



Author Ethan Lucas posing before his Borders Bookstore signing in Long Beach.

Resident Spotlight

Campus Hero Tells It How It Is

Iraq War veteran pens poetry book about his struggles with PTSD

By Leticia Banuelos

Scars of War, a compilation of poetry written by Ethan Lucas, captures the realities of surviving warfare and the struggles that come when coping with post-traumatic stress disorder and addiction.

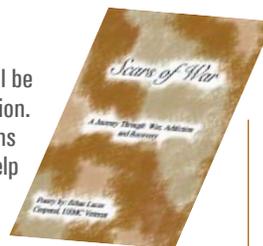
Lucas joined the United States Marine Corp at the age of 19 with a sense of moral obligation to protect his country, just as his family had done for generations. While in Iraq Lucas spent his time at a small forward operating base (FOB) located in the "triangle of death," 20 miles south of Baghdad, where he endured mortar and rocket attacks nearly every day. In 2004, following his second tour in Iraq, he became an alcoholic, which he described as a way to "numb his pain." He felt his life starting to fall apart due to his diagnosed post-traumatic stress disorder and alcohol abuse. Civilian life was no improvement for him as he lost his father to cancer and alcoholism shortly after returning from his second deployment. His father was a Vietnam veteran and drank until the day he died of cancer at the age of 53. Lucas began to alienate all of those who loved him. This distress is apparent in the last half of his poem, "War Follows You Home."

Fast forward to today and Lucas is in a very different place. He eventually woke up and realized that he had to forgive himself and seek help. With his mother's encouragement he was able to get assistance from the West Los Angeles VA, and has now been sober for 10 months. He is currently in the Veterans Recovery Program here on campus. Sobriety has changed his life and he hopes that his book will help veterans and their families understand the trials of war, addiction, and recovery.

You can find Lucas's book for sale on his website:
<http://web.me.com/scarsofwar>

Or, at the following Borders Bookstore location:
101 S. Pine Avenue,
Long Beach, CA 90802

A portion of the proceeds will be donated to homeless prevention. As Lucas states, "We veterans have to stick together and help each other up."



Excerpt from *Scars of War*:

War Follows You Home by Ethan Lucas

I crack a desperate, "hello?"
A drunken voice screams, "It's Joe!"
Drunk again the fight still in his head
Like everything pure, to him is dead

He's alone crying again
All he needs is a good friend
He still sees the horrors in his dreams
Often wakes up sweaty and starts to scream

I'm relieved that it isn't what I dread
That one of my brothers, is now dead
I tell Joe it will be alright
To help him get through another tortured night

I forget the rest of what I said
He followed the path I had lead
We got out to avoid dying
Even though most nights are spent crying

Waking to a pounding on the door
So early what could it be for
Amy, Joe's wife, is standing there
Giving me a cold, wet, empty stare

Joe died he jumped off the bridge
His pain overwhelmed his courage
She's crying confused of what for
I know he already died, somewhere in war

A part of us all dies over there
No one says war is ever fair
Made it home with no danger around
Still some end up in the ground.

Thank you for picking up the first edition of our campus newsletter! We hope that the *Village Anchor* becomes a useful tool for telling our stories and communicating events and announcements that are of interest to you. We're just getting started. If you have a suggestion for improving the newsletter, please call us at (562) 388-8191 or email info@centuryvillages.org. We look forward to hearing from you.

Obituary

Dwight Anthony Radcliff

October 4, 1954–July 31, 2010

By Bill Wallace

U.S. VETS and the entire veteran service community were shocked and saddened by the recent passing of Dwight Radcliff. At the time of his passing Dwight was the CEO and President of the United States Veterans Initiative.

Following his discharge from the Air Force Dwight was involved in the music business having played and toured with Stevie Wonder and other musicians. In 1988 he began work at the West L.A. VA Hospital as an outreach specialist, seeking out homeless veterans and referring them to treatment and available resources. It was there that his passion for serving homeless and at risk veterans was nurtured and he joined forces with Steve Peck, Tim Cantwell and Stephani Hardy to found and develop L.A. VETS at Westside Residence Hall.

From that point L.A. VETS grew from that single site to 10 sites around the country, became U.S. VETS and now serves over 2,000 homeless veterans on any given night. Dwight had devoted his life to serving his veteran peers and he worked tirelessly to develop programs, write legislation and maximize resources in an effort to end homelessness amongst the veteran population.

Dwight leaves to cherish and share his memory and legacy his wife Paulette, his sons Dwight Jr., Deon and Darren, his daughters Ebonie and Brittanie, his grandchildren DeShaun, Dominique and Deon Jr., his mother Winnie, extended family, devoted staff and thousands of veterans whose lives he touched.



Congratulations!

To Blas Villalobos for his recognition as Veteran of the Year

By Leticia Banuelos

The United States Veterans Initiative (U.S. Vets) case manager was honored as this year's veteran of the year by 54th Assembly member Bonnie Lowenthal. Villalobos served with the United States Marine Corps, and was deployed to Iraq in March of 2003 as a squad leader for four years of active duty service.

Today, Villalobos is a case manager within the Century Villages at Cabrillo (CVC) campus, and works specifically to help veterans from Operation Enduring Freedom/ Operation Iraqi Freedom who struggle with post-traumatic stress disorder.

Letter from Doug

CVC Tenant Council revealed!

By Doug Seagraves

I am Doug Seagraves, the newly elected chairman of the Century Villages at Cabrillo Tenant Council (TC). It seems that many residents do not know that there is a tenant council here at Century Villages, let alone what the tenant council does. The TC is a body of representatives comprised of residents of the Plaza, Long Beach Savannah Housing, and CVC double and single units. The elected officers who serve as representatives for the above buildings are: Chairman, Sergeant-at-Arms, Secretary, Treasurer, Recreation Officer, and Greeter/Meeting Coordinator.

The purpose of the TC is to elevate tenants' sense of community, accomplishment, and responsibility through becoming involved in maintaining a positive environment. The TC is here to support and encourage tenants to work together in a healthy forum to accomplish goals of improvement, activity planning, and the constructive resolve of tenant issues and concerns. There are still many Plaza wings, Long Beach Savannah Housing units, and CVC houses who have failed to elect a representative. Please get together with your neighbors and elect someone so you can be better represented.



The TC currently hosts a monthly BINGO night which has proven to be a terrific success, and it will continue as long as it has the support of the Century Villages at Cabrillo residents. We hope to start a quarterly dance beginning with Halloween that will allow everyone to "let loose without substance abuse". We have other activities in the planning stages and if you have any activities you would like to see on campus, please let me or any other TC officer know. We were elected to serve, and as for my own personal feelings, I am honored to do so. Speak to us personally or drop an anonymous note in the suggestion box located by the first floor elevators at the Plaza.

Thank you for this honor.

HOT WEATHER PRECAUTIONS

Hot weather precautions to reduce the risk of heat exhaustion and heat stroke

- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave anyone in a parked vehicle.
- Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.

If you go outside

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions.
- Take frequent breaks when working outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with SPF 30 or higher.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people.

If the power goes out or air conditioning is not available

- If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least three hours.)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.

Don't forget to replace salt and minerals. The best way to replace minerals is to drink fruit juice or sport beverages during exercise or work in the heat.

Recommendations made from the Department of Health and Human Services. For more information visit: www.longbeach.gov/health/heatplan.asp

**For non life threatening emergencies, contact the LBPD at (562) 435-6711
For life threatening emergencies, contact 911**



Bedbugs Become a Pest of National Proportions

By Amber Bradshaw

Bedbugs may be small to the human eye, but they have made their presence known on a national scale. Many businesses in New York and Philadelphia have had to close their doors to treat their facilities for this pest. Bedbugs have a reputation of hitchhiking on humans or in luggage and burrowing into bedding, books, sofas and just about any cozy place, even picture frames. Once they establish squatter's rights, evicting them isn't easy, or cheap. Casting them out of the average household can cost thousands upon thousands of dollars and require multiple visits. Once they've made themselves comfortable they live by feeding exclusively on the blood of warm blooded animals. They normally take their meals every five to ten days, yet they can live for a year without food.

Preventing Infestation: Bed bugs can be very difficult to eradicate, so prevention is the first step. Tenants should be very cautious when acquiring used furnishings, especially beds and couches. Curbside items should be avoided, and second-hand articles should be examined closely before being brought home, as well as laundered and placed in a dryer. It is essential to de-clutter your apartment, vacuum often, and wash your linens weekly.

If you suspect you have a bed bug problem contact Amber Bradshaw immediately at (562) 388-8014.

Meet Our Staff

By Jessica Nielsen

Iris Carattini



As Property Manager of the Century Villages at Cabrillo (CVC), Iris is responsible for overseeing all operations on campus. She has been in property management for over 20 years, and was previously Quality Control Director for over 22,000 units.

Iris is a native New Yorker, from Brooklyn, Greenpoint. Her mother and father were both missionaries and they had a habit of letting strangers from off the street find shelter in their home. She attended Julliard and came to California to pursue her passion. In her pursuit of music she had the honor to sing for the likes of Colin Powell and George Benson. Her husband, Tony, is a Marine who served in the Iraqi war, and he currently suffers from post-traumatic stress disorder and traumatic brain injury; her daughter is currently attending nursing school. She is honored to manage the service-enriched CVC campus.

George Guerrero



George works as Facilities Manager here at the Century Villages at Cabrillo (CVC). As Facilities Manager he oversees the maintenance and janitorial departments. Prior to coming to CVC, George worked as Facilities Manager for the multiple agencies operated by Century Housing. He has been a valuable employee of Century Housing for over six years.

George grew up in Miami, Florida. He has been married to his wife Dora for over 16 years, and they have one son, Alex, who is currently in high school. He enjoys hanging out with his two dogs Bongo and Mozart, and is a huge Dallas Cowboys fan. We are very excited to welcome George to the CVC team.

FYI: America's top 15 bed-bug infested cities:

- | | | |
|-----------------|---------------------|------------------|
| 1. New York | 6. Denver | 11. Boston |
| 2. Philadelphia | 7. Columbus | 12. Indianapolis |
| 3. Detroit | 8. Dayton | 13. Louisville |
| 4. Cincinnati | 9. Washington, D.C. | 14. Cleveland |
| 5. Chicago | 10. Los Angeles | 15. Minneapolis |

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Fri. - Sat. 10:30 am - 11:30 pm

Catering Available for All Your Special Occasions

Great News! Julio's Gourmet Pasta & More and Arya's Authentic Persian Cuisine will be offering a discount to everyone that shows CVC identification. 10% discount on any order of \$8.00 or more 15% discount on any order of \$200 or more.



Tesoro Refinery Contact

Tesoro Refinery would like all CVC residents to know that a live representative is available 24 hours a day at (310) 522-6367 to address any comments, questions or concerns. Please report any changes in the odor of the air that may be coming from the plant.

LOCAL EVENTS

First Friday of every month, 6pm-10pm
FIRST FRIDAYS IN LONG BEACH

Participating businesses collaborate to support local artists and musicians by providing an outlet to showcase their work as well as extending operating hours. Atlantic Ave. between Bixby Rd. and San Antonio Dr. Call (562) 595-0081 or visit www.firstfridaylongbeach.com.

Monday, September 6, 12pm
LABOR DAY VETERAN BBQ

Food, Fun and Blues! Band: Johnny Mastro & The Mama Boys from 1pm-5pm. Location: Courtyard by the chow hall.

Saturday, September 11, 4pm-10pm
2ND SATURDAY ART WALK

2nd Saturday of every month at the Downtown Long Beach East Village Arts District. Phone: 562-682-9735. www.ArtWalkLB.com.

Sunday, September 12, 9am-3pm
22ND ANNUAL BELMONTSHORE CAR SHOW

Over 700 pre '75 classic cars all on a one mile stretch. The Largest one day car show on the West Coast! www.belmontshore.org

Thursday, September 16, 9 am-12 pm
ST. MARY'S MEDICAL CLINIC ON SITE!

Free Health Screenings every 3rd Thursday of the month. For more information call The Oasis Community Center at (562) 388-8080.

Sunday, September 19
13TH ANNUAL BRAZILIAN STREET CARNAVAL



3pm-4:30pm Rio Style Parade.
5:15pm-5:45pm Trio Electrico Parade.
210 The Promenade North, Long Beach 90804
Phone: (562) 508-4504
www.2010.carnaval.org

Wednesday, September 22
CENTURY VILLAGES MOVIE NIGHT
More information to follow.

Thursday, September 30, 5pm-6pm
VIP, ADVANCE & SILS GRADUATION

Every Friday, 10am-4pm
LONG BEACH DOWNTOWN FARMERS MARKET

City Place Center, Promenade N. and E. 4th St.



Alcoholics Anonymous & Cocaine Anonymous

Century Villages Self Help Meetings Schedule

ATTITUDE ADJUSTMENT (AA)	6:30am-7:30am, 7 days a week in the Social Hall
WEDNESDAY NIGHT CAP (AA)	7:30pm-9pm, Wednesday night in the Social Hall
NEW LIFE (AA)	7:30pm-9pm, Friday night in the Social Hall
IT TAKES A VILLAGE (CA)	4:30pm-6pm, Saturday in the Social hall

Everyone is welcome! This is an opportunity for men and women to share their experience and strength in the hope that they may help each other recover from alcoholism and other substances.