

FEATURED

Cub Scouts Pinewood Derby

By Subia Johri
Apr 27, 2015



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In 1953 Don Murphy, cub master of pack #280 of the Cub Scouts decided to invent a Derby car activity he and his son, who was too young to compete in the soap box derby, could do together. He came up with the creative idea of the miniature pinewood derby car for a father son activity that he and his whole pack participated in. The Management Club at North American Aviation sponsored the racing event and so began the Cub Scout racing tradition where cars are carved out of pinewood, decorated and raced on a 31-foot track with a battery powered or electric finish gate.

On April 25, local Highland Cub Scout pack 226 honored Don Murphy's tradition again this year by racing pinewood derby cars at an event sponsored by the Immanuel Baptist Church. Enthusiastic Cub Scouts and their supportive parents, who helped their cubs construct the pinewood cars, cheered for each racer. Each derby car was as individual as the parent child duo that built it. One derby car was painted as the Batmobile while another paid homage to the classic hot rods with flames emblazoned on both sides. The "minecraft car" equipped with driver "Steve" from the popular video game was also a hit.

The kids enjoyed their parents' participation in the activity as much as the racing.

“I had fun making the car with my dad,” Charlie Reed, Junior Webelos Scout said.

Most of the parents at the event were Cub Scouts as kids and were continuing the tradition with their children like Jason Hull, a Cub Scout leader who said “What I like best about Cub Scouts is that the kids are learning values which they don't really teach in school.”

The event concluded with top three winners and cub scouts answering the question asked by one Cub Scout leader: What do we learn when we race? “Having fun and sportsmanship” cheered pack 226.

At the end of the day's racing Blake Benfield won first place while Isaac Marchall came in second and Blake Jennings followed third.

https://www.highlandnews.net/news/top_stories/drowning-prevention-network-saving-lives/article_a228c326-0a3c-11e5-aabd-6b89b382d19b.html

TOPICAL

FEATURED

Drowning Prevention Network saving lives

By Subia Johri Special to Highland Community News

Jun 3, 2015



Matt V. Payne, CPR/drowning prevention coordinator of Rialto Fire Department, demonstrates CPR for infants with a baby mannequin.

Photo by Subia Johri

Memorial Day kicks off the summer with pool parties and **water** fun. The Drowning Prevention Network of the Inland Empire (DPN), a coalition of fire and law enforcement agencies, child advocates and local hospitals also kicked off the season educating the public on drowning dangers

and **water safety** at Splash Kingdom in Redlands on May 27.

The DPN symbolically presented, with the use of mannequins, the seven deaths from drowning that occurred in the Inland Empire in 2014.

The dramatic display of the mannequins being recovered from the pool by lifeguards and later put into body **bags** by paramedics was eye opening and indicative of the lives that were lost.

“These deaths were all preventable because mostly they were due to lack of supervision of **kids** and the access to **water** they shouldn’t have, and the preventable **nature** of this is what makes us do what we do,” said Michelle Parker of the Safe Kids Coalition. Parkers’ past experience in the pediatric intensive care unit, where she offered grief care to families, taught her that even near drownings can be permanently damaging. “Survival doesn’t mean that the person is the same person as they once were,” Parker said.

The leading cause of death in California for ages four and under is still drowning with ages one to four most commonly occurring in **backyard** pools and hot tubs. This particular age group needs just enough **water** to cover the nose and mouth to drown even in buckets and ice chests. Research also shows adolescent boys are more likely to drown than any other group.

Thus, the Water Watcher program was introduced by DPN as a tool for **safety** in pools where an adult is designated to supervise young children.

Brianna Pastorino, Public relations at LLUMC, shared a helpful tip, “Let people around you know that your child cannot swim or is learning.” The **simple** communication with other adults around the **water** can make them vigilant and possibly **save** a child’s life.

While there is no substitute for an actively watching adult near open **water** or pool, door alarms and pool isolation barrier fences with locks are imperative. Matt V. Payne, CPR/drowning prevention coordinator of Rialto Fire Department, suggests the need for laws that enforce **backyard** pool owners to have pool fences the same as **gun** owners need safes.

As part of the **water safety** program, Payne and his Rialto Fire Department have read "Stewie the Duck Learns to Swim," a **water safety** book, to 16,000 **kids** in the Rialto **school** district.

“We haven’t had a single child involved in a **water safety** incident that had the book read to them,” Payne said. Notably, an astonishing 90 percent decrease in drowning deaths was reported since the start of the program.

Dr. Abd-Allah, division chief, Pediatrics Critical Care Department explained, “Even after 20 to 30 minutes the heart can be brought back again, kidneys and lungs can recover but the brain without oxygen is the least forgiving.”

Dr. Abd-Allah suggests, CPR needs to be started as quickly as possible to avoid severe neurological damage.

CPR and swim classes are offered by local YMCA’s as well as the Drayson Center at Loma Linda University. The American Academy of Pediatrics recommends **children** between the ages of one and four who are developmentally ready can start swimming lessons.

The mission of DPN of zero incidences of drowning or near drowning through prevention, outreach and education was effectively delivered at the event with the help of dedicated community professionals who came together in the hopes of saving lives this summer.

https://www.highlandnews.net/community/santa-claus-inc/article_dc340832-9f9c-11e5-ab6d-6fa68bef5bc9.html

Santa Claus, Inc.

By Subia Johri Special to Highland Community News
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Photo by Subia Johri

Karen DiCarlo Executive Director of Santa Claus, Inc. welcomed visitors at the open house event on Dec. 7 in the Santa Claus, Inc. warehouse.

“The event gives our donors and partners a chance to see the contributions they have made to Santa Claus, Inc., and it’s also a way for us to show our appreciation to them,” DiCarlo said.

The shelves in the warehouse were full of thousands of gifts put together with great care, ready to be distributed to the community for the holiday season.

https://www.highlandnews.net/news/schools/ymca-celebrates-healthy-kids/article_fda6af50-ef9e-11e4-a8a5-73e6045c4972.html

YMCA celebrates healthy kids

By Subia Johri Special to Highland Community News
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Highlanders follow along with an instructor during a family Zumba course at the Highland Family Y's Healthy Kids Day, April 25.

Photo by Subia Johri

Healthy Kids Day is nationally sponsored and celebrated by the YMCA across the country as it was in Highland this Saturday. The event is designed to encourage **children** to participate in healthy eating habits and regular exercise during the summer months.

Vendor booths that participated in the festivities catered to **kids**, like Beaver Medical Group's guess the sugar content spinning wheel game. Kids were surprised to learn that one can of Coke had 10 packets of sugar.

"An Oreo has more than one packet of sugar and I never had just one," said eight-year-old Ryan Graff.

Many **kids** took part in sowing **flower** seeds and learned that gardening can be a healthy activity while others participated in family Zumba and the hula hoop contest.

“It’s a good way to create awareness of the Y and its programs and the **outdoor** activities today are fun,” Melissa Encoe, membership director, said of the event.

One interesting vendor that shed **light** on a different aspect of healthy **kids** was El Sol Neighborhood Education Center. A non-profit organization that **empowers** the community to lead healthy lives with the focus on mental and emotional **health** of children. Their services include help with anxiety, depression, as well as drug and alcohol abuse and offer mobile counseling to those in need.

Arbonne, a certified vegan, sustainably harvested **health** and skincare line, made Protein shakes for **kids** with spinach and bananas and suggested that it was healing for the body without a prescription. Patty Montejo, Arbonne representative passionately spoke to parents, “We need to be on a mission to sustain the earth for future generations and that is healthy.”