

# Sheriff's Deputy Wins First City Credit Union Sweepstakes

Los Angeles County Sheriff's Department Deputy Alvaro Diaz was the lucky \$3,000 prize winner of First City Credit Union's recent "Go Green" Sweepstakes. The sweepstakes was part of the First City's "Go Green" promotion, which promoted the credit union's new eGreen Checking Account, and eStatement service.

First City was founded in 1937 by a group of LASD employees, and today has 140 sponsor groups (in addition to the LASD), over \$370 million in assets, and more than 40,000 members. The credit union is headquartered in downtown Los Angeles and has branches in Claremont, Lakewood, Lancaster, Los Angeles, Palmdale, and West Covina. First City has been rated "Superior, 5-Star" (the highest rating possible) for



Photo shows Deputy Diaz is shown with First City President/CEO, Terry O'Steen, and David Wong, Director of Member Relations.

36 straight quarters by Bauer Financial Inc, the nation's leading bank rating firm. Deposits are federally insured up to at least \$250,000 per member by

the National Credit Union Administration.

For more information about First City, please visit [www.firstcitycu.org](http://www.firstcitycu.org).

## Injury Prevention at CDC: Keeping Kids and Teens Safe From Concussion

Millions of Americans are injured each year, and for some it leads to disability and profoundly affects their lives and the lives of others. The good news--injuries are preventable. The Injury Center at the Centers for Disease Control and Prevention (CDC) is working hard to implement programs that reduce injuries and their impact. CDC's "Heads Up" is one initiative that focuses on preventing and responding to concussion among young athletes.

More than 38 million boys and girls participate in organized youth sports across the U.S., and concussions--caused by a bump, blow or jolt to the head or body that causes the brain to move rapidly inside the skull--are one of the most commonly reported injuries among kids and teens who participate in these activities.

Though they are sometimes described as "dings" or having one's "bell rung," even a seemingly mild bump or blow to the head can be serious. While most athletes who sustain a concussion will recover, some will continue to have problems that can affect the way they think, learn, feel and act.

Early identification of an athlete with concussion is critical, as athletes who return to play too soon following initial injury are at risk for a repeat concussion. A repeat concussion that occurs before the brain recovers from the first--usually within a short period of time (hours, days or weeks)--can be very dangerous and may slow recovery or increase the chances for long-term problems. Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

Youth sports coaches and parents are on the front line in the effort to identify and respond to concussions, and they are eager to learn how to keep their athletes safe and healthy. That is why CDC's Injury Center is working hard to equip youth sports coaches and parents across the country with the "Heads Up: Concussion in Youth Sports" tool kit. The tool kit explains how to prevent, recognize and respond to a concussion (in English and Spanish). It includes fact sheets and a clipboard and a magnet with key information--so it's right at their fingertips when needed.

To best protect athletes and prevent long-term problems, the "Heads Up" tool kit materials provide a comprehensive list of signs and symptoms of concussion as well as important steps to take when a concussion is suspected.

Coaches and parents also need to:

- Insist that safety comes first;
- Ensure that athletes always wear the right protective equipment for their activity; and
- Make sure that their youth sports league or administrator has a concussion action plan in place.

Coaches, parents and athletes need to recognize and manage injuries--especially concussions--to keep kids on a safe, winning team.

CDC's Injury Center wants kids and teens to know that a concussion is a serious injury. If you think you have a concussion, don't hide it; report it and take time to recover. It's better to miss one game than the whole season.

For more information on concussion in sports, visit CDC on the Web at [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

### Frank E. Woodruff Elementary Read-A-Thon 2010 Read Across America Day

In Celebration of Dr. Seuss' Birthday  
Tuesday, March 2, 2010

**FRANK E. WOODRUFF  
ELEMENTARY SCHOOL**

**HELP US RAISE  
MONEY FOR A  
NEW MARQUEE!**

Students will read as many pages as possible in 60 minutes!  
Sign up to sponsor today!

Woodruff Elementary would like to invite you to sponsor one of their classrooms during their Read-A-Thon.

#### Three Ways to Sponsor a Classroom

Pledge an amount for Each Page that is read (\$0.50 minimum pledge)

or

Pledge a Fixed Amount (i.e. \$25.00 total)

or

Be a guest reader in a classroom to help students reach their reading goals

If you would like to sponsor a classroom call Woodruff Elementary at (562) 804-6545 or visit them at 15332 S. Eucalyptus Ave, in Bellflower.

## Set Up a Sleepover

Your youngster's next sleepover party can seem like a dream with a little planning and assistance from an animated hostess. Here's how:

#### The Planning

1. Send invitations out about four weeks before the event and start making a list of items you'll need at least two weeks ahead of time. Include food you'll serve as well as cleanup supplies.
2. Decide what food you'll serve and what you'll serve it in.
3. Determine what music you'll play and how you'll play it.
4. Pick a theme and decorate the party rooms to suit.

#### The Hostess

The virtual hostess, Aimee, featured on the interactive video game "Sleepover Party," available on Wii, can help you plan your party,

choose your party theme--you can choose among Hollywood, Beach, Birthday, Halloween, Fashion, Winter and more--build your guest list, create shopping lists and more. Then, at the party, she'll help you enjoy a variety of party games and activities:

- Customise Your Virtual Hostess: Choose from lots of fun outfits and accessories to make Aimee look great for any occasion. Additional items unlock as you play.
- Fortune-teller: Find the stars in the crystal ball and uncover them to reveal a prediction.
- Copy the Host: Pick up the Wii Remote and mimic Aimee's dance moves and actions.

- Burst Balloons: Race to inflate and burst balloons before time runs out.
- Balance the Tray: Prevent items from dropping off the tray by putting your weight to

the right or the left.

- Avoid the Pie: Avoid the pies that Aimee fires at you.

Aimee also gives you ideas for tons of fun off-screen activities, including:

- The Hollywood Look: Give each other a glamorous makeover.
  - Friendship Bracelets: Discover how to make friendship bracelets in various styles.
  - Beauty Face Masks: Prepare various face masks based on instructions and ingredients lists provided by Aimee.
  - Cookie Decorating: Decorate cookies in various cool patterns with icing pens, cake decorations and sweets.
  - Dance-Off: Players take turns adding new dance moves to create a routine.
- Perhaps the only problem will be that with all these fun things to do, no one will be getting much sleep.
- For more information, visit [www.amazon.com](http://www.amazon.com).



*Images by Ruben*  
Photography & Video

(562) 944-9553

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