



The Downey Patriot



**Author talk at
City Library
See Page 2**



**On top of things
as principal
See Page 9**



**Artistic
poets society
See Page 12**

Friday, September 7, 2007

Vol. 6 No. 20

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

A San Francisco treat



Downey Girl Scout Troop #324 traveled to San Francisco over the summer for a "bridging" ceremony on the Golden Gate Bridge, recognizing the girls' accomplishments as Junior Girl Scouts and their advancement to the next level of Girl Scouting. The girls also earned their Bronze Award, the highest award a Junior Girl Scout can earn.

Travel the world in armchair comfort

CONTRIBUTED BY KEVIN O'CONNOR,
MANAGER, DOWNEY THEATRE

DOWNEY – The first film of Downey Theatre's 2007/08 Armchair Adventure Series, "Cruising Russia – St. Petersburg to Moscow," is scheduled for this Sunday at 2:30 p.m. The film is produced and narrated by Clint Denn.

Experience a spectacular voyage through the heart of Russia. We will travel the scenic and historic Russian waterways, along the Neva, across two of Europe's largest lakes, Lake Ladoga and Lake Onega, down the Volga-Baltic Waterway, and on the exciting Volga.

St. Petersburg holds the fascination of a time past. Created by Peter the Great to be his "window to Europe," it is considered to be the cultural heart of modern Russia. Cruise the canals and visit Peterhof.

Visits to small towns and the enchanting Golden Ring cities of Yaroslavl, Kostroma and Uglich provide unique opportunities to delve into Russian culture. In Yaroslavl we will visit the Transfiguration Monastery Church of Elyjah the Prophet. In Kostroma we'll explore the delightful Museum of Wooden Architecture. In picturesque Uglich the Transfiguration Cathedral is a reverent and historic stop. At the small farming town of Goritsy is the Monastery of St. Cyril on the White Lake.

Moscow brings a chance to experience the grandeur of Red Square and the Kremlin. It is a city of contrasts, with modern skyscrapers alongside ancient monasteries. Beautiful churches and historic buildings are being restored to their former glory. The changing economy is bustling and offers exciting shops and street markets to explore.

"Cruising Russia – St. Petersburg to Moscow" is the first "Armchair Adventure" of a 10-film series. The series features 10 full-color, feature length travelogues with live, in-person narration by the travel adventure producer. All films are Sundays at 2:30 p.m. at the Downey Theatre, 8435 Firestone Blvd.

"Armchair Adventure Series" subscriptions are \$55 for adults or \$50 for students and seniors ages 55 and over. They can be ordered Monday through Friday, noon to 4 p.m., at the Downey Theatre box office, or by calling (562) 861-8211.

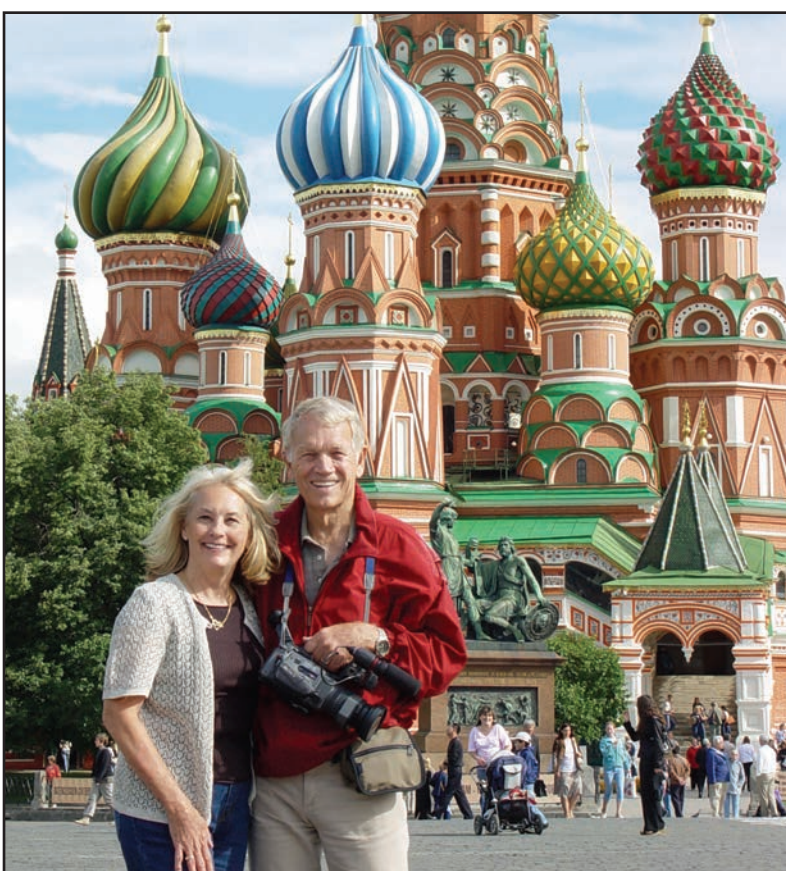
Tickets for individual films can be purchased on the day of performance only beginning at 1:30 p.m. at the theater box office. Adult tickets are \$7 and senior/student tickets are \$6, cash or check only.

2007/08 "Armchair Adventure" Series

Sept. 9	Cruising Russia - St. Petersburg to Moscow
Sept. 30	The Alps
Nov. 4	Gulf Coast Adventure
Nov. 18	On Thin Ice - Arctic Adventure
Jan. 6	Hollywood's Magical Isle - Catalina
Jan. 20	Worlds of the Maya
Feb. 17	The Pony Express
March 30	Bavaria and the Black Forest
April 13	La Belle France
April 27	Morocco

Time Traveler

This week's 'Time Traveler' can be found on page 4



The "Armchair Adventure" photographers, Clint and Sue Denn, in Red Square with St. Basil's Cathedral.

Warren High tries something different

BY HENRY VENERACION, STAFF WRITER

DOWNEY—It's a safe bet that this year's incoming freshmen at Warren High will be regarded as one of the best-prepared, best-behaved, and most teachable freshmen ever to report to class on the first day of school at the 3,700-student campus.

At the pep rally-like assembly held at the gym last Thursday, Aug. 30, about 130 upperclassmen, called "Link Leaders," tried to make the 900 freshmen present feel welcome in their new surroundings and otherwise set the tone as to what will be expected of the 14-15 year olds in the school year which began Wednesday.

The increasingly popular program, called the Link Crew program, has been used, according to Warren High principal John Harris, in more than 1,000 high schools throughout the country and elsewhere.

The bedrock of the program is the emphasis on students leading students in the freshmen acclimatization process, a marked departure from the usual counselor-student, adult-dominated orientation process.

Coordinating Thursday's program was lead Link coordinator Cindy Vega, activities director at the school, assisted by Link coordinator/counselor Lyzeth Richert and Link coordinators/teachers Kellie

See LINK, page 8

Identity theft hits home for these two residents

■ When thieves stole this elderly man's car, they took his identity as well — his credit and bank information was in the glove compartment.

BY MARY FORNEY, CONTRIBUTOR

DOWNEY — Reaching into his coat pocket for his keys, Downey resident Julio Barrera discovered they weren't there. He and his co-workers searched for the keys in the storeroom where he hung his jacket daily, but it was to no avail.

Walking out to the parking lot, Barrera further discovered his car had been stolen. Weeks later, his car was found parked in Hollywood with the keys inside. His car battery was missing, as well as some paperwork from the glove box.

The paperwork contained his bank and credit card information.

Barrera's wife was soon surprised when boxes were delivered to their home containing items they didn't order. The business which had sent the items said the purchases had been made online.

This wasn't the first time someone had stolen Barrera's identity. Years before, the former Prudential insurance salesman received notice from the Internal Revenue Service that he hadn't claimed all of his income. Barrera was told he needed to pay taxes for working at a Carl's Jr. in Downey — a place Barrera has never worked.

When Barrera went to Carl's Jr. trying to find out who was using his name and social security number, he was told he couldn't be helped because payroll information is confidential.

The battle became too frustrating for the elderly man, so Barrera gave up and paid the IRS for the income he didn't generate.

Recently, I came across another Downey resident who is currently battling the IRS over identity theft. He has worked for a company in Bell Gardens for years, yet the IRS is claiming he worked in Florida. He now has to prove his whereabouts during that time.

Since hearing these stories, I have checked my car and removed mail and paperwork I wouldn't want falling into someone else's hands should my car be stolen. I want to take as many precautions as I can now instead of paying the costs of someone stealing my information later.

The trash is another place people obtain identity information so I started shredding or tearing up my mail — even my junk mail — before throwing it away in the trash. Information is easily obtained or misused on the Internet, so I am careful with my online transmissions. I also try to pay my bills in person to avoid my personal information being stolen in the mail.

Unfortunately, many people don't know their identity has been stolen until after damage has been done. Ways to check whether or not someone has been using your identity include periodically checking your credit report and carefully monitoring your bank statements.

According to the national Identity Theft Resource Center, there are five major types of identify theft: financial, criminal, commercial, governmental, and cloning. To learn more about these forms of identity theft and steps you can take to protect yourself, visit www.idtheftcenter.org.

Living Help Center is a pregnant woman's haven for support

BY BROOKE KARLI, STAFF WRITER

DOWNEY — With this month commemorating its 20th anniversary, the Living Help Center in Downey has much to be proud of.

Since 1987, the Living Help Center has provided services for women young and old who have encountered unexpected pregnancies. For those who have been in that situation, it can be quite scary. Therefore, the center strives to not only provide help during the pregnancy, but also afterwards.

According to Living Help Center director Anne Bayer, people from all walks of life have come through their doors. From 12-year-olds to 54-year-olds, Bayer has encountered homosexuals, transsexuals, bisexuals, post-abortion patients and women who are pregnant following an affair.

Clients hear of the center primarily through word of mouth, said Bayer, but may also see advertisements in Warren High School's newspaper, as well as Downey High School's sports calendar. The center's phone num-

See LIVING HELP, page 11



The Living Help Center, while not extravagant in decorations, is crucial in helping young pregnant women. Photo by Art Montoya

Help offered for tax reimbursement

DOWNEY – The office of Assemblymember Hector De La Torre can help eligible constituents apply for a property tax reimbursement through the Homeowner and Renter Assistance Program. The program offers a once-a-year payment from the State of California that partially reimburses residents based on the property taxes assessed and paid on one's residence.

To be eligible, applicants must meet the following criteria:

- 1.) As of Dec. 31, 2006, applicants must be 62 years of age or older, or blind, or disabled;
- 2.) Have paid \$50 or more in rent in 2006 or lived in one's own home on Dec. 31, 2006;
- 3.) Household income for 2006 must be \$42,770 or less, and
- 4.) Applicants must be a United States resident, designated alien, or qualified alien when the claim is filed.

For additional information, call Mike Hollon, office of Assemblymember Hector De La Torre, at (562) 927-1200.

'Family Story Night' at Downey library

DOWNEY – Children ages 3-7, with their parents, are invited to "Family Story Night" at the Downey City Library. The free weekly series, beginning Sept. 13, will be held from 7 to 7:45 p.m. in the Cormack Room.

Families will enjoy bedtime stories, music and activities geared towards younger children.

Librarians Joyce Peacock and Nick Arce said some picture books will be presented in both English and Spanish.

Sign-ups will be taken at the event or call (562) 904-7360, ext. 4, for more information.

Local cleanup planned for Sept. 15

DOWNEY – Keep Downey Beautiful (KDB) is participating in the 23rd annual Coastal Cleanup Day with a cleanup Sept. 15. The community is invited to help by meeting in the Del Taco parking lot, 8028 Firestone Blvd., at 9 a.m.

"Coastal Cleanup Day isn't just about the beach," said Carol Rowland, coordinator of Keep Downey Beautiful. "Maintaining clean inland streets, storm drains, and watersheds is a major component of keeping our oceans clean and healthy for all of us."

KDB will provide safety vests, trash bags and gloves. Volunteers should wear close-toe shoes and old clothes. An adult must accompany anyone under the age of 14.

For additional information, call (562) 904-7159.

Warren band holding fundraiser

DOWNEY – The Warren High School Band and Color Guard will be holding their annual Decal Drive next week, where band and color guard members will be walking through the community offering music program decals in exchange for donations to the organization.

Funds raised from the event will be used for new uniforms and instruments, as well as band tournament costs. The award-winning Warren High School Band and Color Guard consists of 139 members and performs regularly in competition and at all Warren home football games.

The drive will be held Sept. 10, 12 and 13. Donations can be made directly to the WHS Band and Color Guard, 8141 De Palma St., Downey, CA 90241.



Donna Wares, editor of "My California: Journeys by Great Writers," will be speaking at the Downey City Library on Sept. 17.



The Downey Ponytail Softball Association recently installed the 2007-08 board of officers, giving recognition to three retiring board members. Outgoing board president John Bujanowski was recognized for over 20 years of service, and Lori Keltner and Dan Whitney were also recognized for their many years of service. Councilman Kirk Cartozian installed the new board, as well as incoming president Mike Hemsath.

Donna Wares speaks on 'My California'

DOWNEY – The Downey City Library will be celebrating National Literacy Month with an event featuring Donna Wares, editor of "My California: Journeys by Great Writers," on Sept. 17 at 7 p.m.

A professor at California State University, Long Beach, Wares has been a writer and editor for the *Los Angeles Times*, *Miami Herald*, and the *Orange County Register*. She will discuss how she worked with the 27 authors represented in the book.

Copies of the book will be available for purchase and signing at the event.

For information, call (562) 904-7360, ext. 32.

Book club discussing family drama

DOWNEY – The public is invited to discover the best in literature by joining the Downey City Library's Book Lover's Club. The free monthly book discussion group will meet Sept. 13 from noon to 1 p.m. in the Cormack Room.

This month the group will discuss, "The Memory Keeper's Daughter," by Kim Edwards. In this novel set in 1964, Dr. David Henry and his wife, Norah, are expecting their first child. Caught in a snowstorm, the doctor delivers his own son, aided only by a nurse.

But when his wife also delivers a twin daughter with signs of Down's syndrome, the doctor makes a life-changing decision: he gives the baby girl to the nurse and tells Norah that their newborn daughter has died.

"Come share your thoughts about this moving family drama by a first-time novelist," said Senior Librarian Jan Palen.

New book club members are welcome at the meeting and light refreshments will be served. Reservations are recommended by calling (562) 904-7360, ext. 32.

Take a friend to church on Sept. 9

DOWNEY – Downey Memorial Christian Church will be hosting "Bring-A-Friend-Sunday" on Sept. 9 at 10:30 a.m.

All guests in attendance will receive a free tote bag or baseball cap and will be provided with light refreshments immediately following the worship service.

Downey Memorial Christian Church is located at 8441 E. Florence Ave. in Downey.

For information, call (562) 869-7291.

Rise 'N Shine meeting Sept. 11

DOWNEY – Rise 'N Shine Networking Group will meet Sept. 11 at Nordic Fox restaurant. The guest speakers will be Louise Hicks (S&S Mortgage Co.) and Kim Ortiz (Southland Credit Union).

The meeting starts at 7:30 a.m. and the cost is an order from the menu. Members of the business community are invited to attend.

RSVPs are available by calling the Downey Chamber of Commerce at (562) 923-2191.

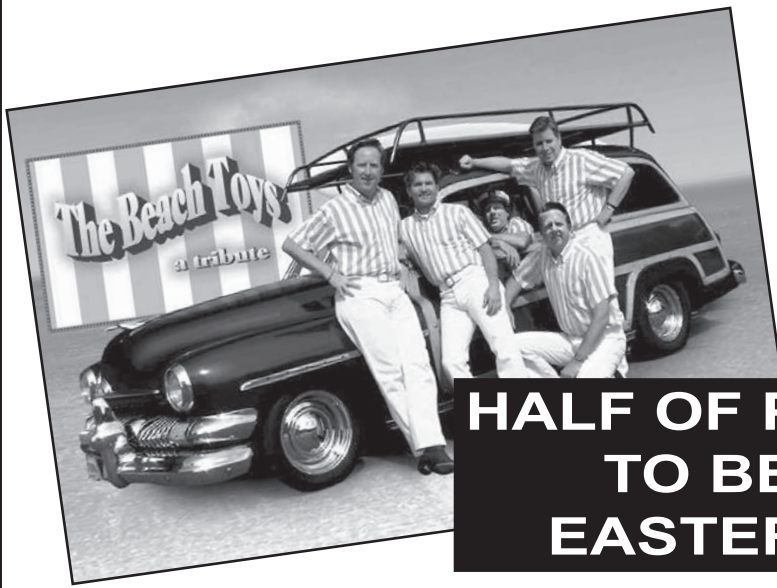
Fall boutique at United Methodist

DOWNEY – Downey United Methodist Church will host their annual fall boutique on Sept. 15 from 9 a.m. to 1 p.m.

The event, produced by the "Busy Bee's" and the United Methodist Women, will feature a granny's attic and baked goods. Lunch and dessert will also be available.

This year's event is being done in memory of Avalon Walker. The church is located at 10801 Downey Ave.

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Hula dancers to entertain at OASIS

DOWNEY – Downey Adult School's OASIS program, directed by Harriett Paine, will be entertained by Toni Stewart's "Kuuipos O Hula" (Sweethearts of Hula) on Monday. The popular dancers range in age from 6 to 83 and will be performing a variety of songs from the Polynesian Islands.

The OASIS program is held inside the newly renovated and air-conditioned auditorium at Downey Adult School, located at 12340 Woodruff Ave. The class opens for enrollment at 3 p.m. and the program starts at 3:45.

Dr. Robert Flynn will provide piano entertainment.

An optional full-course dinner will be served after the program. Dinner tickets are \$3.50 and may be purchased during enrollment.

Downey Dial-a-Ride can provide transportation to those who qualify. For more information, call (562) 940-6200.

Warren cheer clinic on Sept. 22

DOWNEY – Warren High School's cheer squad is hosting their annual cheer clinic Sept. 22 from 8 a.m. to noon inside the school's gymnasium.

The cost is \$25 and includes a snack, pom poms, and admission to the Sept. 28 football game (for one girl and one parent) where girls who participate in the clinic will perform.

An optional picture with the Warren Bear mascot will be available at the game for \$10.

Sign-ups are available by contacting any Warren cheerleader. Walk-ins are also welcome. For information, call (562) 400-8703.

Downey cheerleaders giving clinic

DOWNEY – The Downey High School cheerleaders will offer their annual cheerleading clinic on Oct. 6 from 8:30 a.m. to noon at the Downey High cafeteria.

Girls between the ages of 5 to 13 will learn game-action cheers and perform during halftime of the Downey High School varsity football game on Oct. 12.

The cost of the clinic is \$25, which includes a T-shirt and two admission tickets to the Oct. 12 football game. For information and registration, call Kim Buss at (562) 822-4265.

Marriage workshop at Christian church

DOWNEY – Beginning this Sunday, the Vineyard Family Christian Fellowship will be hosting a series of "practical, down-to-earth, encouragement" for those who are married, engaged, in marital crisis, victims of affairs, lonely, or seeking ways to save their marriage.

The theme of the series is "Love and Respect" and was featured in the book, "Focus on the Family," by Dr. E. Eggerichs.

The series will begin at 5 p.m. and the community is invited. For more information, call (562) 928-0034.

Port of L.A. security discussed

DOWNEY – Captain Marty Renteria of the Port of Los Angeles will speak on the port's safety at the Sept. 25 meeting of Rise 'N Shine Networking Group.

The meeting will be held at 7:30 a.m. at Nordic Fox restaurant. The cost to attend is an order from the menu.

RSVPs are asked by calling the Downey Chamber of Commerce at (562) 923-2191.



The "Kuuipos O Hula" (Sweethearts of Hula) will perform Monday at Downey Adult School, starting at 3:45 p.m. The program is free.

Library thanks community donors

DOWNEY – More than 2,500 children and teens participated in the Downey City Library's summer reading programs this year.

Many schools, businesses, organizations and individuals gave donations to help them meet their reading goals. The library would like to thank the following community donors for their support of the program:

Adventure City Theme Park; All American Hone Center; Aquarium of the Pacific; Assistance League of Downey; Astro Custom Injection Molding, Inc.; Downey Association of Realtors; Frantone's Pizza; Friends of the Downey City Library; the Mark Gebert family; Hometown Buffet; Honda World Downey; Krikorian Premier Theatres; Los Angeles Zoo; Mimi's Café; Penske Toyota; Sambi of Tokyo Restaurant; See's Candies; Taco Bell Corporation; and Universal Studios Hollywood.

Downey schools donating to the program included Alameda Elementary School PTA; Griffiths Middle School PTA; Imperial Elementary School PTA; Rio Hondo Elementary School PTA; Our Lady of Perpetual Help School; Rio San Gabriel School PTA; Spencer Williams School PTA; Unsworth Elementary School PTA; and West Middle School PTA.

OLPH honoring police, firefighters

DOWNEY – Our Lady of Perpetual Help School and Parish will celebrate their third annual "Blue Mass" on Sept. 12, a multi-denominational mass to honor local police officers and firefighters.

Mass will begin at 8:30 a.m. and the community is invited to attend. For more information, call (562) 923-3246.

Symphony continues golden celebration

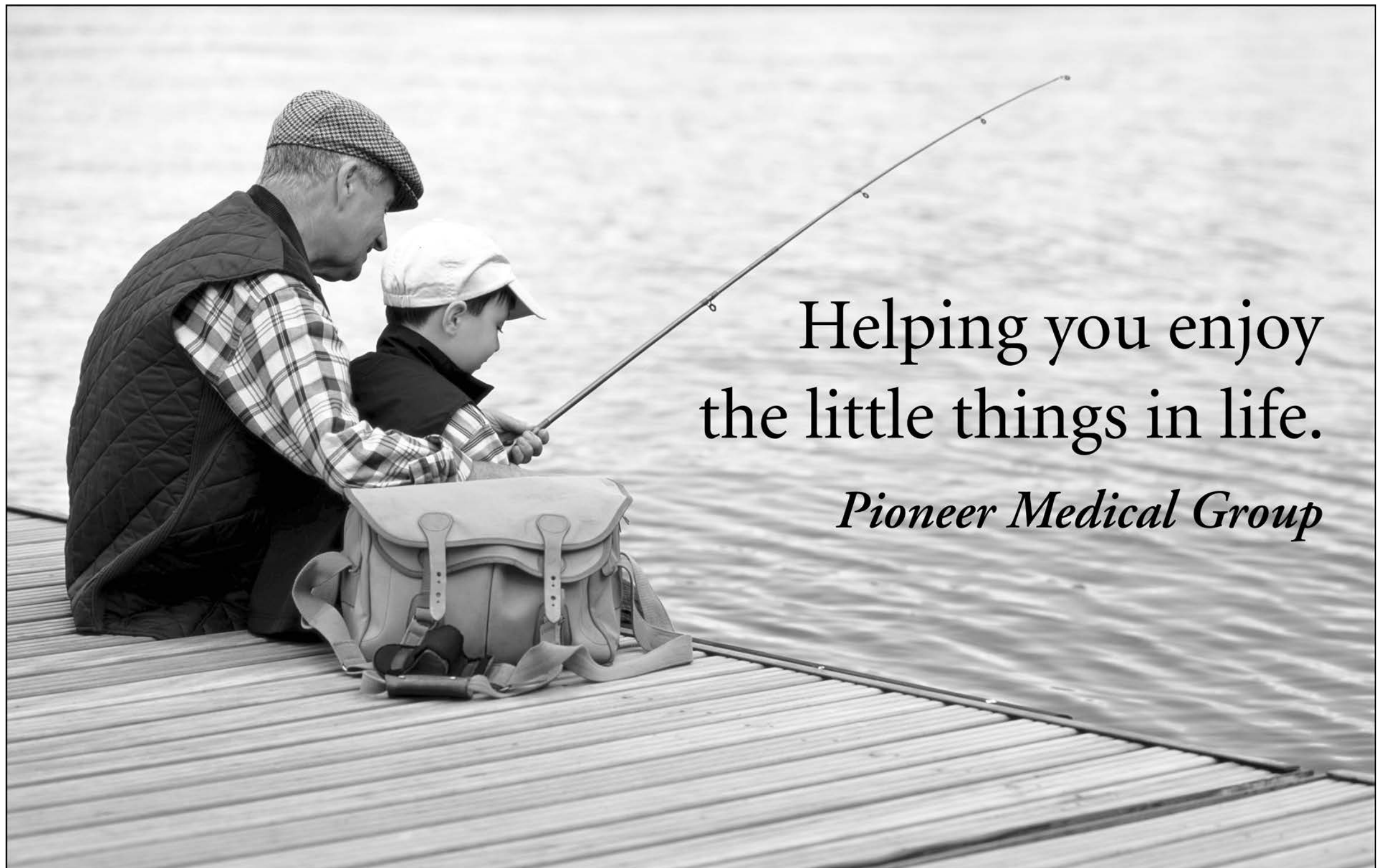
BY JOYCE SHERWIN, DOWNEY SYMPHONY

DOWNEY – A lot of important things happened in Downey 50 years ago, and those events are being remembered now with celebrations all over town.

The City itself has just recognized its 50th year since incorporation. A grand banner hangs outside the Police Department – 50 years. Also Downey Savings bank – 50 years. And that steadfast contributor to the cultural life of the community, the Downey Symphony, has begun its Golden Jubilee Season, which will continue with concerts and social occasions through next August. The sponsoring Symphonic Society is busy!

The Concert in the Park a few weeks ago was the first of the Symphony's year-long anniversary events. Next, a grand and glittery celebratory banquet is scheduled for Friday, Sept. 28, at the Rio Hondo Events Center. Entertainment, prizes, enticing auction baskets, some wonderful live auction items, and displays of the orchestra's 50-year history are on the program. A lovely dinner menu will include bacon-wrapped filet mignon or fresh blackened salmon, and a ravishing chocolate soufflé embellished with fresh strawberries for dessert. Yummy.

If you would like further information, or to receive an invitation to this banquet, please call (562) 928-4122.



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Time Traveler

Anglo Don Carpenter once owned Downey

By JOHN ADAMS, EDITOR EMERITUS

The land that John Downey, former governor of California, subdivided to create Downey as we know it today, had a history before the former governor got it.

It had belonged to Lemuel Carpenter, something of a mountain man whose roots lay in Kentucky.

Carpenter came here in 1832, after stopovers in St. Louis and New Mexico. He settled and founded a soap factory on the west bank of the San Gabriel River not far from Los Nietos (which later became known as Downey). His place was called Jaboneria.

Carpenter later bought the Santa Gertrudes Rancho and lived on it until 1859. He didn't know it, but his rancho was to become the site of one of the historic battles of California.

He had charm and his nature suited him to the easy life of the Spanish residents who accepted him.

Sadly, the transition of California from its Spanish landholders to an American holding, complete with political fights over land boundaries, proved too much for him. He was not acute in the world of business. He eventually lost everything and Downey purchased the land at a sheriff's sale.

Carpenter was so emotionally shattered after the loss of his estate that he committed suicide.

How had he acquired his lands? During his successful years as a soapmaker, Carpenter had married a girl of Indian heritage named Espiritu. She died giving birth and Carpenter, apparently seeking friends, moved his soap factory to the Santa Gertrudes side of the river to be nearer to Los Nietos. There were fiestas, horse racing and dancing there.

He met Maria de Los Angeles Dominguez, a niece of the widow who owned Rancho Santa Gertrudes. They were soon married.

The union with Maria produced five children, and Carpenter found he had crossed a cultural barrier. He accepted the way of life of Spanish early California. He bought the rancho in 1843 from his aunt by marriage. He raced horses and was known for playing cards.

But he had barely established himself as an Anglo Don when a band of soldiers and sailors from the United States marched across his rancho. It was Gen. Stephen Watts Kearny's Army of the West, part of the force that claimed and won California for the United States.

One of the few fights of the brief war for California was fought on the northwest corner of Carpenter's ranch. It was known as the Battle of San Gabriel.

A bronze plaque and two cannons mark the spot today at Bluff Road and Washington Boulevard.

Following Carpenter's death, John Downey, who had ended up with most of the vast landholdings, showed concern for the welfare of Carpenter's widow and her children. He gave them 100 acres with a house on the east bank of the San Gabriel.

She lived there for years, making a meager living by growing walnuts. The diary of Carpenter's daughter, Mary Refugio Carpenter, is one of the finest historical chronicles of the times.

Her entry of Jan. 2, 1861, read, "After dinner I sewed most of the afternoon. I have been thinking so much of my father tonight. It made me weep."

Originally published December 5, 1997



Shannon White, a 1999 graduate of Warren High School, will marry Steven Dorn in a May 10 wedding at the Lakewood Country Club. Shannon not only attended all Downey schools, but has also worked at the Downey Federal Credit Union for the past five and a half years. Although he grew up in San Diego, Steven's grandmother, Donna, has owned and operated Donna's Cleaners in Downey for almost 50 years.

Tennis classes at Independence Park

DOWNEY – The City of Downey Community Services Department will be offering tennis lessons at Independence Park on Saturdays and Mondays beginning Sept. 8.

Saturday classes are from 11 a.m. to noon and are for beginners. Monday classes are from 6:30 to 7:30 p.m. and are for those at the intermediate level.

Each class is six weeks long and costs \$75. Independence Park is located at 12334 Bellflower Blvd. in Downey. For information, call (562) 904-7238.

Valenzuela graduates from basic training

DOWNEY – Army National Guard Pvt. Martin Valenzuela recently graduated from basic training at Fort Jackson in Columbia, S.C.

During his nine weeks of training, Valenzuela studied the Army mission, history, tradition and core values and physical fitness. He also received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesies, military justice system, basic first aid, foot marches, and field training exercises.

Valenzuela is a 2004 graduate of Downey High School and son of Alba Mena of Downey.

The Poets' Corner

How to Stop Smoking

You can use the patch
Or call 1-800-NO-BUTTS

You can use the lozenge
It's sometimes not worth a pound

You can use the gun
It's sometimes not worth a ton

They come out with all kinds of cures
But they are not always so pure

So, in the end, it takes will power
And that takes a real desire!

-- Don Davis,
Downey

Boomerang

A torrid plain of tawny brown, as far as the eye could see
Stretched unrelieved by shrub or shed - much less by bounteous tree.
Only a special breed of grass flourished in course profusion,
Yellowed and tough it emphasized the desert-like illusion.

A hundred and ten degrees beat down on the Hereford herd below,
As somnolent and still they stood. They had no place to go.
Not an inch of shade was anywhere. They stood, in mute damnation
Absorbing down to their very bones the deadly radiation.

Deliverance came. The beasts embarked. Their final destination
The dinner plates of a sick and stupid human population.
Meantime, while beef-production figures fill our hearts with pride
Another set of figures creeps up silently beside.

Each number signifying a name - each name a human face,
As cancer's deadly tentacles reach out their dread embrace.
The correlation, if correct, confirms what wise men know,
The law of life that guarantees we reap just what we sow.

Mercy and compassion must extend to all creation.
This is the immutable cornerstone in the structure of self-preservation.

-- Rosalie Carpenter,
Downey

Downey grad finishes Army course

TACOMA, WASH. – Jaime J. Wing, a 2005 graduate of Downey High School, has completed the Army ROTC (Reserve Officer Training Corps) Leader Development and Assessment Course, also known as "Operation Warrior Forge," at Fort Lewis, Tacoma, Wash.

The 33 days of training, according to military officials, provide the best possible professional training and evaluation for all cadets in the aspects of military life, administration and logistical support. Although continued military training and leadership development is included in the curriculum, the primary focus of the course is to develop and evaluate each cadet's officer potential as a leader by testing their intelligence, common sense, ingenuity and physical stamina.

Wing was also assessed on his professionalism during the course. The course is a requirement for cadets in their junior and senior year of college. Wing is a student at the University of California, Los Angeles. Upon graduation from college, Wing will be commissioned as second lieutenant in the U.S. Army, National Guard or Reserve.

Wing is the son of Victoria Wing and stepson of Jorge Venture, both of Downey.

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Death of a Salesman

By John Adams

I have often admired the skill of a salesman, competing head-to-head in an open market against his peers.

But my own ambition in sales was stunted by an early episode so pivotal in my youth that my confidence was forever ruined.

The story of my failure began during a chat between myself and a man I worked besides years ago on an assembly line. He told me he made money selling door to door on weekends. It was the 1950s and radio control garage doors were a new thing.

So off we went that weekend, the master and the student carrying a surprisingly heavy demo model on a hot day through the estates of Encino.

As the day got hotter my teacher found enough excuses to bow to the heat. He convinced me that I had leaned the pitch well enough to go on alone. My Waterloo came just two estates later.

I pressed the doorbell which was answered by a middle-aged man in a bathing suit. Behind him I could see a pool party in progress.

He listened attentively as I delivered my speech. Then he surprised me by asking me to do it again.

Then he called all the swimmers to his side of the pool, introduced me to them and saying this was something they should really hear made me go through it for the third time.

If ever there was the death of a salesman, that was it.

Brownie Points

By Eric Pierce

There are a lot of things I want to do before I kick the bucket: drive cross-country in a rented Winnebago, take a guided tour of Egypt's mystical pyramids, join the AARP.

One thing not on the list, something I never had any intention of doing, was getting a manicure.

My masculinity forbade it.

But, at the prodding of my girlfriend, who sat alongside next to me the entire time at my insistence, I reluctantly received a manicure last weekend.

And you know what?

I kind of liked it!

A really tiny woman who couldn't have weighed more than 90 pounds – or about the size of Angelina Jolie – sanded my nails, buffed my nails, polished my nails, and applied clear gloss to my nails.

The entire procedure was baffling to me, if not feminine. The tiny woman worked like a machine, very systematic in filing each of my nails before dipping my hand in warm, soapy water. She removed my cuticles (I never knew they *could* be removed) and snickered when I grimaced in pain, even though it didn't hurt at all.

Then she rubbed my hands with what I assume was moisturizer and, let me tell you, for a tiny woman she sure is strong! I think she gave me carpal tunnel.

From there she walked to the back and came out with a towel; I was thankful, thinking the manicure was over. But instead, she threw a scalding hot towel over my hands. Crazy tiny woman! I'm contemplating reporting her to the Better Business Bureau.

Finally, it was almost over. All that remained was for clear nail polish to be applied. This was the most emasculating experience of my entire life (worse than having to sing soprano in my junior high school choir). There is no manly way to have nail polish applied, you just kind of stare straight ahead and avoid eye contact with any other males that might be in the room – similar to using a urinal.

After the polish was applied, I had to sit there some more, sheepishly waving my hands around in front of a tiny fan the tiny woman had placed for me, waiting for my nails to dry.

I never thought I would ever say that, "waiting for my nails to dry."

The entire ordeal wasn't that bad, I suppose. Like I said, I kind of liked it, being pampered a little bit.

In fact, I'm scrapping any future plans to tour Egypt's great pyramids.

I'm afraid I'll break a nail.

Letters to the Editor:

Going in the round file

Dear Editor:


I've lived in Downey all my life and have always enjoyed reading the local paper. What I object to now is the consistent contributions from The Ayn Rand Institute. They are biased and don't belong in our paper.

Also, you are including personal opinion columns, other than letters to the editor. One such article was "People Today are Outliving Nest Eggs" (The Downey Patriot, 8/31/07). I may or may not agree with what the articles have to say, but they don't belong in our local paper. From now on, it will just go in the recycle bin.

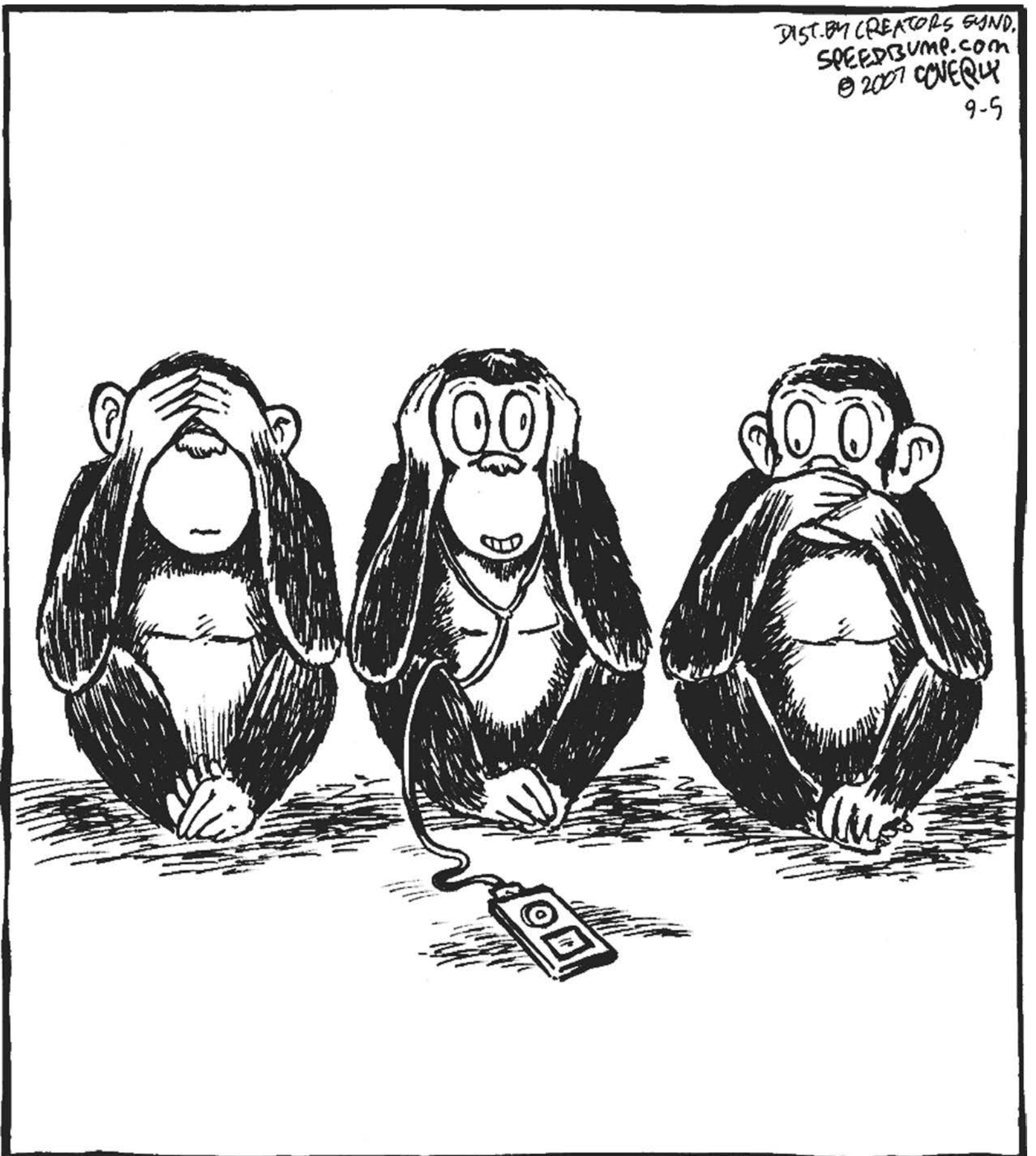
— Elena Paulino,

Downey

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Letters to the Editor:

Hard-boiled

Dear Editor:

On Wednesday, Aug. 29, I was enjoying the concert at Furman Park. There were a lot of people enjoying the Marine Band.

Well, when I went to my car it had raw eggs on it. Another friend's car also had some on their car. I just don't know what pleasure anyone has in damaging other people's property.

— R. Thies,

Downey

Holding our laws in respect

Dear Editor:

It was rather difficult trying to sort through the letter from Mr. Giovanni Vargas. A herd of "elephants" stampeded all through it, trampling all over good sense. ("Let's Focus on Real Issues," 8/31/07)

Want to focus on the "real" issues? Okay.

Since the first immigrants came to this country, we have developed a great nation because of the laws we have made – laws that freed slaves, protected workers, and gave opportunities for building a good life.

We became a beacon to the rest of the world, especially to countries that, for whatever reason, had not done the same for their own people, or lost it because of corrupt leaders.

It is the lack of having such laws in their own land – or lack of holding them dear and important enough to fight for – that has drawn immigrants to this country.

But now, self interested persons would have these laws disregarded and flaunted for their sakes. Such thinking undermines the stability of a country and will eventually lead to its downfall.

We want and need new Americans that hold our laws in respect and seek the rightful path to obtaining citizenship. Many hundreds of thousands of persons do that every year and are rewarded with citizenship. This path was set by the nation's people, and we expect and demand that our laws be followed.

Mr. Vargas tries to justify a convoluted logic here – one that despots, dictators and twisted regimes have used in the past: it doesn't matter how I get what I want, as long as I get it.

As for the churches, I can't think much of any institution that would encourage and support people that defy a nation's rational laws because they don't agree with them. Perhaps they should consider that even Jesus chose to obey the laws of the country He lived in and He was the Son of God.

If the United States believes that its laws are worth making and following, all those who would shelter under it's wings should honor them.

—Norma Rios,

Downey

Which part is ridiculous?

Dear Editor:

There was an opinion in last week's paper entitled, "Let's Focus on Real Issues" (The Downey Patriot, 8/31/07), in which the writer stated, "It is completely ridiculous for anyone to believe that the church is acting unlawfully in protecting working class people from being deported because the system they are operating under deems then (sic), as historically before, now undesirable and a 'threat' to the nation's 'security.'"

So, it's not against the law to harbor fugitives, and we shouldn't believe that it is? Or is it not illegal because a church is doing it? Which part is ridiculous?

—S. Courtney,

Downey

Moderation over abstinence

Dear Editor:

It is unfortunate that one cannot express a view that is unpopular or 'politically incorrect,' without being harshly and unreasonably condemned, especially when the aggressors have no evidence whatsoever to support their counterclaims. ("How Far is Too Far?," 8/24/07) Indeed, one might believe that it is the Prohibition era all over again, complete with loud and ignorant protestations against "demon rum" and other alcoholic substances. It is also unfortunate that so many believe that laws oppressively restricting personal behavior and victimless crimes are regarded as beneficial or practical.

I think that we should be judged by our words to a certain extent, but I also think that we should allow the opinions of others to be expressed without needlessly pointing the finger at them, and engaging in ad hominem attacks against them simply because we disagree with their views. It is unfortunate that such behavior is so prevalent even in this supposedly enlightened age.

Yes, drunk driving is clearly a practice that must be prevented. But that is not the chief goal of MADD these days. I am certain that Candy Lightner, the founding president of MADD, received a harsh blow when her daughter was killed by a drunk driver. And I am also certain that she received a harsh blow when MADD was hijacked by extremist prohibitionists, causing her to refer to the group as "neo-prohibitionist" after her departure in the mid 80's.

Now, as for the claim that alcohol is "not beneficial in any way," that is simply not true. Moderate use of alcohol is beneficial, and is healthier than abstinence or abuse, both extremes in their ways. I am not denying that abuse is worse than abstinence, but abstinence is worse than moderate use.

In conclusion, I consider this to be a practical quote to live by:

"Whoever hides hatred has lying lips. And whoever spreads slander is a fool." – Proverbs 10:18.

— Julian E. Gutierrez,

Downey

The backbone of America

Dear Editor:

We have a problem here in the United States with housing. We cannot afford to buy a home let alone rent a house.

I was looking at the newspaper the other day for a house to rent on my income and there is nothing that I can afford.

I cannot believe the prices for a house these days. The only people who can buy a house are the rich. Someone tell me what middle class working person can afford a home for \$300,000 or more. I know that I will never be able to buy a house. Even if you have both the husband and wife working, we still can't afford to buy a home when our income is \$40,000 a year.

I would like to know what happened to the American Dream. I know that the property has not gone up that much in price. And what is going to happen to our kids? The only people who are getting rich are the corporations, where they make billions of dollars in profit off the American people who are struggling just to make ends meet.

I would advise those who bought a house and cannot make the payments, do not sell for a profit because if you do, you will just give it to the government. Let it go to foreclosure, you have nothing to lose.

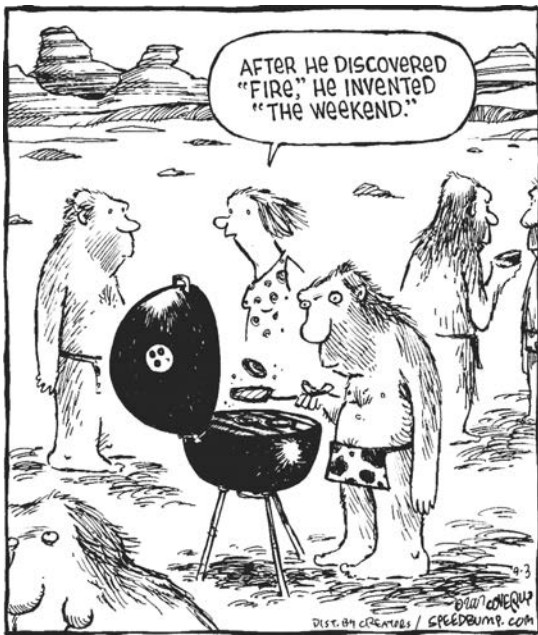
There is no more equality in America. If you have money, then you win. You win in the courts, having a home, a car, a life. It is like when there were slaves; we pay our employees little and in some cases they don't even get health care.

I would like everyone to take a look around; get to know your neighbors and help. We, the middle class people, are the backbone of America.

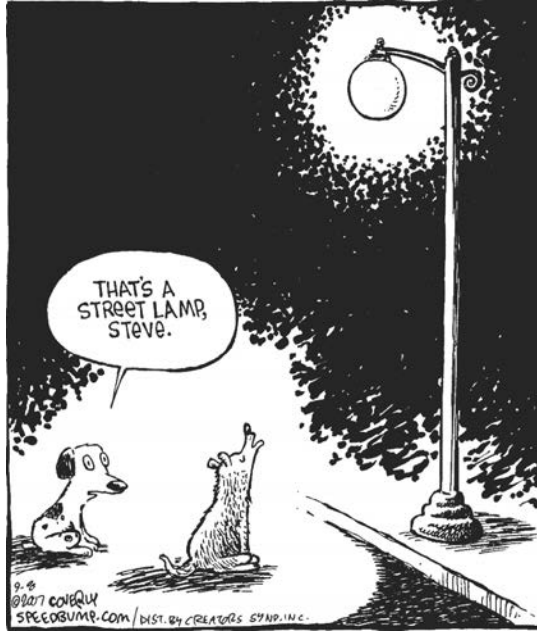
— Karen Houser,

Norwalk

SPEED BUMP



DAVE COVERLY



On This Day...

- Sept. 7, 1940: The German air force begins an air assault on London, one that would last 57 days.
- 1950: A coal mine collapse in New Cumnock, Scotland, kills 13 miners.
- 1963: The Pro Football Hall of Fame opens in Canton, Oh.
- 1970: Jockey Bill Shoemaker sets the record for most lifetime wins.
- 1971: The "Beverly Hillbillies" airs for the final time on CBS.
- 1979: ESPN makes its cable TV debut.
- 1986: Desmond Tutu became the first black leader of the Anglican Church in South Africa.
- 1996: Actor/rapper Tupac Shakur is shot multiple times in Las Vegas. He died six days later.

Downey Community Calendar

Events For September

- Sat. Sept. 8: **CERT training**, First Baptist Church of Downey, 8 a.m.
- Sun. Sept. 9: **"Cruising Russia - St. Petersburg to Moscow."** Downey Theatre, 2:30 p.m.
- Mon. Sept. 10: **"Kuuipos O Hula."** Downey Adult School, 3 p.m.
- Wed. Sept. 12: **"Blue Mass."** Our Lady of Perpetual Help, 8:30 a.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-Beard 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.
- 3rd Weds., - **Downey Dog Obedience Club** Apollo Park.
- 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 776-3388.
- 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.

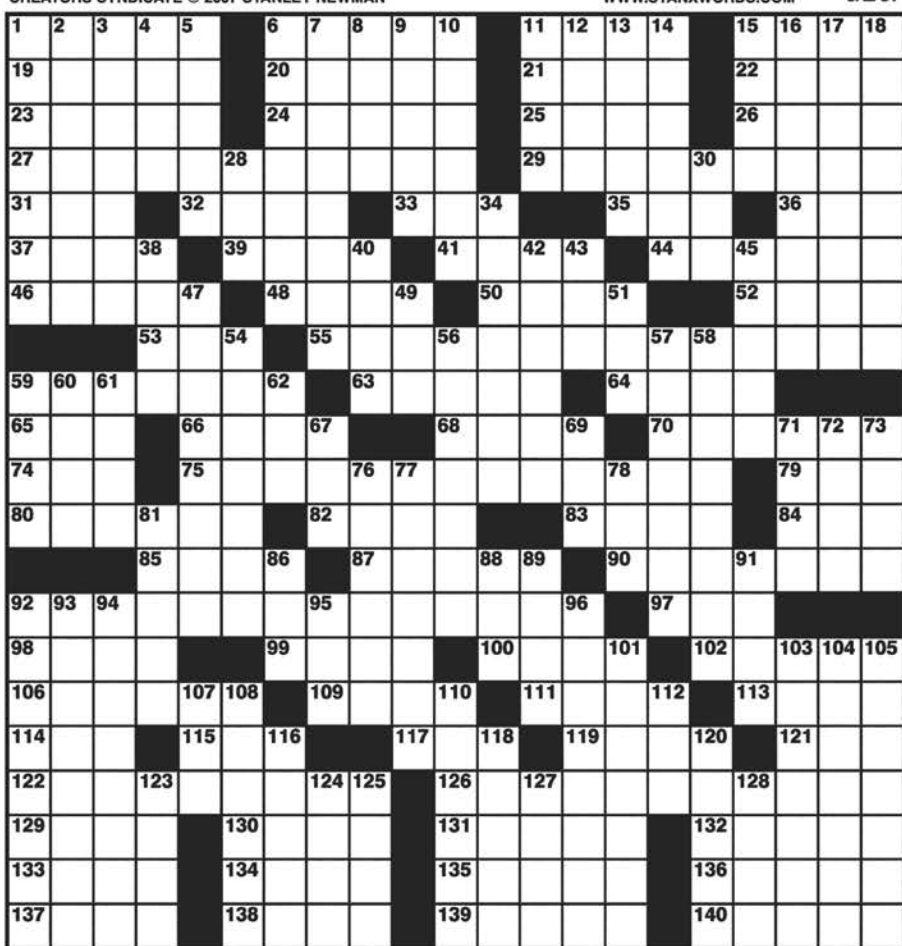
Fridays

- 7:30 a.m.: **Pro Networkers**, at Mimi's Cafe, for information call Barbara Briley Beard at 869-7618
- 3rd Fri., 8:30 a.m.: **Women's "In His Glory" Ministry** at Los Amigos C. C. (562) 622-3785.

THE NEWSDAY CROSSWORD

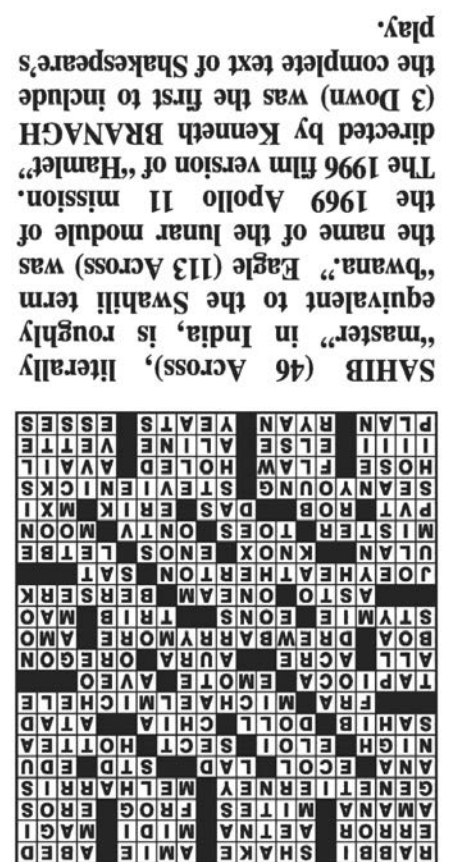
Edited by Stanley Newman (www.StanXwords.com)
GENDER BENDER: Colleagues of Ms. Glenn Close
 by S.N.

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- ACROSS**
- 1 Synagogue leader
 - 6 Dressing-bottle direction
 - 11 Soissons sweetheart
 - 15 In the sack
 - 19 Inaccuracy
 - 20 MetLife rival
 - 21 Sort of skirt
 - 22 Yuletide trio
 - 23 Maytag alternative
 - 24 Very small sums
 - 25 Past prince, perhaps
 - 26 Youngest Greek god
 - 27 Laura actress
 - 29 thirtysomething actress
 - 31 Santa __, CA
 - 32 Earth-friendly sci.
 - 33 Stripling
 - 35 Part of CST
 - 36 www.brynmawr.__
 - 37 Poetic adverb
 - 39 Time Machine race
 - 41 Shakers, for one
 - 44 Chinese beverage
 - 46 Hindu honorific
 - 48 Darling child
 - 50 "Pet" that holds a plant
 - 52 Slightly
 - 53 Lobster __ Diavolo
 - 55 ER actress
 - 59 Kind of pudding
 - 63 Chew the scenery
 - 64 Chevy subcompact
 - 65 Totally
 - 66 Part of some parcels
 - 68 Mystic glow
 - 70 Eugene's home
 - 74 Feathery scarf
 - 75 The Wedding Singer actress
 - 79 I love: Lat.
 - 80 Thwart
- DOWN**
- 1 '80s First Family
 - 2 Former Soviet republic
 - 3 Director of six films based on Shakespeare
 - 4 Off-white color
 - 5 Up in arms
 - 6 Usual
 - 7 Cherished possession
 - 8 Business-envelope abbr.
 - 9 Lower oneself, in a way
 - 10 Courses that are snaps
 - 11 Type of radio
 - 12 Swampy ground
 - 13 Role models
 - 14 Former NYSE price fraction
 - 15 Part of BSA
 - 16 Hair holder
 - 17 Freudian concept
 - 18 Deter
 - 28 Crook's diamonds
 - 30 Fuss
 - 34 War of 1812 hero
 - 38 Stereo system
 - 40 Nastase of tennis
 - 42 Optimistic
 - 43 "Open 10 __ 6"
 - 45 Western resort lake
 - 47 Kind of wide
 - 49 40, to 10 and 8: Abbr.
 - 51 MDs' org.
 - 54 Grow together
 - 56 Comparatively scratchy
 - 57 Piano keys, slangily
 - 58 Requiring intellect
 - 59 Cereal box-top parts
 - 60 Frequently
 - 61 Drama, for instance
 - 62 Live and breathe
 - 67 Farm animal
 - 69 Qty.
 - 71 Ready to try
 - 72 General Bradley
 - 73 Cozy corner
 - 76 Sorrowful sound
 - 77 Took over, as territory
 - 78 Poetic sphere
 - 81 Quaint contraction
 - 86 Desk wood
 - 88 Had something
 - 89 Uni- relative
 - 91 Arise (from)
 - 92 Quit suddenly
 - 93 Healthful pasta-sauce ingredient
 - 94 Where Japan is
 - 95 Cause of some blowups
 - 96 Insignificant occasion
 - 101 Big steps
 - 103 Garfield and Morris
 - 104 Flying toy
 - 105 Quarantines
 - 107 Trick ending
 - 108 Worker above it all?
 - 110 Move nonchalantly
 - 112 Contend
 - 116 Schoolyard menace
 - 118 Pilfered
 - 120 Unprincipled one
 - 123 Rhinelander's refusal
 - 124 Acgy. above it all?
 - 125 Singer Stefani
 - 127 Essayist's alias
 - 128 Currier's partner

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.



Don't let chronic pain slow down your life

CONTRIBUTED BY LAKEWOOD REGIONAL MEDICAL CENTER

By the time you hit 50 years old, you are probably well aware that most things in life have an upside and downside. And there is no reason why the advances of modern medicine should be any different. Improvements in diet, lifestyle, and medicine may allow us to live longer and more active lives. At the same time, more wear and tear on our bodies may cause physical pain.

Your doctor can inform you about a variety of effective approaches to pain management. Your treatment choice should be made based on the specifics of your condition and the severity of your pain.

Pain is considered "recurring" if it occurs off and on over a long period of time. This type of pain is sometimes the result of long-term diseases or conditions. Two common types of recurring pain are arthritis and the affects of diabetes. "Everyday" pain may be caused by a variety of things, including tooth and gum disease, muscle strains and sprains, tendonitis, and cold and flu symptoms.

Certain changes in your lifestyle may help you significantly reduce the severity and frequency of pain. Some of these changes include:

- Regular exercise to maintain strength, coordination, and flexibility.
- A well-balanced, high-fiber diet.
- Drinking lots of water.
- Getting enough sleep.
- Standing, sitting and walking with good posture.
- Maintaining a healthy body weight.
- Keeping a positive attitude.

Your doctor may recommend an over-the-counter (OTC) medication that is available without a prescription. Be sure to follow these safety precautions for OTC drug use:

- Take your pain medication exactly as the package tells you.
- Check with your doctor to be sure that the pain reliever you are going to use does not interact with any prescription medicines that you may be taking for other conditions.
- Never take more than the maximum daily amount of a drug, unless specifically directed by your doctor.
- Avoid pain medications that may make any health conditions you have worse.
- Keep records of all your medications.

Cold packs can be used for swelling, arthritic pain, muscle strains, backaches, toothaches and headaches. Heat may be effective in providing relief for pain that lasts longer than a day or two. Warm, moist heat packs can be used for muscle, joint and back pain. Warmth can be an effective way to relieve stiffness and increase mobility in arthritic joints, yet may increase swelling.

Don't let pain slow you down. Talk to your doctor about a pain management plan for you to help live a full and active life!

LRMC hosting pain treatment seminar

LAKEWOOD – Lakewood Regional Medical Center (LRMC) will host a pain treatment seminar tomorrow in its conference room at 10 a.m.

Visitors can learn about chronic pain treatment options and potentially reducing pain medications. Pain management specialists will also be available to answer questions.

The doctors participating are Gary Baker, MD, and Mark Ezekiel, MD. The community is invited to the seminar. Refreshments will be served.

Osteoarthritis seminar at Lakewood 'Y'

LAKEWOOD – An osteoarthritis seminar hosted by Ramiro Rosero, MD, will be held Sept. 12 at the Lakewood Wiengart YMCA, 5835 Carson St., in Lakewood, starting at 12:30 p.m.

Visitors will be able to tell if their pain is osteoarthritis and what treatments options are available, including exercise, medication and surgery.

Blood drive Sept. 11 at Century 21

DOWNEY – Century 21 My Real Estate, in association with the American Red Cross, will host a blood drive Sept. 11 in its front parking lot from 1 to 7 p.m.

Donors of all blood types are needed. To schedule an appointment or for more information, call Roger Nordin at (562) 927-2626 or visit www.givelife.org and use sponsor code CENT21.

L.A. County Fair opens today

POMONA – The L.A. County Fair is back for its 85th year, featuring deep-fried pickles, candied apples, 130-lb rodents, a tequila tasting and more. The fair opens today and continues through Sept. 30. It's closed Mondays and Tuesdays.

The fair will also feature carnival rides, games, exhibits, a petting zoo, ice rink and gourmet foods.

For more information, visit www.lacountyfair.com.



As part of Lakewood Regional Medical Center's (LRMC) 35th anniversary, the hospital recently donated \$5,000 to Pathways Volunteer Hospice. Pathways, a community-based hospice, began as a community outreach program in 1985, developed by LRMC. Back row, left to right: Mark Korth, CEO LRMC; Marianne Hughlett, chair of Pathways Hospice; Leigh Clausen, vice chair of Pathways Hospice. Front: Cindy Skovgard, executive director of Pathways Hospice. LRMC and Tenet Healthcare Foundation also recently awarded a \$2,000 scholarship to Rodney Mallari, son of Lydia Mallaie, a Clinical Lab Scientist at LRMC. Rodney will be attending USC this fall.

Free hearing screenings offered to residents

BY MARY FORNEY, CONTRIBUTOR

DOWNEY – Free hearing screenings are being offered at the Barbara Riley Senior Center on Sept. 15.

Sponsored by Sertoma International, the screenings are open to all ages and will be administered by Britt Rivers, a licensed hearing specialist with the A.W. Britt Rivers Group in Downey.

This is the third year Sertoma International of Downey has sponsored the free screenings to the local community.

In the past, the screenings were conducted in a mobile unit at the city library, but Sertoma is hoping to get greater participation by holding the screenings at the senior center.

"We can't use the mobile unit anymore because it costs about \$1,000 a day to rent it," Rivers said.

To keep the costs down, this year's screenings will include use of a portable audiometer donated for the day by Audio Med in Santa Fe Springs and an audioscope.

"This is a screening – not testing," said Rivers, who donates his time for this public service event as a member of Sertoma. "The purpose of screening is to find out if someone has a hearing problem and if they do, offer direction and choices where to go for testing and help," he said.

The hearing screenings will be held from 10 a.m. to 2 p.m. at 7810 Quill Ave. in Downey.

Appointments are preferred and can be made by calling (562) 862-9629.

Teachers Association welcomes flutist

WHITTIER – The California Retired Teachers Association (CRTA) Division 31, Area 8 will be hosting their kickoff meeting Sept. 11 at 11 a.m.

Ann Ownbey, an accomplished flutist, will play a variety of wind instruments that she has collected. Lunch will follow at noon and the program will begin at 1 p.m.

The meeting will be held at the Greenleaf Masonic Center located at 12001 E. Beverly in Whittier.

For information, call Barbara at (562) 969-4474.

Healthy habits can delay bone loss in older adults

SUBMITTED BY LAKEWOOD REGIONAL MEDICAL CENTER

Regular exercise and good nutrition can help you live a long, healthy life. But if you're not paying attention to your bones, life could be very uncomfortable.

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, which leads to fragility and an increased susceptibility to fractures. While osteoporosis is a major threat for 44 million Americans, it may be prevented and treated.

Bone is living, growing tissue. Throughout life, old bone is removed (called resorption) and new bone is added to the skeleton (called formation). During the childhood and teenage years, new bone is added faster than old bone is removed – making bones heavier, larger and denser. Most people reach peak bone mass during their mid-20s.

"Osteoporosis develops when bone loss occurs too quickly or if replacement occurs too slowly and is most likely to occur if you don't reach optimal bone mass during your younger years," said Ramiro Rosero, MD, a family practice physician practicing at Lakewood Regional Medical Center. "It's often called the 'silent disease' because bone loss may occur without symptoms. People may not realize they have the disease until a sudden strain, bump or fall causes a hip fracture or a vertebra to collapse."

Risk Factors

Among the specific risk factors for osteoporosis, there are some you may change and others you cannot. Here's what you cannot change:

- Gender: Since women have less bone tissue and lose bone more rapidly than men because of menopause, they are more likely to develop the disease.
- Age: It can lower bone density and strength. The older you are, the greater the risk.
- Body size: Small, thin-boned women are at greater risk.
- Family history: People whose parents have a history of fractures may also have reduced bone mass and may be at risk.
- Menopause/menstrual history: Normal or early menopause increases your risk of developing osteoporosis. In addition, women who stop menstruating before menopause because of conditions such as anorexia and bulimia, or because of excessive physical exercise, may also lose bone tissue and develop osteoporosis.

Risk Factors You May Change

- Anorexia.
- A diet that is low in calcium and vitamin D.
- Use of certain medications, such as glucocorticoids (prescribed for a wide range of diseases, including arthritis, asthma, Crohn's disease, lupus and other diseases of the lungs, kidneys and liver) or some anticonvulsants. Be sure to discuss use of these medications with your doctor before you alter your dosage on your own.
- An inactive lifestyle or extended bed rest.
- Cigarette smoking and excessive use of alcohol.

Prevention

To help your body reach optimal peak bone mass and continue building new bone tissue as you get older, there are several steps you can take:

- Calcium: Studies have shown that low calcium intakes can be associated with low bone mass, rapid bone loss and high fracture rates. Many people consume less than half the amount of calcium recommended to build and maintain healthy bones – between 1000/mg and 1300/mg a day. Good sources of calcium include low-fat dairy products (milk, yogurt, cheese and ice cream), dark green, leafy vegetables (broccoli, collard greens and spinach), tofu, almonds, and foods fortified with calcium such as orange juice, cereals and breads.
 - Depending on how much calcium you get with your regular diet, you may need to take a calcium supplement.
 - Vitamin D: This vitamin plays an important role in the absorption of calcium and in bone health. It is synthesized through the skin through exposure to sunlight – so vitamin D production tends to decrease in the elderly, the housebound and during winter.
 - Exercise: Bone, like muscle, responds to exercise by becoming stronger. Good exercises include walking, hiking, jogging, stair-climbing, weight training, tennis and dancing.
 - Smoking: It's as bad for your bones as it is for your lungs.
 - Alcohol: Those who drink heavily are more prone to bone loss due to poor nutrition as well as increased risk of falling.
- "If you suspected that you may have complications from bone loss, or you have one or more of the risk factors mentioned above, you can see your doctor for a comprehensive medical assessment," said Rosero. "This includes a test that can detect low bone density and determine your rate of bone loss."

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LINK

Continued from page 1

Acosta, Nadia Roldan, Jay Waldron, Kyle Deichman, Dan Latham, and Bob Petersen. These Link coordinators underwent a three-day training seminar back in May and, according to Vega, sacrificed a large chunk of their vacation time in preparation for Thursday's freshmen orientation.

"We sent out flyers to some 950 freshmen who enrolled," says Vega. "Considering that most of them were on vacation, too, this turnout is amazing."

It fell on drama teacher Peterson, who served as emcee, to rally the troops as it were. Alternating between cajoling and gently chiding the assembled kids Thursday for not following instructions (especially the one about keeping quiet), Petersen first did "bleacher work" and tried to make the 900 talking, giggling, joking kids focus on the day's program, then instructed them to occupy their pre-instructed places on the gym floor.

The freshmen were organized into about 88 groups, with one or two upperclassmen/mentors to guide them.

At this point the Link coordinators got more active and guided the kids into getting better acquainted with one another and with the "culture"—academic and otherwise—at Warren.

The point of it all, emphasized Harris and Vega, was to connect the student to the school and bridge the anxiety of a former middle schooler in his/her leap to high school. The mentor-student relationship will be a year-round affair, with meetings held once a month between freshman and upperclassman, to discuss freshman concerns.

Says Harris: "I'm very pleased with the way Thursday's event played out. I heard lots of positive comments about it afterwards, from the students and parents and others. I kept hearing 'We had a great day.'"

Cruising through cultures and peaceful waters

BY BROOKE KARLI
STAFF WRITER

Every year, it seems as though our family vacation gets better and better.

Granted, it's hard to beat Hawaii and the Grand Canyon, but I think regardless of where we go, and as long as we are with each other, we are guaranteed a great time.

This year, my family spent five days and four nights on Royal Caribbean's Monarch of the Sea cruise liner. The cruise liner journeyed to San Diego, Catalina Island and Ensenada, Mexico.

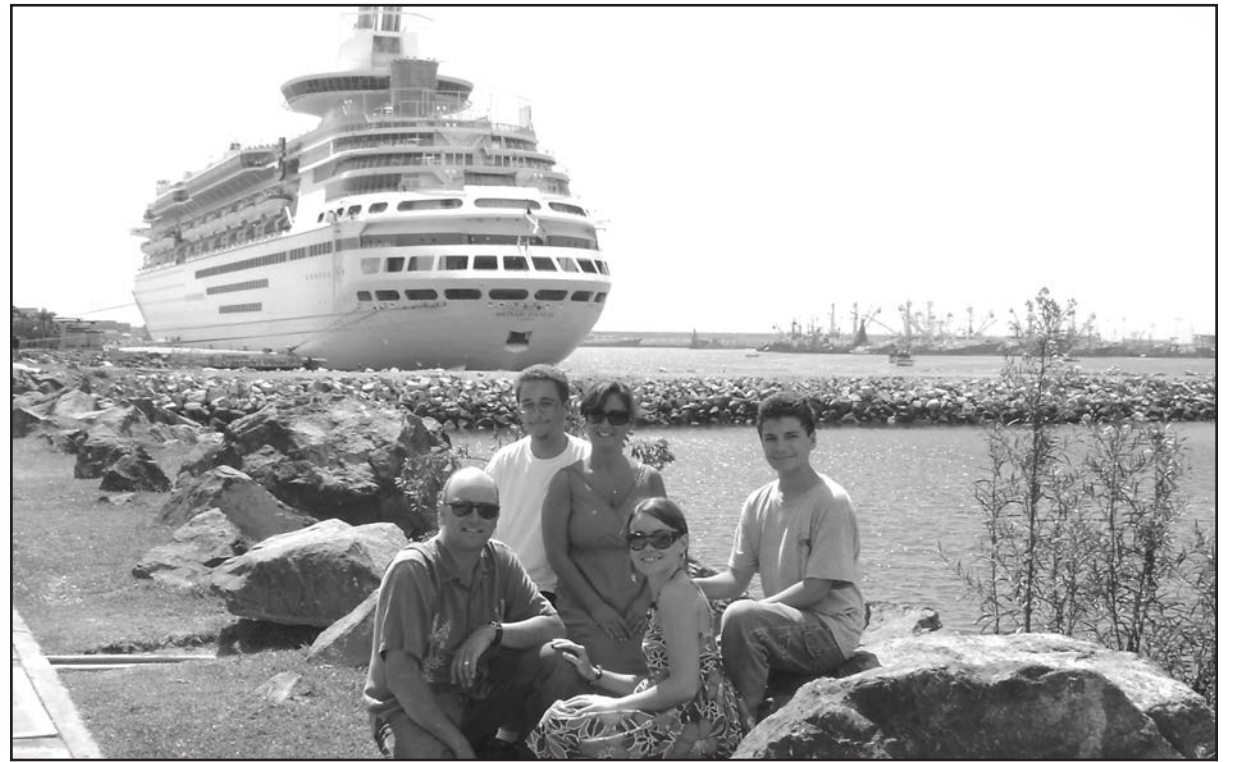
Now, for those of you who have never been on a cruise, it is quite an experience. Our particular ship had a fitness center, theatre, casino, shopping center, spa, rock-climbing wall, basketball court, two salt-water pools and multiple lounges.

But the greatest part about being on a cruise is the food, and the superb service that comes along with it. During our time on the Monarch, our dining options were endless. If we wanted a quick snack, we could drop by the pizza parlor, where barbeque chicken pizza and margarita pizza were just a couple of featured flavors. If we wanted a full meal, but didn't necessarily care to be served, we could pile our plates with a variety of foods at the buffet, which ranged from hamburgers to Norwegian salmon.

But if we wanted to experience a sit-down dinner, we would sit at Table 19 (or designated table for the week), where Sanji, our waiter from the Philippines, would make sure our dining experience was as pleasant as possible.

Although all the food offered on the cruise was delicious, nothing beat the meals offered at the sit-down dinners. Some entrées served throughout the week included lamb, duck, steak and salmon, while some appetizers consisted of shrimp cocktail, pita bread with hummus, and escargot—a dish my brothers quickly learned they didn't like (really, who likes eating snails?). Deserts were superb, with choices including strawberry cheesecake, double-chocolate cake and tiramisu.

Oh, and let's not forget to mention the midnight chocolate buffet on Wednesday night. Yes, you



The Karli family, pictured above in Ensenada, Mexico, took a five-day, four-night family vacation on Royal Caribbean's Monarch of the Sea cruise liner.

heard me correctly—tables upon tables of dark, milk and white chocolate. There were chocolate cakes, chocolate tarts, chocolate éclairs and chocolate fountains to dip a variety of fruit in. Even some of the decorations were made out of chocolate.

But above all, as seen throughout the whole trip, the service of those working on the cruise liner was amazing. Sanji, our waiter, knew our names by the second night, while our assistant waiter remembered to have chocolate milk ready for my brother and aunt by the third night—a drink they favored throughout the trip. Our room attendant not only kept our rooms tidy, but also made sure our stay was comfortable, providing extra towels, turning down the air conditioning, and pushing our twin beds together to make a bigger bed, to name a few. Everyone we encountered—whether just passing them in the hall, or being waited on by—were friendly and willing to do whatever needed to make sure our trip was a memorable one.

Another cool thing about the staff is that, for the most part, they were from other countries. We met Mark from the United Kingdom, Joanna from Trinidad, Kevin from Canada, David from Mexico, and many, many more. In fact, if I recall correctly, we only met one employee that was from the United

States. This made for a wonderful trip because not only did we get to talk to people from across the world, but also experience their languages and cultures.

The cruise itself had so much to offer—there was never a dull moment. Each day, we received a schedule of events for that day, which may have included an art auction, dance lessons, family karaoke and yes, even belly-flopping competitions. My family decided to conquer the rock-climbing wall, something none of us had ever done. And to be honest, I don't know what I enjoyed most—my experience rock-climbing, or seeing my mom rock-climb. Oh, and for any physical activity we participated in, we received "Ship Shape Bucks." My mom and I actually earned enough bucks to buy a T-shirt by simply participating in mile-long walks.

And, if for some reason you were bored while on the ship, you could get off the boat whenever docked.

My dad and brothers visited the USS Midway, an aircraft carrier museum, while in San Diego. We took a ferry to Catalina Island to "schmooze" the island, and while in Ensenada, we visited "La Bufadora," one of three natural blowholes throughout the world (the others are located in Hawaii and Australia). Our Ensenada excursion concluded with folkloric singers and dancers, expressing the culture of Mexico.

The cruise liner also had its

own entertainment. Every night, either before or after dinner, there was an evening show in the "Sound of Music Theatre." The shows were top notch, ranging from comedians, to magicians, to the Royal Caribbean singers and dancers performing numbers from "Singing in the Rain" and "West Side Story." My favorite show, however, was on the last night, when the dancers and singers performed songs by such icons as Gladys Knight, Neil Diamond and Whitney Houston, complete with glittering costumes and vibrant sets.

That same night, JohnnyO—our cruise director—said something I will never forget. He said that he thought it was amazing how over 60 different countries were represented on that particular cruise and not one problem came up. More so, he went on to say that if we all lived that way in our everyday lives in our own countries, we would have a world of harmony and peace.

It was true—it was wonderful to be surrounded by numerous cultures, their languages and their food. But why does the companionship end when vacation ends? Why is it that peace and harmony are only attainable while on vacation?

It makes you wonder what exactly it is people fight about. At least, it made us wonder.

The trip all around was truly incredible and I don't think anything else could have made this family vacation any better.

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Square dancing classes begin Monday at Methodist Church

DOWNEY—The Downey chapter of the Bachelors 'n' Bachelorettes Square Dance Club is beginning its annual beginner's square dancing class in September.

Classes will begin Sept. 10 from 7:30 to 9:30 p.m. Open enrollment will also be held Sept. 17 and 24. Classes are at Downey United Methodist Church, 10801 Downey Ave.

Line dancing will also be taught at 7 p.m. for anybody interested. Singles, as well as couples, are invited to attend. Dave Donaldson will be the caller.

The cost is \$5 per person, per session. Children ages 8-16 are \$3.50 each, with a parent or guardian. Classes will run approximately 26 weeks.

For more information, call (562) 943-5735 or (323) 219-4735.



JET DANCE CO. Open House & Auditions

The JET Dance Company is holding auditions for their competition groups and open house on September 8 & 9 from 1-5 pm at the JET Dance Studio. The studio is located at 13808 E. Imperial Hwy. Suite 210 in the city of Santa Fe Springs. Those wishing to audition will be required to attend both days. All ages and levels are welcome.

Call **(562) 926-6783** for more information, or email **jetdanceco@gmail.com**

JET Dance Company is under the direction of Joey Tarwater, award winning choreographer and dancer. JET also offers technique classes for all age and dance levels for those who do not wish to compete.

New Entertainment this week

CD Releases

Kanye West - *Graduation*
 50 Cent - *Curtis*
 Kenny Chesney - *Just Who I Am: Poets & Pirates*
 Ann Wilson - *Hope & Glory*
 Iced Earth - *Framing Armageddon*
 Trisha Yearwood - *Greatest Hits*
 Ani DiFranco - *Canon*
 Joe Henry - *Civilians*
 Pinback - *Autumn of the Seraphs*
 Black Francis - *Bluefinger*
 Source: Amazon.com

DVD Releases

MOVIES
 American Cannibal
 Away from Her
 Cautiva
 DOA: Dead or Alive
 Even Money
 Ever Again
 I Have Never Forgotten You: The Life and Legacy of Simon Wiesenthal
 Private Property
 Snoop Dogg's Hood of Horror
 Snow Cake
 Ten 'til Noon
 Triad Election

TV/MISC.

Bones - Season 2
 Charmed - The Final Season
 Fraggle Rock - Season 3
 Grey's Anatomy - Season 3
 I Dream of Jeannie - Season 4
 Two and a Half Men - Season 1
 Source: Box Office Mojo

Video Game Releases

NHL 2K8 - PS2, X360, PS3
 Dot.Hack G.U. Vol. 3 Redemption - PS2
 Guilty Gear XX Accent Core - PS2
 NHL 08 - PS2, X360, PS3
 Elder Scrolls IV: Oblivion - X360
 Fatal Inertia - X360
 Kengo: Legend of the 9 - X360
 SKATE - X360
 DIRT - PS3
 Heavenly Sword - PS3
 Source: ebgames.com

Book Releases

"You've Been Warned" by James Patterson
 "Pontoon: A Lake Wobegon Novel" by Garrison Keillor
 "The War: An Intimate History, 1941-1945" by Geoffrey C. Ward
 "The 47th Samurai" by Stephen Hunter
 Source: barnesandnoble.com

Concerts

FRIDAY, SEPT. 7
 Alejandro Fernandez - Gibson Amp.
 Common - Wiltern
 Daryl Hall & John Oats - Hollywood Bowl
 Incubus - Verizon Amphitheatre
 Kings of Leon - Greek Theatre
 Tierra, Malo - L.A. County Fair
 Machine Head - HOB Anaheim
 Stereo Total - El Rey Theatre
 Temptations - Pechanga
SATURDAY
 Alejandro Fernandez - Gibson Amp.
 Art Laboe Show Live - Hyundai Pavilion
 Ben Kweller - Coach House
 Common - HOB Anaheim
 Daryl Hall & John Oats - Hollywood Bowl
 Heart - L.A. County Fair
 Kittie - Galaxy Concert Theatre
 Lucinda Williams - El Rey Theatre
 Vince Gill, Amy Grant - Greek Theatre

SUNDAY

Alejandro Fernandez - Gibson Amp.
 Ciara - L.A. County Fair
 Faceless - Galaxy Concert Theatre
 Horrorpops - HOB Anaheim
 Lucinda Williams - El Rey Theatre
 Doobie Brothers - Bright House Amphitheatre, Bakersfield
 Steve Vai - Grove of Anaheim
MONDAY
 Lucinda Williams - El Rey Theatre
 Todd Rundgren - Grove of Anaheim
TUESDAY
 Michel Camilo - Hollywood Bowl
 Slackers - HOB Anaheim
 Steve Vai - Wiltern
WEDNESDAY
 Bert Susanka - HOB Anaheim
 Megabeth - Grove of Anaheim
 Spoon - Henry Fonda Theatre
 Timbiriche - Gibson Amphitheatre
THURSDAY
 Built to Spill - Henry Fonda Theatre
 Cannibal Corpse, Black Dahlia Murder - HOB Anaheim
 Rodrigo y Gabriela - Grove of Anaheim
 Timbiriche - Gibson Amphitheatre
 Wolf Parade - El Rey Theatre
 Source: Casenet

Book Releases

"The Great Upheaval: America and the Birth of the Modern World, 1788-1800" by Jay Winik

Tom Houts on top of things as DHS principal

BY HENRY VENERACION, STAFF WRITER

DOWNEY—After graduating on a football (linebacker) scholarship from Indiana University in 1988 with a B.S. in general science, Brea-bred Tom Houts in the ensuing year worked in construction and, in his own words, "went all over the place as a ski bum."

Afterwards renewed and refreshed, he interviewed for—and got—a teaching position at Warren High. He taught science for four years (earth/physical science, intro to chemistry and physics), meanwhile coaching JV football for two years, and varsity football for a similar two years. This was followed by a stint at Downey High School as vice-principal from 1993 to 2001, then back to Warren High as assistant principal for another four years.

He succeeded the esteemed Allen Layne, who went into retirement, as Downey High School principal in 2005, accomplishing yet another personal career goal and, as he now goes into his third year as overseer of the 3,900-student campus, he sees the current school renovation as a major preoccupation.

"We've had to bear with the noise and the dirt while construction of the new math and science building has been going on," he says, "but it's just about complete. It's going up next month and it's definitely gorgeous!"

He goes on: "They're starting next the 230-seat theatre building, which will take 18 months to complete. It will be used for the drama program, musical performances, staff meetings, and the like. Right now, we're holding our staff meetings in the library, which is not exactly a big enough place for such things. The drama teacher, Lars Hansen, has been holding his class in a classroom next to the girls' gym. He's had the worst of it all this time, and there's two more years to go."

But the focus, as with all the schools in the district, says the 42-year old principal, remains student achievement. While there is always room for improvement, he points with pride to the fact that, attendance-wise (and therefore, budget-wise), the district's 95.6 percent rating is "as good as any in the area," its AP scores "as good as any around. Downey High's valedictorian last year went to Yale, while the salutatorian went to Harvard. So we're right up there academically."

"There's no problem as such with the seniors," he says. "They're focused on graduating and going to a good college. The challenge really is with the 9th graders. We're doubling our efforts this year on making sure they go to school and perform. We provide after-school tutoring in math, English and science. We monitor their grades closely. Sometimes they act like they're already seniors. They need to be supervised. I say if you think school will be fun, it probably will be fun. If you think not, it probably won't be."

"Then there are the 11th graders," says Houts, whose parents are both 1956 DHS graduates. "We have to make sure they get and stay involved, in their studies, in character-building activities. We've got our athletic program, performing arts (music, drama, etc.). There are 30 clubs to choose from, Kiwanis, the chess club, the fisherman's club, the guitar club. The guitar club has some 20-30 kids strumming the guitar. I believe in building connections, linking the school with the kids."

Speaking about the graduation rate for incoming freshmen, Houts says the state average is 83 percent, the district's is 95 percent, while Downey High's is 93 percent. "There are the inevitable dropouts," he says. "The question we ask ourselves is, Where do the kids go? They just disappear. We really are a microcosm of the community of Downey: some (students)



Downey Principal Tom Houts - a "ratings" success.

go to Harvard, some go to jail. As to those who stay, nearly every student... passes the exit exams."

For those who miss a class or a day of school, he says, it is required of them to attend Saturday (make-up) school, and a precondition to attend the prom: "Obviously they don't want to give up their Saturdays. They hate to get up early on Saturdays."

His experience raising three kids with wife Sharon, who is a teacher at Hacienda La Puente, has prepared him well, Houts says, for his role as an educator. Jake is a freshman, an A-straight student; Kelsea, 13, is in 8th grade and is mentally retarded; and Molly, 5, will be in kindergarten. "She is a strong, little girl," he notes.

He originally wanted to be a career high school football coach, says Houts, who's had his share of honors ("High School Administrator of the Year 2001 award from the L.A. Technology Education Association, "Honorary Service Awards" from both DHS (2001) and Warren High (2002) PTAs), but the prospect of constant travel didn't agree with him that well.

When I raised the subject of the, for all intents and purposes friendly, rivalry between Downey High and Warren High, he says, oh yes, there is one: "There's a rivalry in everything, from football scores to test scores. It extends to the teams' colors. You'll notice there's the Warren Bears wearing UCLA colors, while the Downey High Vikings uses USC Trojan colors. There are about five or six of us in the district who have both been teachers/coaches at either school, and we should know how deep the rivalry is."

But going back to the job at hand, he says: "Basically my job is to know what's going on around here, stay on top of things. There's just so much going on."

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DEATH SENTENCE (11:40, 2:15, 5:05), 7:50, 10:20
HALLOWEEN (11:10, 11:55, 1:50, 2:35, 4:30, 5:15), 7:10, 8:00, 10:00, 10:45
BALLS OF FURY (12:25, 2:50, 5:10), 7:35, 10:05
MR. BEAN'S HOLIDAY (12:15, 2:25, 4:45), 7:05, 9:30
SUPERBAD (11:30, 2:10, 5:00), 7:55, 10:35
RUSH HOUR 3 (12:00, 2:30, 4:55), 7:20, 9:40
THE BOURNE ULTIMATUM (11:15, 2:00, 4:50), 7:40, 10:25

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HALLOWEEN R (11:30 2:15) 5:00 7:45 10:00
DEATH SENTENCE R (11:50 2:30) 5:10 7:50 10:30
LADRON QUE ROBA A LADRON PG13 (11:35 2:10) 4:45 7:20 9:55
BALLS OF FURY PG13 (12:15 2:40) 5:05 7:30 9:55
WAR R (10:20 12:45 3:10) 5:35 8:00 10:25
ILLEGAL TENDER R (10:35 1:10 3:45) 6:20 8:55
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Faith in Downey: Love, Peace & Happiness Family Christian Fellowship

BY ERIC PIERCE
CITY EDITOR

Like most local churches, Love, Peace & Happiness Family Christian Fellowship in Downey grew from humble beginnings into a thriving congregation enriching its local community.

More than 30 years old, the fellowship now bustles with two Southern California locations – including the one on Old River School Road in Downey – and fills just about every seat on Sunday.

As church secretary Marilyn Jolly put it, “We have about 200-250 people here every Sunday. That’s the most the fire department will let us have.”

Still, this is a church, and so everyone is always welcome. From Sunday morning services (originally held on Saturday nights because they were sharing space with another church) to educational financial seminars (also available on audiotape), everyone is always welcome.

Love, Peace & Happiness Family Christian Fellowship began in the fall of 1974, in the Compton home of Bishop Leon and Pastor Jacqueline Martin. Their first Bible study included five families.

“(Their) hearts were eager and excited about the mandate placed upon Bishop’s heart to go into all the world and preach the Gospel,” said Jolly in a written history of the congregation. “For months the laborers worked hard; they watered the seed (through study), took up the weeds (in prayer) and protected the seedling (with persistence). The seed began to sprout through Evangelism.”

People latched on to the Martin’s teachings, and the congregation soon outgrew the house. They moved to the Palm Lane C.O.G.I.C. (Church of God in Christ), where the congregation “received us with open arms.” Sunday morning services were held Saturday nights, but still, the Martins were thankful.

Fundraising efforts allowed Love, Peace & Happiness to purchase their own property in 1975, a building on Walnut Drive in Los Angeles. That’s when membership really took off, and the church started another search for property that could accommodate their growing congregation.

In 1983, a down payment was placed on nine lots located at Manchester and Vermont in Los Angeles. A little later another building and a parking lot was purchased. A few years later, the church outgrew that building and purchased another building across the street. Following a complete renovation, parishioners marched into that building on Easter Sunday, 1993.

By then, Bishop Martin had already started a new congregation in Rialto. That congregation soon grew as well, leading them to purchase their Downey property in December of 1997.

During this time, Bishop Martin had five buses canvassing all of South Central Los Angeles, including skid row, bussing thousands to their weekly services.

“Literally thousands of souls were set free from drugs, prostitution and gangs, and many are now pastors or doing evangelistic works around the United States,” said Jolly.

At present, between the Downey and Rialto congregations, Bishop Martin counts over 1,000 members. Some attend Martin’s weekly sermons, others, however, turn up for his regular seminars.

Martin, a graduate of L.I.F.E. Bible College with a bachelor’s in Biblical Studies and a master’s from Friends University, holds financial seminars from time to time, and most are available on cassette tape. The seminars are free to attend. Topics include “Real Estate Investments,” “Real Estate Financing,” “How to Set Up a 501 ©),” “Investing in Stocks, Bonds and Coins,” and more.

Starting this week, Love, Peace & Happiness will also host a community Bible college for interested residents.

Other programs at Love, Peace & Happiness: a Singles and Teen Ministry (the teen program takes teenagers out to concerts, camps, retreats, missions projects and other social activities); a seniors group, which connects senior citizens for outings and fellowship; care circles, small support groups to enrich one’s life; men’s and women’s groups; college and career groups; children’s church; and a nursery.

It’s not rare for services at Love, Peace & Happiness to be filled with dancing, singing and hand-clapping. Services can become festive, and it’s all justifiable, according to the church:

Why do we stand to sing? “Then some Levites...stood up and



Love, Peace & Happiness Family Christian Fellowship began out of the home of Bishop Leon Martin and Pastor Jacqueline Martin in 1974. They purchased this Downey property 10 years ago.

praised the Lord, the God of Israel, with very loud voice.” (2 Chron. 20:19)

Why do we lift our hands? “I will praise you as long as I live, and in your name I will lift up my hands.” (Psalm 63:4)

Why do we clap our hands? “Clap your hands all you nations, shout to God with cries of joy.” (Psalms 47:1)

Why do we dance? “Praise His name in dance.” (Psalm 149:3)

Why do we sing in tongues and in English? “For if I pray in a tongue, my spirit prays, but my mind is unfruitful...I will sing with my spirit, but I will also sing with my mind.” (1 Cor. 14:14-15)

Why do we sing choruses as well as hymns? “Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord.” (Eph. 5:18-19)

As far as what they believe in:

- The Holy Spirit is a divine person.
- All scripture is given by inspiration of God.
- All have sinned and come short of the glory of God and are in need of salvation.
- Salvation has been provided through Jesus Christ for all men.
- It is the will of God that every Believer be filled with the Holy Spirit.
- Healing is provided in the redemptive work of Christ and is available to every Believer.
- The Church consists of all those who have received Jesus Christ as their personal Savior.
- There shall be a bodily resurrection of the just and the unjust in the personal, visible, imminent return of Jesus Christ.
- Baptism and observance of the Lord’s Supper.

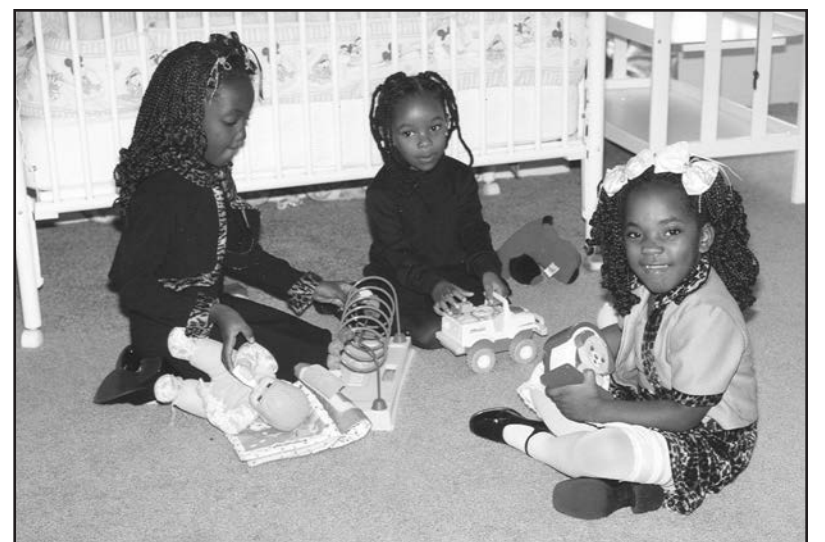
Love, Peace & Happiness also believes in prophecy: “Follow the way of love and eagerly desire spiritual gifts, especially the gift of prophecy.” (1 Cor. 14:1)

Sunday School is held at Love, Peace & Happiness at 9 a.m. Sunday worship services are held at 8 a.m., 10 a.m., and 5 p.m. Mid-week services are held at 11:30 a.m. and 7:30 p.m.

Free bus pickup is available by calling (562) 806-9890.



Bishop Leon Martin and Pastor Jacqueline Martin lead the congregation at Love, Peace & Happiness Family Christian Fellowship. They have been married 35 years and have three children, all of which are in the ministry.



A nursery is available for kids during Sunday morning services at Love, Peace & Happiness. Sunday School starts at 9 a.m. every week.



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A message from the congregation:

Everybody needs a place along his spiritual journey where he can sense the presence of God and worship Him, where he can receive spiritual strength and guidance for the week ahead, where he can belong to a caring group of people who encourage him along the way...

As Pastor, I, along with my family, have been touched by the love of God and have in Jesus Christ a joy and purpose in living.

Wherever you are on your spiritual journey, it is our desire that you will experience this love of God by participating in our weekly celebration of life in Him.

There is a place for you in this fellowship. We look forward to the possibility of you becoming part of the Love, Peace and Happiness Church family. We invite you to come and grow with us!

—Bishop Leon Martin,
Love, Peace & Happiness Christian Fellowship

Eleanor Lammens was a Navy veteran in WWII

DOWNEY – Eleanor Burroughs Lammens, a World War II veteran, passed away at her Downey home on Aug. 30. She was 96.

Lammens was born in Conway, S.C., on Nov. 22, 1911. She had three brothers and three sisters. She played basketball in high school, earning the nickname, "The Hoopster," for her shooting ability.

During World War II she served as a "Wave" in the Navy. She did her basic training in New York and was stationed in Miami, Fla. She met her future husband, Phillip, while in the Navy at a hotel party in Miami. They were married on Dec. 16, 1944, in Charleston, N.C.

Upon discharge, Lammens moved to California to join her husband. They bought a house in Downey and never moved again. In 1952, the couple adopted their only child, Ronald Lammens.

In 1954, Eleanor spent one year in Honolulu with her family while her husband worked on a school building. They returned home to Downey when the project was complete.

She is survived by her brother, Calvin Burroughs; son, Ronald Lammens; granddaughter, Lylia Lammens-Ross; and great-granddaughter, Kelsie Lammens-Ross.

Memorial services were held at Rose Hills Memorial Park on Sept. 5. She was buried next to her husband, who passed away at their home in 1974.



Donald L. Wilson was local attorney, judge

DOWNEY – The Hon. Donald L. Wilson, a former Downey resident and board member with Downey Regional Medical Center, died Sept. 1 at his Fallbrook home surrounded by family.

Wilson was a Fallbrook resident since 1997. Prior to that he lived in Downey, where he practiced law, later serving as an officer of the court.

Along with being active in his church, Wilson was a member of the Kiwanis Clubs of Fallbrook and Downey, the S.E. Bar Association, the California Judges Association and the Knights of Columbus. He was also a member of the Board of Directors of Downey Regional Medical Center.

He is survived by his wife, Susan; daughter, Carolyn (Charles) Fredericks; grandchildren, Jeffrey and Kathryn Fredericks, Mark Kerr, and Lisa (Chad) Celani; and great-grandchildren Brooke and Brynn Celani.

A funeral mass was celebrated Sept. 6 at St. Peter's Catholic Church in Fallbrook.

In lieu of flowers, the family requested donations to the building fund at St. Peter's Church in Fallbrook.



Theodore Fuller was a World War II veteran

DOWNEY – Theodore "Ted" A. Fuller, a World War II veteran and member of the local Model T Club, died Aug. 25. He was 82.

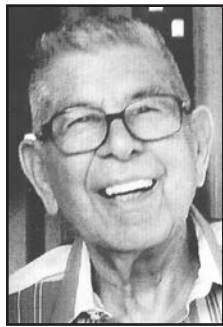
Fuller, a longtime Downey resident, was born in Bakersfield on Jan. 24, 1925. He served his country during the Second World War as an aviation machinist and a naval aerial gunner. He was stationed on the USS Franklin D. Roosevelt flying PBY's.

As a young man he enjoyed motorcycle riding, dune buggies and long-haul truck driving. In his later years he spent time reading and working in the garage.

Fuller is survived by his daughter, Patsy; son-in-laws, Steve and Terry; grandchildren, Stephanie, Gia and Stuart; and great-grandsons, Miles and Mason.

He was preceded in death by his wife of 60 years, Pat, who died in 2006, and oldest daughter, Karen, who passed away in 1996.

Remembrance services with military honors will be held on Sept. 11 at 11 a.m. at Downey Zrelak Family Mortuary Chapel.



Hospice in need of volunteers

SANTA FE SPRINGS – Companion Hospice Care is in need of volunteers in the Downey area to become friends to someone during the last phases of their lives, and sometimes help with errands and shopping.

Training sessions will be held on Saturdays, Oct. 6, 13, 20 and 27. For more information, call Deanna Miles at (562) 944-2711.

LIVING HELP

Continued from page 1

ber and location can also be found in the yellow pages, as well as online.

Although the center caters primarily to pregnant women, they also focus greatly on those who are thinking about having sex and those that already have.

"Many people are warped on their sexual views only because most of the time they aren't given the truth," said Bayer. "People respond well to honesty – especially kids – and we are honest about what there is to know about sex."

Bayer also said that many times, when the center is hosting a program at a church or school, teens are more than willing to ask questions about sex. This, she believes, is because they want to know the truth behind sex and for the most part, many parents are not open with their kids about the issue.

Many teenage girls have declared themselves lesbians, Bayer said, not because that is their sexual orientation, but because they have been emotionally and/or physically abused during a sexual experience with a male. And it's all in the name of keeping up with the status quo, Bayer believes.

"For teens, it's all about doing whatever it is that will make them fit in," said Bayer, who is also a city councilmember. "What they don't realize is that having sex can leave you pregnant or with a disease – both of which change your life forever."

Even though the center stresses abstinence (unless married, of course), they also encourage those who insist on being sexually active to be aware of possible outcomes.

"All we can do is educate them," said Bayer. "They are ultimately the ones that make the decisions."

Despite misconceptions, the center does not provide medical services such as pap smears and ultrasounds, and do not hand out condoms or contraceptives. Instead, they refer clients to volunteer doctors for any medical service beyond a pregnancy test.

The center also does not promote abortion. Although they understand and respect that that is an individual's decision, Bayer said, they strongly encourage women to consider other options. If a woman insists on an abortion, the center invites them back for post-abortion counseling.

For women who decide to give their baby up for adoption, the center aids in the process by referring them to Holy Family Adoptions and Bethany Adoptions, which according to Bayer, do a wonderful job meeting the mothers' needs and requests.

For those that decide to keep their baby, the center has an abundant amount of resources to aid them along. In addition to counseling, the center provides women with resources such as diapers, clothes, blankets, strollers and more, many of which are donated by local service groups, churches and private donors.

If the expectant mother is still in high school, the center will connect

Living Help Center

Helping women deal with unwanted or unexpected pregnancies

(562) 923-HELP

www.livinghelpcenter.org

her to Downey Cal-SAFE, a program that offers courses leading to a high school diploma for teens that are pregnant or parenting. The program allows both the mother and father to attend classes and permits them to bring their child into class as well. The program includes classes in core subjects, elective courses, reading and math programs, parenting classes, and preparation for the California High School Exit Exam. The program also provides child care for infants and toddlers, referrals for community resources, and college and career counseling.

In counseling, minors are advised to notify their parents – or an adult they can trust – of their pregnancy. If the teens decide to tell their guardians but are scared, they are welcome to bring their family to the center for group counseling.

However, if the teen decides to hide her pregnancy, the center respects her confidentiality.

"When we advise someone, we challenge them to find out what they want in life," said Bayer. "And we help them realize that regardless of their 'mistakes' and how much their lives have changed, they are still important individuals."

Because the center is a non-profit organization, their annual budget, which averages around \$102,000, comes from funds accrued from their annual Walk for Life, golf tournament and dinner, as well as funds raised through their quarterly newsletter and private donations. And with the exception of Bayer, those that work at the center are non-paid.

Although they are volunteers, the center's workers must complete a 20-hour volunteer program, which consists of hands-on training, as well as an "accelerated Sex 101 course," said Bayer.

Overall, the center has helped over 13,000 people in the past 20 years, Bayer said, and hope that they will be of great service to those in need in the future.

"We don't do this to get paid," Bayer said. "We do this because we might be the only help these women will ever get, and seeing them overcome obstacles is far better than receiving a paycheck."

For information on the Living Help Center, visit www.livinghelpcenter.org, or call (562) 923-HELP.



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HomeTown Buffet
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Downey, CA

September 26, 2007
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Oneda Alden 1909 - 2007

Oneda Alden, a long time resident of Downey, passed away peacefully at Villa Elena Healthcare Center in Norwalk, Calif. on Sept. 2, 2007.

She was born August 23, 1909 in Cameron, Wis. to Theodore J. and Clara A. Dejung. She and her parents moved to Downey in 1949 to be near her brothers and their families.

She continued her career as a well respected bookkeeper for many years until retirement. She was a devout member of Good Shepard Lutheran Church and enjoyed her time spent doing volunteer work with her friends. Oneda was preceded in death by her loving husband Leroy Alden and brothers Harold and Arden Dejung. She is survived by nieces and nephews, their families, and many special friends.

Services will be held Tuesday, Sept. 11, 2007 at 1:00 p.m. at Rose Hills Memorial Park, 3888 Workman Mill Road, Whittier, Calif. at the Hillside Chapel {Gate 17}.

Viewing is on Monday, Sept. 10 from 6:00 - 7:00 p.m. at Rose Hills Mortuary.

Poetry reading event the first of its kind in Downey

BY HENRY VENERACION, STAFF WRITER

As far as anybody knows, the poetry reading held on Sunday afternoon, Aug. 26, at Joyce Sherwin's gazebo-furnished home featuring a bevy of weather-related poems by Lorine Parks was a first for Downey.

In addition to Lorine, the other well-known readers of her poems were poetry-loving/poetry-writing John Vincent, Jean Brazelton, Pauline Hume (her animated, theatrical rendering was a revelation), and Rosalie Sciortino.

The moving spirit behind the afternoon reading was the sixth reader, poet Mifanwy Kaiser, who runs Tebot Bach (Welsh for *little teapot*), a non-profit Huntington Beach-based public benefit corporation which sponsors workshops, lectures, forums, publications, and readings. Sunday's reading was a fundraiser for Tebot Bach, of which Lorine is a director.

Some 40 kindred souls, a few from out of town, accepted the invitation sent by Tebot Bach, including, says Lorine, fellow poets Dolores Roupe of Bell Gardens, Gina Lain and Frank Kearns. Lorine's former Wellesley roommate and best friend Maria Smith flew in from Falls Church, Virginia to share the experience.

Poet that she is, always alert to the creative possibilities of words and images, Lorine says she one fecund day last year liked the sight and the sound of "Catalina Eddy," which she knew to be "a small recurring cyclonic vortex, beginning at night as a swirl of cloud cover and a gentle on-shore flow, centering over Catalina Island in the ocean off Los Angeles."

Further, "Eddy is of keen interest to local weather forecasters because of the moderating oceanic effect which it brings to the city. Its small size and shallow vertical extent have made it difficult to monitor and predict, at least when using conventional data."

Rumination over this produced a poem, "beach-front blues," which she says *The Downey Patriot* published on Aug. 11, 2006. From this sprang a series of poems, both looking backwards and forward, describing the various weather patterns that poetically take lives of their own. Thus, Catalina Eddy's "accompanying effects, June Gloom and Mae Gray, manifested as deep daytime marine layers of clouds," for example, become, in Lorine's imagination, girlfriends.

Hence, in this weather-laden collection of poems, we encounter Eddy's 'weather' family: Nino (El Nino), the Pineapple Express, the Santa Anas, "Aunt Polar Flo," and Hurricanes Frenchy Gaston, Ernesto, and "Great-Aunt Camille" in a swirling, spiraling act of imagination.

Lending mood and atmosphere to some of the readings were the light "acoustical harmonica improvisations" by Rick Smith.

"These are about the weather in the same way that the musical, 'Cats,' is about cats," says Lorine, adding: "The hope is this poetry reading becomes an annual affair in Downey."



Lorine Parks, left photo, was one of a bevy of poets to read her work at a poetry reading last week at the home of Joyce Sherwin, right. Organizers of the first-time event, which drew about 40 visitors, hope to make it an annual occasion.



Reservations available for Charter Ball

DOWNEY – Downey Regional Medical Center's Memorial Trust Foundation will host its 32nd annual Charter Ball on Nov. 3 at the Hyatt Regency Orange County. The night will include a gourmet dinner, live auction, sweepstakes drawing, and classical rock music.

Charter Ball is a major fundraising event for the hospital, which this year will honor David and Lisa Berger, and Assemblyman Hector and Christine De La Torre.

The Charter Ball theme this year is "A Magic Carpet Ride" and will be headlined by rock group the World Classic Rockers. The band features former members of the Eagles, Journey, Santana, Steppenwolf, Toto and Lynyrd Skynyrd.

Reservations, tickets and sponsorship information is available by calling the Memorial Trust Foundation during office hours at (562) 904-5055.

Oldies concert at Downey Theatre

DOWNEY – The Downey Chamber of Commerce will delve back into time when it presents an oldies fundraiser concert Sept. 15 at the Downey Theatre.

The Beach Toys, a tribute to The Beach Boys, will headline the show. Also performing will be Pleasant Valley Sunday, a musical comedy tribute to The Monkees, and Paperback Writer – The Beatles Experience.

Tickets are \$25 and on sale now at the Downey Chamber of Commerce, 11131 Brookshire Ave. or by calling (562) 923-2191.

CERT training being held this month

DOWNEY – Training for Downey's CERT (Community Emergency Response Team) program will be held on three consecutive Saturdays beginning tomorrow.

All training is provided free of charge by professional responders of the Downey Fire Department.

CERT is designed to train residents how to help their family and neighbors in the event of an emergency, when rescue services may not be immediately available. CERT training covers basic skills such as first aid, fire extinguisher use, light search and rescue, and tips on how to avoid becoming a victim.

Classes will be held Sept. 8, 15 and 22 from 8 a.m. to 4 p.m. at the First Baptist Church of Downey. There will be a one-hour lunch break. The class is open to anyone 18 years old or older.

For more information, call (562) 904-7345.

Italian Catholics hosting bingo luncheon

DOWNEY – The Italian Catholic Federation of St. Raymond's Parish is hosting a "Bingo Luncheon" on Sunday at 1 p.m. in the Msgr. Robert Gipson hall, 12348 Paramount Blvd., in Downey.

The cost is \$10 which includes one Bingo card, door prizes and lunch. The event will also include a raffle of a \$25 money tree and other donated prizes.

For tickets or information, call Aline Amatisto at (562) 693-9430 or Charlene Drobeck at (562) 928-1937.

Christian Club meeting on Wednesday

DOWNEY – "From Brokenness to Joy" will be the theme of the Downey Christian Women's Club Wednesday meeting at the Los Amigos Country Club.

The day's special feature will be presented by J. Pacific International Inc., a wholesale designer of handbags. Singer/songwriter Gina Alston will provide music and be a guest speaker.

Cost to attend is \$12, which includes a buffet lunch. The community, including men, is invited. Reservations are requested by calling Sonja at (562) 862-4347 or Delores at (562) 868-7135.

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Graduation was a long time coming

CONTRIBUTED BY CERRITOS COLLEGE

NORWALK – Last May, Janet Nickerson walked out onto the grass at Cerritos College's Falcon Stadium to receive her diploma – a day she and hundreds of other graduates had worked toward with commitment and determination. But for Nickerson – a 47-year-old single mother of two with a full-time job – the accomplishment was even sweeter; she started college before many of her fellow graduates knew their ABCs.

Nickerson, of Whittier, left high school at the age of 17. After taking the exit test, she abandoned the idea of college and left home for another state. But Nickerson soon found herself back in California, working a full-time job with the idea of school far from a priority.

"I wasn't thinking about college then...my dad said I would marry and wouldn't have to worry about it," she recalls.

Ten years passed. Nickerson married and had twins. But as time went by, she found herself looking back.

"I realized that I never got to walk with my class. I thought, 'Geez, I think I missed something,'" she says. "There was also the fact that, as a kid, I had never finished anything I started. I wanted to prove to myself that I could carry something all the way through."

Nickerson returned to school first at Long Beach City College, but transferred to Cerritos College when she moved from Long Beach to Whittier. This proved to be a turning point, specifically because of one of the counselors from the Cerritos College Distance Education office.

"When I met Yvette Juarez, she pointed me in the right direction and gave me focus. She always returned my e-mails and was really encouraging," said Nickerson.

With the prodding of Juarez, Nickerson enrolled in the Weekend College program at Cerritos College, a program designed specifically for working adults.

Almost immediately after she started back to school, Nickerson faced major obstacles. She went through a divorce. Her mother was diagnosed with Alzheimer's disease, and Nickerson became one of her primary caregivers.

"I could never go full-time; it was start and stop," she recalls.

Nickerson also had to deal with issues of confidence. She wasn't sure if she had the academic skills necessary to succeed, and she felt different than the other students around her.

"It was the feeling of, 'Do I belong here? Do I fit?'" she recalls. "I would tell myself, 'Just keep going.' And then I saw my grades – I was getting fairly good grades – and I kept going."

With each new success, Nickerson gained confidence.

"In the beginning, I hardly said a word in class. The last two years I've been right out in the front and not afraid to say anything."

Nickerson also attributes her success to the attention of her professors: "I had a lot of good teachers, mainly at Cerritos College. For example, going into my statistics class, I was a bit intimidated. I told the professor that I hadn't had algebra for quite a long time. Mr. Flores, the professor, was very encouraging. He said to me, 'Janet, you can do this.'"

Nickerson's children also became part of her motivation.

"I felt like if they saw me going to school when they were little, it would encourage them. It would make it a family thing. If mom and dad are lying on the couch, they why should they be working hard at school? We were able to share on a different level than if I hadn't gone."

Finally, after almost 20 years at community college, Nickerson graduated with a degree in liberal arts – with honors. Nickerson's son, who is a student at UCI, and her 85-year-old father were both present to see her graduate, as well as her new husband. Her daughter, she is quick to add, could not attend but was with her "in spirit."

"It was the biggest high in the world. I was very, very proud of myself," she recalls. "It felt like it had been a long time."

Next on Nickerson's to-do list? Transfer to a four-year university and then pursue a career in psychology or business. For this single-working-mother-turned-student, finding time to further her education will never be easy – but it will always be worth it.

"It gets tough when you have kids or you lose your job," she said. "But you just keep going."

Event celebrates U.S. Constitution

NORWALK – On September 17, Cerritos College will celebrate the 220th anniversary of the signing of the U.S. Constitution. This year's event will focus on Benjamin Franklin, with a discussion by history professor Dr. John Haas. The college will also host composer William Zeitler performing selections on a glass armonica, a rare colonial instrument.

Performances will be held at 11 a.m. and 2 p.m. in the school's Teleconference Center. For information, call (562) 860-2451, ext. 2476.

College Foundation appoints new member

NORWALK – The Cerritos College Foundation recently added Navneet Chugh, attorney-at-law, certified public accountant (CPA) and MBA, as a member of its Board of Directors.

"Cerritos College fulfills a tremendous need, and I'm so pleased to be a part of it," Chugh said. "The opportunities it offers are extremely beneficial to the students, to the business community in California and to society in general. I'll do whatever I can do to help further its reach."

Chugh has extensive experience in a wide variety of business and legal matters. He is the managing partner of The Chugh Firm, an international law firm providing companies with corporate, tax, litigation and immigration services. Chugh also has founded and served as president of the South Asian Bar Association of Southern California, North American South Asian Bar Association and the International Indian Bar Association.

He founded The Indus Entrepreneurs, Southern California in 1997.

"We are extremely pleased to welcome Mr. Chugh to the Cerritos College Foundation," said executive director Steve Richardson. "Not only does he bring a great deal of business and legal expertise to the Board, but he also has a keen desire to enrich his community, and we are excited that he is partnering with us to build better futures for our students."

Chugh is also a trustee and board member of the American Indian Foundation, the largest and most successful Indian charity based in the U.S., and a member of the Clinton Global Initiative, a community of global leaders who work to influence change. In addition, he is on the advisory board of Asia Society; is a board member of the Habib American Bank; and is chairman of the board of Premier Media, Inc., a publishing company based in Los Angeles.

Chugh attained a B.S. degree in business from Nagpur University, India in 1985, ranking first in the university. He received his master's in business administration from USC in 1985, and his Juris Doctorate from Western State University in 1992 under a President's Scholarship.

The Cerritos College Foundation is a non-profit organization that gives financial support to the college.



Former baseball player Jose Canseco attended a charity golf tournament last week at Candlewood Country Club in Whittier. The event raised money for children's group Para Los Ninos. The organization's president, Gisselle Acevedo, is shown at left.



Navneet Chugh has been added to the Cerritos College Foundation's Board of Directors. The Foundation supports Cerritos College through financial means.

Teach an adult how to read

DOWNEY – The Downey City Library needs volunteers to teach an adult to read through the Adult Literacy program. Training sessions for volunteer tutors will be given on Thursdays, Sept. 13, 20 and 27 from 6 to 8 p.m., and Saturday, Sept. 22, from 9 a.m. to 3 p.m.

Tutors will receive a total of 12 hours of training and may attend ongoing literacy support meetings.

To register, call the Literacy and Training Office at (562) 904-7360, ext. 23, or e-mail cdailey@downeyca.org.

Citizens for Downey gets fired up

DOWNEY – Fernando De La Torre with the Downey Fire Department will address community group Citizens for Downey on Sept. 12, where he will explain the department's duties beyond fighting fires, including emergency services and inspections of new buildings under construction.

The community is invited to the meeting, which starts at 7:15 a.m. at the Rio Hondo Events Center. A breakfast buffet will be available for \$5.

Golf tournament raises money for non-profit

■ Para Los Ninos, a support organization for homeless children, draws hundreds to charity tournament.

WHITTIER – The 17th Annual Dearden's Golf Tournament raised nearly \$200,000 for non-profit organization Para Los Ninos, tournament organizers have announced.

Hundreds of people attended the tournament, held at Friendly Hills Country Club in Whittier.

"We are so grateful for the amazing support of [Dearden's COO] Ronny Bensimon and Dearden's," said Gisselle Acevedo, president and CEO of Para Los Ninos. "The generosity of today's participants will go far toward fulfilling our mission of helping children succeed."

"This event gets better every year because of the amazing Dearden's employees, whose excitement and energy create a wonderful atmosphere for fun and giving."

Bensimon, in addition to being Dearden's COO and president, is the newly-elected Chairman of the Board of Directors of Para Los Ninos and has supported the organization through the annual tournament since 1990. The event originally began as just a "few buddies golfing together," but now serves an annual fundraising tournament.

This year's event was expected to raise nearly \$200,000, organizers said. Golfers also received prizes for being a part of the tournament. Prizes included home and office furniture, big screen televisions, and golf clubs. Corporate officers, employees and vendors also enjoyed a reception after golfing.

"We love being a part of this event," said Bensimon. "Para Los Ninos has helped tens of thousands of children and families over the years by providing them with safe and nurturing environment, top quality education, and programs designed to help them succeed. We have fun each year, get to play lots of golf and give money to an excellent organization."

The events of the day began with a luncheon for all the golfers. Before hitting the course, golfers also competed in a putting contest. Competitions were held for "closest to the pin," "long drive," and "hole-in-one."

After a full day of golf on the par 72 course, players and guests were treated to a dinner. The event included a raffle or prizes from the day's sponsors, as well as a live auction.

Dearden's wasn't alone in support Para Los Ninos. Other major sponsors included LG, Toshiba and Sprint.

Para Los Ninos opened its doors in 1980 in response to the plight of children living in Skid Row hotels. Now in its 27th year of operation, Para Los Ninos assists nearly 3,500 low-income children each day and over 5,000 families every year from 21 sites in some of the most impoverished neighborhoods in Southern California.

The agency's core services include early childhood development and education, a charter school (K-5), after-school enrichment, youth diversion and delinquency prevention, and youth workforce services.

Library will be open Sundays

DOWNEY – Effective Sept. 9, the Downey City Library will be open Sundays during the school year.

Offering a full range of services, the library will be open Monday through Thursday, 10 a.m. to 9 p.m.; Friday and Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m.

"Providing access to the library on Sunday is a real benefit to students and busy families," said City Librarian Nancy Messineo. "Getting a free library card for everyone in your family is a great way to begin the new school year."

The library offers books, magazines, newspapers, DVDs, CDs, electronic databases and computers for public use. Library patrons can also return books in library book-drops during closed hours, renew books by phone or visit the library website at www.downeylibrary.org.

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Call Marie Picarelli @ 562-618-0033



REDUCED!
3 units
1-3 bedroom, travertine floors, granite in kitchen 2-1 bedroom units to help with payments, perfect for families Move-in condition! PRICE Slashed to \$825,000!
Call Marie Picarelli @ 562-618-0033/ www.MariePicarelli.com



DOWNNEY!
"Seller Motivated!"
3 Bedrooms, 1 1/2 Baths, Master suite w/ walk-in closet, 80 ft. wide lot, 2 car detached garage, 1,264 sq ft home. Priced @ \$499,900
Call Vicki Spearman @ 562-367-9520



PRICE REDUCED!
Great Area, Great Price!
2 BD, 1 BA, corner house w/ newer carpet, newer tile in kitchen & bath, newer interior paint, recessed lighting in living room & kitchen, large yard, close to shopping center. Price: \$439,000
Call Irma Sandoval 562-254-2244



CALL TODAY!
Home Sweet Home!
3 Bedrooms, 1 1/2 Baths, Living Room w/ Fireplace Family Kitchen w/ Eating Area, 2 Car Garage, 1,610 Sq. Ft. Priced @ \$699,000
Call Mary Jane Lee @ 562-618-0390

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562-533-7433
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MOVE RIGHT IN!
Move Up In Downey!
Downey 3 BD, 2 BA, formal dining room, freshly painted, large garage, with carport, nearly 1,700 Sq. Ft. of living space, large lot, located on a quiet cul-de-sac.
562.533.7433
See Virtual Tour @ www.MarioPersico.com



REDUCED!
NEWLY LISTED!
3 BD, 3 BA, living room w/ fireplace, master suite, central air & heat, pool & spa, 2 car garage, 1,540 sq. ft. Move In Condition! Call for Reduced Price!
562.533.7433
See Virtual Tour @ www.MarioPersico.com



THE RIGHT HOME!
N. Downey...Original Owner!
N. Downey 3 Bed, 2 Bath, Living room, Spacious Family room Master Suite, Newer roof (June 2006), Fresh Paint exterior (April 2007) Central Heat & Air (4 years new), & 1,722 Sq. Ft. & So Much More!!
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See Virtual Tour @ www.MarioPersico.com



MAKE OFFER!
WOW! 20,000 Sq. Ft Lot!!
3 Bed 2 Bath Home with 4 Car Garage PLUS 4 Space Carport is a Car Collector's or Mechanics Dream Huge Lot has many opportunities!
562.533.7433
See Virtual Tour @ www.MarioPersico.com



Mario: Born in Downey/Raised in Downey Lives in Downey/Worships in Downey
***** SELLS DOWNNEY *****

Jose Garcia-Yanez
"The Service You Deserve"
562-519-4010



NEW LISTING
N.E. Downey!
Completed in August 2007 this home features 6 BD, 6.5 BA, marble floors, kitchen w/ butler pantry, & beautiful backyard w/ pool & spa.
Call Jose @ 562-519-4010



N. DOWNNEY
Pool Home!!
5 BD 3 BA, 3,100 Sq. Ft. of Living space on an 8,200 Sq. Ft. Lot, with pool & spa built in 2006.
Call Jose @ 562-519-4010



Ready to Move in!
3 BD, 2 BA, family room remodeled kitchen, and spa.
Priced at: \$668,900
Call Jose @ 562-519-4010



OPEN HOUSE
North Downey Pool Home!
3 BD, 2 BA, family room, remodeled 2007 pool, large back yard!
Price to sell: ONLY \$724,900
Call Jose @ 562-519-4010

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"The 24 Hour Agent!"
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2000-2006!

FREE Market Evaluation!



REDUCED
A Great Buy!
2 bed, 1 bath N Downey home w/ large yard, dog run, & covered patio.
Reduced for a fast sale to \$399,999!
Virtual tour at www.MichaelBerdelis.com



Warm and Cozy!
3 bed, 2 bath pool home with extra large 2 car detached garage on quiet street in Downey. Home is 2189 sq ft on a 7380 sq ft lot.
Price: \$699,950
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
Happily Ever After!
3 bed, 2 bath Downey home w/ new kitchen w/ corian countertops, hardwood floors, large master bedroom, new windows, and large yard w/ fruit trees.
Price: \$549,950
Virtual tour at www.MichaelBerdelis.com



One of a Kind!
3 bed, 2 bath, formal dining room, hardwood floors, & RV parking.
Price: \$549,000
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
North Downey Home
3 Bed, 2 bath, living room & family room, new kitchen, central air, and new windows. This house has it all!
Priced at: \$625,000
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
"Guest Quarters!"
3 BD, 2 BA, Downey home w/ large guest house including kitchen and bathroom
Priced at: \$675,000
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
Remodeled Like New in 2007
New construction 4 bed, 3.5 baths, Granite counter tops in kitchen and baths. 2200 sqft., central air & heat, with beautiful landscaping.
Price: \$749,950
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
Gorgeously renovated from the ground up!
Amazing 4 bed, 2.5 bath, formal living room, dining room, large family room, and new kitchen with granite countertops and large island, 2682 sq ft of living space North Downey Home on a 8200 sq. ft lot.
Price: \$849,950
Virtual tour at www.MichaelBerdelis.com



Northeast Downey Pool Home!
4 bedrooms + office, 2.5 bathrooms, remodeled kitchen, living room & family room with fireplaces, formal dining room, large master bedroom, & pool / spa.
Price: \$1,149,950
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
Too Good to be True!
3 bed, 2 bath NW Downey home w/ attached guest house, remodeled kitchen, possible RV parking, and circular driveway.
Price: \$675,000
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
New Construction 2007!
5 BD, 4 BA, central air & heat, Sparkling pool, 3,600 Sq. Ft. living space.
Price: \$1,199,950
Virtual tour at www.MichaelBerdelis.com



OWNER WILL CARRY
Custom Built Beauty
5 bed, 4 bath, 3100 sq ft, North Downey mini-mansion.
Price: \$1,199,000
Virtual tour at www.MichaelBerdelis.com



OWNER WILL CARRY
Quality & Elegance! - Built in 2007
5 BD, (4 up & 1 down) 4.5 BA newly constructed home w/ Lg. master BA, marble floors, granite kitchen, & 2 car garage.
Price: \$1,249,000
Virtual tour at www.MichaelBerdelis.com



Perfect for Entertaining!
Wonderful 5 bedrooms, 4 baths, 3200 sq. ft home with pool/ spa, detached garage, built in BBQ, bar area and pool room w/ full bath.
Price: \$1,299,950
Virtual tour at www.MichaelBerdelis.com



Coming Soon!
Spectacular 5 bedroom, 4 baths, 3,900 sq. ft North East Downey, new construction on a 7500 sq.ft lot w/a two car detached garage.
Price: \$1,399,000.
Virtual tour at www.MichaelBerdelis.com



OPEN HOUSE
One of a Kind!
5 BD, 4 BA, large master suite, new kitchen, rock pool & spa w/ waterfall & slide, 4,729 sq. ft. on a 7,560 sq. ft. lot
Priced to SELL: \$1,495,000
Virtual tour at www.MichaelBerdelis.com

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