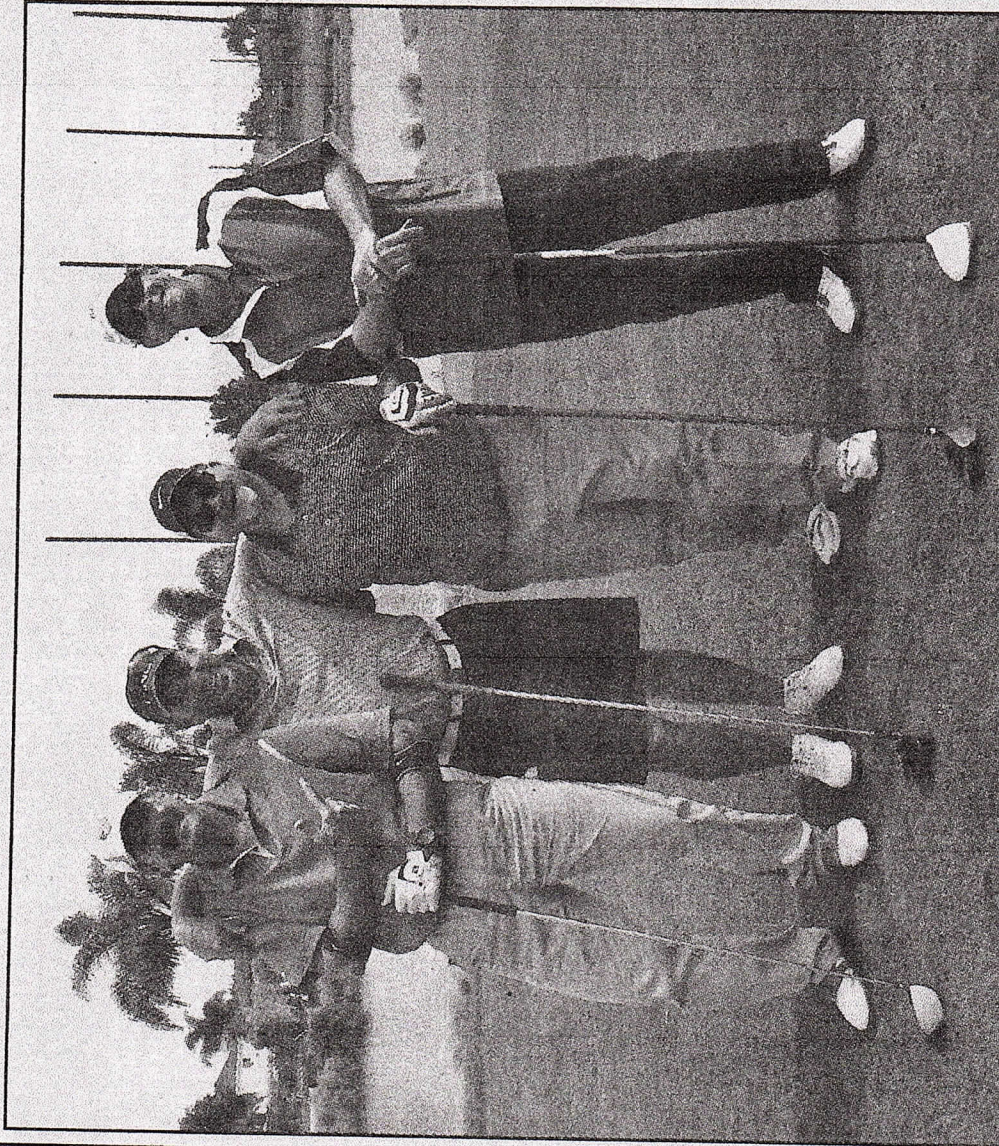
As parents, identifying this power struggle was a key lesson we learned about our family. In a real emergency, Keith or I may not have been there to keep egos in check and refocus their efforts. Simply making them aware of this will hopefully eliminate this power struggle in case of a real disaster. After getting back on track, they were sharing with each other different ways to make splints and gurneys out of household items.

During our debriefing, we identified weak spots in our plan. We learned that we didn't have enough water and we wanted to invest in more solar lighting options. We didn't want to rely on candles, which can increase the risk of fire or accidents.

We also discussed our family plan. Since we are blended and have the potential to be in various cities at any given time, sharing contact information is a priority. This is one of the most important conversations your family should be having. Where will everyone be when something happens and how will you reunite? And what if you can't reunite immediately? How will you plan for that?

Since our family drill, we've purchased a supply of Blue Can Water that has a 50-year shelf life, invested in Luci solar lights, and bought

Fearsome Foursome



Members of the Freeman Company team that won the recent Cypress Chamber Golf Classic include (l-r), Doug Able, Malcolm Ortego, Tom Intagliata and Tom Dumont. The annual tournament was held at the Navy Course that is situated in Cypress, Los Alamitos and Seal Beach.

Lachina to be honored by chamber

Long-time Cypress resident Andy Lachina, who has been active in several organizations over the years, will be honored with the... nesses have helped build and maintain the City of Cypress and this year's honorees reflect the efforts of many. This is an opportunity event are \$55, with tables of eight for \$400 if purchased by June 6 (after that date tables of eight will be \$440). The event also features a

Exhibitor booths available for Cypress Festival

The Cypress Chamber of Commerce still has a limited number of commercial exhibitor booths available for the July 25 Cypress Community Festival at Oak Knoll Park in Cypress from 9 a.m. to 5 p.m.

What started as a community festival to celebrate the city's incorporation in 1956 has turned into one of Orange County's largest one-day events. This year's attendance is expected to top 22,000 people. And the fun and games are back bigger and better than ever.

Also included in the day's fare is a Kiwanis-sponsored Pancake Breakfast, an award-winning chili cook-off, car show, strolling clowns and characters and, of course, upwards of 200 arts, crafts and exhibitor booths. There also will be plenty of food and drink and admission is free.

"This Festival has gotten better and better every year and the Chamber is proud to be a part of the organization to make sure there is something for everyone," said Cypress Chamber Board Interim Chairman Bob Snow. "Having that many people attend this one-day event is a testament to the spirit of the city."

The Chamber also hosts the Cypress Community Festival Mixer on July 23 at Cypress College from 5 to 7 p.m. The mixer, presented by VANS, is open to the public with admission for \$5, which includes food and drink.

For those interested in Chamber commercial booth space or learning more about the Festival, please call the office at 714-827-2430 for additional information.

Information on the Festival and the week-long activities also can be found through the festival web site at www.cypressfestival.com, the city web site at www.ci.cypress.ca.us or the chamber web site at www.cypresschamber.org. Vendor applications are available on the Festival and Chamber web sites.

3. Set the scenario

4. Move into action and review the basics

5. Basic first aid overview

6. Debrief and review your family's plan

7. Use your notes from the drill to improve your supplies and gear

Seal Beach resident Jennifer Stewart-Tai and Keith Stewart own City Girl Prepper, an emergency preparedness company committed to getting the community prepared. All the backpacks and gear are designed for women and their families.

CERT

From Page 4

more batteries stored exclusively for emergencies. We also have gotten our dog Lola outfitted with a pet Go Bag. Lauren has attended Teen CERT and Cooper has taken an active interest in HAMM Radio.

Step-by-Step Plan for an Earthquake Drill

1. Choose a time of day to have a drill.

2. Choose the type of disaster