

# ROXBURY REVIEWS

NEWS IN AND AROUND BEVERLY HILLS

Sponsored by Beverly Hills Community Services Department  
Steve Zoet, Director of Community Services

FALL 2014

## New Spaces, New Faces

By Ilse Nusbaum

Meet vivacious Jennifer Leuning, whose simple title, Recreation Coordinator, doesn't do justice to the many activities she leads. Offered by the Community Services Department, Jennifer oversees the adult sports program, an expansive aquatics program conducted at the High School Swim Gym, and a new program for teens called Teen Scene at the Roxbury Community Center. She's the perfect fit for the job and happily says, "No two days are the same."

Jennifer's credentials include a B.S degree from Cal State Northridge in Recreation Management and a Master's degree in Public Administration from the same university. Before coming to Beverly Hills, she worked in West Hollywood.

Jennifer was born in Texas, but has lived in Southern California most of her life. She has an older sister who also works in Beverly Hills and a younger brother. Despite a daily commute from Santa Clarita, she finds time for a long list of sports that includes ultimate Frisbee, boxing, water sports, flag football, and triathlons. She also enjoys dancing and creating ceramics.

When asked for her life philosophy or words to live by, she quoted Eleanor Roosevelt: "Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life."

Ever wonder where Wonder Woman found all that energy? Ask Jennifer. She has it too.



Jennifer Leuning  
Recreation Coordinator

## Teen Scene

By Jennifer Leuning

Roxbury Community Center now has a place just for teens! The Teen Scene offers the teen population of Beverly Hills a place to go afterschool to hang out with friends, do their homework, play games, and participate in teen orientated activities.

The Teen Scene officially opened its doors Monday, August 11th and is regularly open Monday – Friday from 3pm to 7pm in the Elm Room at the Roxbury Park Community Center.

The Teen Scene welcomes Beverly Hills Residents and BHUSD Students in the 8<sup>th</sup> to 10<sup>th</sup> grades. The program is free and those interested in signing up for this drop-in program, just need to complete a registration form that can be picked up at La Cienega or Roxbury Park Community Centers, or the Beverly Hills Public Library. All Teen Scene registrants receive a membership card valid until July 2015. Members will enjoy daily activities led by recreation staff which includes: arts & crafts, workshops, cooking classes, study room, video games, computers and fun tournaments. For more



(L to R) Angel Stewart, Gabby Paoletti, Jennifer Price, Yosef Haiem, Jennifer Leuning

information please contact Recreation Coordinator, Jennifer Leuning, at 310-285-6823.



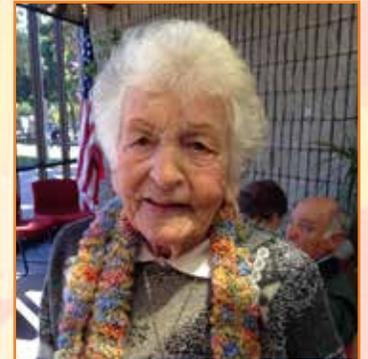
BHAAC Trip to the Getty Villa



Knitting group donates 324 hats and 8 blankets to Harbor-UCLA Medical Center



Elaine & Camille



Ellie Newton



Happy Dancing with Irene, Ellyn, Gloria and Donna



Rita volunteering at Senior Lunch program



Seniors enjoying Getty Villa

## September Celebration

By Hazel Morrison



Independence Day, September 21<sup>st</sup>, 1981, was a very happy day for most Belizeans. We were elated and excited as Britain which ruled us for decades was about to set us free.

I remember my mom and dad taking all my siblings and me in the middle of that night to the civic center. There we saw the new design of our nation's blue, white, and red flag being raised for the first time. I felt a sense of pride, a sense of belonging, a sense of accomplishment that our small country had reached this milestone.

Listening to my parents and teachers discussing the important and historic shift my country was about to take, I found it to be amusing and mind-boggling as they talked about Guatemala claiming Belize, known as British Honduras until 1973, as part of their territory. As teenagers my friends and I would gather at the local parks to talk about how we were scared of Guatemala fulfilling its threat to invade us. Knowing that it is more than four and half times the size of us and had a population of about 12 million people increased our fear. On the contrary, Belize had a population of a little over 250,000 people. In an open field meeting we learned that Britain was leaving over a 1,000 troops to watch over our border and train Belizean soldiers. This put most Belizean hearts at ease.

September is the most celebrated month in Belize. We celebrate St George's Caye Day on the 10th of September. It is to commemorate the Battle of St George's Caye where, in 1798 the Baymen (English loggers) and the slaves fought off the Spaniards and declared Belize a British Settlement.

In honor of this battle we rejoice and remember with ten days of festivities. With Independence now a reality, we celebrate the entire month of September with activities such as concerts, singing competitions, food, carnivals, and a pageant that selects a Queen of the Bay who reigns for one year, representing Belize throughout Central America and the Caribbean. The 10th and 21st of September are concluded with a large twelve hour party held in the middle of the city.

This is the time most Belizeans living abroad and tourists from all over the world would visit to join the party of their lives.

### Holidays in a Proper Place

*Before the burnt offerings of golden leaves  
Have fallen from the trees  
We can give a sigh of relief  
That at this time of stress  
In the universe  
At least the holidays  
Have settled in to their proper time and place*

*Rosh Hashanah the golden harvest  
Of the Jewish New Year in September  
Than Yom Kippur the Day of Atonement  
As we spare a moment of silent prayer  
For all those lives lost in conflict this year*

*We can celebrate our Thanksgiving  
With all the traditional trimmings  
With family and friends all gathered around  
We give thanks for our blessings and  
Those less fortunate in the world that surrounds*

*Chanukah comes along with dreidals, gelt, latkes and more  
There are eight candles to be lit and gifts to be sure  
Before Christmas ends the year with religious services  
Christmas trees and gifts for good children everywhere  
We say goodbye to the year with hope and good cheer.*

--Corinne Chakarian

### Beverly Hills Active Adult Club Club Member Shirt Sales

**\$10 for Members**  
**\$12 for Non-Members**



*Club Shirts are sold at the  
Roxbury Park  
Community Center  
471 S. Roxbury Dr.*

*Proceeds support on-going Club  
activities and special events.*

*For further information,  
call 310.285.6843.*

## Food for Thought

By Wini Hervey

You may be able to eat your way to a sharper brain. The American Journal of Clinical Nutrition suggests that wise food choices can fuel our brains to work better, sharpen our memory, improve our concentration and may help prevent conditions such as Alzheimer's disease or dementia. You can find all these goods at your local grocery store.

Just as your body can suffer from eating poorly, so can your brain. If your body doesn't have a good balance of nutrients, it can put a damper on your ability to remember important topics and stay focused. Eating foods that are good for your brain also help your heart. The triangle connecting a healthy heart, a healthy brain and a healthy diet has a strong scientific basis, says Irwin Rosenberg, M.D. a professor of nutrition at Tufts University.

Eating a healthy morning meal can help keep short-term memory and attention at top performance levels all day long. Breakfast is the most important meal of the day. Super foods for the brain include high-fiber whole grains, lean protein and whole fruits. Try a grain bagel topped with salmon, a slice of turkey or chicken. Use butter on your grain toast or bagel. Yes, butter is now recommended, as good fat is good for the brain. And don't skip that cup of coffee. The mild stimulant found in

coffee and some teas improves mental acuity and boosts your ability to concentrate.

Diets that include a variety of fruits and vegetables help ensure you get enough potassium, important for healthy blood pressure which helps protect the brain and heart. Eat plenty of blueberries, fresh, frozen or dried, beneficial to cognitive health. Include in your diet spinach, leafy greens as well as winter squash, corn, peas, broccoli, pistachios and egg yolks. Other foods that contribute to overall brain health include deep-water fish (stock up on tuna) and good monounsaturated fats such as those found in olives and tree nuts.

Eat fewer meat and dairy products. Most importantly, eat just enough! Okinawa has some of the longest-living, healthiest people on earth. People there say "hara hachi bu" before every meal, which means "eat until you are 80 percent full."

In closing, let us eat our way toward a healthier brain and heart and a stronger body.

Ref: *Life Extension*

## These Boots Were Made For Walking

By Cynthia Harper

Lace up some comfortable shoes and hit the streets, parks, or even the mall. Walking is an easy and fun way to exercise. Walking can reduce your risk of developing heart disease, high blood pressure and cancer. Walking also boosts your metabolism and immune system, relieves stress and improves sleep and makes us happier. In addition to these benefits, exercise can help maintain a healthy weight which is key in disease prevention.

To maximize the benefit to the heart we should walk 40-60 minutes daily. The key is to get moving and get your heart pumping! But who has that much time! The truth is we need to make the time. The most often repeated excuse for not exercising is I don't have time!

There is a way to maximize your time and get all the health benefits of a longer walking workout by using the concept of interval training. This type of training is used by elite athletes but it can work for anyone. It cuts the amount of time spent working out and actually increases the health benefits. You will jumpstart your metabolism, burn more fat and you don't have to push yourself until you are breathless.

Invite a friend and double the fun and you will keep each other motivated.

### Cynthia's 20 Minute Interval Walking Program

- 3 minute warm up: Get the blood flowing, start walking slowly\*, swing your arms.
- Ten - 60 second intervals: Walk briskly\* for 30 seconds, pump arms, walk 30 seconds at a normal pace.
- Eight - 30 second intervals: Walk fast\* for 15 seconds at an even faster pace, walk 15 seconds at a normal pace.
- 3 minute cool down, walk slowly.

**\*Use conversation as a measure for speed when doing the intervals:**

- Slow Walking - I can easily carry on a conversation.
- Brisk Walking - I can carry on a conversation, but it's harder.
- Fast Walking - I am breathing harder, conversation is difficult, I need to take a breath every few words.

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That's it! Try it. You'll be surprised how long a minute can be and how short too! If you think you're too old for change or can't do it, look around for inspiration and ask why are there so many healthy people in their 70's, 80's, 90's - looking so good and feeling great. The answer is simple: because they exercise regularly and eat well. They are living proof that simple changes are tremendously and instantly effective. Oh and don't forget the water!

And it's never too late to start.



## Roxbury Park Restrooms Completed



Before and After.

*Photos by Brandy Scott*

In case you haven't been by Roxbury Park recently the restrooms located at the west end of the park have undergone some renovations with a complete tear down of the old and construction of a new restroom building. Picnic, playground and athletic field users will appreciate the renovation. The restrooms are part of the Roxbury Park upgrades which included the Community Center, park restrooms, and field irrigation. Next, the new playground equipment project will begin in October 2014.

## Yum Yum

*By Madeleine Isenberg*

As we arrived and took our seats in our Thursday morning Creative Writing Class, on July 17, 2014, we "regulars" looked around for Fumi. Not seeing her, we asked one another, speculating, "Did she get it? Did she get it?"

Our class, led by Ilse, has recently returned to its former location in Roxbury Park. But now it's in a newly-remodeled building and with a better air-conditioned classroom. The week before, at the beginning of the class that tries to start promptly at 10:30 AM, Ilse announced that Catherine "Fumi" would be late if she came at all. Fumi, this dramatic petite Jamaican-American, with graying-white close cropped hair, and deep-voiced Jamaican accent, was "auditioning" for a TV commercial. I don't know her well, but it's always a treat to hear her read the various voices from the screenplays she's been writing.

About half-way through last week's class, an almost breathless Fumi managed to join us. We were excited for her and almost in unison asked, "How did it go? What was it for?"

She chuckled and with her beaming grin said, "It's for a new McDonald's® offering with jalapeños. I was supposed to take a bite and say 'Yum Yum.'" To get into the right mood, pointing to her forehead, she added, "I put my mind to thinking sex." And in her deep voice,

lingered enticingly over the words that seemed to stretch into,

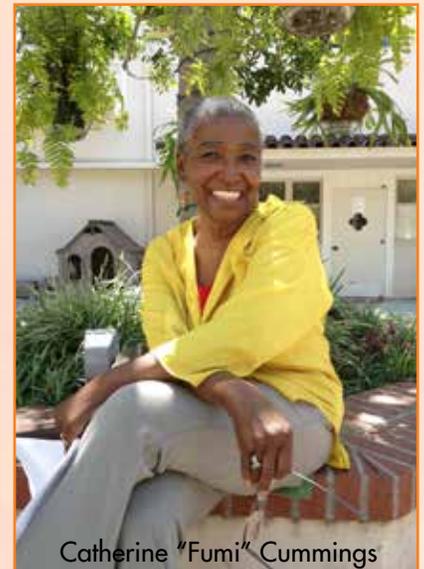
"Yuum, Yuum!"

In unison, we all cracked up and 90-year old John grinned, savoring the moment, and added his own spicy, "Yum, Yum!"

I was sorely tempted to invert these words phonetically, and add my two-cent's worth, with "¡Muy, Muy!" but I didn't want to spoil the moment with this trite addition. We were all of one cheering section, rooting for her to get this gig. How could anyone really resist her juicy words?

So here we were a week later and we really didn't know – Did she get it or not?

But three days later, Fumi did let us know. No she didn't get it. But she did get a "call-back." For those of us who live in the center of the entertainment world, that's also a plus!



Catherine "Fumi" Cummings

## Internment Center Visits

By Tak Nakae

Most of us who endured and survived the impact of Executive Order 9066 have been criticized for our reluctance to share our experiences with our children. Maybe it was too painful to recall. Perhaps, it was a feeling of shame to admit our then-stoic willingness to accept being considered and treated as less than Americans. Whatever the reason, I was among those.

I never voluntarily related them to my family. When on rare occasions some asked a particular question, I gave a brief response. Thus, I was surprised few years ago when our third son, Paul, announced his project to visit all ten internment center sites. He completed his project in July 2014. This is a summary of our recent dialog about his project.

Dad: When and how did you become aware of the evacuation and internment history?

Paul: It was in 1965 watching Walter Cronkite's "20th Century" TV program about it.

Later when you were involved in distributing copies of the book "America's Concentration Camps" to the local high schools.

Dad: When did you decide to learn more about this history?

Paul: When I read your copy of Bill Hosakawa's book "Nisei, the Quiet Americans."

Dad: When you realized that I was involved, did you wonder why I had never discussed it?

Paul: No, because I knew you would talk about it when you were ready.

Dad: What were your reactions when learned the whole story?

Paul: Feelings of injustice and sadness for your family as victims. I became angry at those who were responsible for these terrible events. Now, I understand your and others' willingness to accept, the stoicism to endure, and the resolve to eventually overcome this situation.

Dad: When did you decide to visit all ten center sites, located in Arizona (2), California (2) Arkansas (2), Colorado, Idaho, Utah, and Wyoming?

Paul: When I first visited Tule Lake, CA, where your family was initially interned. I had a ghostly feeling of those who had lived there. I knew then that my pilgrimage was to visit the nine other center sites.

Dad: How did you preplan for visiting each site?

Paul: From the Internet I found the exact locations of the sites. For some sites, I was able to find the original layout on which I could identify the significant buildings, such as school, hospital, etc. Then I could place them on current aerial views on the Internet.

Dad: What of the original center did you find at these sites?

Paul: No buildings, only remnants of the concrete building pads, chimneys, water and sewer systems, and traces of foot paths. Cemeteries with monuments or markers. Evidence of residence: central and private koi ponds and rock gardens. Various broken dishes, pots, and other discarded items. I took many photos.

Dad: Did you have any emotional impacts when you were at these sites?

Paul: Each site offered a spiritual feeling of standing in the middle of nowhere and imagining 7,000 to 15,000 who once lived there. I had images of kids playing or going to school and people working, eating, and socializing.

Dad: Are any of these sites designated National Historical Sites?

Paul: I think all except the two in Arizona. They were located on Indian Reservations.

Dad: How many sites' land remains as it was, a center without any structures?

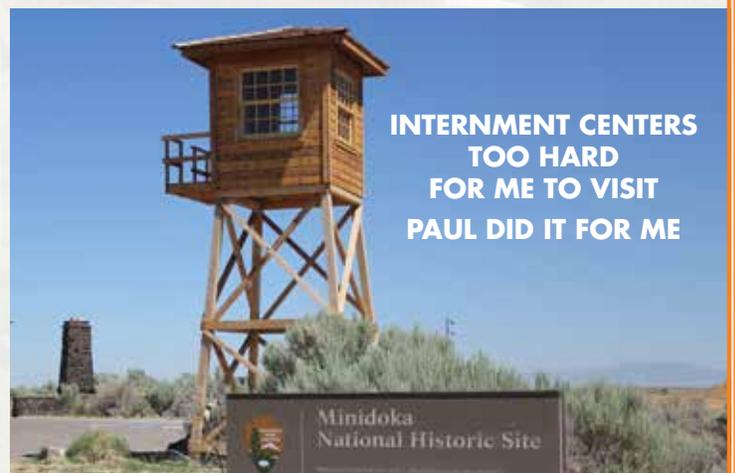
Paul: Five remain essentially unchanged. Part or most of the others have been converted to other uses, usually to farms.

Dad: Is there some kind of marker to identify that the site was once an Internment Center?

Paul: Yes, all have some type of landmarks or historical markers. They range from small wooden signs to large monuments. There is a Visitors Center at three sites, At Minidoka in Idaho, there is replica of the MP guard tower.

Dad: Now that you have completed the visits, what are you planning to do with the photos and memories you have compiled?

Paul: I don't know yet. It will be in some permanent form to be a part of our family's legacy for the current and future generations of the Nakaes.



## Ray

By Ruth Clark

Teenagers in high school throughout most of World War II, my girlfriend Joyce and I were frequent visitors to the Hollywood Canteen and the Hollywood USO. Usually on Friday nights when most servicemen got leave, Joyce and I would don our 'dancing shoes' (sometimes huaraches and bobby sox), short dresses or skirts and sweaters, comb our hair, fix our make-up and board the LaBrea bus bound for Hollywood.

The USO was located on the second floor of a building on Hollywood Boulevard while the Hollywood Canteen was on Cahuenga, as I recall. Many were the celebrities/movie stars of the day who not only entertained the servicemen but danced and conversed with them. Joyce and I happily danced with the boys to the music of the day, usually records: Glenn Miller, Harry James, The Dorsey Brothers, etc. Our prime intent was to be friendly with the troops, so many of whom were far from their homes across the country. We danced with all of them: soldiers, sailors and marines; we spoke encouraging words and talked about each other's lives; we enjoyed an evening of fun until about midnight when Joyce and I took the bus home.....alone....for it was a rule that you did not date the servicemen.

At the Hollywood USO one weekend, I met a young sailor named Ray Baronowski, a rather shy, quiet fellow but a very good dancer. We spent most of the evening together. Ray was from the Midwest, spoke highly of his family and of his future dreams once the war ended. He mentioned that he was stationed at Port Hueneme,

just up the coast, had to report back at seven or eight in the morning and had no place to stay for the rest of the night. Taking pity on the lad, I broke the rules and suggested he stay at my house. He readily accepted.

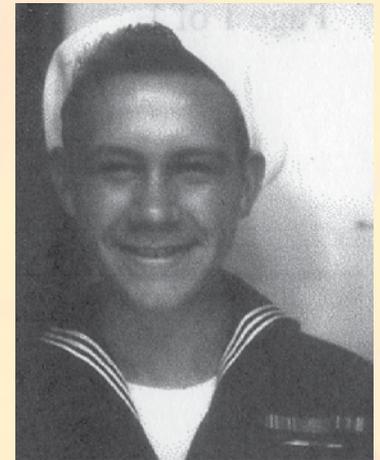
We rode the bus home; I made up the pull-down bed in the living room and told Ray I would wake him in time to get back to base.

My mother, in the bedroom we shared, heard the commotion even though we tried to be as quiet as possible. "What's going on?" she asked. I explained the situation, and she mumbled, sleepily, "...guess I'll have to sleep with one eye open; that guy could steal all the silver!" In fact, she slept soundly, and Ray didn't steal anything.

I got up early to wake him, made him breakfast and sent him on his way back to the base. He couldn't stop thanking me.

Ray and I exchanged letters for a while, even after he boarded ship and was sent to the South Pacific. My last letter to Ray was returned by the post office marked:

RETURN TO SENDER  
- KILLED IN ACTION



## The Interview

By John H. Adler

Mr. Smith?

Thank you for coming. Please sit down. I'm sure you know the kind of man we are looking for to fill the position of Mr. Rubble who was killed in a tragic accident, when he collided with his wife, in their darkened bedroom. Thank goodness she's okay.

Do you carry health and accident insurance, Mr. Smith? I'm sure you do.

Tell me about yourself.

Uh...I

Please don't be nervous. We are all very relaxed in this office. But I would like to know a bit of your experience handling accidents.

Mm... I

You see, Mr. Smith, we are looking for a man with high moral standards, someone who can appear in court, and make a good impression. Do you think, Mr. Smith, you could do that? Of course you can. You need to be well dressed. As an example, the color of your tie does not match your shirt. You see, little things like that can snatch failure from success. You do understand, don't you?

Sir....I

Mr. Smith....

Sir, please listen to me. My name is Herman Coit and I am here to give you an estimate on your garbage collecting service.

# Comings & Goings

Free upcoming events:

- BINGO**  
 Friday, September 12th from 1 p.m. – 2:30 p.m.  
 Only 25 cents per card!  
 Roxbury Park Community Center  
 Continues on 2<sup>nd</sup> Friday of every month
- Senior Halloween Dance**  
 Sunday, October 26th from 1 p.m. - 3 p.m. at  
 Roxbury Park Community Center  
 Free - BHAAC Members/\$4 Non-Members
- BHAAC Boutique**  
 Monday, October 20, 2014 from 10:30 a.m. - 1:30 p.m.  
 at Roxbury Park Community Center  
**All New Merchandise! Jewelry, Evening Purses, Scarves,  
 Candles and More!**
- Thanksgiving Luncheon sponsored by  
 the Beverly Hills Firefighters Association.**  
 Monday, November 24, 2014 from 11:30 a.m. - 1:30 p.m.  
 at Roxbury Park Community Center  
 Beverly Hills Active Adult Club Members only.
- Mary Goldberg, beloved Beverly Hills 106 year  
 old Centenarian passed away on August 14, 2014.  
 Mary was a beloved Mother, Grandmother, Great  
 Grandmother and Great-Great Grandmother. She was  
 a longtime volunteer at Cedars-Sinai Medical Center  
 and with the Beverly Hills Active Adult Club. We will  
 miss Mary and always remember her singing God Bless  
 America for us.

# ROXBURY VIEWS

The Roxbury Views is published by the Beverly Hills Community Services Department. The content is primarily submissions by the members of the Creative Writing class that meets on Thursday, plus other information by City staff. If you would like to have something considered for submission, send it to: Jane Winston Doman at [jdoman@beverlyhills.org](mailto:jdoman@beverlyhills.org) or call 310.285.6843.

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Ilse Nusbaum, *Editor*

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### DESKTOP PUBLISHING

Kristin Yamauchi

Beverly Hills Active Adult Club Excursion

## Autry National Center

### Special Exhibit: Route 66: The Road and the Romance

**Includes over 250 historical artifacts.**

**Thursday, October 9, 2014**

Depart Time: 10:15 a.m. (PROMPTLY)  
 Return Time: 3:30 p.m. (approx.)

Depart/Return Location: La Cienega Tennis Center  
 325 South La Cienega Boulevard  
**Free Parking Validation**

Cost (cash or check only): \$25.00 Members  
 \$35.00 Non Members

*Check made payable to BH Active Adult Club. Sorry, no credit cards.*

**Cost includes:**

- Beverly Hills Shuttle transportation
- Trip Chaperone
- Complimentary parking at the Tennis Center
- Museum Visit
- Lunch included at Crossroads West Cafe
- Group Tour of Route 66 Exhibit

**No refunds unless your space can be filled from the waitlist.**

Register at Roxbury Park Community Center. For more information call 310.285.6840