

The Downey Patriot



'My Fair Lady' opens Thursday
See Page 3



Bocce ball champions
See Page 10



Military graduations
See Page 4

Friday, September 25, 2009

Vol. 8 No. 23

8301 E. Florence Ave., Suite 100, Downey, CA 90240



COURTESY PHOTO

Downey Kiwanis helped sponsor the annual Rancho Los Amigos Carnival, held this year on Sept. 12. The event brings out current and past patients and their families for a day of games, music, shows, food and displays from the Downey Fire Department. "This event is about supporting the medically underserved community and understanding the physical and emotional rehabilitation needs," said Kiwanis member Fernando Vasquez, pictured above with Rancho patients.



COURTESY PHOTO

Capt. Rick Esteves will take over as chief of police in December, when Roy Campos retires.

Esteves named police chief

DOWNEY – Capt. Rick Esteves, a 25-year veteran of the Downey Police Department, will take over as police chief when Roy Campos retires in December.

City Manager Gerald Caton appointed Esteves and the decision was confirmed by the City Council on Tuesday.

Esteves will become the Downey Police Department's ninth chief of police when Campos retires Dec. 2. Campos was named police chief in October 2005 following the retirement of John Finch.

Esteves was on vacation this week and not available for comment.

City permit process going digital

■ Up to now, city permits were issued using pen and paper.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY — The City Council Tuesday gave Mayor Mario Guerra the go-ahead to execute a professional services agreement with Accela Inc. to "configure and install" a permit tracking software system which will track the movement of city-processed projects, from submittal to project completion.

Deputy city manager/community development Gilbert Livas noted in his report that currently the manually issued permits, using only pen and paper, use too much of staff time and makes interdepartmental communications difficult, which sometimes results in the sharing of incomplete or inaccurate information.

The proposed new software system, which will primarily be used by the Planning, Building, Code Enforcement, Engineering and Fire Prevention departments,

will further simplify, Livas wrote, the issuance of planning approvals, building permits, encroachment permits, code enforcement notice of violations, etc.

Accela Inc. was chosen from among several bidders because of its proven expertise and experience in handling such systems with, it is alleged, more than 500 government agencies worldwide. It is anticipated that Accela will install the system on the city's network, test the system, and train staff on its uses. This should take nine months, with a "go live" date slated for May 2010.

When misgivings were aired by Guerra as to its price tag of \$647,467 in the context of current cutbacks and economies, Livas pointed out that the expense is a categorical expense, specific only to the use it applies, and chargeable to the Records Management Account covered by Records Management fees.

In other action, the Council:

- Approved the Memorandum of Understanding with the Los Angeles County Metropolitan Transportation Authority (MTA) in order to receive a reimbursement for the city's reporting of FY2007

transit data (including the city's Dial-A-Ride transit services) to the National Transit Database through the MTA's consolidated report;

- Approved a Subrecipient agreement with Beyond Shelter, a nonprofit organization providing a proven homeless prevention and assistance program, under a new program using federal stimulus Homelessness Prevention and Rapid Re-Housing Program (HPRP) funds administered by the Department of Housing and Urban Development (HUD) as authorized by the American Recovery and Reinvestment Act passed by Congress in February 2009; the total fund amount granted was \$611,634 with \$596,539 budgeted for operations and the balance of \$15,296 set aside for general administration and oversight obligations;

- Adopted a resolution amending the Master Lease-Purchase Agreement with Oshkosh Capital by including Lease Schedule No. 126999000 in the amount of \$1,048,174 for two replacement Pierce Fire Apparatus fire pumper trucks;

- Approved the plans and specifications for the installation of a

\$180,000 security lighting in Treasure Island Park, and granted authority to advertise for bids;

- Rescheduled the Sanitary Sewer System Master Plan workshop to Tuesday, October 6, at 5 p.m.; city manager Gerald Caton estimates the session should take some two hours, while Guerra suggested that perhaps the City Goals project can also be taken up then; and

- Heard the mayor present certificates of recognition to former Parking Place commissioners; his Diakonia (servant) award to Katie Piazza; issue proclamations regarding the "One Book, One Community" program, "Family Day – A day to eat dinner with your children," and October as "Lupus Awareness Month"; and present a certificate of achievement to John Michicoff and his staff for excellence in financial reporting, from the Government Finance Officers Association.

The next regular public Council meeting will be at 5 p.m. Tuesday, Oct. 13, at City Hall, 11111 Brookshire Ave.

Stricter restriction on newspaper racks

BY CHRISTIAN BROWN,
STAFF WRITER

DOWNEY – In an effort to beautify city streets, the City Council voted on Tuesday to mandate stricter standards for vendors who sell printed publications in news racks on public right-of-ways.

The unanimous decision comes after Mayor Mario Guerra directed staff to find ways to make news rack locations in the city more attractive.

Currently, the public works department issues yearly permits to vendors who wish to place news racks on public streets and city property. Illegally installed racks are removed.

According to the city ordinance, more than 100 illegal publication machines have been removed since 2007, reducing the amount of news racks from more than 500 to nearly 250 today.

The City Council approved the new standards in order to produce more uniformity among the news racks by strictly regulating the size, shape, color and location of the vending machines.

Presently, 10 percent of city news racks are blue, while 40 percent are green and 50 percent are brown. Though many are made of metal, some are made of plastic. The racks also differ in type and size, and some machines are chained together.

Prior to the council's vote, public works director Brian Ragland explained the proposed amend-

ments and the changes each would bring.

First, all news racks must be green and made of metal with a pedestal-style base. The city has authorized specific types made by Kaspar Sho-Rack, a Texas-based publication vending machine company.

In addition, vendors cannot chain racks together and no advertisements can be displayed on the racks unless it is the publication's name or logo. The racks must be kept in good condition and no more than eight can be grouped together in one location.

The city estimates that it will cost nearly \$600 for vendors to install the new vending machines, but according to the ordinance, current vendors do not have to buy new machines so long as their racks meet all other standards.

Current permitted publications include the *Los Angeles Times*, *La Opinion*, *Press-Telegram*, *HOY*, *Recycler*, *Auto Trader*, *Whittier Daily News* and others.

In 2008, the city of Paramount issued a similar ordinance mandating specific standards of design, appearance and maintenance for news racks in the city.

Guerra admits that the current news racks are a personal pet peeve.

"We're not reinventing the wheel here – other cities have done this. Paramount passed this over a year ago and had great compliance," Guerra said. "We will be as business-friendly as possible – and it will only beautify our city."

Foreclosure scams prey on the desperate

BY REP. LUCILLE ROYBAL-ALLARD (D-34)

A new wave of fraud is ripping homes out from under people who are stressed, desperate and facing foreclosure. The signs are literally nailed to posts and supermarket bulletin boards everywhere. They are advertised on television and on the internet: Refinance Your Mortgage; Facing Foreclosure? Modify Your Loan; Consolidate Your Debt; Refinance: Zero Down.

People facing foreclosure are, by definition, in need of quick solutions. They are scared of what

the future will look like without a home; many times they are out of jobs or have been displaced by a changing economy.

Sadly, there are many who are openly exploiting people in difficult circumstances – online, on the telephone, and sometimes audaciously knocking on doors.

In Los Angeles and Orange counties alone, there are more than 200 of these fraudulent companies, according to Attorney General Jerry Brown. And with frightening regularity, they are bilking homeowners and leaving them with fewer resources and even more problems. The most common scams are:

Phony Counseling: The scammer promises to negotiate a deal with the homeowners' mortgage lender and will handle all the details. But instead of contacting the lender or getting the mortgage refinanced, the scammer takes the fee and disappears;

Bait and Switch: The scammer tells homeowners they are getting a "rescue" loan to bring their mortgage current. But the documents actually turn over the title of the house to the scammer;

Rent-to-buy Scheme: There are several versions of this strategy, but the bottom line is the scammer gets the title to the home and makes the false promise that the family

can eventually buy back the property. In reality, sometimes the scammers raise the rent so high the family can't afford to make rent payments, either. In all cases, the house is lost.

Foreclosure scams come in many forms and morph rapidly, and Californians are particularly vulnerable. As of July, home prices statewide were down 23 percent over the year before – a stunning loss of nearly one-fourth of property value. In addition, one in 123 California homes is now at-risk of foreclosure.

See FORECLOSURE, page 5

School enrollment up by 300 students

Enrollment increase reverses recent trend, officials say.

By HENRY VENERACION, STAFF WRITER

DOWNEY — A few items of note served to brighten the proceedings of the DUSD Board of Education meeting Tuesday.

Boardmember Willie Gutierrez underscored the fact that DUSD enrollment is up this school year. More precisely, there's 300 more students enrolled this year than last year, according to assistant superintendent Stan Hanstad, reversing a worrisome declining trend in the past two or three years.

Boardmember Martha Sodemani congratulated Superintendent Wendy Doty's efforts to energize teachers into turning out a better attendance to illness-related absences ratio.

To top it off, Board chairman D. Mark Morris expressed admiration at the way the Downey Adult School is fulfilling its promise.

According to DAS office manager Sharon Newberg, while enrollment has more or less stabilized this year at 18,000 students, its rate of growth the past few years is arguably "the fastest in the state," rising from a 24th to 15th ranking among adult schools. Morris said DAS right now stands "far and above" the rest of the adult schools in the area.

In other action, the Board: *Heard Downey High School principal Tom Houts honor recent DHS graduate Evelyn Cruz for her heroic role in succoring John Kosarich in Turnbull Canyon as the 68-year-old cross-country DHS coach suffered a sudden heart attack;

*Accepted with gratitude a cash donation of \$30,000 from the Downey Kiwanis Foundation to be used in support of Project Lead the Way at Warren High School; as well as \$4,000 from the Jerome Foundation, \$242.76 from Sussman Middle School, and \$200 from Robin Martin, all to be used in support of the TLC Family Resource Center;

*Likewise accepted from Mitsubishi Motors a donation of five damaged Mitsubishi automobiles (valued at zero dollars by donor), for use by the automobile technology class at Downey High School;

*Approved the payment of expenses, including registration fees, for convention and conference attendance;

*Ratified the FY2009-10 gener-

al agreements made with the following institutions: Center for Autism and Related Disorders; Del Sol School; Devereaux Texas Treatment Network; Lindamood-Bell; More Than Words; New Haven Youth and Family Services; and Vista Behavior Consulting; as well as the general agreement covering FY2008-09 made with Oak Grove Institute;

*Approved the payments for special education placements;

*Ratified the settlement agreements regarding Case # 2009060560 and approving the payment thereof of \$6,000; as well as Case # 2009070798, for which a payment of \$6,500 has been approved;

*Approved the purchase orders by the Purchasing Department;

*Approved the payments for hourly, overtime and Civic Center work performed by classified personnel, Adult School and Food Services for the month of June;

*Ratified B warrants;

*Ratified various agreements including those entered into with Administrative Services Cooperative, Inc. for transportation services; CSU-Fullerton (July 1, 2009-June 30, 2014) for student teaching; the city of Downey (effective Sept. 3, 2009-June 17, 2010) for the School Safety Police Program; and Family Service of Long Beach to provide a Certified Application Assistant (CAA) to enroll children into a statewide health insurance program (covering Aug. 1, 2009-June 30, 2010), as well as a counseling program to children and families referred from the District (Oct. 1, 2009-June 30, 2010);

*Ratified the agreements between the Downey Adult School Career & Education Center and Children's Dental Public Health Clinic-Bellflower Office, along with We Care Dental Office of Dr. Do, to furnish practical experience to students enrolled in the Dental Assistant program; and between it and Amecare Medical Doctors, Douglas A. Blose, M.D., Inc., Cerritos Family Medical Group, Clinic San Miguel, Charles Drew University Urgent Care Clinic, and Earl Fernando, M.D., to furnish practical experience to students enrolled in the Medical Assistant program;

*Ratified the contract for reimbursement for School Psychologist On-Loan with the Los Angeles County Office of Education (LACOE);

*Authorized the advertisement for bids for the purchase of a new walk-in cooler and freezer at Columbus High School, to be charged to the Food Services Fund;

*Ratified the bid award (\$3.7 million) to PW Construction, Inc. of

Glendora, for the Downey High School modernization (Bldgs. J/K/N & L);

*Approved the second year bid renewal to both AAA Electrical Supply, Inc., of Montebello and B & K Electric Wholesale of Downey, for the purchase of electrical equipment and supplies as needed, in the estimated annual amount of \$500,000;

*Approved the change orders in connection with work performed (painting, plumbing, HVAC, and electrical) by a variety of contractors on the Warren High School new library, classroom building and modernization;

*Approved the change order affecting the Downey High School new classroom building construction as well;

*Accepted as complete electrical, backhoe, rough carpentry, roofing, fire sprinkler, paving and repair work done by various contractors, as well as the new classroom building (Bldg. "B") for Downey High School completed by PW Construction, Inc. of Glendora;

*Approved the adjustments (increase/decrease as the case may be) made to the 2009-10 General Fund unrestricted and restricted budgets, the 2009-10 Deferred Maintenance Fund restricted budget, and the 2009-10 County School Facilities Fund restricted budget;

*Approved the declaration and sale and/or recycling of District surplus property and abated the income to the Food Service Fund (and/or for pick up by a local e-waste recycler for proper recycling);

*Acknowledged the receipt of a claim dated Aug. 14, 2009 and received on Aug. 21, 2009 submitted by 21st Century Insurance Co. on behalf of Joaquin Hernandez, and denied the claim in compliance with Government Code Section 911-15 and 945;

*Approved routine personnel items until subsequent action is taken by the Board;

*Authorized the services of the Speech and Language Pathologist, as submitted, for the 2009-10 school year, assigned on a waiver for Education Code Section 44268;

*Ratified the abolishment of one vacant 5-hour Senior Instructional Assistant position at Alameda Elementary School, effective Sept. 3, 2009, as well as one vacant Senior Instructional Assistant-Severely/Multiply Handicapped position at West Middle School, effective Sept. 22, 2009;

*Approved the abolishment of nine (9) classified positions, mostly Instructional Assistant positions, due to the cancellation of categorical funding from the state, effective

Sept. 22, 2009;

*Ratified the establishment of one new limited-term position with duties corresponding to the current classification of Student Information Systems Operator, assigned to Secondary Education, effective Aug. 17, 2009-Feb. 16, 2010;

*Ratified the establishment of one new position with duties corresponding to the current classification of Senior Instructional Assistant-Severely/Multiply Handicapped, to be assigned to Downey High School effective Sept. 2, 2009;

*Ratified the establishment of one new position with duties corresponding to the current classification of Senior Instructional Assistant, assigned to West Middle School, effective Sept. 3, 2009;

*Approved the establishment of one new position with duties corresponding to the current classification of Instructional Assistant, assigned to Lewis Elementary School, effective Sept. 22, 2009;

*Approved the changes to the duties of Senior Accounting Assistant, delineated in a new duty statement, effective Sept. 22, 2009;

*Approved the changes to the duties of Switchboard Operator/Receptionist as shown in new duty statement, effective Sept. 22, 2009;

*After a public hearing, determined that sufficient textbooks and instructional materials are available and consistent with the cycles and content of the curriculum frameworks;

*Adopted a resolution in support of Character Counts Week for Oct. 18-24;

*Adopted Resolution No. 200910-03, District appropriations subject to limitation for 2009-10;

*Approved the slightly revised Downey Adult School Course of Study for 2009-10;

*Approved the certification of the provision of standards-aligned instructional materials for each K-12 pupil in the district in each of the following areas: history/social science, mathematics, reading/language arts and science;

*Approved the unaudited actual financial report for the fiscal year ending June 30, 2009;

*Authorized district staff to finalize a retirement incentive plan for public review and board action at the Oct. 20, 2009 meeting; and

*Endorsed the actions taken by the superintendent on student cases.

The next regular meeting of the Board will be at 5:30 p.m. on Tuesday, Oct. 20 in the Theater at Downey High School, 11040 Brookshire Ave.



COURTESY PHOTO

Stonewood Center has donated a \$500 shopping spree as an opportunity prize at an Oct. 9 fundraiser to benefit Childrens Hospital Los Angeles. From left: Dorothy Pemberton; Charlie Hallums, senior property manager; Rosie Shelton; Whitney Wigle, Stonewood marketing manager; and Sarah Zepatos, of the San Antonio Guild.

Casino night to benefit hospital

DOWNEY — A casino night fundraiser to benefit Childrens Hospital Los Angeles will be held Oct. 9 at the Rio Hondo Event Center in Downey. Tickets are \$45 per person and include casino gaming, a buffet dinner and music.

Stonewood Center has donated a \$500 shopping spree to be used as an opportunity prize at the event.

The event begins at 7 p.m. For tickets or information, call Sarah Zepatos, event chairperson, at (562) 644-5538.

Library celebrating 50 years

DOWNEY — The Downey City Library will celebrate its 50th birthday with a slew of free events Oct. 3 from 10 a.m. to 2 p.m.

The library will be rededicated with a ribbon-cutting ceremony at 9:30 a.m. featuring the City Council.

The celebration will include a scavenger hunt, book giveaways, book raffles, and piñatas for children. Hector Navarro of Cakeland will lead a cake decorating demonstration for adults at 1 p.m.

"There will be something for all ages; you might even meet one of your favorite book characters at our party," said City Librarian Nancy Messineo.

The library will also be issuing commemorative gold library cards in honor of the event.

For more information, call (562) 904-7360, ext. 132, or visit the library.

Bingo event at St. Raymond's

DOWNEY — The Italian Catholic Federation of St. Raymond's Catholic Church will host a bingo luncheon Oct. 4 at 1 p.m. inside the Msgr. Robert Gipson Hall, 12349 Paramount Blvd.

Cost is \$10 and includes one bingo card, a door prize and lunch. A \$25 money tree will be raffled off.

For tickets or information, call Aline Amatisto at (562) 963-9430 or Charlene Drobeck at (562) 928-1937.

Wellness fair at Rancho

DOWNEY — The third annual Stroke Health and Wellness Fair will be held at Rancho Los Amigos National Rehabilitation Center tomorrow from 8 a.m. to noon.

The event is free and open to the public.

Activities will include a 1K and 5K run/walk/roll, health education booths and literature, bowling, ping pong, raffles, music and entertainment, and more.

The event, also called "Roll Around Rancho," is sponsored by Rancho's Stroke and Gerontology Services to increase awareness of stroke health and wellness. The chances of suffering a stroke are affected by controlling weight, high blood pressure monitoring, exercise and other activities.

"The importance of education on stroke is critical to saving lives," said Jorge Orozco, CEO of Rancho. "The Roll Around Rancho event provides patients and the public with an excellent opportunity to learn about stroke, preventive measures, and recovery after stroke."

According to Rancho, stroke is the third leading cause of death in the United States.

Soroptimist International of Downey
1st Annual Chili Cook Off
 Sunday, October 4, 2009
 Elks Lodge - Downey
 11233 Woodruff Ave. (behind BofA) • 1:00 to 5:00 pm
\$20 Admission • \$10 Children under 12 years
 BBQ Lunch, Chili Tasting, Entertainment and Fun!
 So, you say you make the best chili in these parts?
Bring it on!
 \$50 Enters your best recipe!
\$20 Join the Fun **\$50 Enter your favorite chili**
 Taste the best chili in town, entertainment Do you dare to compete?
 and food provided. Cash libations available! Contestant Rules will be provided.

Four Categories!
 • Hottest • Most Unique • Best Tasting • Best Aroma
 Three awards for each category
 For tickets & information call Mia Vasquez at (562) 806-3217 • missaywell@verizon.net

Celebration of Animals
Pet Blessing
Saturday—September 26
10:00 AM
Bring your pets!
Meet a pet!
All are welcome!

You can also donate blankets, pet food, toys or money to SEAACA.

Christ Lutheran Church
7707 Florence Ave • Downey 90240

Brandon Bernstein Trio Concert
 Saturday, September 26
 at 7:15 pm at the
 First Presbyterian Church
 of Downey
 10544 Downey Ave.,
 Downey CA 92041
(562) 861-6752

Guitarist Brandon Bernstein will be performing with an all-star jazz group Saturday night. The group will consist of Kate Reid on vocals, Ryan McGillicuddy on bass, and Tim Pleasant on drums. They will be performing many of the old jazz standards with their own unique take on them. Concert tickets can be purchased at the door or online at www.BrownPaperTickets.com. Concert tickets are \$10 in advance and \$15 at the door.

BACHELORS N' BACHELORETTES

Are you bored of doing the same old thing day after day? Why not try something new and exciting, get out and dance, **BnB International of Downey** has classes starting now in **LINE DANCING** and **SQUARE DANCING**.

Classes are held Monday nights in the main hall of Downey United Methodist Church at **10801 Downey Ave. at 5th St. in Downey Ca. 90241**. Line Dancing 7pm to 8pm Square Dancing 8pm to 10pm first lesson is **FREE**, than just **\$5.00** there after. Line Dancing has continuous **open classes**, Sqaure Dancing has open registration to **Sept. 28th**. Its great fun and you do not need a partner. Singles and couples welcome. Contact John at **323-219-4735** or Chris at **714-653-2979** call us **NOW** you can also visit us on the web at bnbinternational.org

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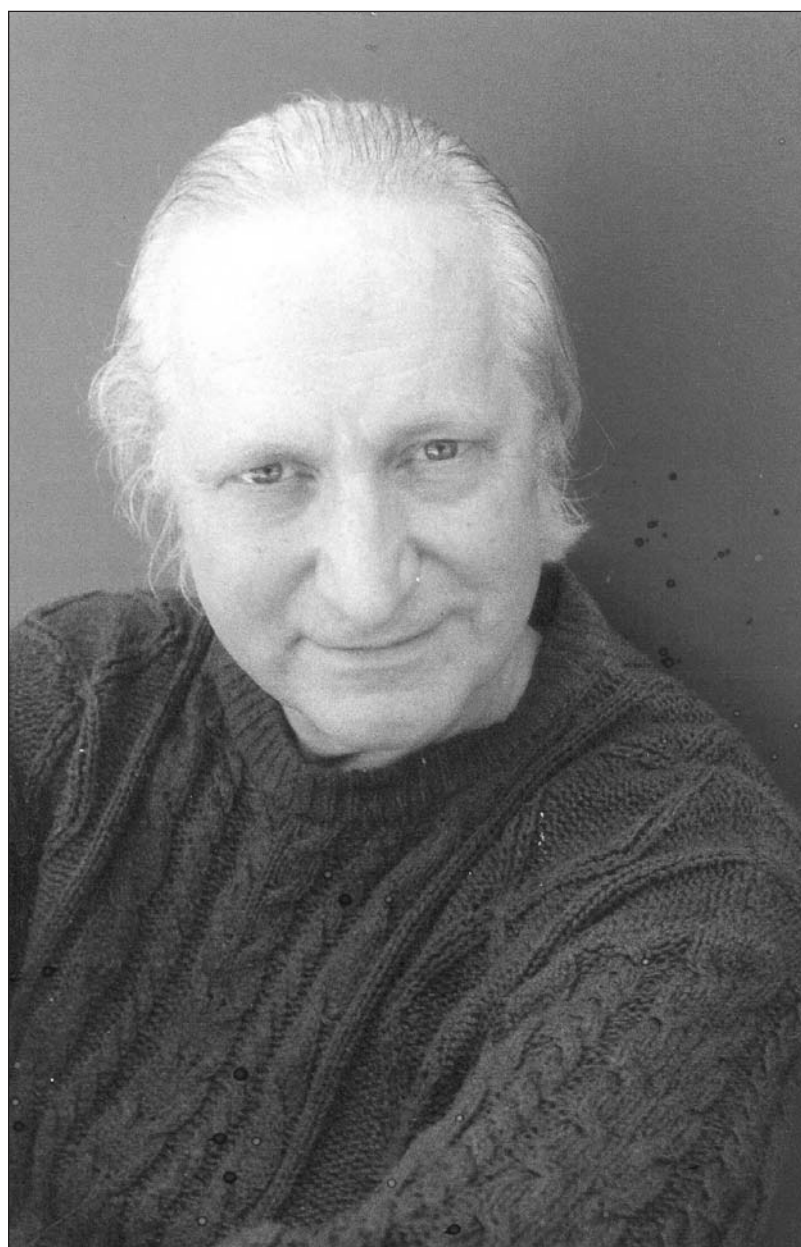


PHOTO COURTESY DOWNEY CIVIC LIGHT OPERA

Richard Gould will make his Downey Civic Light Opera debut as Col. Pickering in "My Fair Lady," which will be presented on stage Oct. 1-18 at the Downey Theatre. Gould appeared in "Phantom of the Opera" at the Ahmanson Theatre in Los Angeles and the Curran Theatre in San Francisco. He also appeared at the Mark Taper Forum, South Coast Repertory and the California Shakespeare Festival. For tickets to "My Fair Lady," call (562) 923-1714.

Kiwanis golf tournament Monday

DOWNEY – The 12th annual Downey Los Amigos Kiwanis Club Golf Tournament will take place Sept. 28 at the Candlewood Country Club in Whittier.

Entry fee is \$165 per person and includes green fees, golf carts, barbecue lunch and dinner. Additional dinners are \$35 each.

A foursome with a tee sign is \$700, and a Golden Tee sponsorship, which includes a foursome, special tee sign and dinner recognition, is \$1,000.

The tournament begins with a shotgun start at noon. Dinner and awards begin at 5:30 p.m.

Proceeds from the event will benefit the philanthropic endeavors of Downey Los Amigos Kiwanis Club, which supports Arc, Meals on Wheels, Rio Hondo Temporary Home, YMCA, Boy Scouts, Key Club and more.

To participate in the tournament, call Rich Molinaro at (323) 564-6901, ext. 206.

Fundraiser to benefit music

DOWNEY – A cooking school fundraiser to benefit the Downey Symphony Guild will be held Oct. 10 at the Firestone Grill inside Embassy Suites.

Visitors will enjoy special recipes, lunch and a silent auction. The Downey Symphony Guild helps sponsor music in the Schools and the Downey Symphony.

Reservations are \$40 and due by Oct. 2. For more information, call (562) 861-8507.

Car show at Bob's Big Boy

DOWNEY – Authors John Eng and Adriene Biondo will sign copies of their latest book, "Southern California Eats," tomorrow at the new Bob's Big Boy in Downey from 2-3 p.m.

There will also be a car show as visitors get a sneak peak at Bob's Big Boy, which is scheduled to open next month.

"Southern California Eats" is described as part homage, part guidebook to some of the areas most unique eating establishments.

Girl is fine after running into bus

DOWNEY – A young girl is still recovering after running into a school bus last Thursday near Sussman Middle School, officials said.

Around 7:58 a.m., before classes began at Sussman, vice principal Paul Modschiedler said the girl got out of the car and ran between cars and into the mirror of a Los Angeles County Office of Education bus.

"I was not there when it happened, but I ran out there once I heard," said Modschiedler.

Principal Gloria Widmann said the girl's ankle was also hurt after being hit by one of the bus' tires.

The girl was taken by an ambulance to the hospital and is now doing fine, Widmann said.

– Christian Brown, Staff Writer

Vascular screenings offered free

DOWNEY – The Vascular Access Center at 11411 Brookshire Ave., suite 301, in Downey is offering residents free screenings for vascular diseases on Sept. 25.

Vascular diseases are the leading cause of death in the United States. Those at highest risk are people over age 50 who have a family history of cardiovascular disease and/or have diabetes, high blood pressure and high cholesterol. Smokers and people who are overweight and/or lead an inactive lifestyle are also at greater risk.

Screenings will be offered from 9 a.m. to 3 p.m. Visitors will be screened for peripheral vascular disease, which is often an early warning sign of heart attack, stroke, aneurysms and other diseases.

To schedule an appointment, call (562) 862-4027.

Hospital Commission calls meeting

DOWNEY – The city of Downey's Hospital Commission will hold a special meeting at 5 p.m. today to discuss last week's bankruptcy filing by Downey Regional Medical Center.

The meeting will be held in the training room on City Hall's second floor.

Jazz concert at First Presbyterian

DOWNEY – Guitarist Brandon Bernstein will perform with a jazz group tomorrow at First Presbyterian Church of Downey at 7:15 p.m.

The jazz group will consist of Kate Reid on vocals, Ryan McGillicuddy on bass and Tim Pleasant on drums. They will perform many of the old jazz standards with their own unique take.

Bernstein recently finished his doctorate degree in jazz from USC. He is currently an adjunct music faculty at Cypress College, Chaffey College and Pasadena City College, where he lectures and teaches jazz guitar.

Bernstein performs regularly throughout Los Angeles.

Concert tickets are \$10 in advance or \$15 at the door. Advance tickets may be purchased at the church, located at 7th Street and Downey Avenue, or online at www.brownpapertickets.com.

Proceeds from the concert will benefit the church's Kidz Konnection after school program.



COURTESY PHOTO

Brandon Bernstein will perform at First Presbyterian Church of Downey tomorrow at 7:15 p.m. Tickets are \$15 at the door or \$10 if purchased in advance.

Town hall meeting Oct. 15

DOWNEY – A town hall meeting with Mayor Mario Guerra will be held Oct. 15 from 6:30-8 p.m. at the Barbara J. Riley Community & Senior Center.

"These are exciting times for Downey and our citizens should know what we are doing and what our future holds," Guerra said.

The meeting will include time for the public to speak and share thoughts, ideas or concerns.

For more information, call (562) 904-7274 or e-mail mguerra@downeyca.org.

Columbus Day breakfast at Temple

DOWNEY – The Brotherhood of Temple Ner Tamid will host a Columbus Day breakfast Oct. 12 at 10 a.m.

Lox, bagels, eggs and all the trimmings will be available. Cost is \$10 pre-paid or \$15 at the door.

For tickets, call Sophia at the Temple office at (562) 861-9276.

Bus trip to Stateline casinos

DOWNEY – The Downey Express travel baseball team is organizing a fundraising trip to Stateline, Nev., on Oct. 3.

The bus will depart from Downey City Library at 7 a.m. Tickets are \$30 and includes a buffet.

For tickets, call Dianne Pacheco at (562) 889-3816.

Sister Cities going to Stateline

DOWNEY – The Downey Sister Cities Association is organizing a fundraising trip to the California-Nevada stateline casinos on Oct. 3.

The bus will depart from behind Embassy Suites at 6 a.m. and return by 10 p.m.

Cost is \$30 and includes a buffet meal at Buffalo Bills Casino.

Gambling is available at the Stateline casinos and there is also an outlet shopping center.

Travelers must be at least 21 years old. For more information, call Paula Mejia at (562) 884-9657.

Guild sponsors casino trip

DOWNEY – The OLPH Women's Guild is sponsoring a daytrip to Harrah's Rincon Casino and Resort on Sept. 29.

Cost of the trip is \$10. Bingo will be played on the bus.

The bus will depart at 7:30 a.m. and return at 4:30 p.m. A California ID and emergency contact information is required for passengers.

To reserve a seat, call Anna at (562) 923-2988.

Job fair at Cerritos College

NORWALK – Cerritos College will host a job fair Oct. 6 where job-seekers can talk to recruiters, learn about companies, explore career opportunities, network, and receive tips on resumes and interviewing skills.

Employers representing business, finance, technology, healthcare, retail and other industries are expected to participate.

Resume-building workshops will be offered prior to the event.

The fair will take place in the school's library and Falcon Square from 9:30 a.m. to 1:30 p.m.

Changing your oil? Need a filter?

Bring your used motor oil and oil filters for recycling.

Exchange your used oil filter for a new one FREE! (limit 1 new filter per customer)

Free Used Motor Oil Recycling Containers.

FREE GIVE-AWAYS!

Saturday, October 10th
10:00 a.m. - 2:00 p.m.

Pep Boys
10231 Lakewood Blvd.

Sponsored by the City of Downey Department of Public Works.
Funded by a grant from the California Integrated Waste Management Board.
Zero Waste — You Make It Happen!

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Christina Ortiz has completed basic military training at Lackland Air Force Base in San Antonio. She completed an 8-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare skills and principles. Ortiz also earned four credits toward an associate in applied science degree through the Community College of the Air Force. She is the daughter of Margarita Ortiz of Downey and Victor Ortiz of Rancho Cucamonga.



Air Force Airman Darren M. Winney has graduated from basic military training at Lackland Air Force Base in San Antonio. Winney completed an 8-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Winney also earned four credits toward an associate in applied science degree through the Community College of the Air Force. Winney is the son of Linda White of San Marcos, and Randy Winney of Downey.

POET'S CORNER

What Does Fall Mean To Me?

When I think of fall, I think of Autumn.
Brilliant fall leaves slowly drifting to cover
the past summer's display of flowers and foliage,
now dead and waiting for winter's rest.
Mother nature giving us an exhilarating picture
of golden yellows, oranges, russets and ruby reds,
underscored with all her shades of green and brown.
Soon these too, will become a blanket
for the new little green shoots of spring.
In the meantime, there will be a soft
fleecy blanket of pure white snow
to keep everything snug and warm.
For now, I will enjoy the beauty of Autumn
and be a child again
as I remember the joy of playing in the
great mounds of brightly colored leaves
when the wind and I played together
under the old maple trees.

-Leona Swanson,
Downey

It's Only Natural, Baste It

What's the point in killing people
if everyone dies eventually
I look at me and my knife and think
I ain't gonna do a damn thing
Cos' bad things will happen eventually
to everybody and every living being
And so I say I don't mind
and I leave the past out of sight
and back behind
As for edible animals
I love animals so much that I eat them
Before they go to waste...
And I'm of the human race,
I have no shame and I know my place
Now, I'll have the wings before this
bird of prey fly's away
And, before my wavy hairs turn to grey.

-James Hernandez,
Downey

Have You Checked In Today

Have you checked in today?
Have you told God "Hello"?
God loves to hear you pray
Because He loves you so.

God loves to hear from you
He loves to see you smile
He's there to see you through
Your each and ev'ry trial.

God sees our ev'ry move
Supplies our daily need
We pray that He'll approve
Each word and thought and deed.

Time and eternity
Each moment of the day
He's there for you and me
He's just a prayer away.

The many galaxies
And all that is therein
Created all of these
Made ev'rything but sin.

For all who trust the Lord
We're one big family
And heaven's our reward
For all eternity
-Bill Millburn,
Downey

Lions Club starting local chapter

DOWNEY—Lions Clubs International, the world's largest service club organization with nearly 1.3 million members worldwide, will host a series of meetings at the library as they prepare to open a new Lions Club in Downey.

The first of three informational meetings is scheduled for Wednesday at 7 p.m. inside the library's Cormack Room. The meeting will last one hour and visitors will have an opportunity to meet Lions club members and discuss possible club projects.

Other meeting dates are Oct. 7 and Oct. 14.

Potential Lions Club members are invited to attend. For more information, call Lions Club district governor Larry Dicus at (562) 699-4600.

Service academy workshop Oct. 17

DOWNEY—A free information workshop for high school students interested in joining a U.S. service academy will be held Oct. 17 at the Downey City Library.

Rep. Lucille Roybal-Allard will host the workshop, where students will learn about academy requirements, including the application process for receiving a nomination from the congresswoman.

Service academies provide a free college education in return for five years of military service as a commissioned officer following graduation.

The workshop begins at 8:30 a.m. For more information, call Diana Porras at (213) 628-9230.

Large cleanup planned tomorrow

DOWNEY—A large clean-up event between Keep Downey Beautiful and employees from Coca-Cola is scheduled for tomorrow at 9 a.m.

More than 200 Coca-Cola employees are expected to help Keep Downey Beautiful pick up trash from the city's railroad tracks. The group will meet at 9 a.m. on Patton Road outside Coca-Cola's Gate 65. The community is invited to participate.

Last Saturday, Keep Downey Beautiful partnered with Heal the Bay for Coastal Cleanup Day. Several volunteers from neighboring cities pitched in to help, and 91 volunteers removed 1,860 pounds of trash from the Rio San Gabriel riverbed.

Carol Rowland, director of Keep Downey Beautiful, said it "had to be one of the best cleanups ever in KDB history."

Country fair at Los Amigos

DOWNEY—The theme of Downey Christian Women's Club's Oct. 14 meeting will be "Country Fair" and will feature music and a silent auction.

Loretta Hughes will be guest speaker. Her topic is "Finding Strength and Peace in Times of Loss."

The event begins at 11:45 a.m. at Los Amigos Country Club. Cost is \$13 and includes a buffet lunch.

Reservations are requested by calling Sonja at (562) 862-4347 or Jean at (562) 861-1114.

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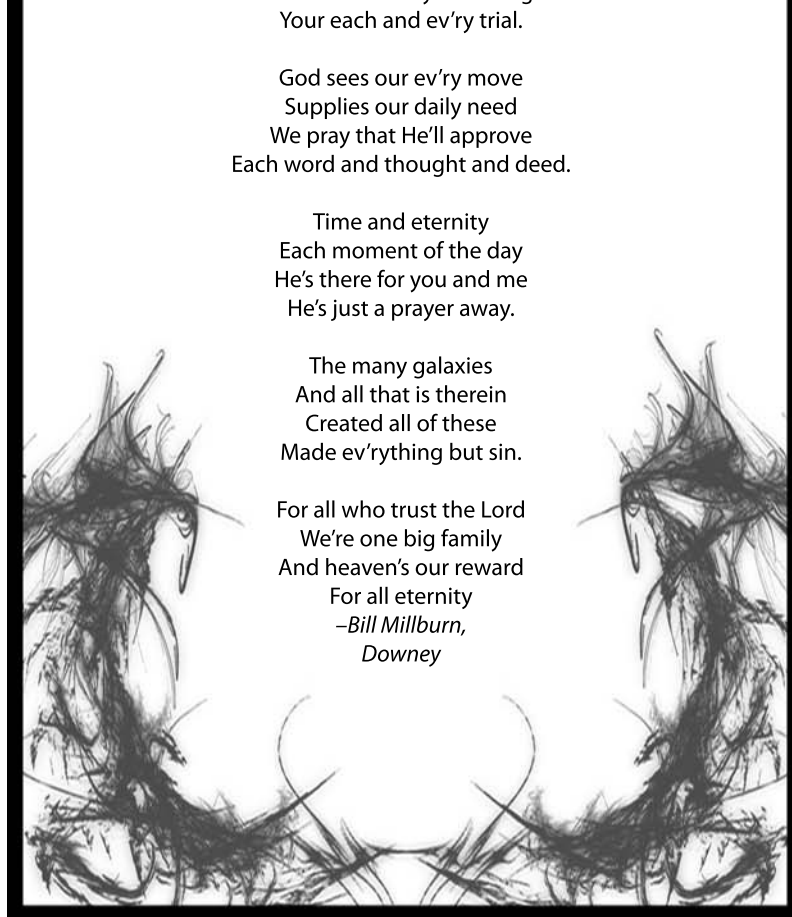
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Foreclosure: Use only HUD-approved agencies.

Continued from page 1

In this environment, the best defense for homeowners is knowing the warning signs of scams and knowing which services are truly trustworthy. The following should be red flags and should prompt homeowners to stop immediately and seek other resources:

Payment for services: You should not have to pay hundreds or thousands of dollars. The old adage "you get what you pay for" does not apply to foreclosure prevention, as Los Angeles homeowners are finding out. Fraudulent companies promise, for an up-front fee, to work with a homeowner's lender to reinstate their mortgage. In reality, the companies do nothing, and then skip town with the homeowner's money. Most HUD-approved non-profit housing counseling agencies provide no-cost or low-cost counseling services. If you encounter a counselor who requires a fee prior to providing services or who asks you to make payment to their company - run, don't walk. Never send your mortgage payment, or any payment, to a company other than your mortgage lender;

Guarantees: Homeowners must remember that no one can guarantee an outcome. A trustworthy counselor will not guarantee to stop the foreclosure process no matter what your circumstance;

Pressure to sign paperwork that you haven't had a chance to read or don't understand: Avoid any scammer who asks you to sign blank forms or volunteers to fill forms out for you. And never release your financial information online or over the phone if the request for your financial information is unsolicited.

Avoid Getting Scammed

Ultimately, the most important guarantee of reliable help is to work only with non-profit HUD-approved counseling agencies. To ensure that these services are available, Congress provides federal funding each year for these counseling services which are offered by organizations such as NeighborWorks America. It's easy to find an authorized counselor nearest you:

Housing counseling agencies funded through the federally-financed National Foreclosure Mitigation Counseling Program, which is administered by NeighborWorks America, can provide you with reliable information and assistance. (Visit www.findaforeclosurecounselor.org to find a housing counseling agency near you.) Or you can call the Homeowner's Hope Hotline at 888-995-HOPE, which offers approved foreclosure counseling over the phone, 24/7, in English, Spanish, and 20 other languages.

The Department of Housing and Urban Development maintains a list of approved agencies. (Visit www.hud.gov or call 877-HUD-1515.) HUD-approved nonprofit housing counseling agencies in the area include Los Angeles Neighborhood Housing Services (LA NHS), Neighborhood Housing Services of Orange County in Anaheim, and Neighborhood Partnership Services in Ontario, Calif.

No one can guarantee that you will avoid foreclosure. But working with a HUD-approved counseling agency and certified counselors will increase the chances of arriving at a positive solution. If you are facing foreclosure, we urge you to be thoughtful, careful and well-informed.

State budgets can't afford a public option

By Janet Trautwein

Of all the health reform proposals bouncing around Congress, none is as divisive as the "public option," a government-run insurance plan that would compete against private insurers. Proponents claim it will drive down prices. Critics worry it could destroy private health insurance and result in a government takeover of health care.

But few observers have acknowledged another effect of the public option, one that would spell disaster for reeling state budgets: the public option will cause state tax revenues to plummet.

How so? Taxes paid by private insurers are a major source of income for most states. For instance, in at least 37 states, HMOs pay premium, income, corporate, or franchise taxes, with rates as high as 3.5 percent.

Similarly, Blue Cross Blue Shield plans, many of which are not-for-profit, pay premium taxes in at least 34 states.

A new public insurance program run by the feds will poach customers from private insurers, driving many out of business in the process. If there are fewer private insurance companies -- and fewer privately insured consumers -- it follows that state insurance tax revenues will dwindle.

How will the public option wreak such havoc on private insurers and state budgets? For starters, it will be able to attract patients with below-market prices. The plan won't have to worry about making money, as losses could be erased by dipping into the federal treasury.

The public option will also be able to reimburse doctors and hospitals at artificially low rates. The federal government's existing

Letters to the Editor:

Apologies should be accepted

Dear Editor:

I am writing in regards to Eric Pierce's article "Let It Go" (9/18/09). How true this is. I agree that people should just let it go when someone apologizes. I know we all should think before we speak but sometimes a person just does it without thinking when they are upset.

I do enjoy reading the editorial columns in your paper. I really do enjoy this paper and hope it continues being published.

— Rosemary Thies,
South Gate

Idea for firefighting

Dear Editor:

The very recent wildfire storm that ravaged so many Southern California cities with its furious intensity and causing so much damage to forests, property, animals, and the deaths of two firefighters, has given me an idea to perhaps stem much future damage.

America has many huge airplanes mothballed, sitting in desert areas, wasting away, that could be retrofitted to become our own super water-scooper air force to fight these wildfires wherever they may occur, Northern or Southern California.

I respectfully suggest that we may be able to save many cities, forests, homes, wildlife animals, property, maybe even lives by flying a huge armada of converted planes carrying fire retardant or water, in a wide formation spraying homes and structures first, then circling all around the perimeter of moving flames, stopping them dead in their tracks to move farther.

The helicopter fire force does a tremendous job at the lower levels of the canyons and over properties, so this combination of retardant bombers can perhaps quicken the solution.

This idea is worth implementing, the sooner the better. Arsonists don't wait while studies go on endlessly. Saving all that greenery mass will help prevent much of the mudslide problem that occurs after a huge wildfire disaster. Infra red sensors on the bombers can detect the hot flame spots below the smoke to drop retardant on them, and at night too.

It could be a godsend to the weary firefighters and police on the ground, and people affected in the fire zone. Perhaps this could become a FEMA project to be used all over America to fight fires.

— Joe Cvetko,
Bellflower

Obamacare prescription for abuse

Dear Editor:

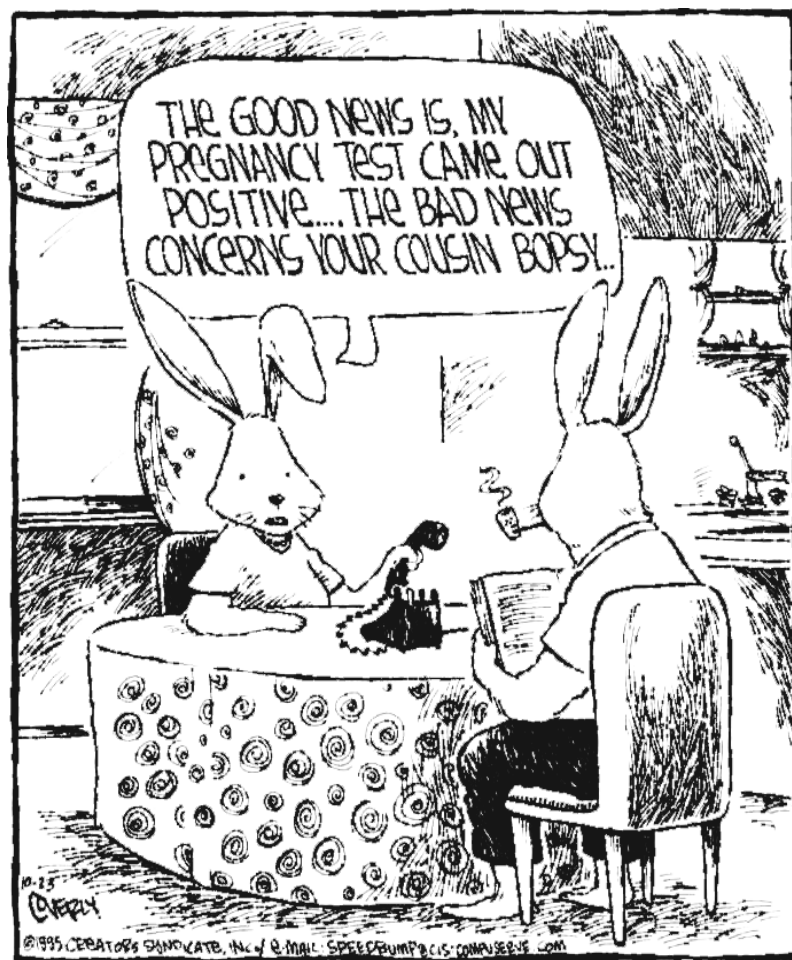
Obamacare will hurt young families. Until our fifties we succeeded at staying healthy, watching our diet, but as a precaution carried catastrophic are coverage. A win-win deal: we were healthy, saved money and didn't burden the system.

With Obamacare we would have paid a great deal more for something we didn't need or want. Being forced to pay for healthcare, we of course would have used it, along with everyone else in the same situation.

Unnecessary use is abuse. Obamacare will lead to widespread abuse, a welfare version of healthcare.

Sounds like the failings of socialism where the dream of equality and no risk perversely results in less for everyone with no incentive to do better. Not my cup of tea.

— Scott Ramey,
Downey



Tree removal

Dear Editor:

I have been waiting for something in the paper about the trees being taken down by the city. I know how and why only because I was outside watering when the public works gentleman stopped on my block and started counting trees.

I know Rives Avenue was torn up for over a week and my block won't be finished for another couple of weeks. This is going on all over town and I would expect the local paper to carry some notice or story about it.

I hate to see these 50-year-old trees coming down and replaced by baby trees that don't support the bird population or protect us from the heat and searing sun.

— Margaret Blackburn,
Downey

God in City Hall

Dear Editor:

Last Sunday I was talking on the phone with a friend from Northern California. One of her interests is teaching others how to stay healthy by eating organic and natural foods as well as taking more responsibility for their own health and well being. However, this Sunday, she proceeded to tell me that she was giving up because by and large few people, if any, were taking her good advice. Her desire and hope for others' wellbeing was falling on deaf ears. I tried to encourage her not to give up and that it was a good thing that she was doing for others.

Then the next day during my lunch break I opened my Gideon New Testament, Psalms & Proverbs in order to read a Scripture passage and turned to the index page of "Where to Find Help when..." and with the conversation with my friend still fresh in my mind I stopped at the entry: "Faith Fails". In other words, Where to find help when our faith fails. The index pointed me to Psalms 42:5, which reads: "Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance." Like my friend we often become discouraged and lose hope and are ready to give up. God teaches us here to put our hope in Him, "Hope thou in God".

Why do we lose hope? People often place their hope in man, and leaders in general, but repeatedly leaders have failed us. Others place their hopes in a political party, forgetting the warnings of our Founding Fathers, such as General George Washington, as to the dangers of political parties to our government and country as a whole. Indeed any human institution that grows big enough, such as our two major political parties, will become corrupt given what we know about human nature, and will certainly let us down.

Yet others place their hope and trust in their money and jobs. The mighty dollar is no longer what it once was and over 100 banks have recently failed all around us. Good paying manufacturing jobs have left our state and country altogether in recent years.

Then some of us have placed our hope in government. We believed that government would take care of us from cradle to grave. But government too has let us down as we see the erosion of our unalienable rights, undeclared wars with no end in sight and an out of control deficit spending. I'm referring primarily to our federal government, regardless of administrations.

Perhaps we should pause and ask what we can do lest we go even deeper into discouragement and fear of the direction and future of our country. In Downey we are blessed to have had great leadership over the years so as to prevent financial distress. While we may not solve the nation's problems or even bail out California with our city savings, we can at least be a bright beacon of light and hope as we remind ourselves, and those that are watching and listening, to place our hope and trust in God alone, while at the same time praying for our President, Governor, Mayor and all those in authority, as well as praying for our businesses that growth and prosperity would prevail out of the tumult of discouragement and despair that many are suffering today.

Come to think of it, this is just what was proposed before a plenary session of our City Council on August 11 by a concerned Downey resident. He proposed that Downey follow the more than 50 other California cities that have already prominently displayed our motto "In God We Trust" inside the council chambers for all to see and be continually reminded of.

It is now up to the good people of Downey to contact their district Council Members as well as Councilmember at-large Luis Marquez, urging them to bring this matter up for discussion and a subsequent vote at an upcoming City Council meeting. They can be reached at City Hall by calling (562) 904-7274.

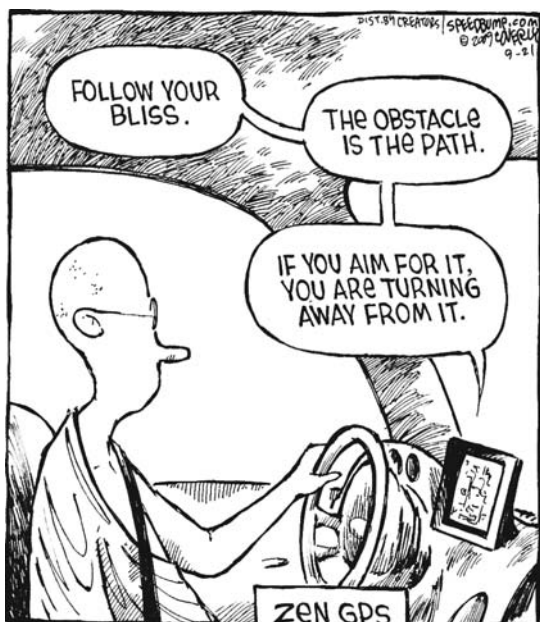
Let's let that phone ring off the hook!

—Dan Cristea,
Downey

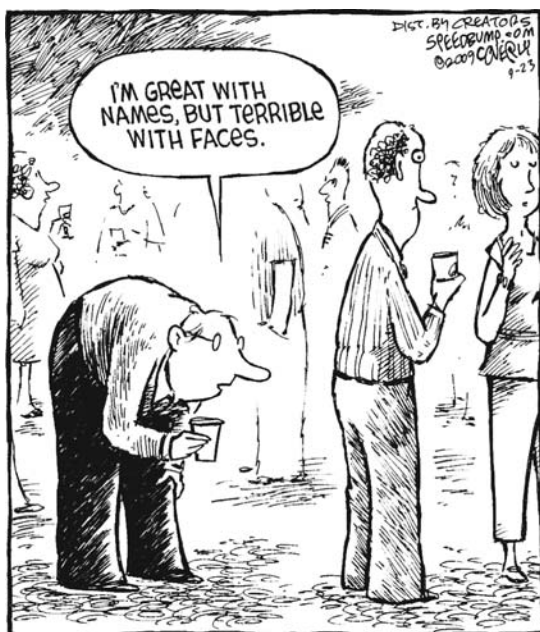
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SPEED BUMP



DAVE COVERLY



On This Day...

Sept. 25, 1789: The U.S. Congress passes twelve amendments to the Constitution: the Congressional Apportionment Amendment, the Congressional Compensation Amendment, and the Bill of Rights.
1846: U.S. forces led by Zachary Taylor capture the Mexican city of Monterrey.
1911: Ground is broken for Fenway Park in Boston, Massachusetts.
1912: Columbia University Graduate School of Journalism is founded in New York, New York.
1981: Sandra Day O'Connor becomes the first woman to be an Associate Justice of the Supreme Court.
Birthdays: Rapper T.I. (29), American Pie actor Chris Owen (30), actress Bridgette Wilson (36), and actor Will Smith (41).

Downey Community Calendar

Events For September/October

Fri. Sept. 25: **Hospital Commission meeting**, City Hall, 5 p.m.
 Sat. Sept. 26: **Stroke & wellness fair**, Rancho Los Amigos, 8 a.m.
 Sat. Sept. 26: **Jazz concert**, First Presbyterian Church of Downey, 7:15 p.m.
 Sat. Sept. 26: **Book signing & car show**, Bob's Big Boy, 2 p.m.
 Tues. Sept. 29: **Bus trip to Harrah's Casino**, OLPH, 7:30 a.m.
 Thurs. Oct. 1: **'My Fair Lady' opening**, Downey Theatre, 8 p.m.

City Meetings

1st Tuesdays, 6:30 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.
 3rd Thursday, 3:30 p.m.: **Parking Place Commission**, Second Floor Training Room at City Hall

Regularly Scheduled Meetings

Mondays

7:30 p.m.: **Job/Career Coaching**, at The First Presbyterian Church, for info. call 861-6752.
 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.
 4th Mon., 7:30 p.m.: **Downey Numismatists**, at Downey Retirement Center, call 862-6666.

Tuesdays

9 a.m.: **Downey Bocce Club**, at Apollo Park, for information call Pat Rooney at 923-5352.
 9:30 a.m.: **Downey Seniors Club**, at Apollo Park, for information call Nadine Morris at 923-9422.
 12 p.m.: **Rotary Club**, at Rio Hondo, for information call Brian Saylor at 927-2000.
 6:00 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call John McAllister 869-0928.
 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
 2nd and 4th Tues., 6 p.m.: **Sertoma Club**, at Cafe 'N Stuff, for information call (562) 927-6438.
 2nd Tues., 6 p.m.: **Downey Fly Fishers**, at Apollo Park, for information call 425-7936.
 3rd Tues., 6:30 p.m.: **Community Emergency Response Team meeting**, Fire station 1, 12222 Paramount.
 3rd Tues., 7:30 p.m.: **Writer's Workshop West**, at at Downey High School library, for info call 862-3106.

Wednesdays

7 a.m.: **Kiwanis Club**, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
 1 p.m.: **Women's Bocce Club**, at Apollo Park.
 7 p.m.: **Out Post 132 Royal Rangers**, at Desert Reign Church, for info call 928-8000.
 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**, at Community Center, for information call 923-4357.
 1st Weds., 7:30 p.m.: **Downey Stamp Club**, at Maude Price School cafeteria, for information call 928-3028.
 2nd Weds., 7 p.m.: **Downey Sister City Assoc.**, at Maude Price School, for information call 884-9657.
 2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
 2nd & 4th Weds., 11:30 a.m.: **Downey AARP**, at Barbara J. Riley Senior Center, for info. call Lorene Frazier 861-6075.
 3rd Weds., - **Downey Dog Obedience Club** Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
 3rd Weds., 6 p.m. - **American Business Women's Association**, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
 4th Weds., 12:00 noon: **Retired Federal Employees**, at **Furman Park West Bldg.**, call 943-5513.
 4th Weds., 6:00 p.m.: **Emergency Preparedness Committee meeting**, Fire station 1, 12222 Paramount.
 Wed. & Fri., 10:15 a.m.: **Senior Bingo**, at Apollo Park, for information call 904-7223.

Thursdays

7:30 a.m.: **Connections Networking**, at Cafe N Stuff, for information, call Sandy Esslinger, (310) 491-8989.
 7:30 a.m.: **Soroptimist Int'l of Downey**, for information, call Pat Heineke, 904-3534.
 12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
 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.
 2nd Thurs., 7:30 p.m.: **Beaming Rebel Foxes Collectors Club**, for more information call Carl D. Jones at 923-2400.
 4th Thurs., 10 a.m.: **Assistance League**, at Casa De Parley Johnson. for information call 869-0232.
 4th Thurs., 7:30 p.m.: **Downey Historical Society programs**, at Community Center. Call 862-2777.

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.

Saturdays

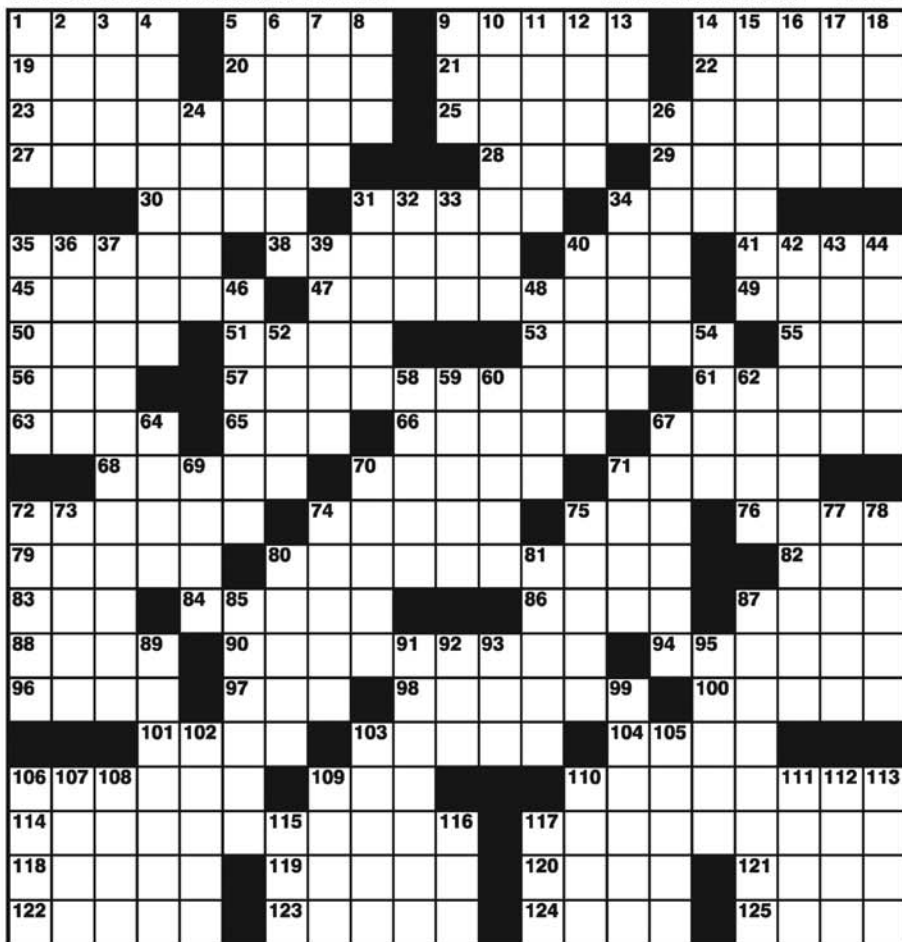
9 a.m.: **Farmers Market**, Second Street at New Avenue, for information call (562) 904-7246.
 2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
END GAME: With matching conclusions
 by Fred Piscop

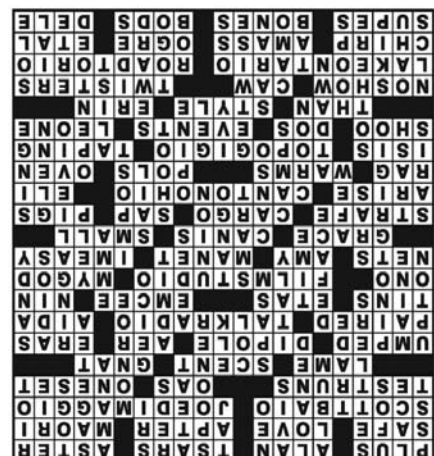
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 - 61 "Holy Toledo!"
 - 63 Ends up with
 - 65 Singer Winehouse
 - 66 Olympia painter
 - 67 "Whatever you say"
 - 68 Preprandial prayer
 - 70 ___ Major (dog of Orion)
 - 71 Petty
 - 72 Attack from the air
 - 74 Hold holdings
 - 75 Easy mark
 - 76 Squealers
 - 79 Greet the day
 - 80 Pro Football Hall of Fame home
 - 82 Yale
 - 83 Fine writing paper
 - 84 Microwaves, perhaps
 - 86 Officeholders
 - 87 Ceramist's need
 - 88 Egyptian goddess
 - 90 Ed Sullivan Show regular
 - 94 Recording session
 - 96 "Amscray!"
 - 97 Windows precursor
 - 98 Triathlon segments
 - 100 Sierra ___ (African nation)
 - 101 As compared to
 - 103 Do some salon work
 - 104 Emerald Isle
 - 106 Reservation taker's bane
 - 109 Cornfield cry
 - 110 Destructive windstorms
 - 114 Niagara River's destination
 - 117 Hope/Crosby film
 - 118 Nestling's noise
 - 119 Pile up
 - 120 Brutish one
 - 121 Catchall abbr.
 - 122 Play extras, for short
 - 123 Pirate-flag illustrations
 - 124 Physiques, informally
 - 125 Manuscript marking
- DOWN**
- 1 Attention-getter
 - 2 Frilly material
 - 3 Sci-fi transport
 - 4 Homestead Act beneficiaries
 - 5 Scrapbooker's creation
 - 6 Gave temporarily
 - 7 Budget alternative
 - 8 Prefix for classical
 - 9 ___ Mahal
 - 10 Phrase-mangling reverend
 - 11 Worried greatly
 - 12 Ruby and cherry
 - 13 ___ Lanka
 - 14 GE rival
 - 15 Herbal brew
 - 16 Glad rags
 - 17 Pennsylvania port
 - 18 Mob scene
 - 24 Part of NAFTA
 - 26 Madison follower
 - 31 Muscle trouble
 - 32 "Bird" off.
 - 33 Aspen-sprout eater
 - 34 State Farm competitor
 - 35 Author Sinclair
 - 36 Only one-syllable state name
 - 37 Wine of 39 Down
 - 39 Lombardy's land
 - 40 Word on a ticket
 - 42 Team game like tag
 - 43 Parting word
 - 44 Blond color
 - 46 Spray graffiti on
 - 48 Mosquito genus
 - 52 Marathoner's stat
 - 54 Jane Austen novel
 - 58 Quick-thinking
 - 59 Ballroom dance
 - 60 Amalgamation
 - 62 Kennel cry
 - 64 Mmes. of Madrid
 - 67 Customs duty
 - 69 Several
 - 70 Playground retort
 - 71 Go yachting
 - 72 Ranis' wraps
 - 73 Baloney
 - 74 Pitches a tent
 - 75 Photo session
 - 77 The Right Stuff actor or role
 - 78 Burn a bit
 - 80 Sing softly and soothingly
 - 81 Give one's two cents
 - 85 When roosters crow
 - 87 Like some footwear
 - 89 "Told you!"
 - 91 See the light
 - 92 Campus climber
 - 93 Hair goo
 - 95 Elite roster
 - 99 Alaska's ___ Peninsula
 - 102 B-ball
 - 103 Plastic wrap
 - 105 Fair attractions
 - 106 World Series prelude: Abbr.
 - 107 Diamond Head Isle
 - 108 CD flaw
 - 109 GI garb, for short
 - 110 One way to get lunch
 - 111 Art Deco name
 - 112 Yemeni money
 - 113 "Dover" dish
 - 115 Treater's pickup
 - 116 CIA predecessor
 - 117 Stick up

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

Shepard.
 and Scott Glenn portrays Alan
 Harris portrays John GLENN,
 "The Right Stuff" (77 Down), Ed
 without speaking parts. In the film
 "aries," are walk-on performers-
 Across), short for "superstern-
 was founded in 1920. SUPES (122
 Fame, was the site where the NFL
 home of the Pro Football Hall of
 CANTON, OHIO (80 Across),



Paging Dr. Frischer...

By Dr. Alan Frischer



This past weekend, while exercising with my running group, I began to wonder just why all these people were out here running 13 miles...much of it uphill. What was it that motivated us to be doing this crazy thing? One thing is for certain: the reason differed from one person to the next. For me, running feels great. It's all about reaching a goal, feeling the camaraderie, and working toward a common end. Granted, we are all unique, but let's explore the concept of motivation, and some strategies that can lead us toward the person we want to be.

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." - Carl Bard

I am well aware that the recommendations I make to friends, family, patients, and readers are often unwelcome: eat better, exercise more, stop smoking, etc. Let's face it: change is hard! We are creatures of habit. Habits are familiar friends; they give us stability, security, peace, and confidence. It's human nature to take the easy path, but easy is not always best in the long run. As I tell my children, life is not a sprint...it's a marathon.

So let's develop a strategy for the long term. What one aspect of your life do you wish to change? What path will you take to get there? Choose something that is important to you and not to someone else.

Once you choose a path and start down that new road, ask yourself how well the strategy is working. Are you happier, healthier, more satisfied with life? Do you see this path leading to the success of your specific goal? If the answer

is yes, continue onward. It is important to check in with yourself periodically and reassess. If you don't see results, use that as the motivation to make a new change and try a new strategy.

"I'm not telling you it is going to be easy - I'm telling you it's going to be worth it." - Art Williams

Success is more likely when a change in your life is actually fun. By joining a running group, for example, I've developed new friends who share a common goal and bond. If working out alone in your home or neighborhood is not fun for you, try a running or walking group, a gym, or calling a friend to join you. If your goal is to change your diet, find a healthy-cooking class. Buy new cookbooks and invite friends or family to your home as an excuse to try out new recipes. Turn it into an ongoing activity that not only gets you to your goal, but also enriches your life with new friends, activities and adventures. Change is not easy, but is more likely to stick around when it is enjoyable and enriching.

"Do not wait; the time will never be just right. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along." - Napoleon Hill

Try asking yourself:
•Have you found that genuine desire to change? Only when it comes from within will you be successful.

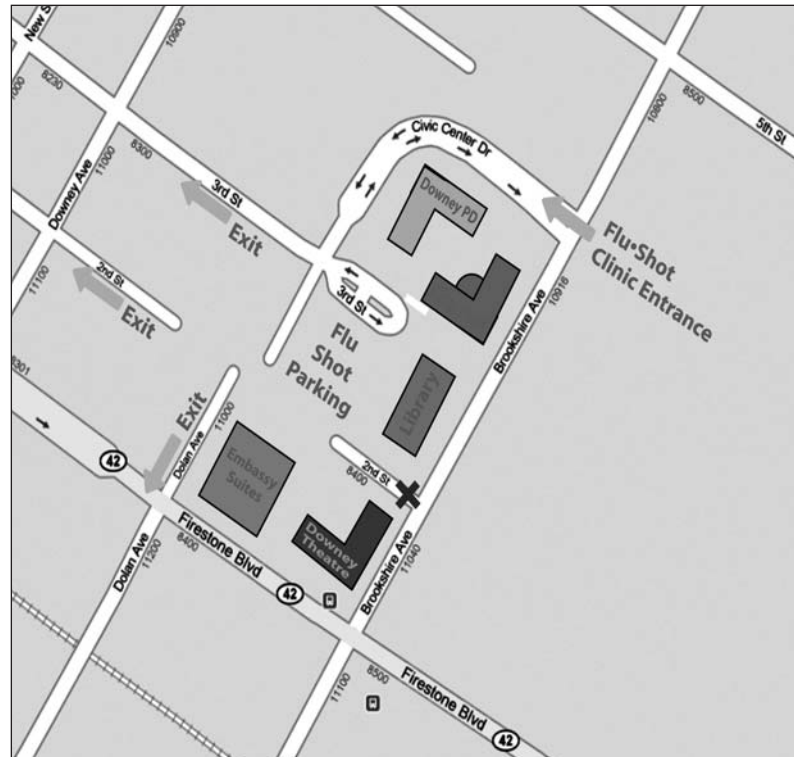
•Which aspect of your life do you wish to tackle first?

•Do you have a plan that is fun, sustainable, and gets you to your goal?

Once you've gotten moving, reassess your strategy. If it's not working, keep moving; change that plan. Engage your friends, family, religious organization, and community to help you achieve your goals.

As always, I wish for you good health and best of luck with your new health endeavors.

Dr. Alan Frischer is former chief of staff and current chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.



Flu shot clinic set for tomorrow

By Mark Sauter, Deputy City Manager, Emergency Preparedness

DOWNEY - The City of Downey will host a free seasonal flu-shot clinic at the Downey Theater tomorrow from 9 a.m. to 1 p.m.

The clinic will be staffed with nurses from Downey Regional Medical Center and Kaiser Medical Center. Members of the Emergency Preparedness Committee, the Downey Community Emergency Response Team and many community volunteer groups will be assisting with the operations of the event.

The Fire Department, members of the Emergency Preparedness Committee, the Downey Community Emergency Response Team (CERT), the Red Cross, and the Downey Building Department will be on hand to speak with attendees about actions and preparations all community members can take to improve their readiness for emergencies. There will be displays, handouts and demonstrations.

Event attendees need to follow the signs and enter the City Hall complex from Brookshire Avenue. They will then turn westbound on to Civic Center Drive. Drivers will then be directed to a parking area near the City Library for 'walk up' vaccination service or to the 'drive-up' area for those adults who are unable to use the walk up vaccination service. Please see the attached map. There will be no swap meet parking allowed in the City Hall / Library parking lot. Members of the Downey Police Department will be present to provide direction and traffic control.

For safety and operational purposes, Second Street will be closed at Brookshire (in front of the Chamber of Commerce offices). All clinic and fair attendees will be directed to exit the Civic Center Complex by driving southbound on Dolan to Firestone or westbound on Second or Third Street.

Police Station visitors will be directed to park in the parking lot immediately west of City Hall.

The seasonal flu vaccine is recommended for everyone over the age of 6 months. Senior Citizens, those with chronic illness, and children are strongly encouraged to be vaccinated. The LA County Department of Public Health is providing the vaccine, the necessary equipment and some staffing for the event.

Questions may be directed to ready@downeyca.org

For further information on the flu vaccination process please review the information at www.flu.gov or www.CDC.gov/flu/

Dietary secrets to healthy hearts

Cardiovascular disease is the number one cause of death of American women, and the leading cause of diabetes-related death. More than 27 percent of deaths among American women are caused by cardiovascular disease, with cancer coming in as a runner up at 22 percent.

To combat this scourge, the American Heart Association recommends eating a heart-healthy diet rich in vegetables, fruits, whole grains, high-fiber foods, lean meats and poultry and fish at least twice a week in order to lower your risk.

Unfortunately, the amount of fast food, processed food and genetically modified food consumed by Americans makes this a difficult task.

"Processed and fast foods have very little to no fiber, and the amount of omega-3 in a fast food fish sandwich is negligible," said women's health expert Dr. Sherrill Sellman. "One of the newest dietary aids in the fight for healthy hearts is an ancient grain called Salba, which is similar to flax seed. It contains 8 times more omega-3s than Atlantic salmon. Rich in antioxidants, magnesium, fiber, iron, vitamin C, calcium and folate, it seems to be the perfect vegetarian source of what women need in order to stay heart healthy."

Salba has been clinically proven to improve cardiovascular risk factors, according to a study published in *Diabetes Care*, the official peer-reviewed journal of the American Diabetes Association. Core Naturals (www.salba.com), the manufacturer and distributor of all Salba products, refers to it as the perfect "functional food."

"There are many reasons why I consider Salba a super nutritional star for women's hormonal health," Sellman said. "It has the highest known whole-food source of omega-3 fatty acids found anywhere in nature. It contains a perfect 4:1 ratio of omega-3s to omega-6s. That ideal ratio is required for optimal health and

hormones: regulating heart rate, blood pressure, blood clotting, fertility, immune support, and reduction of inflammation. Inflammation is now understood to play a major role in chronic illnesses, including diabetes, cardiovascular disease, and cancer."

There are other supplements on the market that contribute folate, calcium, fiber and omega-3s, but none are as nutrient-dense as Salba, Sellman adds. Fish oil has been touted as an excellent source of DHA omega-3s. The body uses omega-3s in its DHA form, but Salba, a vegetarian source packs more omega-3s in its ALA form. ALA converts to EPA, then to DHA, which the body can then use.

"To put this into perspective, a 1 tablespoon serving of Salba Seed Oil contains 8,373 mg of ALA, which converts to roughly 1,250 mg of DHA. Fish oil supplements generally contain between 200-500 mg of DHA per serving," adds Sellman.

Based on analysis of the Core Naturals product line, Salba contains:

- 8 times more omega-3s than salmon
- 25% more dietary fiber than flax seed
- 30% more antioxidants than blueberries
- 15 times more magnesium than broccoli
- 6 times more calcium than whole milk
- 3 times more iron than spinach
- 50% more folate content than asparagus

"With cardiovascular disease on the rise and women's health at risk, this ancient super food has been resurrected at just the right time," Sellman said. "Salba is a formative addition to your diet; it has very little to no taste and is more adaptable to recipes than flax, which has to be ground fresh in order to be absorbed. I don't see anything else available to consumers that comes close to these results."

Doctors turn to technology to monitor ill seniors

DOWNEY - Bettie Lowden, 82, is no stranger to the doctor's office, but she hardly needs to go there much anymore, thanks to technology that allows her doctors to remotely monitor her condition every day while she is at home.

Lowden is considered a high risk for serious health issues. She was diagnosed with hypertension at age 16, has suffered four heart attacks and four strokes. She has battled with diabetes for the last 50 years and endures chronic emphysema and bronchitis.

But Lowden is anything but melancholy about her situation, quite opposite in fact: she is facing her conditions as mere inconveniences with the help of her new wireless technology.

"I have a lot of battles to face, but with the [body manager] and the other devices I've been given

by my doctors at CareMore, it makes my health conditions much easier to manage knowing my doctor is watching my vital signs even though I'm at home and he is in his office," Lowden said.

Every morning Lowden wakes up and steps on her "body manager" device, which automatically stores and sends her weight information wirelessly to her doctor at CareMore. Her doctor monitors her weight to determine if she is gaining pounds overnight due to fluid build-up, a dangerous sign that needs immediate attention and could land her in the hospital.

She then puts on her "BP manager" cuff device which measures her blood pressure and heart rate and automatically sends the data to the same healthcare team via her telephone line.

CareMore doctors gave

Lowden the devices to help keep close tabs on her condition without having her come into the office. She does not drive.

"If her blood pressure is high, it automatically alarms us and then we take immediate action," said Reginald Casilang, a nurse practitioner at CareMore who oversees the remote monitoring program. "Same goes true with her weight gain. We will get an alarm on our system if her weight is increasing, which we know is due to her retaining water which could put her health more at risk. We then take immediate action."

Made by Idea Life, Inc. of Toronto, the wireless health monitoring devices represent a breakthrough approach to monitoring high risk elderly patients who don't have access to transportation (such as in Lowden's case) to see their doctor.

Lecture on prostate cancer

LAKWOOD - Lakewood Regional Medical Center will offer a lecture on prostate cancer Oct. 2 from 2:30-3:30 p.m.

Topics of discussion will be early detection and advancements in prostate cancer treatment. The class will be presented by Dr. Eric M. Chenug.

The event is free of charge and is open to the public. Since seating is limited, reservations are required. For more information or reservations, call (800) 813-4345.

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Word of MOUTH

by Soheir S. Azer, D.D.S.

Without proper treatment, older patients with periodontal disease face the potential for tooth loss. The object of treatment for periodontal (gum) disease is to remove plaque; calculus; and other products associated with plaque accumulation that have the potential to destroy gums, bone, and supporting structures around the teeth. To this end, the dentist and/or hygienist may scale (scrape) teeth to remove sticky plaque and calculus (hardened plaque) from exposed tooth surfaces. Accessible root surfaces may also be planned to make them smooth. As a result of these efforts, bacteria are removed and find it difficult to reattach to tooth surfaces. This, in turn, fosters the reattachment of connective tissue to the tooth, which serves to hold teeth in place.

It is possible to have periodontal disease and have no warning signs. That is one reason why regular dental checkups and periodontal examinations are very important. There is an abundance of innovative technologies and devices available to help us improve the quality and comfort of care we deliver. We stress preventive dentistry for the entire family. Be sure to regularly brush, floss, and have professional cleanings. When was the last time you had a dental checkup? Please call (562) 923-3714 to schedule an appointment. Smiles are our business at 10800 Paramount Blvd., Suite 307.

P.S. Scaling and root planing are sometimes referred to as "deep cleaning."

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Vikings will be tested tonight

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – The Downey varsity football team is ready for tonight's game against the La Habra Highlanders at Allen Layne Stadium.

Coming off a victory against both La Serna and Schurr, the Vikings are hoping for a third win towards their season record. The Highlanders took the victory from the Vikings last season, winning 40-15 in last year's season opening game.

The game pairs up the Freeway League La Habra against the San Gabriel Valley League Downey Vikings. Both teams are 2-0 so far this season. The boys are hoping to keep the injuries to a minimum this week, as they saw in the Schurr match two of their teammates injured during the game and a few key players sidelined.

The Vikings plan on continuing to bring to the game a strong offense, which has been benefiting the team so far this season and a clever defense. Full back Joseph Ortiz is expected to carry the load as he has so far this season, rushing for the most yards with 219. Ortiz and tight end Isaac Dan have collectively scored the most touchdowns this season, with 12 points going to each player.

Strong safety Brandon Saunders and defensive tackle Daniel O'Veal have collected the most tackles thus far, with ten and 14 respectively.

The combined efforts of both the offense and defense are paramount in this game. The Highlanders are coming off last year's league record of 5-0 while the Vikings settled last year at 3-2.

La Habra's previous league record, though impressive, does not waiver the Vikings one bit. So far this season they have been able to bring their top game to the field, shining especially in the second half of their games. By then, they know what they need to do in order to move the ball down the field to succeed.

Lately, the Vikings have been feeding off of the crowd's energy to get them through games.

"The bigger the crowd, the better the response from the team," said Downey head coach Will Capps.



PHOTO BY CARLOS ONTIVEROS

Downey senior fullback Joseph Ortiz (32) gains yardage in the Vikings' 19-3 victory over Schurr last week. With the win, Downey improved their record to 2-0.

Downey defense holds Schurr to only 3 points

■ Vikings show flashes of brilliance in victory over Schurr.

BY JOSEPH APODACA,
SPORTS INTERN

DOWNEY – Downey continues to look like the team that upset Warren last year, pushing their record to 2-0 with a 19-3 victory over Schurr last Friday at Allen Layne Stadium.

Tight end Isaac Dan, full back Joseph Ortiz, and quarterback Steven Cervantes scored a touchdown each throughout the course of the game, which was more of a stalemate until the second half.

The evening started off tough for the Vikings, with Cervantes recovering his own fumble then punting the ball to the 25-yard line.

Schurr's only three points came on a field goal early in the game on a drive that could have possibly ended up in the end zone. Schurr on a third down play was flagged for illegal procedure which backed them up too much to convert on third down.

During the beginning of the second quarter, Isaac Dan scored the first touchdown for Downey, following a handoff to linebacker Justin Haro at the 10-yard line. Downey missed the PAT but took the lead for good.

After the touchdown, offensive lineman Diego Ramirez was seen on the ground after sustaining what seemed to be a knee injury after colliding with a Spartan at the line of scrimmage. Coaches and members of the team rushed to his aid on the field before being escorted off the field to uproarious

applause from fans.

Cervantes started the half completing passes to wide receivers Miles Claiborne and Perry Gomez on a couple fourth downs. It wasn't until towards the end of the quarter that Joseph Ruiz scored a touchdown, bringing the score to 12-3.

Downey's final score came on an 11-yard quarterback keeper touchdown by Cervantes. This time, the Vikings were able to convert the PAT and sealed the victory. After the game, Downey head coach Will Capps said he was really impressed with how his team performed.

"This is a great victory," said Capps. "Our defense really stepped it up... I give the offensive line a lot of credit as well, since we had a few injuries keeping some from playing in the game."

Downey halts losing streak

BY SCOTT COBOS,
STAFF WRITER

DOWNEY – After a four match losing streak, with their last loss being against Warren in the Gahr/Molten Classic, the Downey Vikings were able to rebound, defeating El Rancho in straight sets, 25-13, 25-23, 25-14 last Thursday.

Viking outside hitter Heather Schnars led the team with 15 kills in the match, and fellow outside

hitter Staci Rodriguez had 11.

The Vikings were able to cruise to a 25-13 victory in the first set, with El Rancho looking overmatched at times, but the second set was a little bit different.

In the second set, the Vikings at times had trouble finding consistency in their passing and were unable to put away points easily with El Rancho's Alex Ramos and Kazondra Ramos being able to keep their team in the game.

While it was a scrappy set, Downey was able to take the sec-

ond set 25-23 then cruise again in the third set 25-14.

The third set was more of the same from the first, with Downey making Santa Fe look overmatched at times.

Downey plays again tonight at home against Oaks Christian. The Vikings are closing in on their first San Gabriel Valley League match in two weeks. Tonight's game will be in the gym and starts at 5 p.m.

Razorbacks have mixed results against Gardena

■ Junior PeeWees use defense to defeat Mohicans, 33-6, and stay perfect.

BY MIKE BAUMANN,
DOWNEY YOUTH FOOTBALL

DOWNEY – The Downey Razorbacks were successful in three of five tackle football games against Gardena and Lakewood this last Saturday at Warren High School. Two of the three very close games against Gardena went to the visitors, while the third resulted in a Hog victory.

On the last play of the game, the **MityMite Hog's** six point lead vanished when Gardena scored from 40 yards out for a 12-13 win. Downey scored on their first drive of the game on a 10-yard run by Diego Garcia. Trailing 7-6 at half, Downey and Gardena played evenly until the Hog's Noah Skobis scored with 20 yard run with four minutes left in the game.

The **Junior PeeWee's** (2-0) once again showed a powerful offense and a stingy defense in defeating the Mohicans 33-6. Opening the game with a successful on side kick, the Hogs scored in five plays to lead 7-0. Another onside kick led to their second score as Domonique Pickens ran for a 45 yard TD.

Downey's defense smothered the Gardena quarterback for a safety in the second quarter to extend the lead to 15-0. Evan Vasquez fumble recovery led to another Hog TD and Jordan Mays' fumble recovery and return for a 50 yard TD concluded another successful outing for the Jr.PeeWee's.

The PeeWee game was a scoreless defensive battle until late in the fourth quarter when Gardena finally got on the scoreboard. Downey failed to score and lost 6-0.

The 2-0 **Junior Midget Razorbacks** led by an aggressive defense completely stymied the Gardena Mohican offense, and the Hog offense used a balanced attack to outclass their opponent 46-6. Hog reserves methodically drove the ball for the score on the opening series as Francisco Arrellano hammered his way down the field. Austin Espinosa added the two point kick conversion.

After the defense held the Mohicans, Moses Alaniz dashed 45

yards on a counter for a 14-0 score. In the second quarter, Rafael Rodriguez used the option to Justin Huff who sprinted to a 45 yard TD to make the score 20-0. Some nice running by Alanis (8 yards) and Jelani Dozer-Jones (46 yards) went for naught when Nicholas Luna fumbled on the next play to stop the drive.

The Hog defense once again held Gardena and with just a few seconds left in the first half Joshua Medina ran 78 yards for the score. Espinosa' PAT made the score 28-0. The Hog defense, led by Espinosa and Jonathan Haik caused the Mohicans to fumble the ball which was picked up by defensive lineman Jacob Callier who rumbled 65 yards for a score. A Jacob Cook toss to Rodriguez for 30 yards and Cook's pass to Espinosa for a 35 yard touchdown made the score 40-6. Rodriguez capped off the scoring with a 64 yard dash for the final score.

For the **Midget Razorbacks**, Saturday's game against Lakewood was their first game of the season and they quickly scored 14 points. Late in the game however, Lakewood scored two touchdowns themselves but were unable to make one of the PAT's. When it appeared that Downey was a victim of a momentum change Brandon Hernandez intercepted a Lakewood pass and the Hog's Tristan Esparza made some very tough yards to enable them to run out the clock for the one point victory.

In **Razorback flag** (5-6 and 7 year olds) action, the Hog Red lost to Lynwood 12-0. Razorback Blue running backs Jacob Scobis, Jakob Portillo, and Cesar Buenos teamed for a 7-0 lead. With two minutes left in the game Gardena went ahead 13-7, but Portillo broke away for a 72-yard touchdown run to tie the game at 13.

Kevin Brown scored the first TD for Flag Gray and AJ Villareal added the point after against the Lawndale Cardinals. Xavier Nida added a touchdown as the Hog Gray scored a 13-0 victory. Razorback Whites defense thoroughly dominated the Lynwood White flag team 17-2. Jaden Holmes scored two touchdowns.

Next week the Razorbacks travel to the neighboring cities of Lakewood, Buena Park and Lynwood.



PHOTO BY MIKE BAUMANN

Austin Espinosa catches a touchdown pass from Jacob Cook in last week's action against Gardena.

WEEK 2 FOOTBALL RANKINGS

Western Division Football

1. Alemany (2-1)
2. St. Francis (2-0)
3. Culver City (2-0)
4. Palmdale (1-1)
5. Mira Costa (1-2)
6. Warren (3-0)
7. Inglewood (2-0)
8. Leuzinger (2-1)
9. West Torrance (2-0)
10. Chaminade (2-0)

Other: St. Paul (2-1), Downey (2-0), Paramount (1-0), Palos Verdes (2-1), Peninsula (0-2)

CIF rankings are compiled based on votes by coaches and media.

CIF VOLLEYBALL RANKINGS

Division 3-AA

1. Brentwood
2. Campbell Hall
3. Bonita
4. Quartz Hill
5. Granite Hills
6. Saint Ynez
7. Downey
8. Village Christian
9. Palm Springs
10. Palm Desert

Other: Warren, Los Altos, Valley Christian

CIF rankings are compiled based on votes by coaches and media.

Downey has rough outing

By ALYSSA WYNNE,
SPORTS INTERN

DOWNEY – Downey girls tennis came up just short against Milliken losing 11-7 on Sept. 17 with all of their matches looking shaky.

The Vikings had a very rough start at the beginning of the matchup with roughly each singles player or doubles team losing their first set. One of the three singles opponents was clearing through Downey's singles competitors. No. 1 Downey singles player Sandra Lee, and No. 2 Downey singles player Christina Arsenescu both agreed that the girl had talent.

"Wow, she was good," said Lee. "She's only a freshman. You only see girls like that at open."

After her game against the talented freshman, No. 3 singles player Irene Saavedra could not help but agree with her teammates.

"So I lost but I'm actually happy," said Saavedra. "She's really, really good. I don't feel bad for losing. I can't wait to play them next year."

Katie Medina and Janette Rico have surely earned the No. 1 doubles title. The ladies were able to defeat their first opponent and continued this winning streak for the remainder of their sets.

"Janette [Rico] and I won all three sets," said Medina after the game. "We did really well. We communicate a lot with each other. We have good spirit and cooperation."

As for the personal scores for the team, double's partners Christine Tran and Caroline Tran were unable to defeat any of their opponents. Their teammates, doubles partners Rosanna Calderon and Claudia Guzman, won one of three sets. Arsenescu had a score of 1-2, Lee had a score of 2-1, and Saavedra had a score of 0-3.

Bellflower sparked some confusion when the junior varsity team arrived ready to compete. The Buccaneer's thought their opponent for that day was Downey; however, the Bellflower match was not until Monday.

On Monday, Downey turned it around as they were again victorious against the Bellflower Buccaneers, winning 13-5 on Monday.

Head coach Denise Diego said she was definitely very excited for this match. She had confessed earlier that Bellflower would be a good match for the girls. Not only are the Buccaneers talented and competitive, as all the other teams are, but they give the girls a good confidence boost before the league matches begin. It was a concern of Diego that the team could possibly lose, but that wasn't the case with her girls cruising.

Once again, No. 1 singles player Sandra Lee swept the board winning all of her sets. Her teammate and challenger to her top ranking, No. 2 singles player Christina Arsenescu, crept behind her by winning all of her sets as well.

Irene Saavedra, No. 3 singles player, fell short of her fellow teammates, losing all of her sets, even though each point was highly contested.

The doubles matches that No. 1 players Katie Medina and Janette Rico took part in were unquestionably intense.

The girls squeezed by one set 7-5 and crushed the competition in the other two sets. No. 2 doubles partners Claudia Guzman and Rosanna Calderon won two of their three sets by a slim margin. The combined effort of Jennifer Cho, Jennifer Kheang, Christine Tran, and Caroline Tran resulted in a set score of one win and two losses.

Downey will be competing in an away game against Gahr High School today.

No stopping Jesse Callier

Callier sets school record with 6 TDs.

By JARED HEAD,
SPORTS INTERN

DOWNEY – While the game didn't start off exactly how Warren wanted with Whittier returning the opening kickoff for a touchdown, it was immaterial with Warren's Jesse Callier exploding for 447 rushing yards to lead the Bears to a 54-21 laugher.

Needing to answer, Warren's first drive had them march downfield 65 yards and was capped off by a 23-yard rushing touchdown by Callier. The Bears missed the PAT but that was the last worry of the night for the Bears. The rest of the night Whittier would spend scratching their heads, trying to solve the problem that was Callier.

Callier was the focus all night for Whittier's defense. He rushed for a school record six touchdowns, including a 51-yard breakaway just two minutes into the fourth quarter. Callier brought three defenders to the ground on his way to the end zone during the final touchdown of his night.

"I felt really good out there," Callier said after the game, "Changes, misdirection, mixing it up, that's what helped me out tonight. Keeping Whittier guessing."

Callier did it all on the night, rushing for his monster 447 yards on 36 carries, completing a pass for seven yards, receiving a pass for 11 yards, being accountable for 36 of Warren's points, and registering a sack on defense.

Warren's defense had a stellar night limiting Whittier until fatigue



PHOTO BY PAUL HEIDECKER

Jesse Callier rushed for 447 yards and six touchdowns in Warren's win over Whittier last week. Callier now has 837 rushing yards and 14 touchdowns on the season.

began to set in towards the end of the fourth. The Bears managed to hold Whittier at bay all night even stopping them in the most crucial of situations early in the game. Whittier's first drive saw them march down the field 90 yards until being stopped cold by the defense as they prevented what should have been an inevitable touchdown.

Kicker Giovanni Mayoral had an excellent night making six of seven attempted PAT's. His best kick of the night was a beautiful 46-yard punt that rolled to a stop on Whittier's own 1-yard line for what would begin their third drive. But the defense of the Bears stepped up, attacking on all fronts and coming close to forcing a safety. In the end of that opening drive for Whittier, they punted from their

own 1-yard line, gaining no ground through the three plays due to Warren's fantastic defense.

Quarterback Samuel Bettancourt continues to improve in the season, throwing for 106 yards, completing seven of 11 passing attempts. Bailey Cowins was back after having been benched during last week's game against Santa Fe for academic issues and he had a strong night with two rushes for 15 yards and four receptions for 78 yards which included a 5-yard touchdown reception four minutes into the fourth quarter.

With a whopping 588 total yards in 10 drives and a staggering 627 all-purpose yards, Warren scored in every quarter.

"We were a little sloppy,"

Warren head coach Chris Benadom said. "We need to clean up our receiver plays and improve our blocks on the outside. Not to mention we had some lazy blocks late into the game."

Benadom also continues to be in awe of his stud running back saying only a few words about him.

"The kid's an amazing runner," he said. "He makes things happen."

Callier currently has 837 total rushing yards and 14 touchdowns in the first three games of the season. He's well on his way to sealing himself as one of the Top 10 running backs in the history of CIF High School Football.

Warren, currently 3-0, has a bye this week. Their next game will be Friday, Oct. 2 at home against La Serna. Game time is 7 p.m.

Warren tennis off to a slow start

By ALYSSA WYNNE,
SPORTS INTERN

DOWNEY – Last week, Warren girls tennis suffered from quite a blow in their defeats against Lakewood High, 2-16, and Keppel High, 4-14.

But fortunately, the Bears were able to bounce back and after a slow start to the season, defeating the Schurr Spartans 76-72.

The ladies were neck and neck in the majority of the match. Even though the outcomes of the previous matches in the week weren't what they hoped they would be, Warren head coach Mary Starksen was impressed with the victory over Schurr.

"This was a great team effort," said Starksen. "Everyone contributed."

There is no doubt about it, the girls were very overjoyed about their first win of the season.

No. 1 singles player Rebecca Lopez and No. 2 singles player Angelika Sosnowski each won two of their three matches.

Their teammate, No. 3 singles player Renee Morales, won one of three matches.

No. 1 doubles partners Eran Kalashyan and Ariel Gonzalez earned a personal total of 1-2.

No. 2 doubles partners Brianna Bordette and Deneille Dominguez won two of three matches and No. 3 doubles partners Helena Park and Hannah Kroeger did not win any of their matches.



PHOTO BY CARLOS ONTIVEROS

Matt Caswell scored six times Tuesday to life Warren to a 14-6 win over Santa Fe High School.

Caswell lifts Warren to victory

■ Warren uses third period to score five unanswered goals and pull away.

By SCOTT COBOS,
STAFF WRITER

DOWNEY – Six goals by Matt Caswell helped lift Warren's water polo team to a 14-6 win over the Santa Fe Chiefs on Tuesday at Warren's pool.

Caswell scored two goals in the

first period and broke the game wide open with four goals in the third period when his team was tied up at four goals a piece after the halfway mark in the game.

Warren had a 3-2 lead in the first six minutes of play until a foul gave Santa Fe a penalty shot right at the end of the period. Santa Fe converted and tied the score at three goals a piece.

What looked like a period without any action, the second period, each team scratched on the board,

scoring only once. Warren had many more shots on goal during the second period of play but were unable to find the back of the goal.

It was in the third period when Warren imposed its will on the Chiefs. Just 13 seconds in, Caswell scored his third goal to put the Bears up a goal. Three seconds later, Caswell again struck, putting his team up two, only seconds into the period.

The Bears would score five unanswered goals during a 5:30

stretch. They would score eight goals total in the period, four of them belonging to Caswell.

In the fourth period, playing in a defensive stance, Warren only allowed one more goal and was able to shut the door on Santa Fe.

Even though Caswell by himself was enough to at least match Santa Fe's offensive output, it was the Bears' early defensive stance during the opening moments of the game that set the tone.


The Bears were in the face of

Santa Fe all match long and never allowed for an easy shot. Every scoring opportunity for Santa Fe was challenged and it never seemed as if they were able to get into a rhythm.

With good defense came easy offense. Warren was able to force turnovers all game long and was able to launch lob passes to cherry picking players for easy goals.



WARREN HIGH SCHOOL



DOWNEY HIGH SCHOOL



Get the Results of tonight's game on The Downey Patriot website: www.TheDowneyPatriot.com



PHOTO BY THERESA ROBARGE

The Downey Bocce Club has again won first place in the Poway Bocce Tournament held Sunday. The winning team, shown with their traveling trophy, consisted of (left to right): Amadio Egizii, John Fiorenza, Pat Limatola and Mike Oreb.

Philippine artist to perform work

PARAMOUNT – Watercolor artist Juan “Magoo” Valencia will give a free demonstration Sunday at 2 p.m. at Progress Park Plaza, 15530 Downey Ave., in Paramount.

The free demonstration is part of the regular meeting of the Downey Art League and Traditional Artist’s Guild of Paramount. The public is invited.

Valencia is a fine arts graduate from the University of the Philippines and has worked for almost 30 years at several advertising agencies as a layout artist and art director.

He is a founding member of the Philippine Watercolor Society and has been a watercolor instructor at the Ayala Museum in the Philippines for three years. He regularly sits on judging panels in national art contests in the Philippines.

Valencia’s work has been the subject of eight one-man shows and more than 100 group shows. His painting subjects are mostly landscape, seascapes, still-lives and old houses.

Refreshments will be provided Sunday. For more information, call Ryo Terasaki at (562) 803-5857.

Chili cook-off at Elks Lodge

DOWNEY – Soroptimist International of Downey will host a chili cook-off Oct. 4 at the Elks Lodge in Downey.

Chili will be judged in four categories, including hottest, most unique, best tasting and best aroma. Three awards for each category will be issued.

Entry fee is \$50. Admission is \$20 (\$10 for children) and includes a barbecue lunch, chili tasting and entertainment.

The chili cook-off runs from 1-5 p.m. For tickets and information, call Mia Vasquez at (562) 806-3217 or e-mail misssaywell@verizon.net.

‘Best Musical’ winner in OC

COSTA MESA – “Spring Awakening,” the 8-time Tony Award-winning Broadway show, will visit Segrestrom Hall in Costa Mesa for a two-week engagement Nov. 17-29. Tickets go on sale Sunday.

“Spring Awakening” swept the 2007 Tony Awards winning eight out of its 11 nominations, including Best Musical, Best Director, Best Book, Best Choreography, Best Orchestrations, Best Lighting Design and Best Featured Actor.

It was also hailed as “Best Musical of the Year” by the NY Drama Critics Circle, the Drama Desk and the Outer Critics Circle.

Tickets to see “Spring Awakening” are \$20-\$70 and will be available beginning Sunday on ocpac.org, at the Orange County Performing Arts Center box office, or by calling (714) 556-2787.

New Titles at the Downey City Library

Fiction

- **“The Lacuna”** by Barbara Kingsolver. The bestselling author takes us on an epic journey from the Mexico City of artists Diego Rivera and Frida Kahlo to the America of Pearl Harbor, FDR, and J. Edgar Hoover.
- **“The Lost Art of Gratitude”** by Alexander McCall Smith. The sensational sixth installment in the best-selling chronicles of the irrepressibly curious Isabel Dalhousie.
- **“The Magicians”** by Lev Grossman. SHigh school senior Quentin is on his way to a college interview when he wanders off the street and ends up transported to another place...where it's still summer.
- **“Pilgrims: a Wobegon Romance”** by Garrison Keillor. Wobegon goes abroad in this rousing and moving story, featuring Keillor’s trademark humor, of a group trip to Rome.
- **“Vanilla Ride”** by Joe R. Lansdale. Hap Collins and Leonard Pine, a couple of big-hearted East Texas pals with a well-defined sense of right and wrong, think they can create a better world with fists and force.

Non-Fiction

- **“The Accidental Startup: Business Basics for the Chance Entrepreneur”** by Danielle Babb. Advice from a small business owner for those who are unemployed or want to change jobs and be their own boss.
- **“Face to Face: My Quest to Perform the First Full Face Transplant”** by Maria Simonov. A doctor’s 30-year journey and lifelong goal to change the “face” of medicine.
- **“Focus on Community College Success”** by Constance Staley. To make the most of your local 2-year college, an educator offers a handbook on how to study, think critically, manage your time and energy and choose a career.
- **“Healing and Preventing Autism”** by Jenny McCarthy and Jerry Kartzinel. This book presents a program for parents of children with autism, ADHD, OCD and other learning disorders.
- **“What’s Math Got to Do with It?: How Parents and Teachers Can Help Children Learn to Love Their least Favorite Subject”** by Jp Boaler. A Stanford mathematics professor outlines practical steps to make math education easier in the classroom and at home.

Visit www.downeylibrary.org and click on “New and Notable Books” to browse more titles

Church caters to deaf worshipers

NORWALK – Calvary Community Church and Calvary Community Deaf Church have merged to form one body, the churches announced in a statement.

The church, now know as Calvary Community Church a Fellowship of Deaf and Hearing Believers, will offer a free American Sign Language class tomorrow at 5:30 p.m. in the main building at 14626 Pioneer Blvd. in Norwalk.

The class is free and open to the public, but students will be asked to purchase a textbook from Barnes & Noble at a cost of about \$22. Children must be accompanied by an adult.

For more information, call the church at (562) 868-9828.

Chorus searching for singers

NORWALK – The Norwalk-based Southland Harmony Chorus is searching for female singers to join its group.

Women of all ages who enjoy singing are invited to the chorus’ weekly rehearsals Tuesdays at 7 p.m. at the Norwalk Masonic Center, 12345 E. Rosecrans Ave.

For more information, contact Bobbi Morrill at (714) 376-1810 or e-mail bobbimorrill@yahoo.com.

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PANDORUM (R) (11:40, 2:20, 5:00), 7:40, 10:20

SURROGATES (PG-13) (10:50, 1:00, 3:15, 5:35), 7:55, 10:15

THE INFORMANT! (R) (11:30, 2:10, 4:55), 7:35, 10:10

JENNIFER'S BODY (R) (12:20, 2:50, 5:20), 7:50, 10:20

LOVE HAPPENS (PG-13) (11:25, 2:05, 4:45), 7:25, 10:05

TYLER PERRY'S I CAN DO BAD ALL BY MYSELF (PG-13) (11:30, 4:40, 9:45)

9 (PG-13) (11:00, 1:10, 3:10, 5:15), 7:30, 9:45

ALL ABOUT STEVE (PG-13) (2:10), 7:20

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Services today for Norman Paul Gatchet

DOWNEY – Following a long battle with Alzheimer's disease, Downey resident Norman Paul Gatchet passed away Sept. 21 at Windsor Gardens Convalescent Center of Long Beach. He was 81.



Gatchet was born and raised in Silverton, Ore. where he met and married his wife, Joyce. They had two sons and pursued a career in the logging industry until 1954 when Gatchet moved his family to California. Gatchet pursued a career in owning and operating a restaurant for more than 30 years, and he and Joyce had their youngest child. They retired in 1985.

Funeral services will be held today at 11 a.m. at Miller-Mies Mortuary Chapel. The visitation begins at 10 a.m. and burial will take place at Downey Cemetery following the service.

He is survived by his wife, Joyce Jacqueline; sister, Dorothy Peters; children, Steven Wayne, Russell Norman and Sandra Gaye Carson; grandchildren, Cary Russell, Roger Steven, Kelly Michelle and Traci Lynn; and great-grandchildren, Gaven, Stephen and Tahlr.

QuickBooks training available

DOWNEY – Beginning in October, the Downey Chamber of Commerce will provide free QuickBooks training to small business owners in Downey.

The training is offered in collaboration with Professional Career Education and made possible through funding by the Employment Training Panel.

Workshops range from QuickBooks to e-commerce strategies. A series of workshops will also help entrepreneurs develop a business plan.

"We are responding to the many requests that we've received from our members regarding the need to learn accounting software," said Susan Nordin, executive director of the Downey Chamber of Commerce. "We're very excited about the QuickBooks launch in October. Each workshop will provide Downey's small business owners with professional tools to help run their businesses more successfully."

Workshops will be held at the Chamber beginning Oct. 15 at 8:30 a.m. For a complete training schedule, contact Christine Bosworth at (310) 407-5448 or christine@procareered.com.

Golf tourney raises \$67K

WHITTIER – The Cerritos College Foundation raised \$67,000 at its 24th annual Golf Classic held Aug. 3 at Friendly Hills Country Club in Whittier.

This year's title sponsor, Bovis Lend Lease, was joined by numerous corporations and local businesses in helping the foundation reach its goal.

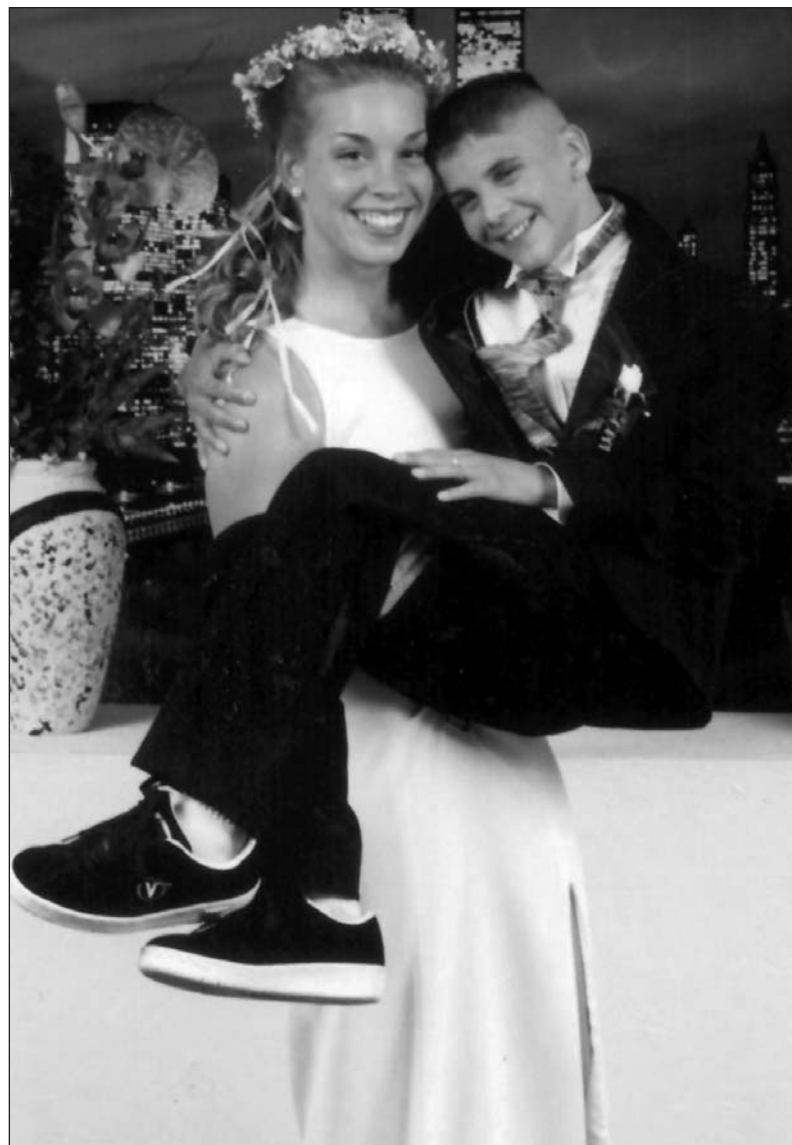


PHOTO COURTESY WRIGHT FAMILY

Funeral services for Josh Wright will take place tomorrow at 11 a.m. at Calvary Chapel of Downey. In lieu of flowers, the family has requested contributions to Childrens Hospital Los Angeles, C/O Bone Marrow Unit, Attn: Robby Parkman, 4650 Sunset Blvd., Los Angeles, 90027.

Antoinette Caringi lived here 42 years

DOWNEY – Antoinette Caringi, a bakery clerk at Albertson's, passed away Sept. 17. She was 89.

Caringi was born in Canton, Ohio and lived in Downey 42 years.

Funeral services took place yesterday at Florence Avenue Foursquare Church in Santa Fe Springs. Burial was at Rose Hills Memorial park.

She is survived by two sons, Frank and Richard; brothers, Daniel (Josephine) of Corona, and John of San Francisco; sister, Josephine of Poland, Ohio; and many nieces and nephews.

Denis Dunne was math teacher

DOWNEY – Denis Dunne, who resided in Downey the past 34 years, passed away Sept. 12 after emergency surgery while on vacation in his native Co. Wexford, Ireland.



Born there on Dec. 5, 1929, he came to the U.S. in 1952. He was a high school math teacher for 40 years, having taught in a number of southland Catholic high schools and in the Covina Valley Unified School District.

He was an avid outdoorsman and, with his wife Mary Ellen and their four children, enjoyed camping, hiking and bike riding. He was actively involved when his sons were in local Boy Scout Troop 441.

Dunne is survived by his wife, Mary Ellen, daughter, Fiona; and sons, Aidan, Niall and Brian.

Funeral masses were held in Co. Wexford, Ireland and at St. Raymond's Catholic Church. Burial took place Wednesday at All Souls Cemetery in Long Beach.

Kenneth Miller was civil engineer

DOWNEY – Kenneth Franklin Miller passed away Sept. 8 at his home in Maple Valley, Wash. He was a resident of Downey for 42 years before moving to Washington in 1999.

Miller was born June 18, 1927 in Bell and grew up in Huntington Park, graduating from high school there in 1945. After serving in the Army, he graduated from USC and worked as a civil engineer at Ameron. He retired in 1992.

He is survived by his wife of 61 years, Frances; son, Wesley (Julie); daughter, Karen (Tom) Ruckman; six grandchildren; sister, Dorothy Hendrix; and several nieces and nephews.

A memorial service will be held Sunday at 3 p.m. at First Presbyterian Church of Downey.

Alana Bowman is born

DOWNEY – Dorthey Ellis, of Downey, and Colene Arnold, of Harrisburg, Ariz., have announced the birth of their great-great-granddaughter, Alana Brynn Bowman.

Alana was born Sept. 1 in Jonesboro, Ariz. She weighed 7 lbs, 13 ounces at birth.

Alana is the daughter of Kyle Bowman and Leslie Lawson. Alana's great-grandparents live in Mississippi, Arizona and here in Downey.

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The Downey Patriot, a newspaper of general circulation for the County of Los Angeles, State of California, Los Angeles Superior Court Case No. VS019238

LEGAL NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
REQUEST FOR ENTRY OF DEFAULT CLERK'S JUDGMENT
CASE NO. 09C03063

PLAINTIFF/PETITIONER: Kakuk DEFENDANT/RESPONDENT: Din TO THE CLERK: On the complaint or cross-complaint filed on July 28, 2009 by Steve Kakuk Enter default of defendant, Martha Din and All Unknown Occupants Enter clerk's judgment for restitution of the premises only and issue a writ of execution on the judgment, Code of Civil Procedure section 1174 (c) does not apply. (Code Civ. Proc., Section 1169.) Include in the judgment all tenants, subtenants, named claimants, and other occupants of the premises. The Prejudgment Claim of Right to Possession was served in compliance with Code of Civil Procedure section 415.46. Judgment to be entered: Daily damages were demanded in complaint at the rate of: \$26.93 per day beginning 8/1/09.

NOTICE OF SALE ABANDONED PERSONAL PROPERTY
Notice is hereby given that the undersigned pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by Martha Din whose last address was 11744 Lakewood Boulevard, Downey, California 90241 will be sold at public auction at 11744 Lakewood Boulevard, Downey, California 90241 on October 12, 2009 at 2:00 pm to 5:00 o'clock pm.
DESCRIPTION OF PROPERTY: Antique Box Piano, Dining Room Set with 4 Chairs, 2 small Hutch/Bookcases, 2 End Tables, 2 old portable TVs, One Bedroom Apartment Furnishings

Dated August 12, 2009
Default entered as requested on August 17, 2009
John A. Clarke Clerk, by S. Coronado, Deputy

William E. Windham, Attorney at Law
Attorney for Plaintiff
5206 Benito Street, # 115
Montclair, CA 91763
Published in The Downey Patriot
9/25/2009, 10/2/2009

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Report graffiti or persons performing the act to this number.

HELP The Downey Patriot REACH OUR GOAL OF BEING ADJUDICATED IN THE CITY OF DOWNEY

Although The Downey Patriot is adjudicated in the County of Los Angeles, it's limited on the types of legal notices it is able to publish. Our goal is to become adjudicated in the City of Downey in order to run all types of legal notices. In order to print all legal notices, The Downey Patriot must meet additional requirements set forth by the Government code. One of these additional requirements is "a bona fide subscription list of paid subscribers".

The Downey Patriot is now offering paper subscriptions for \$10/year. This subscription guarantees a delivery every Friday to a single family home in Downey.

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To give The Downey Patriot as a subscription, fill out the information form above and send it along with a check for \$10 to the Downey Patriot, or you can always come into the office and drop off your subscription form.

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PHOTO COURTESY SEAACA

Bella the Chihuahua is in need of a home after being rescued by animal control officers two weeks ago.

Chihuahua needs a home

DOWNEY – After her story appeared in *The Downey Patriot* last week, officials from the Southeast Area Animal Control Authority announced they are ready to place Bella the Chihuahua into a new home.

Bella, only 3 1/2 months old, was rescued from inside a hot car in Bellflower two weeks ago.

"She is the perkier little girl and loves people," said Jackie Recalde, animal care technician and caretaker for Bella at the SEAACA shelter in Downey.

Bella was left inside a parked car at the Kaiser hospital in Bellflower. The temperature inside the car measured 123 degrees, according to animal control officers.

"We had to break a window and rush her to SEAACA's veterinary hospital," said Cpt. Aaron Reyes, director of operations for SEAACA. "Her vital signs were high and she had a temperature of 104 degrees when examined by veterinary staff."

Bella's owner relinquished cus-

tody and SEAACA officials hope to place her in a home, Reyes said.

Cost to adopt Bella (or any dog until Sept. 30) is \$60 and includes spaying, vaccinations, micro-chipping and de-worming.

"It's going to be hard to say goodbye, but I'm sure her new family will be thrilled to have her when they see just how loving she is," said Recalde.

Interested adopts should call SEAACA at (562) 803-3301, ext. 230.



Daniel Almada and Michelle Knith were married Sept. 19 and are now enjoying a honeymoon in Hawaii. Daniel attended Downey High School and Cerritos College and works as a pharmacist assistant at Stater Bros. He is the son of Leo of Juanita Almada. Michelle graduated from Cerritos College and is employed as a teacher.

Proud of our U.S. Marine



PFC. Rick A. Martinez, 1st Battalion 4th Marines A Downey resident since 1998, attended Maude Price Elementary, East Middle, and graduated from Downey High.

PFC. Martinez proudly achieved the title of United States Marine on 04/09/09 when he earned the Eagle, Globe and Anchor after coming down "The Reaper" the final action to becoming a U.S. Marine.

Since then has achieved Rank of PFC on July 1, 2009, Infantry Training Battalion Curriculum of Mortarman (0341) July 2, 2009 and finally on 08/28/09 Intermediate Infantry Mortar Gun-Line 05-09.

On 09/14/09 Reported to Camp Pendleton with orders of transport to Bridgeport, CA for additional training before deployment to Afghanistan or anywhere in the world.

PFC. Martinez has always shown interests in "The Marine Corps" and is proud to be part of the brotherhood with his cousins in the Marines Gunnery Sergeant Hernandez, J. and Sergeant Naranjo, A. a special breed.

Since childhood Rick has always been very loving, respectful, strong minded and patient towards others and places them before himself.

We are extremely proud of our Marine and all the sons and daughters in the military. God protect and bless them all. - Isaiah 43/2 Corinthians 11:24-30

- The Martinez Family



Don't forget remodeling permits

Contributed by the National Association of the Remodeling Industry

If a contractor asks a homeowner to pull his or her own permits, that should be a red flag for a homeowner to find a different remodeler, according to the National Association of the Remodeling Industry.

Relying on a contractor to navigate the permitting process can save homeowners time, money and stress.

"A reputable contractor should object to a homeowner pulling his or her own permits," says Darius Baker, owner of D&J Kitchens and Baths in Sacramento, and a certified member of NARI. "It's part of the service that a consumer should expect when they hire a contractor."

Permits are the way cities regulate construction and help ensure that all construction is safe. The safety of the occupants of buildings is the primary reason for having construction codes, and the permits are an agreement that whatever

work is being done to a home complies with these codes.

Most home projects require a permit, and the permit and inspection process can be a tedious process. Although homeowners are allowed to pull their own permits, it is in their best interest to have the remodeler they hired do it instead.

The first reason is the process of getting the permit will generate a flurry of questions from the local building department that the homeowner is most likely not qualified or prepared to answer.

"The homeowner then has to run back and forth between their designer, contractor or architect to answer the questions, and that's not an efficient way to spend time," Baker says. Having the remodeler talk to the building department when he or she pulls the permit will help speed up the approval process.

Second, if homeowners pull the permits, they – instead of the remodeler – will be responsible for the project and have to answer to local building inspectors during home inspections. Inspectors are

going to look at details that the homeowner might not know how to address. The homeowner will then need to consult with their remodeler to sort out any problems the inspector finds.

Having a remodeler pull permits can also help the homeowner save money. A contractor may charge his client for three hours to get permits, but that charge includes all the back and forth discussion with the local building department and inspectors.

"A homeowner who takes time off of work to get these permits will have to ask themselves, 'How valuable is my time?'" Baker says.

The contractor can also save money by negotiating fees. Permit fees are usually calculated by the value and scope of a project. If you have a good contractor, the contractor will know how to get the permits for the least amount of money.

Overall, it's always a good practice to rely on a certified remodeler to pull permits.



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"Maria Cibrian did a good job and everything is fine." – Juan Carillo

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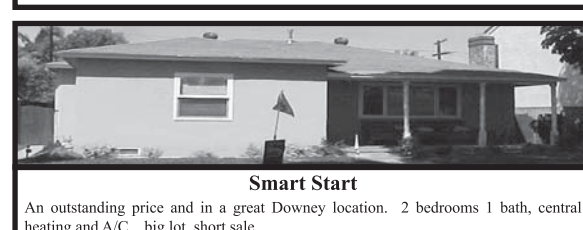
Look and Buy
Spacious open floor plan, 3 bedroom, 3 bath, family room, dining room, extra large master bedroom, central heat & A/C, spa in master bedroom, large lot, and just listed at a fantastic price!



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Beautiful move in condition home in a desirable area. 2 bedrooms, 2 baths, newer exterior paint, Downey School District, good size lot! Reg. Sale



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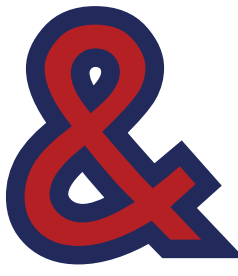
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