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El Camino College Fire Academy Class 146 to Celebrate Graduation Recruit Riley Whaling to Graduate at The Top of His Class



Recruits from the El Camino Fire Academy Spring 2015 graduating class take time out for a photo after a series of demonstrations.

What's it like to be Riley Whaling, one of the 25 Fire Academy Class 146 recruits graduating this month? Start by waking up at 4 a.m. to get ready and study before morning formation at 6:30 a.m. Train all day until about 5 p.m., and then head home to your wife and children by 6:45 p.m. Have dinner, tuck in your 3-year-old and 1-year-old sons, then study before going to sleep by 10 p.m. to make sure you can do it all again the next day. Whaling will graduate at the top of his class from the El Camino College Fire Academy at 10 a.m. April 29 at the Fire Academy, 206 W. Beach Street, Inglewood. After a short ceremony, graduates will demonstrate their work by suppressing a full-blown structure fire and controlling a

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How Long Will You Live? Your Zip Code Tells All

California Endowment CEO Dr. Robert K. Ross, California State Treasurer John Chiang, and other influential elected officials discuss how where you live directly affects how long you'll live.

On Saturday, April 16, 2016, California leaders, headed by CA State Treasurer John Chiang, joined thought leaders of The California Endowment (TCE) in a roundtable discussion of how inequities in race, education and income have greater impact on health than doctor's visits. "The difference between those who succeed and those who have not succeeded yet is opportunity," said Chiang in response to the startling fact that health is determined more by one's zip code than their genetic code. "85% of what influences your health has nothing to do with your access to doctors or what you choose to do," said Dr. Robert K. Ross, CEO of the California Endowment. "It has more to do with the environment we live in and your options within those environments."



State and local leaders join The California Endowment's Executive Team in a Roundtable Discussion on why zip codes matter more than genetic codes when it comes to health. Back left: California Air Resources Board Member Hector De La Torre Left to Right: Los Angeles City Councilmember David Ryu; California State Treasurer John Chiang; Los Angeles Community College District Trustee Mike Fong; CA Endowment SVP Dr. Tony Iton; Boardmember Shan Cretin; CEO Dr. Robert Ross; CA Senator Ricardo Lara; Damián Mazzotta, General Manager of the newspaper La Opinión; Los Angeles Community College District Trustee Mike Eng and Garvey Unified School District member Henry Lo. Not in picture: Del Norte County School District Superintendent Jeff Harris; Los Angeles Community College District Trustee Sydney Kamlager; Long Beach City Councilmember Al Austin II

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Cesar Millan Gets Engaged to Girlfriend of Six Years: ‘My Pack is Complete’



Dog whisperer Cesar Millan says his pack is now complete.

The “Cesar 911” star announced on Instagram on Monday that he got engaged to longtime girlfriend Jahira Dar.

“I’m so happy!!! She said yes!!! I always knew that I wanted someone to share my life with who was sweet, adventurous, honest, and loving, but I got more than that!” he captioned a sweet snapshot of the two. “She is beautiful inside and out, extremely supportive of my entire family and me... AND SHE LOVES DOGS!”

The dog trainer, who was previously married to Ilusion Millan for 18 years, told People magazine on Monday that he is “thankful” that Dar accepted his proposal after six years together.

Dar is an actress and former stylist and wardrobe consultant.

“My pack is complete!” the 46-year-old told the magazine. “Jahira came into my life at just the right time. She was instrumental in helping me rebuild my life and my family after my divorce and break from the Dog Whisperer television show. She is compassionate, gentle, instinctual, spiritual, intelligent, fun, strong, adventurous, and loving.”

Millan, who couldn’t stop gushing about his wife-to-be, added: “She embodies the principles that I prize the most — honesty, integrity and loyalty. On top of all of that, she loves dogs and mother nature just as much as I do.”

According to the magazine, Millan popped the question during a dinner at the top of Mount Lycabettus in Athens, Greece while a violinist played in the background.

“I wanted the proposal to be special and to surprise her, so I spent months planning our trip to Greece,” Millan says. “I am still proud of myself that I never gave it away!”

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vehicle fire.

Whaling said he couldn’t have made it through the program without his classmates. The group worked together to pull through the challenging program – the expectations are high, and the program is thorough and challenging.

“It has occupied every moment of the last three months of my life, exposed me to good training, and pushed me physically, mentally and emotionally,” Whaling said. “It can feel like drinking from a fire hose and you are expected to not spill a drop.”

Whaling graduated in 2001 from Trabuco Hills High School in Mission Viejo. He joined the U.S. Marines and served as a public affairs officer, and later worked as a pastor with a Christian church in San Clemente. With the support of his church, Whaling started taking fire science

classes in Fall 2015. He said the support from El Camino College’s Veterans Resource Center was extremely helpful with paperwork and navigating classes.

“Recruit Whaling is an excellent leader who is well respected by staff and recruits,” said Chief William Melendez, training coordinator of the El Camino College Fire Academy. “He works very hard, he is dedicated to the team, and has excellent values. Recruit Whaling will be an excellent firefighter in the future and perhaps an excellent chief.”

While firefighting is a serious career change, Whaling said it’s a perfect fit for him. He said he hopes to find a position this summer, and eventually return to finish his associate degree in fire science.

“I love helping people and solving problems,” Whaling said. “I feel like

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Singer Billy Paul, known For “Me and Mrs. Jones,” Dies

Singer Billy Paul, best known for the Grammy-winning “Me and Mrs. Jones,” died over the weekend at his home in New Jersey, the U.S. press reported Monday. He was 81.

Paul, recently diagnosed with pancreatic cancer, was hospitalized last week for complications of the illness and died Sunday at his home in Blackwood, a town outside Philadelphia.

“We regret to announce with a heavy heart that Billy has passed away today at home after a serious medical condition. We would like to extend our most sincere condolences to his wife Blanche and family for their loss,” said a message posted on Paul’s website.

The singer, whose real name was Paul Williams, was born on Dec. 1, 1934, in Philadelphia, and started singing at the age of 11 on a local radio station before moving to New York to record his first single, “Why Am I,” in 1952.

Five years later, in 1957, he was drafted and spent some time in Germany in the same U.S. Army unit as Elvis Presley.

After his time in the armed forces, Billy Paul recorded in 1968 his first



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disc, “Feelin’ Good at the Cadillac Club,” with legendary producer Kenny Gamble, but his biggest all-time hit came four years later with “Me and Mrs. Jones.”

The vocalist recorded 15 studio discs and shared the stage with other legends like Charlie “Bird” Parker, Nina Simone and Roberta Flack. EFE

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In a groundbreaking animated video, “A Tale of Two Zip Codes,” celebrity activist George Takei explains that those who live in more affluent communities will live an average of 15 years longer than their neighbors in disadvantaged communities.

Launched in 2010, BHC is now midway through its 10-year plan and is working to transform 14 of California’s communities most devastated by health inequities, into places where all people have an opportunity to thrive. To learn more please visit www.calendow.org

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