



# The Downey Patriot



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**Interning in Washington, D.C.**  
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**Cartozian's grand opening**  
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Friday, July 27, 2007

Vol. 6 No. 14

11525 Downey Ave., Suite A, Downey, CA 90241

## Summer Concert Series Fusion of Caribbean sounds at Furman

CONTRIBUTED BY KEVIN O'CONNOR, DOWNEY THEATRE

**DOWNEY** – If you want to know what it sounds like when reggae, calypso, jazz and funk collide and entwine with the feeling of a getaway in Trinidad, then the Sapadilla Steel Drum Band is a must see next Wednesday at 7 p.m. as part of the Furman Park Twilight Summer Concert Series.

Sapadilla is led by Einstein and whether performing solo or with the band, his music is a Caribbean fusion explosion. It's unique, upbeat and energetic. Many try to imitate his sound, but Einstein has made it an art form.

Surrounded by some of the great West Indian musicians while he was growing up, Einstein was destined, it seems, to play music. In 1979, his interest to play the steel pan at a higher level motivated him to join the Invaders Steel Orchestra, and he was soon in demand by a number of steel bands including the Woodbrook Modernaires, who then won the battle of the bands at Queen's Hall, Trinidad's version of Carnegie Hall.

Towards the end of 1979, he accepted an offer to play onboard a cruise ship. During this time he also was called to do a Heineken Beer commercial. After more travel with various groups he migrated to the U.S. in 1982.

In the U.S. he performed with the Trinidad Steel Band and the L.A. Desperados. During this time, he also started his first band called Caribe. They played the Hollywood circuit, and the Los Angeles street scene. In 1984, he formed Sapadilla and recorded his first single, "Don't Worry Be Happy," which was a European release.

In 1991, Einstein released "Humanize the Earth." On this album, he collaborated with the popular guitarist Eric Gale. They wrote the hit single, "Drive by Shooting", in a matter of hours. This song was also written to raise money for a fellow musician and good friend that lost his sight due to a drive-by shooting. In 1993, the song was released in Costa Rica.

Since that time, Einstein has also appeared in numerous television shows and commercials, as well as feature films and videos. He has performed for the likes of Debbie Reynolds, Carol Burnett and Michael Jackson, as well as performed with Chaka Kahn in a video for MTV. The list of colleges, high schools, civic groups and cities he has performed for is impressive.

The concert series is free and is held at Furman Park, located at 10419 Rives Ave. in Downey.

The Downey Museum of Art will be open prior to performances and the Downey Rose Float Association will have treats for sale.

For information, call the City of Downey Community Services Department at (562) 904-7238.

## Time Traveler Downtown Downey grew after railroad

BY JOHN ADAMS  
EDITOR EMERITUS

After John Downey and his associates established the Downey Tract from part of the old Rancho Santa Gertrudes in 1873, growth was brisk.

Downey and his chief partner, M. D. Crawford, built the Central Hotel at Venable and Front streets (now La Reina and Firestone Boulevard). T. J. Carney was hired to act as innkeeper, John Dolland was clerk.

The new business center grew from the northwest corner of Crawford and Front Street (Downey Avenue and Firestone).

Then Caleb Crowell moved his general store from the College Settlement (at Paramount and Alameda) to the new business hub.

Of note was the purchase of a lot on Front Street by Aunt Millie Rice in 1874. She opened a hotel and ran it for more than a decade before moving to her ranch on Foster Road to the west of town.

The Southern Pacific built a fine railroad depot here in 1888, described as one of the finest outside Los Angeles.

The town gained a certain notoriety it later tried to forget when Benbrook and McGaugh opened a saloon, called the Benbrook, near the corner. It soon became popular with transients who drank and played cards in the evenings.

This continued until an impatient community passed an initiative in 1905 banning the sale of liquor (long before prohibition).

E. M. and Samuel Frankel, brothers, bought at the southeast corner of Front and Crawford and relocated their family store from its old Gallatin location. It was a substantial two-story brick building. They were followed by several other businesses that moved from Gallatin.

Albert Horton became famous for his wagon which sold goods to the farmers in the more remote parts of town.

William Dickenson produced handmade tin cans and other hardware from his store at Second and Crawford. Later his location was occupied by Bertrand Drug Company and Elton Waller's appliance store.

And in 1875 the north portion of the same lot became Downey's first post office.

The city's first newspaper, *The Downey Review*, began printing in 1885. It was run by Jim Rives.

Originally published December 6, 1996



**Downey teenager Brandi Bondoc was the winner of Citadel Outlets' "Strike a Pose" model search. Bondoc was one of four girls to beat out over 1,000 contestants and win a one-year contract with Ford Models, an international modeling agency. Bondoc will be featured in the Citadel's back-to-school campaign, which will include circulars in the Los Angeles Times and her photo on the large LED signs off the 5 Freeway. Bondoc is a sophomore at Warren High School and plays softball, water polo and runs track. She is a previous winner of a Kids Day award and volunteers with the Interact Club. Photo courtesy Vickki Banuelos**

## Cartozian to lead efforts at securing maglev train

BY ERIC PIERCE, CITY EDITOR

**DOWNEY** – Downey City Councilman Kirk Cartozian was elected Chair of the Orangeline Development Authority last week, and will lead the agency's efforts at bringing high-speed maglev service to Southern California, with potential shuttle service in Downey.

The idea of local maglev service – a popular transportation method in China – is only a concept right now, but the agency is currently working at gathering support from neighboring cities and the state legislature.

The city council (with Anne Bayer dissenting) voted this week to officially throw their support behind the project, which has also gained back-

## Sex offender's suspicious actions angers neighbors

■ Residents claim neighborhood sex offender is luring kids with cash and gifts. Police hold town hall meeting.

BY BROOKE KARLI, STAFF WRITER

**DOWNEY** – Amid rumors and concerns of a sexual predator on the prowl near Furman Park and Rio Hondo Elementary School, the Downey Police Department hosted a town hall meeting July 17 for concerned residents in the park's recreation hall.

Approximately 30 people were in attendance, mostly residents of 8th Street and neighbors of the suspect in question.

According to residents, the 52-year-old man, identified by the Megan's Law website as Marvin Jasper Immerso, moved to 8th Street over a month ago. They said he recently asked two teens, ages 13 and 14, to help him clean his boat for \$20. The kids jumped at the opportunity to make some money, but found it odd that he was paying them \$20 to wipe off some leaves.

He also gave them each a \$50 gift card to a retail store, residents said. According to the kids, while they were helping him, he supposedly locked his keys in the house and asked one of them to crawl in through a window to unlock the front door. While the teen was in the house, he noticed video cameras placed throughout the home.

When the teen returned home, he expressed concern about the man and looked him up on the Megan's Law web site. Not only was he listed, but he was listed for Offense Codes 261(2) – rape by force, and 288a(c) – oral copulation with person under 14 or by force.

Immediately following the incident, phone calls were made and emails were sent by concerned neighbors to Downey Police regarding the alleged incident.

After numerous phone calls and emails were received, Capt. Mike Miller and Lt. Carl Charles of Downey Police Department decided to hold a meeting to answer questions regarding the suspect and his registration on Megan's Law.

Because Megan's Law is not very specific, many had questions about

See SEX OFFENDER, page 3

## It's a hard life for Daggett, but take no pity



**This April 3, 1953 photograph was the last one taken of Richard Daggett before he came down with polio, landing him at Rancho Los Amigos Hospital. Photo courtesy Richard Daggett**

BY ERIC PIERCE, CITY EDITOR

**DOWNEY** – It reads like a scene straight out of a low-budget horror movie.

Richard Daggett was paralyzed. Save for a few involuntary facial twitches, his body was rigid and incapable of movement.

He was strapped to a gurney inside a small, dusty-looking hospital room in 1950s Los Angeles. The sign outside read "Communicable Disease Ward."

Daggett could only watch – petrified – as a group of surgeons gathered to form a circle around him. The lead doctor wore glasses with goggles on top, and he was giving graphic commentary to the crowded room of people, which is how Daggett – paralyzed but still fully awake – found out he was about to undergo a full tracheotomy.

Daggett lay frozen as the doctors got to work. Eventually the

surgeon with the goggles "made one final cut and air began sucking in and out of the hole he made in my throat. I thought they must have done something wrong. I tried to ask them what had happened, but every time I tried to talk more air bubbled up out of the hole.

Now I was really frightened."

Nurses transported Daggett from one room to another and placed him inside an "iron lung," a medieval-looking steel encasement designed to help polio sufferers breathe. Daggett vomited; blood was everywhere.

The iron lung is where Daggett remained for three long weeks, paralyzed, but with his parents at his side. Flat on his back, a mirror on the ceiling was the only way Daggett could gaze at his mother and father as they comforted him.

One day, finally, he was transported – iron lung and all – by flatbed truck to Ward 60 at Rancho Los Amigos Hospital, as it was then known.

It was the beginning of a life-long relationship that would rewrite Daggett's life forever.

...

If Rancho Los Amigos National Rehabilitation Center ever needed an official spokesperson, Richard Daggett would be their man. As a

child, Daggett overcame the ravages of polio that assaulted him without warning. Later, as an adult, he learned to deal with the crippling aftermath known as post-polio syndrome.

He says he couldn't have survived without Rancho Los Amigos. "Rancho basically got me to a functional level," Daggett said. "It's a special place."

Daggett contracted polio in 1953 at the age of 13. Polio, rare today but rampant in the 1950s, is a viral and highly infectious disease that attacks the human spinal column, causing muscle weakness and paralysis.

A vaccine was discovered in 1955, and today the disease has been virtually wiped out throughout the world. According to the World Health Organization, which in 1988 began a global effort to eradicate the disease, polio remains an endemic in only four countries: Nigeria, India, Pakistan and Afghanistan.

But in 1953, polio was a frightening disease with limited treatment options. When Daggett woke up with a stiff neck and back one morning, his parents whisked him from their Downey home to their

See DAGGETT, page 9



City Councilman Kirk Cartozian, center, celebrated the grand opening of his new business, Cartozian and Associates, with a ribbon cutting ceremony last week. The firm specializes in commercial and residential real estate and financing.

## Cartozian celebrates big for grand opening

By JAQUELINE MEJIA, CONTRIBUTOR

**DOWNEY** – Cartozian and Associates held its grand opening July 19, welcoming its guests with exquisite cuisine, provided by Granata's, and authentic Arabian belly dancers.

Prominent members of the community, including city council members, Miss Downey and Miss Teen Downey and their courts, and the Downey Chamber of Commerce, celebrated in the festivities, as well as family and friends of the associates of the company. About 600 to 700 people were in attendance.

Kirk Cartozian, who has served as mayor and city council member since 2000, opened Cartozian Associates two months ago. They specialize in commercial/residential sales and financing, including construction.

Cartozian explained what he hopes will come out of his business plan, "making good decisions, a sound business plan, and enjoying myself in the process."

Although Cartozian will be juggling this new venture with city council duties, he said he intends for both to not interfere with each other.

Cartozian's father, also in attendance, stated that he has "all the faith in the world" in his son. In terms of how Cartozian will handle the pressure of juggling his own company and civic responsibilities, the elder Cartozian said, "he was going to USC and getting his masters as well as being on the City Council...he strives in everything he does, he's a strong individual."

Although he may be a 'strong individual,' Cartozian knows how to have fun, too. Guests enjoyed a variety of food, music and entertainment. Employee Richard Benitez commented that the grand opening was "very good...I think it was excellent and very nice."

Cartozian also said his company, located in Downtown Downey, may soon be hiring.

### CPR class intended for families

**DOWNEY** – Health education instructors at Downey Regional Medical Center are offering a "CPR for Family & Friends" class on August 7 from 6 to 10 p.m.

Taught by an American Heart Association-trained instructor, the class will cover how to recognize life-threatening emergencies and how to perform CPR techniques for adults, infants and children. The class is not for certification.

Cost is \$25 per person or \$40 per couple. For information, call (562) 904-5580.

### 'Giving' the theme of next luncheon

**DOWNEY** – The Downey Women's Christian Club will be hosting "A Time of Giving," their next luncheon, on Aug. 8 at 11:45 a.m. at the Los Amigos Country Club.

The event will include a PTA Helps presentation by Martha Sodetani and music by the Ukulele Ladies. Guest speaker will be Bee Bareng. Cost is \$12 and reservations are requested by Aug. 6.

The Los Amigos Country Club is located at 7295 Quill Dr. in Downey. For information, call Sonja at (562) 862-4347 or Delores at (562) 868-7135.

### Elite Soccer teams host fundraiser

**DOWNEY** – The Boys Under 13 and Under 14 Elite Soccer teams will be hosting a "Stateline Day Trip" fundraiser on August 25.

The bus will be departing from Embassy Suites at 6 a.m. and returning around 11 p.m.

Cost is \$30 per person and includes a sack lunch on the bus, as well as a buffet at the casino.

For information, call Denise Juarez at (562) 396-7551.

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## City Council introduces new code amendment

■ Council also votes to give Northwest Downey Little League \$20,000 at Tuesday's regular meeting.

BY HENRY VENERACION, STAFF WRITER

**DOWNEY**—After a requisite public hearing, the City Council Tuesday introduced an ordinance adopting a Negative Declaration (“does not negatively affect the health, safety and general welfare of the city of Downey”) and approving Code Amendment No. 07-72, which adds Section 9166.05 to the Downey Municipal Code requiring a Conditional Use Permit for new structures and additions to existing structures, except in the R-1 or R-2 zones, or R-1or R-2 uses on R-3 zoned property.

The requested amendments are purportedly desirable for the development of the community, and are said to be in harmony with the policies and objectives of the city's General Plan.

The Conditional Use Permit will be required for any of the following: a) in all zones, the uses specified as permitted by a Conditional Use Permit; b) any new building or any addition to an existing building, except in the R-1 or R-2 zones or R-1or R-2 uses on R-3 zoned property.

In other action, the Council:

- Approved the Community Development Block Grant subrecipient agreements for the following agencies, with a combined allocation of \$144,500: Arc of Southeast Los Angeles County, \$11,500; Children's Dental Health Clinic, \$3,500; Downey Unified School District, \$35,000; Rio Hondo Temporary Home, \$17,500; So. Ca. Rehabilitation Services, \$69,000; Salvation Army Southeast Communities, \$3,000; Su Casa Family Crisis and Support Center, \$2,000; Southeast L.A. County Workforce Investment Board, \$3,000;

- Appropriated an amount not to exceed \$20,000 in matching funds to Northwest Downey Little League, for snack shack expansion at Furman Park, at a ratio of 2 to 1;

- Set a public hearing on Aug. 14 for Zone Change No. 06-140 for 11016-11020 Pangborn Ave., zoned P-B (Parking Buffer), to R-3-0 (Medium Density, Multi-Family Residential-Ownership);

- Approved an agreement with Carpi Clay & Smith for Washington, D.C. consultant services;

- Approved the annual project update for FY 2007-08 for the expenditure of Prop. "A" and "C" Local Return Funds for submittal to the Los Angeles County Metropolitan Authority (METRO);

- Approved an agreement with Los Angeles County Metropolitan Transportation Authority (METRO) to establish a capital reserve account;
- Authorized an amendment to the services agreement with RMC Water and Environment to provide on-call engineering staff for the Discovery Sports Complex and Columbia Memorial Learning Center Project;

- Re-appropriated a 2006 State Homeland Security Grant Program grant for \$435,000 for Fire Department communications improvements;

- Adopted a resolution establishing a Public Works Plan Checker/Inspector position;

- Adopted a resolution approving a Development Plan and Schedule for the city's Sewer System Management Plan (SSMP);

- Adopted a resolution approving the Los Angeles Gateway Region, Integrated Regional Water Management Authority, a joint powers agreement;

- Approved a resolution adopting the revised class specification and establishing compensation for the position of Hazardous Material-Fire Inspector;

- Introduced an ordinance amending Art. V, "Sanitation," of the Downey Municipal Code by adding Ch. 8 - "Construction and Demolition Waste Management";

- Adopted two ordinances confirming that eminent domain does not exist for the Downey Redevelopment Project Area and Woodruff Industrial Project Area;

- Adopted an ordinance amending Section 3186 of the Downey Municipal Code relating to the speed limits for Rives Avenue;

- Adopted a resolution, as amended, certifying the Environmental Impact Report and adopting a Statement of Overriding Considerations/Findings Document and Mitigation Monitoring and Reporting Program for the Public Works Yard Consolidation and Water Treatment Facility Project located at 9252 Stewart and Gray Rd.;

- Authorized Downey's continued participation in the "Six Pillars of Character" program;

- Designated Councilmember Kirk Cartozian as the voting delegate for the League of California Cities meeting scheduled for Sept. 5-8;

- Adopted resolutions in support of the Orangeline High Speed Maglev project; and

- Proclaimed Dean and Martha Michael "2007 Parents of the Year."

The next regular public meeting of the City Council will be on Aug. 14 at 7:30 p.m. at City Hall, 11111 Brookshire Ave., Downey.



Some of Rio San Gabriel Elementary School's student body officers and teachers were joined by Character Counts partners from Stonewood Center in creating hallway signs highlighting each of the six pillars of good character.



Stan Hanstad, DUSD Assistant Superintendent – Personnel Services, recently accepted a check for \$50,000 from Downey Kiwanis Foundation Chairman Richard Holmes. The donation will be used to enhance middle school computer programs.

## SEX OFFENDER

Continued from page 1

his conviction date, parole and/or probation details, offense details and details about his personal life.

Miller informed the group that because many of the registrants on Megan's Law move from city to city, it is difficult to get certain information on each registrant.

Because Megan's Law does not list conviction dates of any registrant, Miller said it's difficult to judge whether or not the registrant recently committed the offense(s) or if the crime(s) were committed years ago.

To the knowledge of Downey Police, registrants are listed for life.

According to Miller and Charles, the suspect is not currently on parole or probation for a sex crime, therefore, he is able to come within a certain distance of schools and parks without any restrictions.

Concerning the details of his offenses, Charles said that even the offenses listed on Megan's Law are vague. For example, while many of the residents assumed Offense Code 288a(c) just meant oral copulation with person under 14/etc., Charles explained that the code indicates the above or oral copulation with force/etc., which could have been done to an adult.

Charles went on to say that although many are under the impression that all registrants listed on Megan's Law are sexual predators, a sexual predator is defined, by Charles, as, "preying on children under 14 in a vicious manner multiple times," meaning, you are not considered a sexual predator if you rape an adult. In this particular case, the police do not know whether or not he is considered a sexual predator.

Police said they do not know much about Immererso's personal life – whether or not he is married or has children – but neighbors said they have observed him being the only resident of the house and appears to not have a job as he is home throughout the majority of the day.

Residents also went on to voice other instances when the man allegedly acted inappropriately. Miller and Charles stressed the importance of contacting the police when something inappropriate occurs so that it can be logged and monitored. They also said that there are currently 86 registrants in Downey listed on Megan's Law and are working very hard to keep an eye on all of them.

Anyone with information or questions regarding any listed registrant is asked to contact Downey Police at (562) 861-0771. Registrants can be viewed on Megan's Law at [www.meganslaw.ca.gov](http://www.meganslaw.ca.gov).

## City designates official cooling stations

**DOWNEY** – The City of Downey has designated the Barbara J. Riley Community and Senior Center and the Downey City Library as cooling centers during the summer.

Each facility will also offer a variety of programs and services during their operating hours. Barbara J. Riley Community and Senior Center is open Monday and Friday from 8 a.m. to 6 p.m., Tuesday through Thursday from 8 a.m. to 9 p.m., and Saturday from 9 a.m. to 2 p.m.

The Downey City Library is open Monday through Thursday from 10 a.m. to 9 p.m., and Friday and Saturday from 10 a.m. to 5 p.m.

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Three \$500 scholarships from U.N.I.C.O. Downey were awarded to (left to right) Andrew Juarez (Columbus High School), Kayla LoCoco (Warren High School) and Sean O'Neill (Downey High School). The students received their awards at Pina Pizza House on June 29.

## Students receive presidential praise

**DOWNEY** – Over 50 students from Kirkwood Christian School in Downey have earned the President's Award for Educational Excellence on behalf of the President of the United States.

Students recognized are at or above grade level in all subject areas and scored in the 85 percentile on a Standardized Test in either reading or math. The following students received the award for the 2006-07 school year:

Melina De La Rosa, Nicole Gutierrez, Jason Gov, Serena Quintero, Genaro Tarango, Alonso Valle, Anais Aghajani, Gabriel Allen, Hanna Choi, Nicole De La Fuente, Carissa Escariga, Dominic Gallardo, Alekzander Grijalva, Oseas Hernandez, Hayley Hong, Lauren Kwak, Daniel Loyarte, Jessica Mata, Hayley Melendez, Natalie Mendez, Karina Patel, Isha Pema, Daniel Powell-Horan, Sofia Rodriguez, Rodolfo Sandoval, Michael Stephens, Kaitlyn Vazquez, Tristan Yopez, Alexis Binggeli, Kimberly Candelas, Brennan Fields, Meximiliano Gonzalez, Alessandra Horvath, Gianna Horvath, Zdenek Jansik, Diego Jimenez, Taylor Livingston, Alixandra Matas, Joshua Moran, Juan Serna, Arianna Villegas, Trinity Weiner, Kennedy Wesley, Samantha Blunt, Sarah Beeson, Nicholas Campbell, Juan Pedro Garcia-Esparza, Amanda Lankin, Gabriel Martinez, Cassandra Morales, Israel Ovalle, Miranda Ramirez, Alexis Rangell-Onwuegbuzia, Monique Rangell-Onwuegbuzia, and Ravi Sandhu.



Downey sisters Grace and Clare Bowen have been cast in the La Habra Depot Theatre's production of "Honk! Honk!" which opens today. The family musical comedy will run through Aug. 19 with performances on Friday and Saturday nights and Sunday afternoons. Tickets are \$15 for adults, \$12 for seniors/children/students, or a package of four tickets for \$52. For more information call (562) 905-9625 or visit [www.lhdepottheatre.org](http://www.lhdepottheatre.org).

## The Poets' Corner

### Freeway Saga

Oh my goodness, sakes alive  
 AI's boy got stopped on the 405  
 The Prius was speedy  
 I've often wondered  
 Would it really do a hundred

I expect he'll be tried  
 But don't be queasy  
 The boy is sure to get off easy  
 The charges are many  
 But then you see  
 He wasn't drivin'  
 A SUV

-- John Vincent,  
 Downey

Poems can be submitted to *The Downey Patriot* at 11525 Downey Ave. Ste. A, Downey, 90241 or [downeypatriot@yahoo.com](mailto:downeypatriot@yahoo.com)

## Kids play conductor at symphony performance

■ Kids will get a chance to conduct the Downey Symphony at their Concert Series performance.

BY JOYCE SHERWIN, DOWNEY SYMPHONY

**DOWNEY** – In the middle of Downey, once a week during the summer months, an oasis of peace beckons. It is called the Twilight Summer Concert Series. It's under the canopy of old trees at Furman Park, Wednesday evenings at 7 p.m. – and it is free.

Away from the jangle of rushed lives and electronics, we saunter in with lawn chairs, picnics, kids, the dog. And yes, probably those old nagging anxieties insist on tagging along. But by the end of an hour of irrefragable music, in that environment, stress is simply forgotten. We go home happier.

Sound good? You betcha.

Wednesday, August 8, will be one of those nights, when the Downey Symphony presents a scintillating program of light music just right for the occasion. Conducting is the genial Allen Robert Gross, a candidate for the position of permanent conductor to replace the late Tom Osborn.

This park performance, generously underwritten by the Downey Kiwanis Foundation, also marks the official opening of a year of events to celebrate the 50th anniversary of the Downey Symphony's contributions to our community. Quite a night.

And if you've come to these before, be assured: the fine tradition we all love is still firmly in place. Kids up to age 12 will be invited to hop on the conductor's platform, one by one, to lead the musicians in the final march. This year it is Sousa's unforgettable "Stars and Stripes Forever," and each child will receive a Polaroid picture of the exciting moment.

So come early, purchase a light supper or just sprawl and unwind. Visit the nearby Downey Museum of Art. Chat with neighbors. Chat with people you don't even know yet – you'll soon be friends. It's that kind of evening.



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August 3, 2007 7 p.m. HomeTown Buffet 3102 E. Imperial Hwy. Lynwood, CA	August 7, 2007 10 a.m. IHOP 249 E. Compton Blvd. Compton, CA	August 7, 2007 7 p.m. Denny's 5811 E. Firestone Blvd. South Gate, CA	August 9, 2007 10 a.m. HomeTown Buffet 11471 South St. Cerritos, CA
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August 9, 2007  
2:30 p.m.  
HomeTown Buffet  
8432 Firestone Blvd.  
Downey, CA

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## Six Pillars

By Eric Pierce

It was good to see the city council on Tuesday vote (4-1) to continue Downey's participation in Character Counts, an invaluable nationwide program that, at very little money, is positively influencing our local children by leaps and bounds.

Character Counts touts the "six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship." Who would argue against such moral fibers being taught in our schools?

Character Counts is doing such wonders for our children that CBS recently taped a story on the program at Price Elementary for their "CBS Morning Show."

The White House believes in it, declaring the third week of October "Character Counts Week." And a scientific study by South Dakota State University states that participation in Character Counts unilaterally leads to better grades and behavior.

"Character Counts does not work because it is the biggest and most popular approach," says Michael Josephson, founder of Character Counts, "it is the biggest and most popular program because it works."

Councilman Kirk Cartozian said city participation in Character Counts was a "no-brainer."

Councilman Mario Guerra called Character Counts "one of the most important things we can do to transform a whole generation of kids."

Mayor Pro-Tem Dave Gafin had no problems with Character Counts, and neither did Mayor Rick Trejo, who knows a thing or two about character in children, being a big-time advocate of youth sports.

The DUSD Board of Education and Superintendent Dr. Wendy Doty all embrace Character Counts as well.

Perplexingly, Councilwoman Anne Bayer said Character Counts was...repetitious. She voted against the measure, saying good character should be taught at home.

Amen to that, but the more children are exposed to Character Counts, the better the chances those core values will be instilled in them.

Banners and signage will soon hang at Downey parks and at various points throughout the city - outside of school - where children congregate, promoting the six pillars of good character.

Now that's what I call keeping Downey beautiful.

## Ayn Rand: Government playing 'food police'

CONTRIBUTED BY THE AYN RAND INSTITUTE

Congressmen are haggling over which flavors of cigarette to ban. Nearly all agree that chocolate, strawberry, almost any other conceivable flavor be banned, but there is a furious debate as to whether clove-flavored cigarettes should be a permitted exception.

"The very existence of such a debate," said Alex Epstein, junior fellow at the Ayn Rand Institute, "the face that the government is dictating anything related to what flavor cigarettes may or may not be produced and consumed is an ominous indicator of the state of liberty in America."

"The purpose of a government is to protect our freedom to live our lives according to our own judgment. This necessitates leaving us free to choose whether, what, and how much to smoke - whether we choose to rationally enjoy cigarettes in moderation or make the mistake of smoking too much - just as we are free to choose how to conduct ourselves in eating, marriage, child-rearing, and business, even though mistakes in those realms are legion. Individuals should be absolutely free to consume whatever flavor of cigarette they regard as most enjoyable."

"On the principle of individual freedom, those who are concerned about the hazards of smoking have every right to work to persuade - but not force - others to choose not to smoke. But the anti-smoking movement and today's paternalistic government reject the principle of individual freedom. On the premise that individuals are incapable of governing their own lives, the government dictates to us what we may or may not do in an ever-expanding number of realms: from medical treatments to retirement planning, to what kind of cooking oil we may consume, to forbidding flavorful cigarettes."

"There is no realm that is off-limits to such a government. Once we accept the government's right to ban flavorful cigarettes, by what principle will we resist when anti-obesity activists try to ban our favorite, tasty, high-calorie foods? Or when 'investor advocates' ban us from making government-designated 'risky' investments? Americans should assert their rights, take responsibility for their own lives, and demand an end to the paternalistic state."

Alex Epstein's op-eds have appeared in such publications as the San Francisco Chronicle, Philadelphia Inquirer, Canada's National Post, and the Washington Times.

## Downey Museum closed next week

DOWNEY - The Downey Museum of Art will be closed all of next week due to work being done on the building.



## Letters to the Editor:

### Left with nothing by thieves

Dear Editor:

On July 1, my car was burglarized after visiting my son. Shock and anger came over me as I opened my trunk to find that thieves had stolen every cent. I had just cashed my workers' compensation check, filled my gas tank and put my income for the next two weeks in the trunk. My bronchitis medication - which I need daily - was stolen, along with several prescriptions, as well as my one-year-old cell phone, which had no monetary value, but held my private and personal numbers as well as personal information which will be very time consuming to replace.

On July 6, I went to the laundromat. My anger returned when I realized my laundry detergent, bleach and fabric softener had also been stolen. What nerve they must have to take time and shop out of my car. The thieves were unsuccessful in stealing my car radio. I do not know the area the thieves live, but if anyone knows, please contact the Downey Police Department.

I would like to thank Officer Jose Gomez who responded to my call. He was very professional and empathetic. I also want to thank Ted of the Forensics Department, who dusted the car for prints. I was one emotional wreck - the calm nature of these two officers helped me keep it together and was greatly needed and appreciated.

—Essie M. Roberson,  
Downey

### What to do with unused medicines

Dear Editor:

I was reading the July 20 edition of *The Downey Patriot* when I came across the article on "Hazardous Waste Roundup in Downey" on September 8 at the Los Angeles County Office of Education at 9300 Imperial Highway.

I found it interesting that one of the items that residents have an opportunity to dispose of is "unused pharmaceuticals." Federal law prohibits the practice of giving your medication to someone other than yourself. I know some people get rid of their medications by flushing them down the toilet which is not good for the environment and it is also against the law.

In the interest of legality, this should be looked at by medical professionals as to how medicines should be disposed of.

—Gladys Miller,  
South Gate

Letters to the editor may be submitted by writing to *The Downey Patriot*, 11525 Downey Ave., Suite A, Downey CA 90241 or by e-mail to [downeypatriot@yahoo.com](mailto:downeypatriot@yahoo.com). Letters may be edited for style and/or content. Letters must include a full name and address for verification.

## Keep minimum drinking age where it is

BY CONGRESSWOMAN LUCILLE ROYBAL-ALLARD (D, CA-34)  
AND CONGRESSMAN TED POE (R, TX-02)

In 1984, President Ronald Reagan signed the 21 minimum drinking age into law, saying, "This problem is bigger than the individual States. It's a grave national problem, and it touches all our lives. With the problem so clear-cut and the proven solution at hand, we have no misgiving about this judicious use of federal power. I'm convinced that it will help persuade State legislators to act in the national interest to save our children's lives, by raising the drinking age to 21 across the country."

Since that time, according to the National Highway Traffic Safety Administration (NHTSA), alcohol-related traffic fatalities have dropped 40 percent. And while some would argue that allowing 18-year-olds to drink would promote more responsible drinking, the statistics show just the opposite. The Centers for Disease Control (CDC) looked at 49 high-quality, peer-reviewed studies of countries that changed their drinking age and found conclusively that increasing the drinking age to 21 decreases alcohol-involved crash fatalities by 16 percent, lowering the minimum drinking age increases fatalities by 10 percent.

Yet, the former president of Middlebury College in Vermont is one of the strongest proponents for decreasing the minimum drinking age. John McCardell, a man who has witnessed, firsthand, the effect underage drinking can have on college students, has been the main champion for a change in law. Citing the need to curtail binge drinking, the former college head claims that lowering the drinking age will teach students responsibility about alcohol and alcohol consumption, thus reducing the binge drinking epidemic on college campuses.

Binge drinking is defined as five consecutive drinks for men and four consecutive drinks for women. According to the National Council on Alcoholism and Drug Dependence (2004), 43 percent of college students state they are binge drinkers. Lowering the minimum age would only

make alcohol more accessible to students at younger ages.

New Zealand is a good example of this. In 1999, New Zealand lowered its drinking age from 20 to 18. Not only did the alcohol-involved crash rate increase among 18 and 19 year olds, but also among 15 to 17 year olds. It would be easy to think that teaching young people to drink would increase responsible drinking habits, but what is easy isn't what is true. Most European countries with lower drinking ages have not only higher drinking rates, but higher binge drinking and intoxication rates. Several of these countries, like the United Kingdom, New Zealand, and Canada, are considering increasing their drinking ages because the 21 minimum drinking age is so effective.

It would be easy to assume that 18 to 20 year olds could drink safely, but in truth, all underage drinking is unsafe drinking. Brain research shows us that the brain continues to develop into the early twenties. The part that controls reasoning and cognitive ability is the last to mature and thus the most vulnerable to damage. The part of the brain responsible for new memories is noticeably smaller in young people who abuse alcohol. Alcohol use in the teen years is also associated with decreased brain functioning, memory, movement, and attention - harmful changes that could become permanent.

The solution to the binge drinking epidemic is not to lower the minimum drinking age but rather to highlight the problem and enforce the laws that already exist. We need to educate parents and teens about the prevalence and dangers of underage drinking. A 2003 landmark study on underage drinking by the Institute of Medicine shows us that many parents underestimate the use of alcohol by their children. That report's findings tell us that if we educate parents about the facts of underage alcohol use and its consequences, parents can play a key role in limiting underage drinking.

As members of Congress, it is our responsibility to America's youth to enact laws that will safeguard their well-being.

## The Downey Patriot



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## SPEED BUMP



## DAVE COVERLY



## Downey Community Calendar

### Events For July/August

Sat. July 28: **Downey Football Car Wash**, Downey High School, 8 a.m.  
 Sun. July 29: **Interfaith Road Trip**, First Presbyterian Church, Noon  
 Tues. July 31: **Beef Stroganoff Dinner**, Downey Elks Lodge, 6:30 p.m.  
 Wed. Aug. 1: **Sapadilla Steel Drum Band Performs**, Furman Park Concert Series, 7 p.m.

### City Meetings

1st Tuesdays, 6:15 p.m.: **Redevelopment Project Area Committee**, Cormack Meeting Room at Downey Library.  
 1st & 3rd Wednesday, 7:30 p.m.: **Planning Commission**, Council Chamber at City Hall.  
 1st Tuesday, 4:00 p.m.: **Recreation and Community Services Commission**, Council Chamber, City Hall.  
 1st Thursday, 9 a.m.: **Traffic Committee**, Training Room, Second Floor of City Hall.  
 2nd & 4th Tuesday, 7:30 p.m.: **City Council/Community Development Commission**, Council Chamber.  
 2nd & 4th Wednesday, 6 p.m.: **Design Review Board**, Council Chamber at City Hall.  
 3rd Thursday, 3:30 p.m.: **Parking Place Commission**, Second Floor Training Room at City Hall

### Regularly Scheduled Meetings

#### Mondays

6:30 p.m.: **Metropolitan Masonic Lodge #352 dinner**, mtg., for information call 426-6786.  
 6:30 p.m.: **Overeaters Anonymous**, at Downey Regional Med. Center Conf. Room A, for info. call 426-6786.  
 1st Mon., 4 p.m.: **2nd Century Foundation**, at City Hall, 1st floor, call 927-9790.  
 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church, for info. call 923-2481.  
 2nd Mon., 3 p.m.: **Keep Downey Beautiful**, at City Hall, for more information call 904-7159.  
 3rd Mon., 7 p.m.: **American Legion Post 270**, Los Amigos Country Club, call 869-1053.  
 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 861-3989.

#### Tuesdays

9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Vince Zoida at (714) 761-4439.  
 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.  
 9:30 a.m.: **Adventure with the Bible**, at the First Baptist Church call 928-4153.  
 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Darren Dunaway at 806-5400.  
 12 p.m.: **Exchange Club of Downey**, at Sizzler, for information call Don Hollister at 927-5871.  
 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call 928-2658.  
 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.  
 7 p.m.: **Boy Scout Troop 441**, at Apollo Park Activities Room, for information call 923-3659.  
 7:30 p.m.: **Southland Harmony Chorus of Sweet Adelines**, at Downey's Woman's Club, for information call 947-6802.  
 2nd and 4th Tues., 7:30 a.m.: **Chamber "Rise&Shine" Networkers**, at Nordic Fox, for info. call (562) 923-2191.  
 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Bakers Square, for information call (562) 927-6438.  
 2nd Tues., 7 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 943-3904.  
 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.  
 Last Tues., 11:00 a.m.: **Los Companeros Service Club**, at Los Amigos Country Club, for info call 863-1549.

#### Wednesdays

7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.  
 1 p.m.: **Women's Bocce Club**, for information call 869-8782.  
 1st Weds., 10 a.m.: **Woman's Club of Downey**, for information call Barbara Briley-Bear 869-7618.  
 1st Weds., 11:30 a.m.: **Downey Coordinating Council**, for information call 927-9790.  
 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.  
 1st Weds., 7:30 p.m.: **Downey Emblem Club #309**, at Downey's Elks Lodge, for information call 868-4386.  
 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.  
 2nd Weds., 7:30 p.m.: **Downey Sister Cities Ass'n**, at Maude Price School, Call 862-7197.  
 2nd Weds., 11:45 - **Downey Christian Women's Club**, at Los Amigos CC. Call 927-8488.  
 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.  
 Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

#### Thursdays

7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.  
 7:30 a.m.: **Connections Networking**, at Nordic Fox 10924 Paramount, for information call 869-1414.  
 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.  
 12 p.m.: **Downey Christian Businessmen's Committee**, for information call 928-4153.  
 12 p.m.: **Optimist Club of Downey**, at Sambi's, for information call Steve Allen at 622-7655.  
 12:30 p.m.: **Take off Pounds Sensibly**, at First Christian Church, call (800) 932-8677.  
 6:30 p.m.: **Downey United Masonic Lodge # 220**, 8244 3rd St., Call 862-4176.  
 7 p.m.: **Troop 351, Boy Scouts of America**, at First Baptist Church, for information call 869-6478.  
 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.  
 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.

#### Fridays

7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Harry Sacks at 319-1063  
 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

## On This Day...

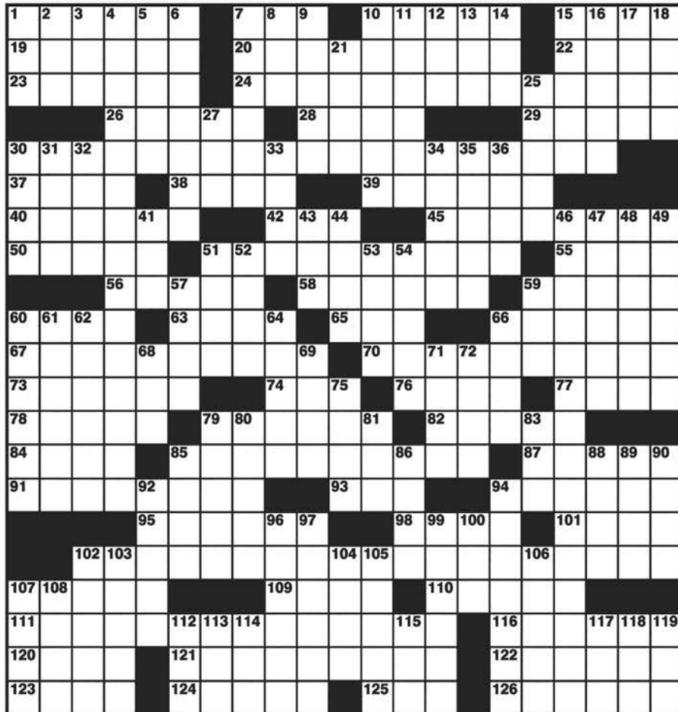
**July 27, 1866:** A telegraph cable is successfully laid underwater between North America and Europe, allowing telegraphic communication between the two continents.  
**1940:** Bugs Bunny premieres on the Warner Bros.-produced animated short film, "A Wild Hare." Bugs Bunny kisses Elmer Fudd and kicks him in his rear-end in the film, also iconic firsts.  
**1996:** Two people are killed and 111 injured after a pipe bomb explodes at Centennial Olympic Park during the 1996 Summer Olympics, held in Atlanta.  
**2003:** Comedian Bob Hope dies at age 100.  
**2003:** Lance Armstrong wins his fifth straight Tour de France title.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**TAKE THE LEAD: Featuring a cast of ten**  
 by Merle Baker

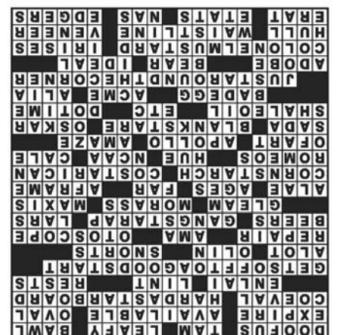
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| <b>ACROSS</b> | 1 Knucklehead | 7 Highlands hat | 10 Like an arbor | 15 Blubber | 19 Run out | 20 At hand | 22 Caplet shape | 23 Contemporary | 24 Captain's order | 26 Zhou | 28 Dryer buildup | 29 Staff signs | 30 Begins | 37 Bunches | 38 Actress Lena | 39 Contemptuous sounds | 40 Mend | 42 Doctors' org. | 45 Doctor's device | 50 They're on tap | 51 Hip-hop subgenre | 55 Swedish equivalent of Lawrence | 56 Searchlight output | 58 Quagmire | 59 Some skirts | 60 Wings: Lat. | 63 A long time | 65 Remote | 66 Triangular house | 67 Pudding thickener | 70 San José resident | 73 Lotharios | 74 Tint | 76 Final Four org. | 77 Auto racer | 78 National Gallery | 79 Successor of Mercury and Gemini | 82 Stun | 84 Actress Thompson | 85 Incomprehension | 87 Werner of Fahrenheit 451 | 91 Type of petroleum | 93 List ender | 94 Serve a sentence | 95 Scalawag | 98 Pinnacle | 101 Inter | 102 Coming soon | 107 Pueblo material | 109 Endure | 110 Standard of perfection | 111 Clue suspect | 116 Spring flowers | 120 Ship part | 121 Belt's surroundings | 122 Furniture overlay | 123 Part of QED | 124 Les __-Unis | 125 __ Pensacola (Blue Angels' base) | 126 Landscaping tools | <b>DOWN</b> | 1 Last mo. | 2 Tic-tac-toe nonwinner | 3 Reveal, poetically | 4 Marshall or MacArthur | 5 Word form for "heavens" | 6 Cost | 7 Bora Bora neighbor | 8 Actress Gardner | 9 One of Donald's exes | 10 South American treeless plains | 11 Singer Sheena | 12 Approx. | 13 Ga. neighbor | 14 Saw or law ender | 15 Unhappy spectator | 16 Nautical "halt!" | 17 Toad feature | 18 Honorary law degs. | 21 Beatnik's "Understood!" | 25 Effrontery | 27 CIO partner | 30 Clothes | 31 "Waiting for the Robert" | 32 Drink to excess | 33 __ even keel | 34 They may be revolving | 35 Mex. misses | 36 Sporty car roof | 41 7 Down, e.g.: Abbr. | 43 Wizard of Oz studio | 44 Beginning on | 46 Oscar role for Jodie Foster | 47 Mexican city | 48 First | 49 Ancient ascetic | 51 Totally smitten | 52 From the US | 53 Farm machine, for short | 54 Brother of Moses | 57 Diner sign | 59 Maker of gds. | 60 Transversely | 61 Bath sponge | 62 Naval fleet | 64 "Bei Mir Bist Du" | 66 Very narrow shoe | 68 Guzzler | 69 "Incredible" comics hero | 71 Lasting impression | 72 Domesticated | 75 Alternatively | 79 Valli of The Third Man | 80 Less ruddy | 81 Giant Hall of Famer | 83 Chaotic scene | 85 Gravy server | 86 "... to skin" | 88 Place for a firing | 89 French friend | 90 Bring up | 92 Jed Clampett portrayer | 94 Mislead | 96 Lose everything | 97 Hotel patrons | 99 Takes to task | 100 Pt. of 42 Across | 102 La __, CA | 103 Letter-shaped fastener | 104 Part of NASA | 105 Water outlet | 106 Rowed | 107 Aspirin target | 108 Sullen | 112 Farm female | 113 Back muscle, briefly | 114 Palermo pronoun | 115 Single-helix molecule | 117 "Get it?" | 118 Always, in poetry | 119 Yearbook subj. |
|---------------|---------------|-----------------|------------------|------------|------------|------------|-----------------|-----------------|--------------------|---------|------------------|----------------|-----------|------------|-----------------|------------------------|---------|------------------|--------------------|-------------------|---------------------|-----------------------------------|-----------------------|-------------|----------------|----------------|----------------|-----------|---------------------|----------------------|----------------------|--------------|---------|--------------------|---------------|---------------------|------------------------------------|---------|---------------------|--------------------|-----------------------------|----------------------|---------------|---------------------|-------------|-------------|-----------|-----------------|---------------------|------------|----------------------------|------------------|--------------------|---------------|-------------------------|-----------------------|-----------------|-----------------|--------------------------------------|-----------------------|-------------|------------|-------------------------|----------------------|-------------------------|---------------------------|--------|----------------------|-------------------|------------------------|-----------------------------------|------------------|------------|-----------------|---------------------|----------------------|---------------------|-----------------|-----------------------|----------------------------|---------------|----------------|------------|-----------------------------|--------------------|-----------------|--------------------------|----------------|--------------------|------------------------|------------------------|-----------------|--------------------------------|-----------------|----------|--------------------|--------------------|----------------|----------------------------|---------------------|---------------|------------------|-----------------|----------------|----------------|----------------------|---------------------|------------|-----------------------------|-----------------------|-----------------|------------------|---------------------------|---------------|------------------------|------------------|-----------------|------------------|-----------------------|------------------|-------------|---------------------------|------------|--------------------|------------------|------------------|----------------------|---------------|----------------------------|------------------|------------------|-----------|--------------------|------------|-----------------|--------------------------|---------------------|---------------------------|---------------|-----------------------|--------------------|

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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The National Gallery of Art (78 Across), was opened to the public in 1941. The word ADOBE (107 Across) was borrowed from the Spanish language in the 18th century, but it can be traced back 4,000 years to ancient Egyptian. NAS (125 Across) or Naval Air Station Pensacola, is the primary training base for Navy and Marine aviators.



## Paging Dr. Alan Frischer...

BY DR. ALAN FRISCHER

Life is stressful! We all face challenges and obstacles. Sometimes the pressure is just too much to handle. When we become overwhelmed or unsure of how to meet the demands placed on us, we experience stress.



How do we know when stress and burnout are about to get us? Today, I will delve into the classic signs of stress and how it affects our bodies and minds.

Chronic stress is so prevalent that I am actually amazed when a patient comes in and says that he or she has none. 75 - 90% of all physician office visits are said to be in some part stress-related. In an American Psychiatric Association survey, 43% of adults claimed to be suffering from adverse health due to stress.

Stress is linked to at least six leading causes of death: heart disease, cancer, lung disease, accidents, cirrhosis, and suicide. Stress is expensive and debilitating; it is detrimental to our health, productivity and life in general. Frankly, it is just plain horrible living under the cloud of chronic stress.

On a positive note, acute stress is necessary, exciting, and even desirable. It can act as a motivator and give us the push we often need. The birth of a child, a graduation, marriage, completion of a major project, or a winning lottery ticket will produce considerable short term stress. Without it, life would certainly be dull.

So what is stress? Stress is defined as a psychological and physiological response to events in our life that upset our personal balance. Regardless of whether an event is good or bad, these "stressors" push us beyond our coping and adaptive limits. This leads to a feeling of stress and the body's normal biologic stress response. Stressors include frustrations, conflicts, and pressures.

The body reacts to stress by triggering the "Fight-or-Flight" response. Hormones such as adrenalin and cortisol are released, which give the body a burst of energy and strength. These hormones travel to the heart and speed it up. They travel to the gastrointestinal system and slow digestion, sending the blood to our muscles instead. We can then use these "supercharged" muscles to run away from danger.

When faced with chronic stress, people begin to see physical and psychological symptoms. These often begin as mild symptoms such as chronic headaches and increased susceptibility to infections. Over time, more serious problems develop. They may be intellectual, emotional, behavioral, and/or physical. Stress is likely a contributing factor to any health condition for which you are susceptible.

Studies conducted back in the 1960's showed that laboratory mice exposed to excessive noise and lights all developed measurably weaker immune systems. Stress is or may be a contributing factor in backaches, insomnia, cancer, chronic fatigue, memory and judgment problems, depression and anger, eating disorders, teeth grinding, high blood pressure, heart disease, cancer, rashes and infections.

Stress may also be a result of other health issues, so you will want to consult your doctor to evaluate underlying medical problems. What can be done about stress? I leave you with a short list of approaches that may help:

- Understand what situations make you feel stressed.
- Understand what situations you can and can't control.
- Prepare for stressful events in advance by thinking and planning for the future.
- Keep yourself healthy with good nutrition, exercise and regular relaxation.

• Try to do happy things every day. Plan events or vacations so that you will have something positive to look forward to.

• Limit caffeine and sugar, since they tend to stimulate more anxiety.

• Avoid recreational drugs that might alter your brain's ability to respond in a healthy manner. Remember that alcohol is a depressant, not an anti-anxiety medication.

• Engage in activities that bring relaxation and happiness, such as yoga, meditation, and hobbies, and spend more time with friends and family (unless they are the cause of your stress!).

• Finally, consult your doctor to rule out underlying medical problems or, as a last resort, for possible pharmacological solutions.

I wish for you peace, relaxation, and happiness!

*Dr. Alan Frischer is former chief of staff at Downey Regional Medical Center. Write to him in care of this newspaper at 11525 Downey Ave., suite A, Downey, CA 90241*

## ASTRO looks for cancer survivors

LOS ANGELES - The American Society for Therapeutic Radiology and Oncology (ASTRO) is looking to recognize a cancer survivor in the Los Angeles area who has dedicated their time and energy to help others in the local community.

The winner of the Survivor Circle Award will receive \$1,000 and be honored at a ceremony on Oct. 28 at the Los Angeles Convention Center during ASTRO's 49th Annual Scientific Meeting, an international medical meeting with more than 11,000 healthcare professionals. The meeting will be in Los Angeles from Oct. 28 to Nov. 1 of this year.

"People who contend with malignancy are uniquely aware of the multiple physical, emotional and social challenges that cancer patients experience on a daily basis," said Christopher M. Rose, M.D., Associate and Technical Director of valley Radiotherapy Associates in Los Angeles and Chair of ASTRO's Local Arrangements Committee. "The Survivor Circle Award recognizes heroic and caring individuals who have been able to see beyond their own problems to reach out and share their compassion with others."

Any cancer survivor residing within the Los Angeles area who received radiation therapy as part of treatment is eligible for the award. The winner can either keep the cash prize or donate it to the support organization or charity of their choice.

All interested applicants must fill out a short application focusing on what the applicant has done to give back to the community. The application can be found at [www.astro.org](http://www.astro.org) and must be post-marked by Sept. 1.

For information, call Beth Bukata at (703) 839-7332.

## Chiropractor gives free screenings

DOWNEY - The CHER Clinic at 7444 Florence Ave., #H, in Downey is offering free spinal screenings and evaluations for children from now until the end of August.

The clinic is the health facility of the Chiropractic Health Education and Research (CHER) Foundation and was founded in 1984 to offer alternative health care services to lower-income individuals and families.

Children who are showing symptoms of poor health or who are frequently ill with colds and the flu, as well as kids with poor posture, should be evaluated, said Coy.

To set up a screening appointment, call (562) 776-1727.

## Breast feeding: the facts vs. the myth

CONTRIBUTED BY RITA SHERTICK  
DOWNEY REGIONAL MEDICAL CENTER

Congratulations, you're expecting a baby. And of course, you only want the best for your new son or daughter. Well, the best thing for your child is actually not anything you can buy, but get for free - breast milk.

How good is it? Well imagine you can increase your child's IQ by up to 10 percent, and decrease their chances of getting asthma, leukemia and diabetes - also colic and respiratory infections - by up to 200 percent.

Yes, it's true, research has shown that bottle-fed babies have 200 percent more visits to the pediatrician for health problems.

All the major health organizations recommend breast milk as the ideal nutrition for a newborn. These groups include the American Academy of Pediatrics (AAP), the U.S. Department of Public Health, and the World Health Organization. Their websites are fairly uniform in saying all babies should get only breast milk for their first six months of life (with no formula supplementation) and continue to breast feed for a complete year or longer after you introduce table food.

• **How and when to begin?** As soon as possible, preferably before the baby is an hour old. When you are admitted to the hospital to have your baby, inform your nurse of your intention to breast feed. In most cases, with an uncomplicated delivery, there shouldn't be a problem. Never done it before? Let the nurses know so you get assistance.

• **How often?** Listen to your baby for hunger cues. Most babies will nurse every two to three hours, and there are no more time limits on the breast - 15 to 30 minutes each breast at each feeding is not unusual. But each baby is individual and will develop their own routine of what works best for them.

• **But will it hurt?** Correct breast feeding is not painful. If you are in pain when your baby latches on, your positioning is not correct. There may be some discomfort initially for a few days as your nipple adjusts to the baby's mouth. The most important thing is to have the baby's mouth wide open, like a yawn, before your nipple is put in his or her mouth. That way the baby's gums do not clamp down on the tip of the nipple, which is what causes most painful breast feeding.

• **Will I have enough milk? How do I know the baby is getting enough?** Mother Nature devised this system millions of years ago, so mothers make enough milk for their babies. Look at your baby's fist, their stomach is no bigger than their fist. At birth, your breasts have colostrum, the first breast milk, the perfect temperature and quantity for your baby. Most women can express some from their breasts the last month of pregnancy. When you are home, count the wet diapers. With your baby wetting six to eight diapers, you can be assured you are making enough milk for your baby. Milk is made by the law of supply and demand - the more the baby nurses, the more milk your body will make. When a baby gets formula supplements, he nurses less often, so your body makes less milk. The AAP does not recommend any formula supplements, but let your baby nurse often to build up your milk supply.

• **Do I have to change my diet and eat special foods?** No, just eat normal, healthy meals, like you did during your pregnancy. The most important thing is water - continue to drink eight glasses daily, so your body has the fuel to make enough milk. Dairy products are also important - you don't have to drink milk to have milk, but have chesses, yogurt, and other calcium-rich foods up to three times a day.

• **How can I get more information?** Attend a breast feeding class before you have your baby. Get videos and/or books from the library. You can also call La Leche League International and attend some meetings before you give birth and meet other women with breast feeding success stories.

*Rita L. Shertick has a Bachelor of Science in Nursing and is a Registered Nurse, Lamaze Certified Childbirth Educator and Certified Lactation Educator. She currently works as a Staff Nurse in the Family Birth Center at Downey Regional Medical Center.*

## Rancho Golf Classic, August 13

DOWNEY - The Rancho Los Amigos 17th Annual Golf Classic will be on August 13 at the Friendly Hills Country Club in Whittier at 8 a.m.

All players will receive 18 holes of golf; range balls; premium golfer gifts; on-course refreshments; breakfast, lunch and dinner; team awards and photo.

Sponsorships are still available and proceeds will support the programs and services of Rancho Los Amigos Rehabilitation Center.

For information, call (562) 401-7053.

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# George Cade meets life full face

BY HENRY VENERACION  
STAFF WRITER

**DOWNEY**—Just fresh out of the University of Arizona in 1951 with a bachelor's in mechanical engineering, George Sherman Cade was assigned to Fairchild Air Force Base in Spokane, Wash. during the Korean War. The base had a population of 10,000 servicemen, and it harbored a big SAC fleet of long-range bombers (B-36s). This was before Alaska became a state, and it was then the country's northernmost SAC outpost, and thus a crucial one.

Impressionable George served as auto maintenance officer. "I was a Second Lieutenant, and saluted a lot of generals."

His dad, who came from the hills (the moors) of Yorkshire, Northern England near the border of Scotland, had married his mom, who came from the hills of Missouri, in the Ozarks. Thus, George says, "my heredity is the hill people."

George further attests: "I'm an only son. My parents saw me and decided they didn't want another one."

You can see he possesses a disarming sense of humor. This undoubtedly has brightened many

a Rotary Tuesday meeting. A Rotarian since 1954, he is one of only two members (the other one being Angelo Cardono) who have maintained a perfect attendance record over the years.

He has owned and operated the Downey-based steel fabricating firm, Downey Welding & Mfg., Inc., since he bought it from his dad at the end of World War II. His dad had started the business in 1943, and had it incorporated in 1946.

At one time, George says, "we were turning out 10,000- to 12,000-gallon underground storage tanks for, say, Union Oil Company, working two shifts." Today, at age 79, after overseeing the production of thousands upon thousands of steel pressure tanks, hot water treatment storage tanks, and water treatment tanks for pollution control, etc.—and "after a series of heart operations, I am slowing down," he says.

A boat he bought in 1974 and berthed in Long Beach has been his escape from the burdens and rigors of work. Once or twice a week ("anytime I can, really") he goes fishing "out in the ocean" with his grandson. He needs to. Long accustomed to working 10 hours a

day, he has reduced it to eight.

"One of the major things that have made my life good is when I married Janet," he says. "I was 26 when we got married, she was 17."

They have three daughters and three grandkids, two boys and one girl. The eldest daughter owns and runs an Acura dealership in Glendale; the middle daughter teaches handicapped children at the L.A. Unified School District; the youngest teaches high school statistics and calculus in Ohio. "I was brought up to work very diligently. Same with my daughters."

George played right tackle for Downey High. "In 1944 and 1946," he recalls, "the Downey football team lost only one game, I think, to Burbank. We won the league championship those years. Considering that Downey High had only 450 kids then, competing against teams from schools that had a much larger number of students, and winning, that was quite something."

The preparation of the pancake breakfasts for the YMCA was one of his favorite Rotary activities, he says. "Angelo Cardono was the youngest member of the club then, and he was called 'The Boy Wonder.' When I came, I became the youngest. Now, we're probably closest to the oldest. But it's been nice. I've just always wanted to see a lot of friends and do something for the community." He has also been involved with the Christian Businessmen's Committee, once as president, and chaired its Mayor's Breakfast (the next one is on Nov. 8).

"I figure life is all about family and friends," George says. "This, and trying to make the community better."



Joyce Sherwin, top photo, center, and Harriett Paine, bottom photo, second from right, were each recognized by County Supervisor Don Knabe for their years of volunteerism in Downey.

## Pair of 'older Americans' help culturally enlighten Downey

**DOWNEY**—Downey residents Harriett Paine and Joyce Sherwin were honored by Supervisor Don Knabe in May when the Los Angeles County Board of Supervisors held their 42nd Annual Older American Recognition Day Awards Program.

Paine and Sherwin were among 22 honorees from Knabe's 4th District, an area that includes the cities of Downey, Rancho Palos Verdes, El Segundo, Long Beach, Torrance, Cerritos, Whittier, Norwalk, Lakewood, Paramount and Diamond Bar.

The citation read in part, "In recognition of outstanding volunteer service rendered to the community by sharing your ability, mature knowledge and vast experience, and giving freely of your time and energy. The wealthy heritage of your service enriches the entire community."

The award ceremony, followed by a luncheon, was held at the Kenneth Hahn Hall of Administration in Los Angeles.

Paine, a 55-year Downey resident, was honored in 2005 by the California State Department of Education with the Golden Dinosaur Award for holding the state record of 54 years as a teacher of adult education. For over 50 years she has served Downey with her emphasis on helping people develop skills to improve and enrich their personal, home and family life.

She is a Certified Home Economist and Family and Consumer Science Educator, the author of five books, Food Editor of *Downey Southeast News* and Senior Life Magazine, an audio-visual producer, and tour director.

Many remember Paine in the 1980s teaching Downey's "Family Disaster Preparedness" program to clubs, churches, PTAs and city employees. The book and audio-visual which she co-authored were adopted by the United States Civil Defense Department for training civil defense directors on home and family preparedness at their staff college.

In 1982, she began a new adult education challenge by teaching the older adult program OASIS (Older Adults Seeking Information and Skills), and the Creative Learning Tours. OASIS is a program for learning, entertainment, socializing and eating together, with more than 100 seniors attending every week from September to June. Each year the tour program takes 600 seniors on motor coaches, trains and cruises all over the west on day trips and extended tours.

Some of Paine's community volunteer projects include the Chamber of Commerce Street Faire and Business/Career Expo, the Downey Symphony Guild, AAUW, Downey United Methodist Church, and training numerous

Downey organizations on earthquake preparedness.

Accompanying Paine were daughter Susan Paine; Roger Brossmer, Downey Adult School principal; Kirk Cartozian, Downey Councilman; and Colette Fowler, Downey Community Services.

Although Sherwin moved with her family to Downey in 1963, her desire to be of service in Downey was delayed while working as an educational assistant in the music department of Los Angeles City College for 19 years. Upon retiring, she joined Downey's Symphony Guild, where she is recording secretary. She is also on the board of the Symphonic Society, for which she writes publicity, and is on the committee that is planning a year of events in celebration of the Golden Jubilee Season of the symphony orchestra.

Sherwin has served as member and president of the executive board at the First Church of Christ, Scientist, as well as the Second Reader for two three-year terms. She also spends much of her term acting as a facilitator of a conversation table for advanced students in an English as a Second Language class for Downey's Adult Education School.

Accompanying Sherwin were children Laird Waddell, Linden Waddell Tzanetopoulos, and Pinky Waddell Sales; friend Mark Hatwan; and Cartozian.

With approximately 50 pieces, "SoCal" will feature a wide-range of works by Robert Irwin, from oil paintings made in the early 1960s, to an ethereal acylic column and disk from the end of the decade that incorporates light and shadow into its essence.

A room-sized installation by Doug Wheeler will offer an experiential environment in which light takes on a three-dimensional existence. The polished polyester geometries of John McCracken, the Plexiglass relief sculpture of Craig Kauffman, the cast resin objects of Peter Alexander and the coated glass creations of Larry Bell will also be exhibited.

For more information, including museum hours and ticket prices, call (323) 857-6000.

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## 'Mamma Mia!' returning to the OC in August

**COSTA MESA**—The smash hit musical "Mamma Mia!" will return to the Orange County Performing Arts Center this August for a two-week run.

Inspired by the story-telling magic of ABBA's timeless songs, writer Catherine Johnson's sunny, funny tale of family and friendship unfolds on a Greek island. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

Songs including "Dancing Queen," "The Winner Takes It

All," "Money, Money, Money" and "Take a Chance on Me" are all featured in "Mamma Mia!"

The show will run Aug. 7-19. Tickets range from \$23-\$73 and are available by calling (714) 556-2787 or going online to www.ocpac.org.

## Museum explores California art

**LONG BEACH**—The Los Angeles County Museum of Art (LACMA) will present: "SoCal: Southern California Art of the 1960s and 70s from LACMA's Collection", an exhibition that explores the myth of California -- and particularly that of Southern California -- beginning in August.

## DAGGETT

Continued from page 1

regular doctor in Huntington Park, who told them to hightail it to Los Angeles County General Hospital, where the tracheotomy was performed.

When Daggett arrived at Rancho three weeks later, he needed assistance in completing the simplest of survival obligations, including breathing.

"I slowly regained some breathing tolerance: 10 minutes, three times a day, 15 minutes, then 20, etcetera," Daggett recalls in a personal website he maintains, [www.downeydaggetts.com](http://www.downeydaggetts.com). "When I could breathe about one hour on my own I graduated from the tank respirator to a chest respirator."

Through a grueling rehabilitation process that included muscle stretches and exercises on the "standing board" (a wooden plank designed to help patients stand), Daggett slowly became self-efficient again. On Dec. 31, 1954, he was discharged from Rancho.

Daggett wasn't home for long. His spine was growing crooked, and a specially-designed body jacket wasn't helping to keep him straight. And so on March 22, 1955, Daggett was re-admitted to Rancho, with orders to stay in bed, flat on his back.

Daggett underwent a spinal fusion that October to fix his twisted spine, and healed well enough to be discharged from Rancho the day before Thanksgiving, albeit in a full body cast.

Daggett caught a cold in February, 1956, and was readmitted to Rancho.

Truth be told, it was a bitter cycle.

Still, Daggett worked hard at living as normal a life as possible, without pity. He immersed himself in school, graduating from Warren High School in 1959, the school's first class. He was a member of the California Scholastic Foundation and scored an IQ of 131.

The next few years were pleasant enough. Daggett's father retired and bought a trailer, taking the family on road trips throughout Canada and the United States. Daggett also took courses at UCLA, but only for personal enrichment, not necessarily to pursue a degree.

Throughout the 60s, 70s and 80s, Daggett visited Rancho's outpatient center on a regular basis. He was capable of walking, but tired quickly.

"Late in June of 1984, I felt I was coming down with a cold. With me, a cold usually has three stages: three or four days of congestion and discomfort, three or four days of gradual improvement, and another week to get back to normal," Daggett writes. "This

cold, or whatever it was, just did not respond to my usual treatments. I went to a doctor in our HMO and he did a very brief examination. He said I was just tired and I should go home and rest. If I'd taken his advice I'd probably be dead.

"I felt miserable, and knew enough about pulmonary issues to know something wasn't right. I made an appointment to see my friend, Elaine Layne, the Nurse Practitioner on the Pulmonary Service at Rancho. She advised that I have my CO2 and other blood gasses checked...The next day, July 11th, 1984, I once again became a Rancho Los Amigos inpatient."

Daggett underwent a second tracheotomy, and spent the next eight weeks in a Rancho hospital bed, watching the Summer Olympics on television.

Pneumonia again landed Daggett in Rancho in March of 1986. By this time Daggett was physically tired, and got around with the aid of an electric wheelchair.

Throughout this time Daggett was evolving into a self-made authority on polio and the consequences it ravishes. He volunteered more and more time at Rancho, and began traveling California to share his personal stories.

He founded the Rancho Los Amigos Post-Polio Support Group, and was named president of the Polio Survivors Association. When the CBS Evening News taped a story on polio, Daggett was one of the people they interviewed.

Daggett also worked with lawmakers at state and national levels in creating legislation benefiting persons with disabilities.

But the more Daggett worked, the more tired he grew, and his health - both physical and emotional - deteriorated. Daggett adjusted as best he could, installing a wheelchair ramp outside his house door and hiring personal help.

Today, Daggett is still a fixture at Rancho, although not as a patient, but as a volunteer.

Or, perhaps more accurately, as a family member.

As Daggett writes: "So far I've had a very interesting life. It's been different, but everyone's life is different. There are many things that I haven't done that I would like to have done. I would love to walk the entire length of the John Muir Trail. It would have been exciting and challenging to design and build my own house. I think I would have made a good husband and father, too.

"On the other hand, I've done many things that others only dream about. Saying this I will close with: 'To Be Continued...'"

**This Nov. 3, 1955 photograph shows Richard Daggett in a Rancho Los Amigos hospital bed, breathing with the aid of a respirator. Daggett suffered from polio as a child, and is now an outspoken advocate for polio survivors throughout the country, serving as president of the Polio Survivors Association.**



**Despite his disabilities, Daggett, a Downey resident, graduated with the first class at Warren High School. Photo courtesy Richard Daggett**

## Popular children's character Diego performing in O.C.

**COSTA MESA** - Beloved children's character action-adventurer Diego brings his brand-new live stage show, "Go, Diego Go, Live! The Great Jaguar Rescue," to the Orange County Performing Arts Center's Segerstrom Hall Aug. 22-26. Presented by Nickelodeon, the show follows Diego, his sister Alicia and cousin Dora on an exciting mission to get Baby Jaguar's growl back from the Bobos brothers.

Tickets to "Go, Diego Go, Live!" are now on sale by calling (714) 556-2787 or online at [www.ocpac.org](http://www.ocpac.org).

During his quest to help Baby Jaguar, Diego enlists the audience to help rescue animals, navigate through the rainforest and pass a giant waterfall on his way to the Animal Carnivale. Featuring familiar songs and popular characters from the award-winning television show that fans have come to love, this live-action theatrical production takes preschoolers on an interactive, high-stakes journey inspired by the exotic environments of Latin America and the animals that make their homes in those habitats.

Directed by Broadway veteran Gip Hoppe, the live show will star Richie Portela as Diego. Also in the cast are Kirsten Day who plays

Alicia and Melanie Mendez who plays Dora. The cast also includes characters in many forms of puppetry such as shadow puppets and marionettes.

The "Go, Diego, Go!" television show on Nick Jr. features Diego, an eight-year-old bilingual animal rescuer and nature expert who has the ability to talk to animals. In each episode, flavored with Spanish words, Latin American music, folktales and tradition, Diego and his friends encourage children to use scientific thinking and investigative strategies to help animals in trouble. Baby Jaguar is the animal closest to Diego's heart, and his youthful eagerness sometimes puts him in precarious situations.



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I KNOW WHO KILLED ME R (12:10 2:40) 5:10 7:40 10:10  
WHO'S YOUR CADDIE PG13 (10:40 12:55 3:10) 5:25 7:40 9:55  
HAIRSPRAY PG (11:30 2:10 4:50) 7:30 10:10  
CHUCK & LARRY PG13 (11:15 2:05 4:55) 7:45 10:35  
SICKO PG13 (10:35 1:30 4:25)  
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★ THE SIMPSONS MOVIE PG-13 (10:00, 10:45, 11:30, 12:20, 1:05, 1:50, 2:45, 3:30, 4:15, 5:10, 5:50, 6:30, 7:15, 8:00, 8:45, 9:35, 10:20, 11:00)  
HAIRSPRAY PG (10:35, 1:30, 4:10), 7:25, 10:15  
I NOW PRONOUNCE YOU CHUCK & LARRY PG-13 (11:00, 1:45, 4:35), 7:30, 10:10  
HARRY POTTER AND THE ORDER OF THE PHOENIX PG-13  
Fri to Sun: (10:05, 1:10, 4:20), 7:35, 10:40; Mon: (1:10, 4:20), 7:35, 10:40; Tue to Thu: (10:05, 1:10, 4:20), 7:35, 10:40  
TRANSFORMERS PG-13 Fri to Sun: (12:45, 4:00), 7:20, 10:35; Mon: (4:00), 7:20, 10:35; Tue to Thu: (12:45, 4:00), 7:20, 10:35  
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# Faith in Downey: Christ Lutheran Church/Messiah Lutheran Church

BY BROOKE KARLI  
STAFF WRITER

When many hear Christ Lutheran Church and Messiah Lutheran Church, they may assume that both hold the same beliefs and practices. And while the two share most of the same beliefs and practices, there are a couple of differences that separate the two.

To put it simply, Christ Lutheran Church is part of the Evangelical Lutheran Church in America (ELCA), where women pastors are allowed and communion is open to all, regardless of church membership. Messiah Lutheran Church is part of the Lutheran Church Missouri Synod (LCMS), where they do not allow women pastors and prefer that those who take communion be members of the church.

Putting those differences aside, the two are quite similar. According to The Lutheran Handbook, "Lutherans and non-Lutherans alike credit Martin Luther (1483-1546) for spearheading the Reformation by raising important questions about the church and translating the Bible for every-day people."

According to lcms.org, "Lutheran congregations accept and teach Bible-based teachings of Martin Luther that inspired the reformation of the Christian Church in the 16th century." The teachings of the Lutheran Reformation include:

- **Grace Alone** – God loves the people of the world, even though they are sinful, rebel against Him and do not deserve His love. He sent Jesus, his Son, to love the unlovable and save the ungodly.

- **Faith Alone** – By His suffering and death as the substitute for all people of all time, Jesus purchased and won forgiveness and eternal life for them. Those who hear this Good News and believe it have the eternal life that it offers. God creates faith in Christ and gives people forgiveness through Him.

- **Scripture Alone** – The Bible is God's inerrant and infallible Word, in which He reveals His Law and His Gospel of salvation in Jesus Christ. It is the sole rule and norm for Christian doctrine.

Rev. Nancy Hamm of Christ Lutheran Church said Lutherans strongly base their faith off of Ephesians 2:8-9 – "For by grace you have been saved through faith, and this is not your own doing; it is the gift of God – not the result of works, so that no one may boast."

Additional Lutheran beliefs can be found at elca.org:

- **Jesus Christ** – Jesus is God's son, sent by God to become human like us. In his life and being he broke through the prison of sinfulness and thus restored the relationship of love and trust that God intended to exist between himself and his children.

- **The Church** – The Christian church is made up of those who have been baptized and thus have received Christ as the Son of God and Savior of the world.

- **The Bible** – While Lutherans recognize differences in the way the Bible should be studied and interpreted, it is accepted as the primary and authoritative witness to the church's faith.

- **Creation** – Lutherans believe that God is Creator of the universe. Its dimensions of space and time are not something God made once and then left alone. God is, rather, continually creating, calling into being each moment of each day.

- **Sin** – Lutherans believe that all people live in a condition which is the result of misused freedom. Sin describes not so much individual acts of wrongdoing as fractured relationships between the people of creation and God.

- **Sacraments** – Lutherans accept two Sacraments as God-given means for penetrating the lives of people with his grace. Although they are not the only means of God's self-revelation, Baptism and Holy Communion are visible acts of God's love.

- **Baptism** – More clearly in infant Baptism, God freely offers his grace and lovingly establishes a new community. It is in Baptism that people become members of Christ's Body on earth, the Church.

- **Holy Communion** – Often called the Lord's Supper or the Eucharist – those who come to the table receive in bread and wine the body and blood of their Lord. This gift is itself the real presence of God's forgiveness and mercy, nourishing believers in union with their Lord and with each other.

In addition to reading the Holy Bible, Lutherans may also draw from the "Lutheran Confessions," which are believed to be a correct interpretation and presentation of Biblical doctrine; "The Book of Concord: The Confessions of the Evangelical Lutheran Church," which includes statements of beliefs that were put into writing by church leaders during the

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16th century; "Luther's Small Catechism;" and the "Augsburg Confession," which details what Lutherans believe.

Christ Lutheran Church began in 1953, when a small group of Lutherans met in Cumberland Hall of the First Presbyterian Church in Downey while the development of a Lutheran church was being planned. At the time, there were 105 charter members and the church was known as Christ Evangelical Lutheran Church of the Lutheran Church in America.

Property was later purchased on Florence Avenue and the first service held in the newly-constructed church was in December of 1956.

Currently, there are between 180 and 200 members at Christ Lutheran Church, with an average Sunday morning attendance of 70 people.

The church also offers numerous Bible studies throughout the week, a child care center that tends to preschoolers, a coffee house night every third Sunday of the month, and a youth ministry that includes activities for the youth of the church and community.

Christ Lutheran Church also lends their facilities to a Korean congregation that meets on Sundays at noon and partners with their sister church, Fe Y Esperanza, a Spanish Lutheran church.

"We seek communion and community with all churches," said Christ Lutheran Church Rev. Nancy Hamm. "We like to focus on the positive things in life and on the things we have in common with each other."

Services are held every Sunday at 10 a.m. at Christ Lutheran Church, alternating between traditional and praise services.

Messiah Lutheran Church began in 1943, organizing as Messiah Evangelical Lutheran Church of Downey. The original church building on Paramount Boulevard was completed in November of 1947, and has since then served as the church's home.

In 1967, Immanuel Lutheran Church of Downey merged with Messiah Lutheran Church. In 2000, Messiah Lutheran Church added a Spanish worship service, which currently meets on Sunday mornings at 9:30 a.m. There is also a Spanish Bible study on Sundays at 11 a.m.

Messiah Lutheran Church currently has over 130 members, with an average of 80 people in attendance on Sunday mornings.

The church offers a Youth and Family Night every first Friday of the month, a men's Prayer Warrior breakfast and service once a month, and women's ministry events every second Saturday of the month. A group of men, women and seniors from the church also go golfing once a week.

Since September of last year, Interim Rev. Clifford Kenyon has presided over the congregation. In October of this year, Messiah Lutheran Church will be welcoming Rev. Michael Hayes as their new leader.

Services at Messiah Lutheran Church are Sundays at 8 (traditional service), 9:30 (Bible study) and 11 a.m. (praise service). Childcare is provided for the 8 a.m. service.

**Christ Lutheran Church**

7707 Florence Ave.  
(562) 927-4421

[www.downeychristlutheran.org](http://www.downeychristlutheran.org)

**Messiah Lutheran Church**

10711 Paramount Blvd.  
(562) 923-1215

## First Presbyterian explores other faiths during Interfaith Road Trip

**DOWNEY** – The First Presbyterian Church of Downey invites the community to attend an Interfaith Road Trip July 29 to Aug. 2.

"Each day we'll learn more about other faiths, and in doing so, we'll learn more about our own," said Rev. Candie Blankman, First Presbyterian Church of Downey.

On July 29, the first road trip will be to the Skirball Cultural Center in West Los Angeles. The cultural center traces the history of the Jewish culture in Los Angeles and the world. The bus will depart from the church at noon and return around 5 p.m. Lunch will be included and although one bus is already full, reservations to ride a second bus are being taken.

During that week, a small road trip will be taken each night following a meal at 6 p.m. Each night, a new place of worship will be visited, learning how each faith is similar and different from your own.

Cost is \$30 per family or \$20 per individual. Sponsorships are available.

A program for children ages 5 to 10 will be offered concurrent with the adult and youth program.

First Presbyterian Church of Downey is located at 10544 Downey Ave. For information, call (562) 861-6752.



Stained glass depicts Jesus above Christ Lutheran's altar (above). Christ Lutheran has been in Downey since 1953 and currently has over 180 members. Photos by Brooke Karli



Messiah Lutheran's sanctuary (above) was just recently renovated, restoring pieces from original buildings such as the stained glass window to the far right. Photos by Brooke Karli

## A message from the congregation:

Christ Lutheran is a community in Christ that warmly welcomes ALL people! We invite you to come and visit—any Sunday morning at 10 a.m. or for one of our special events.

We celebrate the Good News of Jesus in a variety of worship styles from traditional to praise and we hope you will feel at home in one or more of them. We celebrate the Lord's Supper every Sunday and all who seek the risen Lord are welcome to this meal.

We love Bible Study and offer a number of opportunities to experience the Word made fresh! It was Jesus who taught us to pray and at Christ Lutheran we believe in the power of prayer. Let us pray for you too.

We have a care ministry that ensures our members and friends are held warmly in the Lord's and each others arms. Our praise team and choirs offer opportunities for music, fellowship and fun. Living Out Faith Together (LOFT) is our youth group that enjoys fieldtrips, fellowship and learning.

We enjoy working with other churches in the community through the food bank, joint Bible studies and worship.

We live in a fast-paced society that often exhausts us. Christ Lutheran is a place where you will encounter the Savior who offers us the relief and the refreshment we need not only for our bodies, but for our souls as well.

Christ Lutheran is a loving Christian community that wants to welcome you to God's grace and share with you God's call to serve one another.

—Rev. Nancy Hamm,  
Christ Lutheran Church



**Former Mrs. United States**  
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*Sunday, July 29th (9 a.m. and 11:15 a.m.)*  
**Florence Avenue Foursquare Church**



Sheri Rose Shepherd was named the # 1 show of the year on Focus on the Family with Dr. James Dobson. As a former pageant winner and founder of "His Princess Ministries", Sheri shares the appearance "trap" she faced growing up and speaks to thousands each year about God's image in each of us. Her story has been featured on NBC's Inside Edition. She has written seven books including "His Mighty Warrior," "His Princess" and "Life Is Not A Dress Rehearsal."

**Service Times**  
Sunday 9:00 am & 11:15 am  
Sunday School 10:30 am  
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**Florence Avenue Foursquare Church**  
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# Five misconceptions about immunizations

BY RALPH SALIMPOUR

One of the most important things that you can do for your child is to ensure that his or her immunizations are complete and up-to-date.

Vaccines help prevent infectious diseases and they save lives. Childhood immunizations are responsible for the control of many infectious diseases that were once common in this country, including measles, whooping cough, polio, mumps and tetanus.

While America currently has near record-low cases of vaccine-preventable diseases, the viruses and bacteria that cause them still exist. Vaccines prevent diseases in the children that receive them and protect those who come in contact with unvaccinated individuals.

Unfortunately today, with so many ways that information – or misinformation – can be spread (television, radio, newspapers, Internet sites, blogs, gossip, postings, etc.), there are a lot of misconceptions about the true value of immunizations for your children. Here are the five most serious misconceptions today about immunizations for your children:

1. *A child can develop autism from immunizations.*

This misinformation, and the way it has spread throughout the Western World, is sad, unfortunate and dangerous. Numerous researchers and studies have proved this statement wrong. There is no connection between immunizations and autism. The MMR vaccine, which is given at 12 months of age, has been blamed for autism. True symptoms of autism start to present themselves at that age. This coincidence of timing has given an excuse to irresponsible people to spread the rumor that the MMR vaccine can cause autism. This is totally untrue.

2. *Vaccines are not needed anymore because most of the diseases they covered no longer exist.*

False. The world is a much smaller place these days, because of the speed of transportation. Anyone who carries a virus or a bacteria anywhere in the world can travel to the United States in a few hours and easily spread this infection to people who are not immunized. In the case of tetanus, we don't need anyone to import it. The germs which cause tetanus are everywhere. All that is needed is a light wound – even something as small as from a kitchen knife when we are peeling an orange, or a wound from a fall taken on a soccer field – or even a puncture from the thorn of a beautiful rose, or a more serious injury from an automobile accident or from the battlefield.

3. *A child who's not yet weaned doesn't need immunizations.*

This is false. Breast milk is the best nutrient available for babies and it does transfer some forms of immunity to newborns. By breast feeding, your baby will have less diarrhea and ear infection, his brain will grow better and he will have less chance of developing asthma and diabetes. But he will not be protected against diphtheria, tetanus, whooping cough, measles, rubella, polio Haemophilus B (which can cause ear infection, sinus infection, pneumonia and meningitis, among other diseases) and Hepatitis A & B.

4. *Giving a child more than one immunization at a time can be dangerous.*

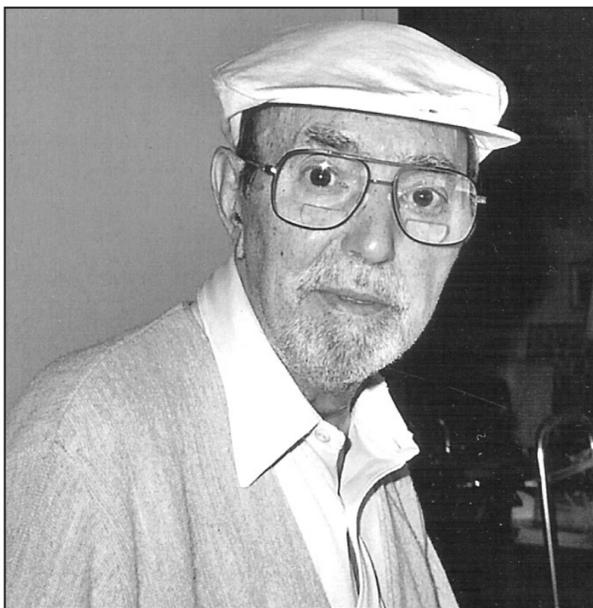
False. Research has proven that giving a child several vaccines at the same time is effective and carries no risk.

5. *Some vaccines have serious side effects, so it's better not to immunize my child.*

False. None of the vaccines available today have any serious side effects. Some immunizations may have minor side effects. But this is never comparable to the disease itself. For instance, the measles vaccination, which is one of the three components of the MMR, may cause some fever, rash and enlargement of the lymph nodes. But all of these effects disappear within a few days, whereas measles itself kills hundreds of thousands of people each year.

Immunizations today are time-tested, safe and vital to the ongoing health of children. The fact that we don't see certain diseases anymore doesn't mean they no longer exist – it simply means that today's vaccines are working. They will continue to work only as long as we continue to immunize our children.

Ralph Salimpour, MD, DCH, FAAP, is a Clinical Professor of Pediatrics at the UCLA School of Medicine and the founder/lead physician of the Salimpour Pediatric Medical Group. He is the author of "Silent River, Empty Nest – Diary of a Pediatrician in Iran" (Outskirts Press). Visit him online at [www.ralphsalimpourmd.com](http://www.ralphsalimpourmd.com).



Salvatore Palumbo received the Distinguished Flying Cross and the Air Medal after completing 35 aerial missions during WWI. He passed away on July 16 at the age of 86.

# Salvatore F. Palumbo was a decorated veteran

**DOWNEY** – Salvatore F. Palumbo, a Downey resident since 1952, passed away on July 16 at the age of 86.

Palumbo was born in Chicago in 1921, later moving to Downey in 1952. He married his wife Catherine in June of 1945.

Palumbo was a World War I veteran, receiving the Distinguished Flying Cross and the Air Medal upon completing 35 aerial missions in a B-24 over Europe.

He also worked as a roofing contractor and estimator for the Southern California Roofing Company in Downey.

He is survived by wife Catherine; son Frank (Kim) Palumbo; daughter JoEllen (Daniel) Geddes; and grandchildren Jessica, Jaclyn, Nichole and Devin.

A memorial service will be held at Rose Hills Memorial Chapel on August 17 at 11 a.m.

In lieu of flowers, the family requests donations be made in Palumbo's name to the American Diabetes Association, P.O. Box 11454, Alexandria, VA 22312.

# John Woodruff Adams was Douglas employee

**DOWNEY** – John Woodruff Adams, Downey resident for 50 years, passed away on July 21 at the age of 93.

Adams was born on April 22, 1914 in Bay City, Mich., later moving to Downey. He was employed for the North American Aviation Douglas Aircraft and was also a member of First Presbyterian Church of Downey.

He is survived by Nancy Stauffer; Margaret DuPuy (Loren); five grandsons; and one great-granddaughter.

A memorial service was held yesterday at First Presbyterian Church of Downey at 11 a.m. Burial is this morning at 10 a.m. at Forest Lawn in Glendale.

# Dianna Lynn Statham passes away at age 57

**DOWNEY** – Dianna Lynn Statham, a previous resident of Downey for over 25 years, passed away on July 17 at the age of 57.

Statham is survived by daughter Kimberly Statham; grandson Dylan Statham; and brothers Mark and Jim Jackson.

A memorial service will be held tomorrow at 11 a.m. at Miller-Mies Mortuary Chapel, followed by a reception at Granata's Italian Restaurant.

# Wenz memorial at Miller-Mies

**DOWNEY** – A memorial of remembrance for Loretta Wenz will be held Saturday, July 28, at Miller-Mies Mortuary in Downey, starting at 2:30 p.m. There will be no funeral.

Friends of Wenz, who passed away July 3, are invited to attend.

# Low-impact exercise for seniors

**DOWNEY** – Movin' Better, a low-impact exercise for men and women age 55 and older, became the newest class at the DRMC Wellness Center in June and continues on Thursdays from 12:15 to 1 p.m.

Comfortable clothes such as sweats, shorts and tennis shoes are recommended, and registration is required. Music will vary from a slow warm-up and cool-down period to livelier music during the middle work-out section.

The program is designed for the older, sedentary adult who is currently not in an exercise program, but wants to start a low-level exercise course. The cost is \$3 per class.

Classes are held at Downey Regional Medical Center. For a schedule of DRMC Rehabilitation and Wellness Center classes and massage therapy sessions, visit [www.drnci.org](http://www.drnci.org) or call (562) 904-5551.

# Protect your home from fire dangers

CONTRIBUTED BY MONIERLIFETILE

With the state of California's recent announcement of the official opening of fire season and California fire officials' predictions that it will be exceptionally long this year, homeowners are taking steps to reduce the risk of damage caused by wildfires.

Dry conditions and high heat instigated the season's first blazes in early March, months earlier than usual, while little rain is forecasted and temperatures are expected to rise in the coming months. Some new homes feature fire buffer zones, fire-resistant landscaping and fire-resistant siding and roofing, but many homes do not offer this level of protection from wildfire destruction.

The roof is the most vulnerable part of any home during a wildfire, so it's important to choose a noncombustible material like concrete tile to protect the structure. The complete concrete roof assembly maintains a Class A rating throughout its life without periodic treatment. In addition to providing safety and protection, building with Class A rated tile systems are eligible for lower fire insurance rates.

"Re-roofing a home with concrete tile is one simple step that homeowners can take to reduce the risk of damage from wildfires," said Bob Pacelli, senior channel manager for MonierLifetile. "Not only does tile offer unsurpassed durability, it provides the homeowner with peace of mind that their home, belongings and loved ones are protected."

Roof tile, which has withstood the world's most extreme weather and climates for thousands of years, also offers protection for homeowners in areas prone to tornadoes, hurricanes or extreme winds. The design and construction of a concrete roofing system allows high air permeability, which protects the roof by relieving wind stress.

Since a roof occupies approximately 40 percent of visible space on the average house, replacement is both a safety and aesthetic upgrade. Through innovative new production techniques, manufacturers are now able to produce tiles to suit almost any architectural style, from authentic Spanish and Mediterranean to historic or even contemporary.

With today's movement toward green building and cool roofing, concrete tile is an increasingly popular choice for buildings that are designed for energy efficiency.

With the introduction of modern, more resilient materials, concrete tile offers an unmatched combination of aesthetics, durability and energy efficiency.

Based in Irvine, MonierLifetile is a leading manufacturer of premium-quality roof tile. For more information, visit [www.monierlifetile.com](http://www.monierlifetile.com)

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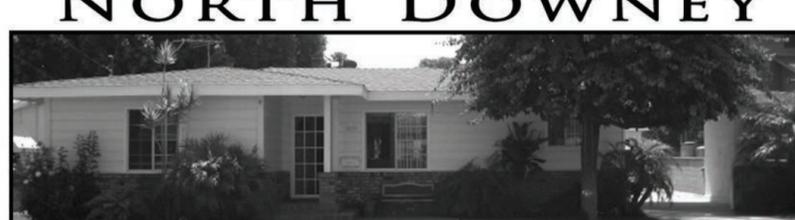
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 <b>9061 Irvingrove Dr.~Downey</b> Downey Elegant & Spacious! This gorgeous Downey home features 3BD, 3BA, 2326 sqft, gourmet kitchen w/ granite, vaulted ceilings, built-in sub-zero refrig., double ovens, double sink, huge island, XL garage, and office loft. Price: \$950,000	 <b>9376 Farm St.~Downey</b> Completely Remodeled in 2007! This beautiful 3BD, 2BA N. Downey home incl. attached 1BD, 1BA guest quarters & 2124 sq. ft. Master Suite w/ walk-in closet, crown molding and recessed lighting, granite countertops. Price: \$775,000-\$799,000
 <b>9227 Florence Ave.~Downey</b> Affordable Living in Northeast Downey This condo features 2BD, 3BA, 1,467 sqft, gated pool/spa, and subterr. parking. Also includes large living and dining room areas, spacious bedrooms, great location, excellent schools. Centrally Located. Price: \$399,888	 <b>Cute &amp; Cheap!!!</b> This cozy 2 bedroom, 1 bathroom condo is located in Bell Gardens. It includes 858 sq ft of living space, 1468 sq ft lot size, one-level, good sized kitchen and bedrooms, and is close to freeways. Price: \$289,888

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Lanna Aguilera, 19, of Downey, is spending the summer as an intern at the U.S. Department of Agriculture's Farm Service Agency. The opportunity was made possible through the Hispanic Association of Colleges and Universities internship program, which places students in a wide variety of work environments throughout the country. Lanna is the daughter of Raquel and Mariano Aguilera of Downey and graduated from St. Joseph High School in 2005. She is shown with Congresswoman Lucille Roybal-Allard.

### Fail-Safe 4 Felines hosting dinner

**DOWNEY** – Fail-Safe 4 Felines, Inc. will present a fundraising beef stroganoff dinner at the Downey Elks Lodge on July 31 starting at 6:30 p.m. The dinner will include an all-you-can-eat salad bar, dessert table with coffee and tea, raffle prizes and 50/50 drawing. The cost to attend is \$20. For tickets and reservations, call (562) 708-2672. Fail-Safe 4 Felines is a non-profit organization working to reduce the unwanted cat population in Downey using non-lethal means.

## Gutierrez selected as pre-doctoral scholar

**DOWNEY** – Vincent Gutierrez of Downey was one of 12 students at California State University, Long Beach selected as a Sally Casanova Pre-Doctoral Scholar for the 2007-08 academic year.

Gutierrez, a senior at Cal State Long Beach majoring in education, will receive \$3,000 to support graduate school applications and visits, attendance at professional conferences and other activities to help him be a strong candidate for doctoral programs. The program places a special emphasis on increasing the number of CSU students who enter doctoral programs at one of the UC institutions.

Designed to increase the pool of potential faculty, the California Pre-Doctoral program supports the doctoral aspirations of CSU students who have experienced economic and educational disadvantages. Students chosen for this prestigious award are designated Sally Casanova Scholars as a tribute to Casanova, a CSU administrator who died in 1994.

"We're extremely pleased with the number of Cal State Long Beach students who were selected as recipients of the pre-doctoral scholar awards this year," said David Dowell, vice provost at CSULB. "The idea behind the program is to support these students in their efforts to obtain a doctorate degree, and hope that when they complete the degree, they return to teach at a California State University system campus."

As part of the application process, applicants must work closely with a home campus CSU faculty sponsor to develop an overall plan leading ultimately to enrollment in a doctoral program. The plan is tailored to the applicant's specific goals and educational objectives. Activities specified in the plan are undertaken during the award year (quarter or semester academic calendar).

### Football team holding fundraiser

**DOWNEY** – The Downey High School varsity football team will conduct a car wash fundraiser next Saturday, July 28, on the school's campus from 8 a.m. to 2 p.m. A longtime tradition of the team is to have a group meal before Friday night football games. The fundraiser will help pay for those meals.



Downey resident Jackie Brown is in the midst of an internship with Congresswoman Lucille Roybal-Allard in Washington, D.C. A senior at Cal State Fullerton, Brown drafts letters, conducts legislative research, attends legislative briefings, leads tours of the U.S. Capitol, and does other clerical duties. Students who are interested in internship opportunities with the congresswoman should call Juan Carlos-Aviles at (213) 628-9230.

### Golf tournament raising cancer awareness

**DOWNEY** – The Elizabeth Miller Memorial Golf Tournament will be held at the Rio Hondo Event Center on Aug. 29, with all proceeds going towards the Ovarian Cancer Orange County Alliance (OCOCA). The event is open to men and women and will be a four-person scramble format, offering 18 holes of golf, on-course contests and an awards dinner. The cost for golf and dinner is \$150 per person; dinner only is \$30. To register for the tournament or for more information, call Gene Miller at (949) 588-5879 or (562) 896-5481.

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**DOWNEY**



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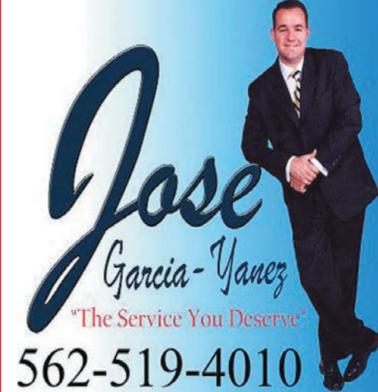


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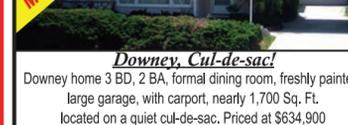
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3 BD, 1 BA home features newer windows and roof. Price can't be beat! \$470,000  
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**N.E. DOWNEY**



**Prime Location!**  
6 BD, 7.5 BA, executive office, bonus room, Approx. 5,700 Sq. Ft. 10,880 sq. ft. lot w/ pool and state of the art amenities and bonus room. Downey's most prestigious home!!  
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"The 24 Hour Agent!"  
562-818-6111

**89 Homes SOLD in 2006!**

**Chairman Circle Award Winner 2000-2006!**

**FREE Market Evaluation!**

**Feature of the Week**

**JUST LISTED**



**Such a Deal!**  
3 bedroom, 2 bath Downey home, with living room, family room and master bedroom. Property has a large yard, extra long driveway and a two car detached garage.  
Price: \$549,000  
Virtual tour at www.MichaelBerdelis.com

**Wont last long!**  
New construction 4 bed, 3.5 baths, Granite counter tops in kitchen and baths. 2200 sqft., central air & heat, with beautiful landscaping.  
Price to sell @ \$749,950  
Virtual tour at www.MichaelBerdelis.com

**Orange Estates Beauty!**  
Large 3 bedroom, 2 bath, 2300 sq ft home with guest house on large 11,000 sq ft lot near Furman Park.  
Price: \$959,950  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**So Many Extras!**  
3 bed, 2 bath, family room, extra detached bonus room, RV parking  
Price: \$565,000  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**Charm! Charm! Charm!**  
4 bed with den & bonus room, 2 baths, approx 2200 sq ft living space, near Stonewood Mall, Rio San Gabriel Elem & East Middle  
Price: \$695,000  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**Honey, Stop the Car!**  
4 bed, 4 bath, 1800 sq. ft main house + 2 bed, 1 bath guest house on 10,920 sq. ft. lot.  
Price: \$825,000  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**Move Right In!**  
3 bed, 3 bath, large master bdrm, NE section of Downey, 2144 sq. ft. home on a 7625 sq. ft lot.  
Price: \$799,950  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**Remodeled North Downey Home!**  
3 Bed, 2 bath, large living room w/ hardwood floors & updated kitchen w/ granite countertops. Central air & heat, recessed lighting and large back yard w/ deck.  
Price: \$625,000  
Virtual tour at www.MichaelBerdelis.com

**Summer Delight!**  
This spacious floor plan includes 3 bedrooms, 2 bath, large living room, large family room, spacious backyard w/ pool and 2 car detached garage.  
Price: \$799,950  
Virtual tour at www.MichaelBerdelis.com

**OPEN HOUSE**



**Classic Tuscan Country Estate!**  
6 BD, 4.5 BA, over 5,000 Sq. Ft., 14,600 Sq. Ft. Lot.  
Price: \$1,995,000  
Virtual tour at www.MichaelBerdelis.com

**Pretty as a Picture!**  
4 BD, 3 BA newly constructed home w/ living room and formal dining room, and large master suite w/ bathroom. Such a deal for this North Downey home @ \$899,950.  
Virtual tour at www.MichaelBerdelis.com

**Look No Further - Built in 2007!**  
5 BD, 4 BA newly constructed home (4729 sq ft on a 7560 sq ft lot) with master suite, gorgeous kitchen, and rock pool & spa with waterfall and slide. A must see!!!  
Price: \$1,549,900  
Virtual tour at www.MichaelBerdelis.com

**A Rare Find!!!**  
Great 4 bed, 2 bath Downey home with large lot, 2 car detached garage, and long driveway to park many cars.  
Price: \$709,950.  
Virtual tour at www.MichaelBerdelis.com

**www.MichaelBerdelis.com Call Michael today at (562) 818-6111**