



The Downey Patriot



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Thursday, December 22, 2011

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

Initial plans for Tierra Luna project gain first approval

■ 77-acre project is slated to replace floundering Downey Studios.

BY ERIC PIERCE,
CITY EDITOR

DOWNEY – The Planning Commission on Wednesday night unanimously approved preliminary plans for the Tierra Luna Marketplace development at Downey Studios.

The project covers 77 acres and calls for two big box stores, 13 "junior anchor" retail stores, 16-screen movie theater, up to 300,000 square feet of office space, 150-room hotel, four stand-alone restaurants, a food court, gym and more.

A four-lane private street -- Aviation Boulevard -- would run through the shopping center from Lakewood Boulevard to Bellflower Boulevard.

The City Council is now scheduled to discuss the project on Jan. 10.

Commissioners listened to nearly two hours of public testimony from residents who protested against the project, who labeled it unoriginal and an affront to the property's steep aerospace history.

"This isn't just Downey history, it's mankind history," said George Redfox, president of the Downey Conservancy, a nonprofit that works to preserve Downey history. "It almost feels like we've been jipped."

The Planning Commission's action redraws parcel lines and recommends the project's preliminary plans for approval to the Council. Chairman Robert Kiefer noted that the development would have proceeded no matter the Planning Commission's decision.

"What we're looking at are land use issues," he said.

No retailers and tenants are attached to the project yet, but if the development moves forward the city could begin soliciting lease commitments as early as March, community development director Brian Saeki said in a telephone interview Monday.

"I want to make it very clear that this is a land use project at this point. There are no tenants," Saeki said. "There are a bunch of tenants interested, but no for-sale, signed, done-deal tenants."

Saeki denied the city was in talks with Walmart but didn't rule out the possibility that the retail giant would serve as a retail anchor.

"We're not advocating for a Walmart but when you're talking about a 90,000 square foot big box store, very few businesses fit the case," he said.

In a development agreement between the city and property owner IRG, the city submitted a list of pre-approved retail stores and restaurants it would welcome at Tierra Luna Marketplace. The list includes outlets such as Whole Foods and Nordstrom.

As part of the agreement, the city also agreed to pay the developer \$1 million annually in



Photo by Eric Pierce

exchange for a fire station and final say on tenants. The agreement goes into place if the shopping center generates \$2.5 million annually in sales tax.

The development's approval would spell the end of Downey Studios, which officials say has lost \$13 million over the past seven years as studios increasingly take advantage of industry tax credits in other states. Downey Studios, which opened in 2004, also suffered from increasing use of computer-generated technology and a declining need for large stage space in Southern California, officials said.

As mandated by federal law, the city would preserve a portion of Building 1 but everything else on the property would be razed to make room for Tierra Luna.

Saeki said further preservation of the site was not economically feasible.

"Downey Studios preserved the buildings there and that didn't work out, and then Tesla came in and was going to make use of the buildings and of course that didn't work out," he said. "I feel like we've lived through the preservation alternatives but the private markets show that it's not economically viable."

"The city has always been very sensitive to historical preservation, especially on that site," Saeki added. "The federal government requires us to keep certain buildings on that site and at this point it's just Building 1."

Resident and teacher Kathy Perez was one of several residents who criticized the city for placing the development on the agenda "on short notice" and taking up the issue four days before Christmas.

Tierra Luna Marketplace is scaled down from the original 2009 plans, which included 1,500 multi-family residences. Developers scrapped the homes due to the recession.

Real estate broker Arlene Garcia Hanner said redevelopment projects in Downey have helped her sell homes and she was saddened to see the residential component dropped from Tierra Luna.

"I'm disappointed to see the new plans without residential units," Hanner told commissioners. "It would have given it an

exciting vibe. Now it's just shops and big box stores."

Most residents in attendance, however, criticized the plan for being unoriginal.

"This does nothing to differentiate Downey from the surrounding areas," said resident Jared Head. "Councilman Mario Guerra said this wouldn't be 'just another mall.' But that's exactly what this is."

City officials maintain that, aesthetically, the new project would be an upgrade over what presently exists.

"[The] visual change will be an improvement over the existing metal clad industrial buildings, expansive asphalt parking lots, absent of landscaping, and the studios' back lots," Saeki and principal planner Mark Sellheim wrote in a report to the Planning Commission.

The report also claims the project would create 3,286 new jobs "at build-out" and that an "economic leakage" is occurring in Downey due to a lack of big

box stores such as Walmart, Target or Lowe's.

"That is, because there are so few large format stores here, Downey residents must travel beyond its borders to take advantage of this retail type," the report states. "As a result, the City loses out on the benefits of large format stores: sales taxes, property taxes and a gathering place for the community."

In recognition of the property's significant aerospace history, Tierra Luna Marketplace would include kiosks that "talk about history," said developer Bob Manarino.

"This project will include room for maybe a farmers market and other things we simply cannot commit to today," Manarino added.

Manarino, who grew up in Downey, dismissed claims the project was simply a giant shopping center.

"It will be a pedestrian village," he said.



Photo by Dr. Max Nguyen Digital Photography

Fire captain Bob Rapp retires

■ After nearly 35 years with the Downey Fire Department, Capt. Bob Rapp retires.

BY HENRY VENERACION,
STAFF WRITER

DOWNEY – After almost 35 years of service in the Downey Fire Department, most of it spent running operations at Fire Station No. 3, Capt. Bob Rapp was honored this week with a retirement party attended by city officials, including mayor Roger Brossmer, police chief Rick Esteves, fire chief Lonnie Croom, and by his other colleagues and staff.

A highlight was the presentation of his retirement badge.

Son Aaron and daughter Casey witnessed their dad hold back tears when his turn came to acknowledge the congratulations and best wishes of those present.

Rapp, who was born in Long Beach, initially thought he wanted to become a police officer. Four weeks in the LAPD Police Academy convinced him that police work was not for him.

"After I quit," he says, "I had no job. I had no career to speak of." His mom was happy, though, about his decision, he says, but his dad was not.

He had earlier worked his way through Cal State Los Angeles, working the graveyard shift on Friday and Saturday nights, and working full-time in the summer, at a glass factory in Gardena, making 5-gallon bottles for Sparkletts. He graduated with a BS degree in police administration.

It so happened that his mom had a friend, a fire captain with the Long Beach Fire Department.

"I spent a shift with him," Rapp says, "and I was hooked on the fire service. I took fire science classes at Long Beach City College, and started testing [for possible job openings]."

In the meantime, he says, he applied for a position with Signal Oil and Gas in the oil fields.

"It was supposed to be only a two-week affair," he says, "but they liked my abilities with a shovel and hired me full-time. I worked there for four years on a maintenance crew with two other guys. This got me ready for the fire service."

"I was hired by the Downey Fire Department on May 9, 1977," he continued. "To this day I still appreciate my job as a fireman, as compared to working in the oil fields."

In his nearly 35 years with Downey Fire, Rapp fondly remembers the time spent traveling around the country with two other firemen check-

ing out, testing, and delivering rigs ordered by the department. Pre-9-11, he says they would drive the rigs (engine company and ladder company) being outfitted back and forth from, say, Florida or from Pennsylvania or from Appleton, Wisconsin to such places as New York, New Orleans, Alabama.

This routine started in 1988 and was to be repeated in selected years after that.

Thus, Rapp says, for such significant pieces of equipment obtained at such significant costs, they had to be carefully "nurtured" and delivered intact and whole to Downey.

This routine was to change post-9-11 when the delivery policy required the manufacturers' own drivers to drive the rigs themselves to their destinations.

"I've loved this job," he says, "and I know I'll miss everything that goes with it. It's exciting, especially when you go to fight fires. In the past, we used to go to Lynwood, to South Gate, to Montebello, to Santa Fe Springs, with sirens wailing, eager to save property or whatever. It is truly the greatest job in the world. In this job, where there is so much to learn, every situation is different. When you go out on a call, you have to use pure common sense, always prepared for anything that might come up because you see people at their best and at their worst."

Divorced in 1989, Rapp says he got custody of his two kids and, moving to Temecula, "I raised both of them." Aaron, 31, a Cal State San Marcos graduate, works for a fire equipment maintenance facility in Escondido, and, good with computers, "still wants to be a fireman." Casey, 28, lives in nearby Murrieta and works for the home health care and hospice company, Visiting Nurse Association.

"They're good-hearted kids, both independent-minded," he says.

As much as he loved his job, Rapp says he also welcomes retirement. His hobbies and interests have always included playing golf, working in the house, woodworking, visiting his sisters (Nancy Hanna lives in Arizona, while Chris Curry lives in Templeton, Calif.), and traveling in general. A brother died several years ago.

Rapp says his two regular shift associates, fire engineer Kevin Kim and fireman Kerri Nony, are "two of the most hard-working, helpful, conscientious associates" he has worked with, and he has no doubt that his replacement, Capt. Sal Piscitelli, would "do just fine."

Where to find the best Christmas decorations in Downey

The city of Downey has announced the winners of its annual Holiday Home Decorating Contest. Winners were chosen by the Recreation and Community Service Commission and Soroptimist International of Downey.

Mayor's Award:

8401 Dalen St. (Robert Prestwood)
7839 Puritan Ave. (Rider & Soto Family)
9922 Norlain Ave. (Lorenzetti Family)
10945 Hasty Ave. (Mike Boyd, Lang Brothers & Kyle Trudeau)

Total Display:

13446 Barlin Ave. (Yanez Family) 1st Place in District 1
12507 Bellder Dr. (Jesse & Dustin Willis) 2nd Place in District 1
12246 Eastbrook Ave. (Steve & Linda Jones) 3rd Place in District 1
8503 Dalen St. (Edilberto Serna) Honorable Mention in District 1
10225 Angell St. (David & Rina Espinoza) Honorable Mention in District 1
7619 Nada St. (Boyles Family) 1st Place in District 2
12023 Morning Ave. (Alex Carrillo) 2nd Place in District 2
7453 Benares St. (Raquel Avila) 3rd Place in District 2
7504 Muller St. (Jackson Family) 1st Place in District 3
9922 Norlain Ave. (Lorenzetti Family) 2nd Place in District 3
7303 Finevale Dr. (Heidi Lockwood) 3rd Place in District 3
9713 Shellyfield Rd. (Raul Echmendia) 1st Place in District 4
8358 Lubec St. (Grzebyk Family) 2nd Place in District 4
10223 Pico Vista Rd. (Kirk & Ann Broomall) 3rd Place in District 4
9062 Passons Blvd. (Gloria & Sylvia Rodriguez) Honorable Mention in District 4
10331 Pico Vista Rd. (Dominick Dilello) Honorable Mention in District 4
9196 Cecilia St. (Amy Melendrez) Honorable Mention in District 4

Best Use of Lights:

8402 Conklin St. (Michael Contreras) 1st Place in District 2
7821 Brookmill Rd. (Alba Family) 2nd Place in District 2
7964 Borson St. (Pat & John Ruth) 3rd Place in District 2
7521 Cleargrove Dr. (Julia Murillo) 1st Place in District 3
10438 Western Ave. (Joey & Joshua Herrera) 2nd Place in District 3
10337 Mattock Ave. (Olivares Family) 1st Place in District 4
10302 Mattock Ave. (Mary Melcarek) 2nd Place in District 4
8427 Cherokee Dr. (Boyles Family) 3rd Place in District 4

Lawn/Roof Display:

11923 Rives Ave. (Jones & Beckham) 1st Place in District 2
7712 Phlox St. (Carlos Soler) 2nd Place in District 2
9912 Norlain Ave. (Sandy Richard) 1st Place in District 3
10324 Pomeroy Ave. (Torres Family) 2nd Place in District 3

9219 Stoakes Ave. (Gary Stevens) 1st Place in District 4
9203 Eglise Ave. (Vicente & Silvia Marino) 2nd Place in District 4

Religious Display:

7614 Yankey St. (The Gilberts) 1st Place in District 2
13441 Verdura Ave. (Coronel Family) Honorable Mention in District 2
7414 Luxor St. (Daniel & Krystle Richard) Honorable Mention in District 2

Window Display:

11018 Marbel Ave. (Reno & Jeanne Earwood) 1st Place in District 4

Animated Display:

10509 Clancey Ave. (Jim & Carey Dufton) 1st Place in District 4

Christmas Magic Award:

9384 Suva St. (Barger Family)

Santa's Award:

10257 Mattock Ave. (Messer/Hughes)

Christmas in Motion Award:

10509 Clancey Ave. (Dufton Family)

Santa's Workshop Award:

10903 Hasty Ave. (Moyes Family)

North Pole Award:

9219 Stoakes Ave. (Gary Stevens)

Holiday Fantasy Award:

9620 E. Florence Ave. (Doreen Reel)

Toyland Award:

8564 Suva St. (Smith Family)

Christmas Spirit Award:

10216 Gaybrook Ave. (Joseph Eagen)

Winter Wonderland Award:

12507 Bellder Dr. (Willis Family)



Young dancers donate toys

DOWNEY – Cpl. J. Gomez and Officer K. Snow of the Downey Police Department visited B's Dance Place on Dec. 14 to pick up a box of donated toys in support of the city's holiday toy drive.

The dance studio has participated in the toy drive for three years. "It's kind of neat to see the big bin come out into the dance studio's lobby during this time of year," said Yvette Gomez, a parent of one of the dancers. "As each week goes by you see these dedicated girls of all ages walking in with their new unwrapped toy in hand and placing it in this bin, knowing that their small donation will make a huge difference towards a less fortunate child within our city."

Miss Downey apps now available

DOWNEY – The Downey Rose Float Association is now accepting applications for its 57th annual Miss Downey Pageant taking place next spring.

The pageant will feature a new category next year: Little Miss Downey, for girls ages 7-9.

Young ladies can also compete in Jr. Miss (ages 10-12), Miss Teen (13-15) and Miss Downey (16-23).

A \$20 application fee is due at registration. The fee be paid at an orientation meeting Jan. 15 at 2:30 p.m. at Trinity Baptist Church or by mailing it to DRFA, P.O. Box 765, Downey CA 90241 by Jan. 10.

Applications are online at downeyrose.org and missdowney.com, and at several locations throughout the city, including the Downey Chamber of Commerce, Downey City Library, select businesses, and schools.

For more information, call Gary DeRemer at (562) 260-8503.

Winter Worship Guide

GOOD SHEPHERD
Lutheran Church
13200 Columbia Way, Downey
562.803.4459

Join us for worship
Christmas Eve at 7:00 pm
Christmas Day at 10:00 am

Christmas Eve
Worship Service
Saturday, December 24th
at 4:30 pm

Downey First Christian Church
Iglesia Cristiana de Downey

You are invited to join with others in remembering the birth of Christ and in celebrating the real reason for the Christmas Season. At DFCC, the night before Christmas will be filled with candlelight, communion, music and message. Typically Christmas Eve has been a great opportunity for the family to spend time together at church during the holiday season, so make plans now to bring loved ones to an incredible December 24th service at 4:30 pm at Downey First Christian Church. There will also be a 10:00 am Christmas Day family worship service.

10909 S. New Street Downey, CA 90241
(one block north of the Krikorian Theater)
562-862-2438 (english)
562-862-7418 (español)

"For there is born to you this day in the city of David a Saviour, who is Christ the Lord."
Luke 2:11

CHRISTMAS EVE SERVICE
SATURDAY, DECEMBER 24th, 4-7pm

CHRISTMAS DAY SERVICES
SUNDAY, DECEMBER 25th, 8:30 & 10:30am

calvarychapel downey
17801 Woodruff Ave., Downey, CA 90242
(562) 803-5631 www.calvarydowney.org

Nativity of Our Lord
Christmas Eve
7:00 PM Saturday, December 24

Christmas Service
10:00 AM Sunday, December 25

Christ Lutheran Church
7707 Florence Ave • Downey 90240
562.927.4421

Downey Memorial Christian Church

Saturday, December 24
Christmas Eve Candlelight Service, 5:00 pm

Sunday, December 25
Praise Worship, 10:00 am • Traditional Worship, 10:30 am

8441 East Florence Avenue • 562.869.7291
Visit us at downeymemorial.org

First Baptist Church of Downey
Presents...
In the Worship Center
Christmas Eve Service
Saturday 12/24/11
at 7:00 PM

Christmas Morning Service
Sunday 12/25/11
at 9:15 AM

8348 3rd St. Downey, CA • (562) 923-1261

ABUNDANT HOPE
Christian Center

Come celebrate and worship with us

Christmas Eve 7pm
Christmas Morning 10am

10335 Paramount Blvd. Downey, CA 90241
(562) 928-8651

MESSIAH LUTHERAN CHURCH
10711 Paramount Blvd., Downey
(562) 923-1215

Christmas Eve
Candle Light Service
Saturday, December 24
5:30pm

Christmas Day Service
Sunday, December 25, 9:00am

Circle K gets approval to open store here

DOWNEY – A Circle K convenience store received permission from the Planning Commission on Wednesday to open a store at 12000 Paraount Boulevard, just south of Stewart & Gray Road.

The mini market will take over tenant space previously occupied by Sam's Hair Repair and a State Farm insurance agency.

The Circle K will operate 24 hours a day and sell beer and liquor.

Store owner Kashmir Singh operates four other Circle K stores in Anaheim and Fullerton. Responding to questions from planning commissioner Robert Kiefer, Singh said none of his stores have ever been cited for illegal alcohol sales to minors.

In a report recommending the store's approval, city planners said the Circle K would "provide a convenience to people who live in the area and enjoy alcoholic beverages..."

"It is staff's opinion that allowing alcohol sales at the subject site would serve the immediate area since markets of this size and type typically draw customers from the adjoining residential areas in comparison to larger markets that draw customers from the entire city," senior planner David Blumenthal wrote in a report to commissioners.

The vote to approve the Circle K was 5-0.

Spanish concert at temple

DOWNEY – Cantor Ken Jaffe, accompanied by Daniel Spector, the Cale Band and the Tango Dancers, will perform the romantic and passionate music of Spain during a concert Jan. 14 at Temple Ner Tamid.

The nearly two-hour concert will feature several familiar Spanish arias sung by Jaffe, including "The Impossible Dream" and other selections.

The Cale Band, of Los Angeles, will play a solo set and collaborate with Jaffe in a Sephardic song. The Tango Dancers, a local troupe of professional dancers and instructors who regularly compete in Argentina, will demonstrate tango dancing as practiced in Buenos Aires.

Rabbi Dany Mehlman and Bella Silverstein will be guest singers at the concert.

The fundraiser will also feature raffles, including a grand prize of a week's stay in a furnished condo in Hawaii or other locations. Raffle tickets are \$5 or \$50 for a book of 12. Winners need not be present.

General admission tickets to the concert are \$22 or \$42 for reserved section seats. To purchase concert or raffle tickets, call the temple office at (562) 861-9276.

D. Mark Morris to speak

DOWNEY – D. Mark Morris, a housing planner with the city of Downey and a Downey school board member, will be guest speaker when the Downey Coordinating Council holds its monthly meeting Jan. 4 at noon inside the Barbara J. Riley Community and Senior Center.

Morris has been employed by the city for 28 years and currently works in the Community Development Department's Housing Division.

The meeting is open to the public.

Retired police chief named college dean

DOWNEY – John Finch, who retired as chief of the Downey Police Department in 2005, has been named assistant dean of criminal justice at Santa Ana College.

Finch had served as the interim assistant dean since March 2010.

Finch started as a police officer in Downey in 1975, earning promotions to sergeant, lieutenant and captain, before he was named police chief by city manager Gerald Caton in 2000.

After retirement from the Downey Police Department, Finch worked as an instructor at the Criminal Justice Academy at Santa Ana College, helping train deputies with the Orange County Sheriff's Department.

He holds a master's degree in public administration from Cal State Long Beach, a B.A. in management from the University of Redlands, and an associate degree in administration of justice from Cerritos College. He is also an FBI National Academy graduate.



Mayor's Corner

Dear Downey Residents and Friends:

As we close out 2011, I'm happy to report that Downey has continued to thrive this year under the leadership of outgoing Mayor Luis Marquez and retiring City Manager Gerald Caton. I know I'm one of thousands who have been personally touched by their leadership. It is this and other important City news that has prompted me to start this monthly Mayor's Corner. I want to make sure that you are as informed as possible about the goings-on in our City. An e-news version is also available – sign up at our City's website, www.downeyca.org.

So what's happening in Downey? Just last Wednesday, my fellow Council Members and I recognized the winners of our Annual Holiday Home Decorating Contest. If you haven't had a chance to see some of these amazing light displays, I encourage you to take a walk or drive through our neighborhoods and catch the holiday spirit, or check out the photos on our City's Facebook page.

Speaking of holiday spirit, I'd like to acknowledge the volunteer efforts of various city departments to help make the holidays brighter for the less fortunate children and families in our community. From the Angel Tree to the City of Hope Toy Giveaway to Operation Santa to Adopt-A-Family to the Downey Annual Toy Drive, city volunteers have collected and distributed hundreds of toys and other holiday supplies that have touched the lives of many.

Also last week, the City Council honored the Robotics Delegation from our own Columbia Memorial Space Center. The City built the Space Center as a lasting monument to the Space Shuttle Columbia and its Crew, and to the 80 years of contributions Downey has made to the American Space Program. We're so proud of these students from Downey and Warren High Schools who, in their first competitions, brought home the Excellence Award Trophy, Robot Skills Trophy, judges Trophy, Design Trophy and Innovation Award. Two of the Space Center's teams are now qualified for the VEX National and World Finals!

Want to join in on the fun at the Columbia Memorial Space Center? You can participate in one of two "Return to the Moon" Missions at the Space Center on Dec. 23 or Dec. 30 – call or visit the Space Center website for more information. (And you'll notice on your drive to the Space Center that you can now turn left from southbound Lakewood Boulevard onto Columbia Way).

If the last ten days have been this exciting, just wait until 2012, which promises to be another banner year for Downey. In January alone, we should see the opening of the La Barca Restaurant and the City Council's hearing on the Tierra Luna Specific Plan Amendment. Tierra Luna is the last piece of redevelopment of the former Downey/NASA site, and the plans call for up to 1.1 million square feet of retail commercial floor area (including dining and entertainment opportunities), 300,000 square feet of office space and 116,000 square feet of hotel space. Also beginning in January, we will welcome our new City Manager Gilbert Livas and new Assistant City Manager John Oskoui. I am confident that they will provide the innovative, sound guidance necessary as our City kicks off a new era of leadership.

Until next month, I wish you and yours a happy holiday season and a prosperous New Year.

Mayor Roger C. Brossmer

Crime Report

Friday, Dec. 16

At about 10:00 p.m. an officer attempted to make a stop on a vehicle for a traffic violation near Woodruff Ave. and Foster Rd. The driver failed to yield and a short vehicle pursuit ensued. The suspect vehicle pulled over in the 11900 block of Bellflower Blvd where the driver fled from the car. The vehicle has been impounded and police are investigating the case as a possible auto theft and/or burglary.

Saturday, December 17

At about 1:50 a.m., a 25-year-old male was robbed as he was walking on the sidewalk near Paramount Blvd. and Third St. A red VW Bug stopped a short distance in front of him and a male passenger in his twenties exited and put a handgun to the victim's head and demanded his property. The victim complied and the suspect returned to the car and drove away out of sight.

Monday, Dec. 19

At approximately 8:45 p.m., a robbery occurred in the area of Downey Ave. and Leeds St. The victim was walking south on Downey when he heard foot steps behind him. He turned around as saw 2 suspects standing behind him. One of the suspects was holding a baseball bat. They demanded the victim hand over his property which he did. The suspects fled the area on foot out of sight. Detectives are investigating.

Wednesday, Dec. 21

A male was arrested for a residential burglary in the 12200 block of Gneiss. Officers responded to a call of suspicious subjects in the area. When officers arrived they detained one suspect, however, two other suspects fled the scene. Detectives are investigating.

Information provided by Downey Police Department.

Be the reason for someone's smile



DENTAL ASSISTANT

FINANCIAL AID AVAILABLE TO THOSE WHO QUALIFY

For more details and to apply, please visit our website: www.das.edu

FREE Orientations: Jan. 5, Feb. 2, March 1, and April 5 at 4:00pm

Need more assistance? Please call 562-940-6200.

Find us on Facebook: [DAS.EDU](https://www.facebook.com/DAS.EDU)

Believe in yourself



DOWNEY ADULT SCHOOL
CAREER AND EDUCATION CENTER

La Barca restaurant expects to open next month

■ Mexican restaurant at 3rd Street and Paramount Boulevard is waiting for health inspection.

BY CHRISTIAN BROWN, STAFF WRITER

DOWNEY – After months of construction delays, La Barca Grill and Cantina, located on the corner of Paramount Boulevard and Third Street, is nearing completion and expected to open its doors next month, according to restaurant owner Guillermo Padilla.

"We're waiting for the health inspector," said Padilla. "Most of the staff is already hired, we just need to do a few things. We're hoping and praying the inspection comes in the next two weeks or so."

Last December, Padilla announced that he would launch a second location of his popular, Los Angeles-based Mexican eatery in Downey upon acquiring the vacant building that formerly housed Szechwan Chinese Restaurant, and later Portofino's.

Padilla had hoped to open the restaurant this year, but encountered several setbacks during the expansive renovation.

"We've been behind due to delays in construction," said Padilla who acknowledged costs have skyrocketed. "We had a number at the beginning, but the number keeps going up. We put in new plumbing, new electrical – there's an all new kitchen."

The nearly 7,200-square-foot restaurant, renovated by Murguia Construction Company, also features two service bars, a banquet room with seating for 40-50 people, and a separate sports bar facing Third Street.

With 19 televisions mounted on walls all around the restaurant, Padilla said La Barca will air sports games during the week and host live entertainment on the weekends including jazz performances, mari-

achis, and salsa nights.

Outside, the eatery sports a stone patio with a pristine, rectangular fire pit perched atop a waterfall fountain.

Aesthetically, the restaurant features bright greens and rust oranges, hand-painted murals, hand-crafted lily chandeliers at the entrance, and dark cherry wood accents throughout.

From carne asada and enchiladas to burritos and fajitas, Padilla said La Barca serves authentic Mexican cuisine in sizable portions for reasonable prices.

"La Barca in LA is always busy, it's a family place. We want to create something similar here in Downey," said William Torres, real estate broker for Padilla. "Guillermo is a very humble person. He likes to help the community and has a good relationship with his customers."

Established 35 years ago in Los Angeles by Padilla's father, the original La Barca, located just up the street from the University of Southern California, remains a popular destination with locals.

Nonetheless, Padilla, a Downey resident since 1994, always hoped to expand his restaurant and bring his family's tradition to Downey.

"I like this city, it's a beautiful city. I was looking at this place before and said 'if it goes up for sale, I'd like to buy it,'" said Padilla who will run the restaurant with his family. "After negotiating, we ended up leasing the building with an option to buy."

Torres believes the business can help breathe new life into the city's Downtown district while benefiting other local restaurants like Downey Brewing Co. across the street.

"This business will help their business by bringing people from different cities," said Torres. "They'll be able to find entertainment in Downey and we'll attract new people from Pico Rivera, Lakewood, and Los Angeles."

Angel Tree 'adopts' 300 kids for Christmas

DOWNEY – The Angel Tree committee at St. Raymond's Catholic Church welcomed more than 300 kids from Downey on Sunday to present them with Christmas gifts they may not otherwise have received.

Each child was presented a wrapped present that included a specific article of clothing and toy that each child had requested after a meeting with Santa Claus.

The Angel Tree committee provided food, with entertainment from the church choir.

Organizers said it was the largest number of kids the committee has helped in its 12-year history. Angel Tree has "adopted" more than 3,000 children during its history.

"Thank you to our parishioners and school who reached out with all their hearts," said Councilman Mario Guerra, an Angel Tree committee member who is also a deacon in the Catholic church. "And to so many others like the Warren High Impact Club who made such a lasting memory for all."

"But special thanks go out to our amazing Angel Tree committee. Your love and dedication are amazing and it truly shows."

Pulitzer Prize-winning photographer thrills library volunteers

■ Rick Rickman speaks at Downey City Library at event honoring volunteers.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – On Saturday, Friends of the Downey City Library held their annual Volunteer Holiday Celebration to pay formal tribute to the many contributions made quietly and mostly behind-the-scenes by the members who are all practically in their 60's, 70's, and 80's. As part of the refreshments-rich pre-Christmas ritual, they invite a person or persons of note to provide a unique take on a particular topic, and hope it boosts their spirits.

Saturday's speaker was Capistrano Beach-based Pulitzer Prize-winning photographer Rick Rickman, who spoke of the exploits of some remarkable senior men and women he has met in the course of his two decades as the official photographer of the biennial National Senior Games, sponsor of the biennial Senior Olympics. These men and women, he said, have defied age and conventional wisdom to chase their dreams, and not slow down. Their stories, with pictures of them in action, he captured in his handsomely-printed 2009 coffee table book, "The Wonder Years," a few copies of which he brought with him. The book contains an introduction by the famous world champion skater Peggy Fleming.

Because the ages of his subjects in the book and the ages of his audience coincided, getting their attention and interest was no problem. Rickman's points resonated.

He said, "My belief is you don't acquire character, real character, until you reach 50." Also, "Older people are more interesting because they've been there, done that."

Then he spoke of some "favorite individuals" whose inspiring stories are found in the book. There's former waitress Janet Freeman who once volunteered to hand out water at a 10K local Lions Club race. Vowing to try to take part in it someday (as a youth she ached to race but opportunities for girls were denied then), she jogged, bicycled, ran, and swam for months, then joined the race one year and won. Rickman said, "She cleaned up in races across town and across the state." She was 57 when she made her vow, and the winning just snowballed. She was still competing in the 100-meter, 200-meter-, 800-meter, 1500-meter races, "along with six swimming events, two bicycle races, and a triathlon," and winning, in the Senior Olympics, when she turned 76 in 2008.

Eve Fletcher was a 30-year old animation artist at Disney Studios

when she started surfing in 1957 at San Onofre Beach. Now in her late 80's and retired, she still finds time to go surfing with her men friends at her favorite beach. A "water girl" all her life, Rickman testifies she's always loved the ocean. She's become a permanent member of the San Onofre Beach Club. Rickman quotes her in the book: "When you get older, you get a bigger board. It's harder to carry but easier to paddle." Her Infinity board measures 9 feet. She is five-foot-three. She has always been known to possess nerve in riding a wave.

Granville Coggs took up running in 1994 only in his seventies. He is a medical graduate of Harvard University Medical School, a former Tuskegee pilot during WWII, and a winner of a Congressional Gold Medal in 2007. A practicing radiologist (specializing in breast cancer screening) in San Antonio, Texas, he was diagnosed in 1994 with narcolepsy and, to improve his fitness, started jogging until two years later he could run a mile in under eight minutes. He was 72 when he entered the Texas Senior Games and, according to Rickman, "won first gold medal in the 1500-meter run. That victory sent him to the national games for the first time, and he enjoys going back every two years."

Rickman further writes in his book: "[Coggs] says he intends to follow in the footsteps of his own extraordinary father, Tandy Washington Coggs, the son of former slaves, who grew up to be the president of Arkansas Baptist College and saw all five of his own children graduate from college with advanced degrees."

"He lived to 105," Rickman quotes Coggs, "and I'm a competitor. I like to be associated with excellence. Whatever it is, I like to do it to the best of my ability."

Rickman said this of Sister Madonna Buder, who among other things has run the Boston Marathon and taken part in "over 300 triathlons across the U.S., Canada, Australia, and New Zealand." She has also competed in the Hawaiian Ironman competition. Rickman quotes her, who was in her 70s at the time, as saying, "I'm going to keep trying to do the Ironman until I open a new age group." She has two master's degrees.

Jane Hesselgesser, as Rickman describes her, is a "concert pianist from Baltimore, a former ballerina, and a doctor's wife who had never lifted weights and never even set in a gym until age 52," while "Bill Cunningham is a Belfast-born soccer player turned Hollywood stuntman, a double for teen idol Frankie Avalon in those classic 1960s surf movies who became personal trainer to the stars at the Beverly Hills Health Club."

Meeting in 1998, the two

became fast friends and have competed together in bodybuilding contests around the world. They have won numerous weight-lifting awards, including a gold medal at the Natural Olympia competition in Greece in 2007 (Hesselgesser won a second gold medal in the division for women ages sixty to sixty-nine). "When they're not competing together," said Rickman, "they team up as business partners, working as personal trainers in San Fernando Valley's Westlake Village. They see resistance training as an ideal activity for people over fifty, whom they encourage to start slow and gradually build up endurance and strength. To them, bodybuilding is an art."

Rickman also spoke of the Aquacettes, whose age range is from the 50s to the 90s, whose performances have become a senior tradition in Laguna Woods; of the muscular, then 75-year old Phil Mulkey, a former high school track coach, Senior Olympics champion, and U.S. Olympic pole vaulter whom he quotes as saying, "If I'm going to live, I want to be healthy and good-looking"; Philippa Raschker, an accountant from Marietta, Georgia, who in 2007 alone was also a sprinter, jumper, and hurdler "whose feats include twelve world records, 31 American records, 10 world championship gold medals, and 27 gold medals at five U.S. national championship meets"; of Charlie Sims, the then sixty-something roper and wrangler extraordinaire who, like a basketball master, "had total control of the rope and made it sing"; of the Wild Old Women (WOW) ensemble, the six-member group relay swim team, who, all in their 60s, "took turns in the rough and chilly 65-degree waters of the Pacific Ocean and set a world record" negotiating the Catalina Channel after ten hours and thirty-five minutes, making them the oldest to swim the distance as a relay event; and Bea Thomas, whose athletic career spanned more than 70 years, and whose accomplishments included playing as goalie for the U.S. national field hockey squad, and helped build "a powerhouse field hockey program at Moorestown High School in New Jersey, where the kids called her 'Mrs. T'" ("She lived by the three Ds—desire, determination, and dedication").

These extraordinary seniors of whom I spoke, Rickman said, "have discovered a better alternative—while they grow older, they continue to grow, to live life to its fullest, to play. They have discovered something better than a fountain of youth: they have made their later years their wonder years."

As the audience stood up to go, Nora Szechy, author of "Nora," her account of her early years, turned to me and said aloud: "Now I'll start running." In jest, I asked her



Rick Rickman

where, whereupon she shot back: "You're going with me!"

The occasion provided a chance also for the volunteers to bid farewell to the erstwhile community services director/city librarian Thad Phillips, who announced his retirement earlier to take effect on Dec. 31.

Born in Iowa, Rickman, who has a bachelor's in mass communications from New Mexico State, is half-Shawnee and half-Dutch. He says he didn't pick up a camera until he was 27, and "accidentally" at that. From that chance start, he became a globe-trotting photojournalist until he hooked up with the National Senior Games Association which is based in Baton Rouge, Louisiana. His works have been featured in Time, Newsweek, National Geographic, Sports Illustrated, Smithsonian.

It was coverage of the '84 Olympics that won him and two other colleagues (they were working then for the Orange County Register) the 1985 Pulitzer Prize. He once taught photography, for five years, at the Brooks Institute. To this day, he says, he still surfs three times a week (at San Onofre State Beach), plays volleyball, rides the bike, and snow skis.

"I'm exceedingly lucky," he says, "because I get to pursue a field that's so exciting. As a photographer, I meet the most amazing people."

Space center hosting two missions

DOWNEY – The Columbia Memorial Space Center is offering two Challenger Learning Center Missions this holiday season: "Return to the Moon" on Dec. 23, 1-3 p.m., and "Voyage to Mars" on Dec. 30, 1-3 p.m.

Missions are for ages 10 and up. Children under 16 must be accompanied by a paying adult. Fee is \$10 per person or free for members.

The center can host a minimum of 16 and maximum of 30 participants per mission. Pre-payment is required. For more information, please visit the Space Center's website at columbiaspace-science.org or call 562-231-1200.

The Columbia Memorial Space Center is located at 12400 Columbia Way, in Downey.

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Preserving next generation firepower

By Rebecca Grant, Ph.D.

It's cloudy and almost dark when your cockpit display shows the President has given final approval for the carefully planned strike on the rogue mobile missile launchers. They told you before you catapulted from the aircraft carrier in your F-35C that the weather would suck.

Can your bombs still hit the target precisely enough to knock it out, without causing collateral damage?

Yes, if your plane carries the Small Diameter Bomb II. Far-fetched scenario? Perhaps. But it shows how having the right weapon in the bomb bay matters.

The SDB II is an air-launched, stand-off weapon different from bigger bombs. Just 250 lbs., it has enough accuracy and oomph to blast an armored tank. It's size and punch make it useful for targets like enemy ballistic missile launchers, as in the example above.

Existing air-launched weapons must be able to see their targets in order to hit them. But the SDB II, can travel about 40 miles through bad weather, day or night, and still hit its target with incredibly high accuracy. Most important: it's designed to be equally effective against moving and fixed targets.

The SDB II is small and skinny. Its nose measures only 7 inches across-meaning an F-35 stealth fighter can pack the weapons into its internal weapons bays. SDB II has an integrated tri-mode seeker including millimeter wave technology for use in clouds or fog.

Unfortunately, it's weapons like these that are all too likely to be cut or delayed during Pentagon budget cuts.

Budget-cutting must be part of the solution. We need systems that fully exploit our technological superiority to accomplish objectives as efficiently as possible, with as little collateral damage as possible, and with as little risk to our service members as possible.

The SDB II is part of the next generation of weapons which will be expected to deliver a lethal blow exactly where we want while substantially reducing the risk of civilian casualties. They'll be crucial as the number of aircraft in our combat fleets decline. The ability to drop smarter bombs at greater distances from the target reduces the exposure of our planes and crews to threats like surface-to-air missiles or anti-aircraft artillery.

Say an armored convoy column of 48 vehicles needs to be destroyed. With the SDB II, you can destroy that column with two F-35s. You'd need eight F-35s loaded with 2,000-lb. laser-guided weapons to take out the same 48 targets. Multiply that for convoys in separate locations, and SDB II becomes vital.

The fact fewer aircraft can be used to accomplish the same mission means major costs savings for taxpayers.

This kind of all-purpose combat flexibility is essential for modern warfare. Think Libya, Yemen, counter counter-piracy efforts off the coast of Somalia. These operations involve relatively small groups of American military personnel operating next generation weapons.

Fast forward to that cloudy night mission. Aren't you glad the SDB II did not get delayed back during the budget battles of 2012?

Advanced weaponry can cut down on American casualties and save lives. Rebecca Grant, Ph.D., is president of IRIS Independent Research, a public-policy research organization in Washington, DC. She is also director of the General William Mitchell Institute for Airpower Studies, the non-profit research arm of the Air Force Association.

Tips to get through the holidays

For those of us from families built on Debbie Downer DNA, there's only one direction a mood can go during holiday get-togethers and that's down.

Sure, the running negative commentary, bubble-bursting barbs and rampant self-pity were funny coming from comedian Rachel Dratch on "Saturday Night Live's" Debbie Downer sketches. But few of us can foresee our own Negative Nancys giving us a good belly laugh.

Whether you're the smiley face among frowners, or a bit of a Depressing Dan yourself, there are tricks you can use to keep the table talk from getting lethal, says Paula Renaye, a professional life coach and author of The Hardline Self Help Handbook, (www.hardlineselfhelp.com).

"You can take control simply by thinking about what you choose to say – or not say," Renaye says.

- Do not say anything negative. Period. And no one-downing! One-downing is the opposite of one-upping. It's the art of coming up with something worse when someone else talks about their problem. No matter what negative thing anyone says, or how much you agree with it or don't, resist the urge to respond with a negative. Instead

- Dodge, distract and detour. Turn things around with a question -- a positive one. If you need to, make a "happy list" of questions before you go, so you'll have some at the ready. And remember, there's no law that says you have to answer a question just because someone asked it. With negative people, it's best if you ...

- Do not talk about yourself. The only reason negative people care about what you're up to is because they want something to ridicule, brag or gossip about to make themselves look or feel good. Don't go there. Whether you just filed bankruptcy or won a Nobel Prize, keep it to yourself. No good can come of it. None. And why do you need to chatter like a chipmunk about yourself anyway? Might want to think on that one, too. Better to find some praise for someone else than to expect someone to praise you.

- Do not share your woes. Even if you're in a tough place and could really use a shoulder to cry on, don't start laying your woes on a Negative Nell. Even in a weak moment, when you've had a terrible day, talking about it with a negative person is a bad idea. You might get a microsecond of sympathy, but that's only so they can launch into telling you how much worse they have it. So, no talking about yourself unless you want to be the talk of the party, the family and the town.

Letters to the Editor:

Lack of common sense

Dear Editor:

Last week I started a letter to the editor in response to Kevin Solis' assessment of the recent police-involved shootings in Downey ("Police Shootings," 12/1/11), but the demands of family and work left the letter unfinished. This week I saw a reasonable response to Mr. Solis and breathed a sigh of relief.

However, that is not enough because such an unreasonable attack on our police department and such an awful rationalization of criminal behavior needs more than one response. One good rebuttal may get us back to where we were before Mr. Solis' exposition; but we need to advance beyond simply recovering lost ground.

My response to Mr. Solis is from the perspective of who I am, a husband, father and homeowner concerned about the safety of my family. I value all life, not necessarily equally, with my family's obviously more important than others. Nevertheless, I do not take the loss of any life lightly. I am fairly certain that all Downey PD officers, many being fathers, mothers, husbands and wives, share these same values.

The Downey PD is rightful source of pride for our community. Over the years there have been no major scandals, I have never encountered a rude or non-professional officer nor recall anyone complaining of such, and I cannot recall any serious issues that would indicate mismanagement. In my estimate the Downey PD is a valuable asset to our community.

On the other hand...The criminals they have to deal with must be absolutely daft with not an iota of common sense, such as respect the police. Any responsible parent must teach their children to respect the position, whether or not you particularly like the person in that position. When an adult does something as dumb as running away from the police, a valid question is "was anybody doing any parenting?"

Beyond that, regardless of good, bad or indifferent parenting, all adults have to take full responsibility for their actions – after all, we are calling them "adults" aren't we? If an adult is so clueless as to run, repeatedly as one man did, from the police, things likely will get out of hand and that man is putting his life at risk.

The job of a cop is risky enough as it is. I appreciate that they do what they do in the manner they do it, but I do not expect them to put their lives in undue jeopardy when it comes down to them or a criminal who may turn in a split second and kill them. I fully want the cop to be the last man standing in such a confrontation.

In the last couple of months we had two criminals killed by the police. As I mentioned, one man escaped from the police twice, leading them in what any reasonable person would say was a completely futile, dangerous and very ill-judged foot pursuit. A rational adult would have simply acceded to the policeman's demands and let matters play out. In the second episode [in Los Angeles] the man ran away and while being pursued pulls a gun from behind his back (or another way of putting it, pulled a gun in front of the policeman pursuing him). Sorry for the guy but to me that is plain dumber than dumb. If you're going to pull a gun on somebody at least be looking at them, and if you're going to pull a gun on somebody don't make it a policeman because he's well-trained to shoot and will shoot.

I can emphasize with the parents, wives and relatives of these young men; I'm sure they were loved and are now missed. But everybody has to be honest about why these unfortunate deaths occurred. We all have to admit that both men acted in ways that no reasonable person would act. It is not surprising that their dangerous and precipitous acts led to their deaths and is entirely their responsibilities. As a parent I would be grief stricken, searching my soul asking both for forgiveness from the Lord for mistakes that I may have made and for help in relieving the pain. Blaming the officers who were doing their jobs is not a valid option.

And, on yet another hand...Kevin Solis I presume is intelligent, educated and well versed on social issues. To be so blind to a fundamental requirement that all adults are responsible for their actions regardless of what happened in their youths. To be so willing to rationalize the indescribably poor judgment displayed by these two men. To have never asked himself "what would a reasonable person have done in their situations?" To have not asked "what would Kevin Solis have done?" These things I cannot explain to myself except to say some people place no value in what most of us call plain common sense. A friend refers to people like Mr. Solis as "pigeon feeders." They feed the pigeons because it makes them feel good thinking they are doing good but actually they are killing the pigeons.

The main purpose of writing this letter is to advance the cause of common sense. To say to all of those like me who toil each day consumed with the demands of job and family, hoping quietly that our community is governed in a reasonable manner, that when somebody says something that is absurd then speak up, be heard! A "silent majority" is not adequate when somebody does or says things that are unreasonable and harmful; a vociferous majority is a far healthier and necessary choice.

My message to the police is "stay the course, it works."

-- **Scott Ramey,**
Downey

Russian mysteries

Dear Editor:

The Columbia Memorial Space Center is having a so-called Mission Day on Dec. 23 from 1-3 p.m. called "Mission to the Moon." Fee is \$10 for non-members.

On the following day they should have a program called "Why Didn't the Russians Ever Go to the Moon." It was a space race, right?

Russia put the first satellite, the first man, the first woman, the first to send two or more around the Earth. But they did not beat NASA to the moon. Why not?

Why would Russia stop the so-called space race all at once? Why didn't Russia continue and go to the moon? If NASA could allegedly do it, why didn't Russia do it? Or maybe they did try and a tragedy happened.

Russia has been completely silent about the moon race altogether for all these years, which is kind of mysterious. I hope the truth will come out someday but I doubt it.

-- **Mike Sandoval,**
Downey

Letters to the editor may be submitted by writing to The Downey Patriot, 8301 E. Florence Ave., Suite 100, Downey, CA 90240 or by e-mail to downeypatriot@yahoo.com. Letters may be edited for style and/or content. Letters must include a full name and address for verification.



Rebuttal to Roybal-Allard

Dear Editor:

One of the few decisions I disagreed with President Ronald Reagan was when in 1986 he signed an immigration reform bill into law. The bill was sold as a crackdown on illegal aliens entering this country. I and probably millions of others did not believe it would work and believed he was wrong in signing the bill.

The plan of this bill was to legalize the status of approximately 1.7 million illegal aliens in this country at that time. As I expected and is obvious today, the plan did not work. According to the Associated Press, today there are approximately 12 million illegal aliens in this country.

Today, the federal government goes out of its way to object to any state attempting to do something about the illegal aliens in their respective state because Congress lacks the intestinal fortitude to act in a positive manner to pass legislation to address this problem.

Arizona and Alabama are just two states the federal government is challenging in court because each state is passing initiatives to do something about the problem. The problem is costing their citizens millions of dollars every year in supporting illegal aliens in their respective states. Now I read where the federal government is now attacking Sheriff Joe Arpaio.

I wonder who in the federal government is allowing or pushing for this kind of action. For those that do not believe that illegal aliens do not cost the American taxpayer millions, an example would be to look at the Dream Act and their supporters. A simple question: who paid the bill for the education of the illegal alien's children while they were in elementary and high school? Now many of these children are ready to enter college?

Rep. Roybal-Allard says in the article published in The Downey Patriot last week that states are doing patchwork of laws and policies that will seriously undermine our efforts in Congress to find a way forward. ("Roybal-Allard Urges Supreme Court to Strike Down AB 1070," 12/15/11) Really? Exactly what is it that Congress is doing to correct this problem? I, for one, would like to know.

I saw on television news the other night that approximately 3,000 people were sworn into our country as new citizens. I just wonder if it is possible many of the illegal aliens in this today country, as in 1986, do not want to be citizens of this country?

And why is it that those caught up in the Dream Act by the illegal acts of their parents are afforded grants to go to college while many students of U.S. parents must obtain a student loan?

My last question to Congresswoman Roybal-Allard is to know what exactly is the Hispanic Caucus she is apparently a proud member of?

-- **David Abney,**
Downey

No budget

Dear Editor:

A successful billionaire in Forbes offers the most common mistake business owners make; most have never written a business plan and half need to be replaced.

Our present administration hasn't written a "required" budget in almost three years, which is inexcusable, and half need to be replaced.

To do things better we need to be more systematic and analytical. He says the payoff is significant.

-- **James Hawkins,**
Downey

Body recovery

Dear Editor:

In regards to Mike Sandoval's question on the body recovery from the U.S.S. Arizona ("Pearl Harbor Decisions," Letters to the Editor, 12/8/11), I called the U.S.S. Arizona Memorial in Pearl Harbor and spoke with Daniel, a U.S. park ranger.

At the time of the attack, the Arizona had 1.4 million gallons of bunker oil on board. When the armor-piercing bomb went through the deck, it exploded the powder magazine. The magazine ignited the oil. This fire burned for 2 1/2 days.

In 1941, few bodies were recovered. Lack of technology at the time made diving in the ship too hazardous for the divers.

Most of the men were disintegrated in the explosion and/or cremated in the fire. Since then, the U.S. Navy has considered it a national cemetery.

May they all rest in peace.
-- **Vince Diaz,**
United States Navy (1971-75)
Downey

The Downey Patriot

STAFF

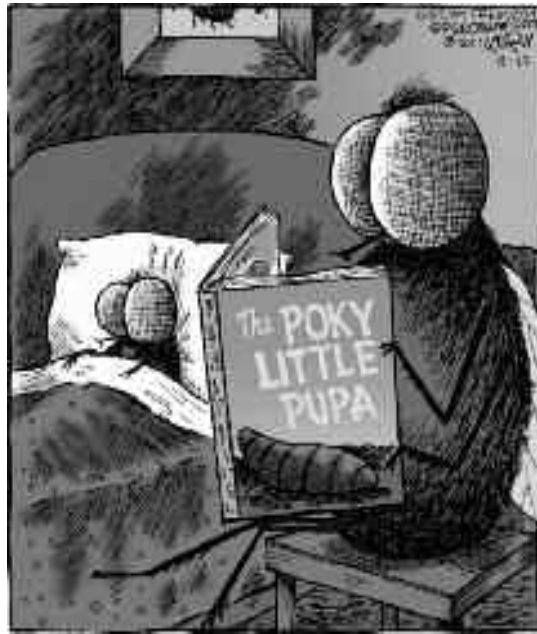
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For December

Fri. Dec. 23: Mission to the Moon, Columbia Memorial Space Center, 1 p.m.

City Meetings

- 1st Tuesday, 6:30 p.m.: Redevelopment Project Area Committee, Cormack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 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 Tuesday, 6:00 p.m.: Emergency Preparedness Committee, at Fire Station No. 1, 12222 Paramount Blvd.
- 2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: Library Advisory Board, at Downey City Library.

Regularly Scheduled Meetings

Mondays

- 7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church.
- 3rd Mon., 7 p.m.: American Legion Post #270, at Rio Hondo Event Center, for more info. call (626) 445-2582.
- 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: Downey Bocce Club, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: Rotary Club, at Rio Hondo, for information e-mail d Davis8787@me.com.
- 6:00 p.m.: Toastmasters Club 587, at First Baptist Church, for info call John McAllister 869-0928.
- 1st Tues., 7:30 a.m.: Gangs Out of Downey, at City Hall training room.
- 2nd Tues., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7117.
- 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Cafe 'N Stuff, for information call 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 Downey High School library, for info call 862-3106.
- Tues., Thurs. & Sat., 10 a.m.: Downey Bocce Club, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

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 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: Out Post 132 Royal Rangers, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 11 a.m.: Woman's Club of Downey, for information call Cheryl Olson 833-8954.
- 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., 11:30 a.m.: Christian Women's Club, at Los Amigos Country Club, call Sonja 862-4347.
- 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 Pearl Koday 633-4355.
- 2nd & 4th Weds., 5:30 p.m.: Lions Club, at Sunrise Realty, for information call 577-1104.
- 3rd Weds., - Downey Dog Obedience Club, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 10 a.m.: Los Angeles County Quilters Guild, at Women's Club, for information call 426-2418.
- 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 Barbara J Riley Center, call 943-5513.
- Wed. & Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

Thursdays

- 7:30 a.m.: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 a.m.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
- 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.
- 3rd Thurs., 4 p.m.: Public Works Committee, at City Hall Training Room.
- 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. 622-3785.

Saturdays

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

On This Day...

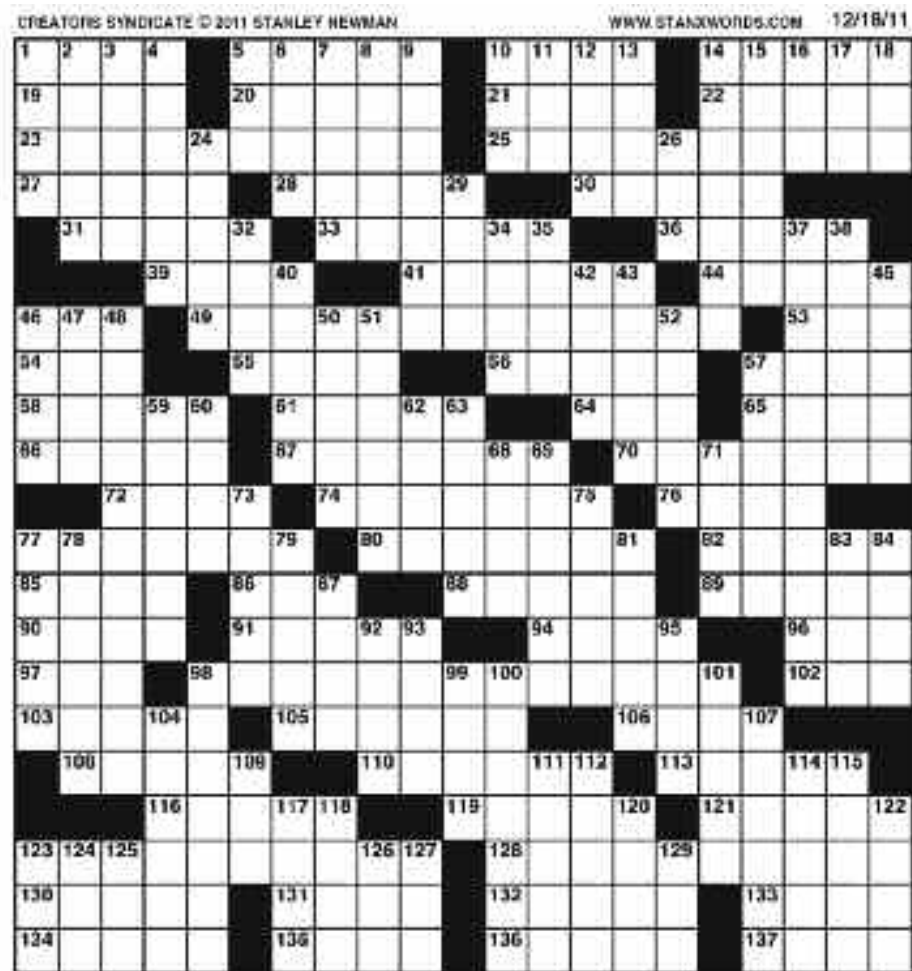
- Dec. 22, 1864:** During the Civil War, Union Gen. William T. Sherman sent a message to President Abraham Lincoln from Georgia, saying, "I beg to present you as a Christmas gift the city of Savannah."
- 1941:** British Prime Minister Winston Churchill arrived in Washington, D.C., for a wartime conference with President Franklin D. Roosevelt.
- 2000:** Pop singer Madonna married film director Guy Ritchie in Scotland. (The couple divorced in 2008.)
- 2005:** Astronomers announced the discovery of two more rings encircling the planet Uranus.
- Birthdays:** Baseball hall of famer Steve Carlton (67), broadcast journalist Diane Sawyer (66), rocker Rick Nielsen (65), former Dodger Steve Garvey (63), rapper Luther Campbell (51) and singer Jordyn Sparks (22).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

GET A GRIP: A tightly made puzzle
by Gail Grabowski

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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.



Paging Dr. Frischer...

By Dr. Alan Frischer



essential vitamins and minerals. Only a few weeks of heavy drinking can lead to pancreatitis.

The kidneys are affected because alcohol is a diuretic. It promotes urine production, which then leads to dehydration. Due to this stimulation, the kidneys are working overtime.

Alcohol affects the skin. It increases blood flow, making us feel warm and look flushed. Since it also dehydrates, it increases the appearance of fine lines.

The destructive effects of alcohol on the liver are well known. Large quantities can lead to both acute and then chronic liver disease. It is in the liver that alcohol is metabolized, and as it breaks down, its by-products (including acetaldehyde) are formed. Some of these by-products are even more toxic to the body than the alcohol. Even a single episode of heavy drinking affects the delicate balance of enzymes in the liver and fat metabolism. Over time, drinking can lead to the development of fatty globules that cause the liver to swell, ultimately leading to cirrhosis.

On top of all of this...is the hangover! Its precise cause is unclear. There are many theories, including hypoglycemia, dehydration, acetaldehyde intoxication, and glutamine rebound. Some symptoms may actually be due to alcohol withdrawal. They include fatigue, headache, body aches, vomiting, diarrhea, flatulence, weakness, elevated body temperature and heart rate, hypersalivation, difficulty concentrating, sweating, anxiety, dysphoria, irritability, sensitivity to light and noise, erratic motor function, tremors, trouble sleeping, severe hunger, halitosis, and lack of depth perception. Hangovers may include psychological symptoms including depression and anxiety. Symptoms usually begin after the intoxicating effects of alcohol wear off; typically, a hangover is experienced the morning after a night of drinking. Of course, these symptoms vary from person to person, and it's possible that up to 30% of drinkers may actually be resistant to hangover symptoms.

With long-term heavy drinking, the picture gets pretty ugly. It leads to a drop in testosterone, impotence, testicle shrinking, infertility in both men and women, and permanent damage to the brain by damaging the connections between nerve cells. It is a depressant, and can trigger anxiety and lethargy. It leads to anemia, and is linked to an increased risk of a number of cancers. Drinkers can die from bleeding ulcers, or from swollen blood vessels in the intestine. Eventually drinking can lead to "alcohol dementia," poor coordination, cirrhosis, and liver and kidney failure.

So as we bid farewell to 2011 and welcome in 2012, let's remember to practice moderation and treat our body with the respect it needs and deserves. Let me also take this opportunity to remind all of you not to drink and drive.

Happy holidays to you all!

Dr. Alan Frischer is former chief of staff and former 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.

Twist on gift giving could change hearts

Many a stumped adult searching for the perfect gift to give a loved one this holiday season is finding help from the national Million Hearts initiative.

Whether someone is pinching pennies or the sky is the limit, good health is the one thing everyone appreciates. In a little twist on the online postcards called e-cards, the national Million Hearts initiative is asking gift givers to consider taking care of their own health as a gift to a loved one.

"Family members worry about loved ones who are at risk for heart disease or stroke," said Janet Wright, M.D., executive director of Million Hearts. "When someone pledges to learn how to improve their health, we show respect for ourselves and the lives we share with others. Nothing shows our love like actions that allow us to enjoy the seasons together for years to come."

Although many health-related e-cards let people suggest that others do something, these cards let people show "you get it—your health matters." The digital post card is available free on the Internet as well as Facebook and Twitter at millionhearts.hhs.gov.

Cardiovascular disease, including heart disease and stroke, is responsible for 1 of every 3 deaths in the United States. Americans suffer more than 2 million heart attacks and strokes each year, and every day, 2,200 people die from cardiovascular disease.

The goal of Million Hearts is to prevent 1 million heart attacks and strokes across the United States over five years. One way to do that is for people to learn and improve their ABCS of health. ABCS stands for aspirin, blood pressure control, cholesterol management, and smoking cessation.

Less than half of Americans at highest risk of cardiovascular disease take daily aspirin, less than half with hypertension have it adequately controlled, only a third with high cholesterol have adequate treatment, and less than a quarter of smokers get help to quit. Million Hearts' goal is to reduce the number of people who need treatment through prevention and improved management of the ABCS.

"Many people are disabled because of heart disease and stroke, with more than 3 million people across the country reporting serious illness and decreased quality of life," Wright explained. "Most major risk factors, including blood pressure, are controllable. Greater attention and focus on blood pressure control, by patients and their care teams and families, will dramatically reduce deaths and disability from heart attack and stroke."

Million Hearts is a public-private initiative that involves multiple federal agencies and key private organizations. Million Hearts is securing commitments and participation from many more partners in health care, public health, industry, and government. Million Hearts was launched this fall by the Department of Health and Human Services to help Americans live longer, more productive lives.

To learn more about Million Hearts and to pledge your support, visit millionhearts.hhs.gov.

Rape, physical violence prevalent in relationships, study finds

On average, 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States, according to findings released this week by the Centers for Disease Control and Prevention.

Over the course of a year, that equals more than 12 million women and men. Those numbers only tell part of the story — more than 1 million women reported being raped in a year and over 6 million women and men were victims of stalking in a year, the report says.

"This landmark report paints a clear picture of the devastating impact these violent acts have on the lives of millions of Americans," said Secretary of Health and Human Services Secretary Kathleen Sebelius. "The information collected in this ongoing survey will serve as a vital tool in the Administration's efforts to combat domestic violence and sexual abuse. And the report underscores the importance of our Administration's work to combat domestic violence and sexual assault."

The National Intimate Partner and Sexual Violence Survey, or NISVS, is one of CDC's latest public health surveillance systems and is designed to better describe and monitor the magnitude of sexual violence, stalking and intimate partner violence victimization in the United States. It is the first survey of its kind to provide simultaneous national and state-level prevalence estimates of violence for all states. Launched in 2010, NISVS also provides data on several types of violence that have not previously been measured in a national population-based survey.

Key findings in the NISVS 2010 Summary Report include:

- For women:**
 - High rates of sexual violence, stalking, and intimate partner violence were reported by women.
 - Nearly 1 in 5 women has been raped at some time in her life.
 - One in 4 women has been a victim of severe physical violence by an intimate partner in her lifetime.
 - One in 6 women has experienced stalking victimization during her lifetime in which she felt very fearful or believed that she or someone close to her would be harmed or killed. Much of stalking victimization was facilitated by technology, such as unwanted phone calls and text messages.

- Almost 70 percent of female victims experienced some form of intimate partner violence for the first time before the age of 25.

- Approximately 80 percent of female victims of rape were first raped before age 25.

- Female victims of violence (sexual violence, stalking, intimate partner violence) were significantly more likely to report physical and mental health problems than female non-victims.

- Across all forms of violence (sexual violence, stalking, intimate partner violence), the vast majority of victims knew their perpetrator (often an intimate partner or acquaintance and seldom a stranger).

- About 1 in 7 men has experienced severe physical violence by an intimate partner at some point in their lifetime.

- One in 19 men has experienced stalking victimization at some point during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

- Almost 53 percent of male victims experienced some form of intimate partner violence for the first time before age of 25

- More than one-quarter of male rape victims were first raped when they were 10 years old or younger.

- Male victims of violence (sexual violence, stalking, intimate partner violence) were significantly more likely to report physical and mental health problems than male non-victims.

"This report highlights the heavy toll that sexual violence, stalking, and intimate partner violence places on adults in this country. These forms of violence take the largest toll on women, who are more likely to report immediate impacts and long-term health problems caused by their victimization," said Linda C. Degutis, Dr.P.H., M.S.N., director of CDC's National Center for Injury Prevention and Control. "Much victimization begins early in life, but the consequences can last a lifetime."

The report findings also underscore violence as a major public health burden and demonstrate how violence can have impacts that last a lifetime. For instance, the findings indicate female victims of violence had a significantly higher prevalence of long-term health

problems, including irritable bowel syndrome, diabetes, frequent headaches, chronic pain, and difficulty sleeping. And nearly twice as many women who were victims of violence reported having asthma, compared to women who did not report violence victimization.

"The health problems caused by violence remind us of the importance of prevention," said Howard Spivak, M.D., director of the Division of Violence Prevention in CDC's Injury Center. "In addition to intervening and providing services, prevention efforts need to start earlier in life, with the ultimate goal of preventing all of these types of violence before they start."

NISVS provides data that can help inform policies and programs aimed at preventing violence as well as addressing the specific information needs of state and national governmental and non-governmental organizations, while providing an initial benchmark for tracking the effectiveness of prevention efforts.

Travel tips for hard of hearing

LAKEWOOD — Dr. Bill Busch, who had surgery in October to implant a cochlear impact device to regain his hearing, will speak Jan. 12 at the Weingart Senior Center in Lakewood.

The seminar is part of the regular meeting of the Hearing Loss Association Long Beach and Lakewood Chapter.

Busch, who has battled Menier's disease for 40 years, will offer tips on hear better while traveling on planes, trains and automobiles.

Busch received his Ph.D. in electrical engineering from USC. He says he could communicate with astronauts in outer space but had difficulty talking to his wife over the breakfast table.

The seminar is free and no reservations are necessary. The meeting begins at 6:30 p.m.

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Don't water the driveway

By Lars Clutterham

This writer witnessed a Downey resident hosing down his driveway last Friday, and – aside from the ineluctable “What is he thinking!?” that sprang from this environmentally conscious brain – the subject matter for this article was instantly born. The action was unwittingly timely, since we will be discussing Downey water issues in this column for the next several weeks.

There is more than the simple waste of water at stake here for a job that should be carried out with a push broom. A Google search on the term “driveway pollution” produces at a glance a half dozen examples of the pollutants you wash into the water supply by hosing down your driveway, or by washing your car in the driveway. Included in that initial group of Google entries is the provocative statement: “If you wash your car in the driveway, you might as well wash it in the lake.”

Specifically, your car has, in all likelihood, deposited small amounts of antifreeze and motor oil, as well as exhaust residue and possibly even metallic particles, on your driveway, not to speak of the sealants that may also have been used on the driveway itself. Add to that the soaps, detergents, cleaners, car wax, and other residues that accumulate from washing your car in the driveway, and you’ve created a toxic potion that you’re sending, in effect, right back into your own drinking water.

This polluted water typically re-enters the water supply through storm drains, which infiltrate it back into the groundwater—or gets carried into rivers, lakes, and in our case, the ocean, effectively polluting our own marine backyard.

As suggested above, the right way to take care of your driveway is to sweep it with a broom and put what you collect in the trash. Before you dismiss this idea as the overzealous rant of a treehugger, take this into consideration: you’re throwing your own money down the drain in two different ways: first, as should be evident to Downey residents conscious of the recent water rate increase, you’re wasting your money by using water unnecessarily. Second, but not so obvious, you’re wasting your own tax dollars, as those tax dollars must be used to clean up that toxic water you’re wantonly hosing down the drain.

Dealing with the pollution issues relating to storm water runoff, which includes the water running down your driveway, is complex and expensive to the governmental agencies charged with controlling them, including the City of Downey. And your precious tax dollars are spent partly to try to resolve these issues in a number of not so obvious ways.

So, instead of doubly wasting your money, make one simple change in your way of doing things, and “Don’t Water the Driveway!”

Lars Clutterham is the co-founder of downeygreen, a local non-profit organization advocating sustainability.



Book drive gets unexpected boost

DOWNEY – Downey Federal Credit Union has sponsored a book drive for deserving elementary school students for the last six years. But this year, the credit union received a pleasant surprise from a neighboring school.

Downey United Methodist Nursery School’s director, Margot Villa, encouraged nursery school students to contribute books to the book drive to help other children in the Downey community.

Donations from the nursery school students and their parents made a “huge difference” in the number of books donated to Ward Elementary School, the credit union’s adopted school, officials said.

Thanks to the nursery school, the total number of books collected increased from 150 to 300, suitable for children ages 5-8.

The nursery school children, accompanied by parents and teach-

ers, dropped the new books into the credit union’s collection bin Dec. 14, “making a special day even more special,” credit union officials said.

“Downey United Methodist Nursery School, DFCU members and staff have truly embraced the gift of reading by donating books for others,” said Barbara Lamberth, president and CEO of the credit union. “The spirit of giving is a joyous occasion for everyone.”

Teachers get more than \$8K in grants

DOWNEY – Downey Federal Credit Union presented 23 \$200 checks to DUSD educators on Dec. 14 for their winning grant proposals to benefit students in the classroom.

In addition, the credit union introduced a new category and awarded seven \$500 grants to each educator who wrote a grant proposal that would benefit the entire school.

Recipients received their grant monies at a reception at the district office on Brookshire Avenue.

Over the last nine years, Downey Federal Credit Union has awarded more than \$54,000 to Downey educators through its Student Enrichment Grant Program. Teachers at any public, private or parochial school in Downey are eligible to submit a grant request.

The entry form requires teachers to describe their program in detail; how the grant money would enrich their students’ learning experience; and how the program would benefit the school.

This year, more than 75 teachers submitted entries and 30 were chosen by a committee from the credit union. The grant money was distributed among teachers from each of the academic levels: elementary, middle, high school and adult education.

Among the winning entries, the projects include programs such as recycling projects, music for the glee club, a Character Counts mural, the life cycle of caterpillars, a wind tunnel, a new lighted message board, a garden beautification, and an aerospace engineering field trip.

“With DFCU being founded by educators over 54 years ago, we are truly honored to sponsor the student enrichment program,” said credit union president and CEO Barbara Lamberth. “Providing financial support to enrich the education of our students in Downey is our way of displaying the credit union philosophy of ‘people helping people,’ while fostering the creativity in teaching and learning.”



In the top photo, school officials gather to accept \$8,100 in grants awarded by Downey Federal Credit Union. From left: Barbara Lamberth, DFCU President/CEO; Ed Potter, DFCU Board of Directors; Martha Sodetani, DUSD Board of Education; and Roger Brossmer, DUSD Senior Director of Certificated Services and mayor of Downey. Pictured below are several of the teachers who were awarded grants.

Block captains start training for an emergency

DOWNEY – Neighborhood Watch block captains and members of the Downey CERT team received emergency and disaster readiness training on Dec. 13.

Eleven block captains and 49 CERT team members attended the event at the Challenger Memorial Space Center at 12400 Columbia Way. Related handouts and laminated checklists were provided. The materials supported a specialized Power Point presentation. The program lasted an hour and a half.

The objectives of the training session were to convince block captains and CERT members to:

- Take certain pre-emergency planning actions,
- Help others on their block after ensuring their own families and homes were safe
- Be careful during and after an emergency to not become part of the emergency
- Take actions to organize their blocks after an emergency strikes.

The presentation started with a short briefing on the lessons learned from some of the recent disasters. Despite the competency of our local public safety emergency responders, Downey is a large city with over 110,000 residents, nearly 13 square miles of area, many special occupancies and over 200 miles of roads to check. Getting the professional service of our firefighters, police officers and public works staff will take time. Researchers have confirmed neighbors are still uniquely situated to help those nearby and that their local neighborhood knowledge is sometimes a critical factor in the rescue of others. Few have the insight and the concern for others as a good neighbor. They are frequently the first-responders to arrive on a block and to start taking care of the people and the other problems. In Joplin, Missouri neighbors helped neighbors immediately after the emergency. Their actions were a significant factor in many of the successful outcomes after the severe tornado passed.

Armed with some insight from other disasters, those in attendance were encouraged to prepare themselves and their families for an emergency and to consider how they could work with their neighbors to address the forecasted problems before emergency responders could arrive. Emphasis was placed on taking action ‘now’ to plan for an emergency rather than waiting for something bad to occur and hoping for the best. Was it possible to develop a ‘hard-copy’ list of contact information at a meeting and then share it with the neighbors? How could they communicate with each other after an emergency struck without the use of telephones? What would they do if electrical power was interrupted? Who on the block had special tools or skills that may be helpful?

The block captains and CERT volunteers were reminded that few knew who lived in each neighborhood house besides other family members. Who would check on neighborhood members, otherwise unable to help themselves (for example: children, seniors and those with special needs), if it wasn’t the neighbors?

Without a working phone and access to it, someone could be injured or trapped in their house until a friend or relative remembered to check on them. Some safety instructions were reviewed as well. Those in attendance were not encouraged to take unnecessary risks or chances. To the contrary, everyone was reminded to take good care of their head, hands and feet. Post emergency volunteers should wear protective head gear (most CERT volunteers have a green helmet), gloves and sturdy shoes. Predictable injuries like bumps, bruises and lacerations should be preventable. Keeping an old pair of shoes and gloves, with a flashlight, in a familiar place in your house (like under your bed) is a simple way to maintain your personal preparedness at home. Everyone should have a first aid kit in their home and know how to use it. The hospital emergency rooms are very busy everyday, after an emergency they will even busier.

Those in attendance were reminded how important it is to know how to take care of their own household during and after an emergency. Sometimes it is necessary to shut off the natural gas supply for a home. Did they know where their gas meter was located? Did they know how to operate the shut-off and have the proper tool to do so if they smelled gas? Were they aware of the location of their water shut-off(s)? There should be a valve in front of their house and another in the water meter box. Did they have the tools to operate the valves if they were difficult to turn? What about their electric meter/panel? Did they know how to shut down the power at the panel if they had to? There is a recommended order of turning off the breakers, were they aware of it? Only after their houses were secured were the volunteers encouraged to consider carefully venturing out and applying their skills to their neighborhood problems.

Block captains and CERT members were asked how they would communicate their own status to the rest of the neighborhood after an emergency. Could they go outside and meet other neighbors? Was that their plan? Or maybe they could post a sign on their front door noting they were ‘ok’ and had supplies available for others. These actions were important for the neighborhood especially when taken by someone who wasn’t able to help with physical activity. Remember, letting others know a house doesn’t need to be searched and/or helping with the emergency supplies for others are positive, helpful actions for the neighborhood.

As the focus of the presentation shifted from the actions each block captain and CERT member could take, to those actions the neighborhood could take collectively, a significant emphasis was placed on the importance of team work for emergencies. Next week the ‘team’ actions covered in the meeting will be reviewed in this column.

The event also offered block captains and CERT volunteers the opportunity to meet and learn more about their fellow volunteers. CERT members were encouraged to start their own neighborhood watch group. Block captains were encouraged to attend the April 2012 CERT training.

This was the third training session for block captains. The members of Downey CERT meet on the third Tuesday of each month at 6 p.m. at Fire Station #1 at 12222 Paramount Blvd for training and activity coordination purposes. Questions on emergency preparedness and CERT can be directed to Mark Sauter at ready@downeyca.org.

–Mark Sauter, city of Downey

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Senior golf pro says he will retire

DOWNEY – Golf pro Jerry Bruner announced his retirement from the European Sr. Golf Tour in front of family, friends and local supporters at the Los Amigos Golf Course in Downey last Saturday.

The night featured several speakers, including Alton Duhon, a Los Angeles resident who is an inductee of the African American Golfers Hall of Fame and was the second African-American to win a USGA title.

Bruner leaves the European Sr. Golf Tour seventh on the career money list with close to \$2 million in career earnings. His earnings on the tour are more than the notable Tom Watson, who is 8th.

The highlight of the night came when Bruner took center stage. He talked about his career, his approach to life and golf, and concluded with the surprising announcement about his intent to fully support a group of junior golfers trained by Mike Williams at the Los Amigos Golf Course.

Williams said this about the junior golfers: "Many golf courses have one, maybe two, outstanding juniors who have won local and major tournaments. Here at Los Amigos we have something special with these kids.

All of them are winners. All of them have won several tournaments as far as Palm Springs."

The support is spearheaded by the trio of Bruner, Williams, and businessman Dennis Brown. Bruner is providing weekly rounds of golf with the juniors at several golf courses in Southern California, playing alongside them and providing instruction on game management and shot selection.

Williams will continue to provide the day-to-day training of the juniors.

Brown was Bruner's sponsor, and has pledged financial support to provide the juniors with equipment and cover some of their tournament fees.

Their goal and commitment is to give back to a golf course that several decades ago saw all three establish their roots in the game of golf.

This pilot junior golf program includes several Downey residents, including Samantha Rocha, Jared Avalos, Adam Avalos, Ellis Tirado, and Raffi. The other local junior golfers are Johnny Cardenas, Lorenzo Gillenwater, and Eric Lee. **—Alfredo Rocha**



Downey High School's JV boys basketball team competed in the Warren JV Basketball Tournament last week and won first place after going 4-0. They beat the host team 60-54 to take the trophy. Back row, from left: Coach Harris, Conor Hill, Daniel Hurtarte, Rodrigo Avila, David Arellano and Coach De la Torre. Middle row: Kevin Magana, Arturo Gomez, Aaron Wallace, Sam Arredondo, Able Mendoza, Ron Ellison and Jonah Garcia. Front: Andrew Rodriguez



The 8u Pink Panthers soccer team finished their season 10-1 after going undefeated in the Downey Friendship Tournament on Dec. 10. Pictured top row, left to right: coach Carlos Escalante Jr., team mom Lindy Skobis and coach Carlos Ceballos. Bottom row: Brielle Madrigal, Iliana Ceballos, Cayla Castaneda, Therese Vasquez, Mia Escalante, Rosie Iniguez, Priscella Cardonas, Hailey Skobis and Lilliana Rodriguez.



Senior golf pro Jerry Bruner announced his retirement from the European tour last Saturday in Downey. He is pictured above with memos of the junior golf program at Los Amigos Golf Course.



The Downey Santa Sluggers played in Norwalk's Girls Softball Toys for Tots Tournament. Picture in the top row, from left: Coach Aurelio Trujillo, Ashley Machado, Candice Burrue, Anna Collier, Sammy Roumeliotis, Daniela Trujillo, Ashley Valdovinos, Coaches Jose Mora and Noe Landeros. Bottom row: Amber Martinez, Jocelyn Hernandez, Noelle Landeros, Samantha Alvarez, Yvette Dubios

Young Bears off to hot start

DOWNEY – The Warren High School boys basketball team has gotten off to a 9-2 start, with the Bears' lone defeats coming at the hands of Renaissance and El Camino by 12 points and 14 points respectively.

The Bears suffered these early setbacks at the highly competitive Cantwell Tournament Dec. 12-16. The Bears competed and won the El Rancho Tournament Dec. 5-10 with a record of 5-0 and defeated a very competitive Bonita squad 55-50 in overtime.

The Bears will also participate in the 16 team Whittier Tournament Dec. 26-29 in which such schools as University, Whittier, Salesian and Lawndale will compete.

Warren is led by returning all-league selection and former Griffiths Indian Joseph Campos and a young, solid group of sophomores looking to step up. These sophomores include Ife Kalejaiye and former East Knight standouts John Ohakamu, Lorel Johnson and Luis Medearis.

Other key performers looking to fill big roles are former Griffiths Indians "Big Joe" Estrada and Miguel Nunez. The main loss to graduation from last year's squad was leading scorer C.J. Anderson, who is currently taking classes at Long Beach State.

Coach Hart maintains that his squad can go nine or ten deep and that John Ohakamu has been a pleasant surprise due to his coachable attitude and raw ability to move so well on the floor. Coach Hart believes that the San Gabriel Valley League will be very competitive this year. He maintains Downey will be tough as they return several players from last year's league championship squad and Dominguez and Gahr will also be highly competitive.

Warren opens up league play Jan. 11 against Downey at Warren at 7 p.m. This should be an exciting season for the young Bears who are poised to have their best season in years. **—Mark Fetter, contributor**

St. John Bosco expected to challenge for Trinity title

BELLFLOWER – The St. John Bosco boys soccer team, featuring many former East Middle School students, has gotten off to a 5-4-1 start.

Coach Dave Sabet maintains that this is a typical preseason for his Brave squad. Coach Sabet believes he has a nice mix of veteran leadership, as well as younger talent.

Starting out a little slow, the Braves are expected to get stronger as the season progresses and make another run at the Trinity League title.

The Braves are currently competing in the North Orange County Classic Tournament where they played Cabrillo on Dec. 20 at Warren High School. The Braves will be traveling south to compete in the Southern California Showcase in San Diego on Dec. 27 where such teams as Cathedral and De La Salle will be participating.

The Braves are reigning Trinity League champions and open up defense of their league title on Jan. 5. The Braves will face current Division 1 top ranked Servite and 2nd ranked J. Serra once league play starts.

St. John Bosco led by senior and Naval Academy recruit Derek Vogel and senior defender Willie Lopez. The Braves have welcomed freshman Adrian Vera to the lineup and expect sophomore Nathan Martin to step up and play well also.

Coach Sabet also believes that starting goalkeeper and former East Knight Matt Aguilar will play a key role as well.

The Braves' key losses off last year's team are Henry Rios, who is currently playing at U.C. Irvine and Nick Harb, who is currently playing at Cal State San Bernardino. This promises to be an exciting year for St. John Bosco soccer in their quest to repeat as Trinity league champs. **—Mark Fetter, contributor**

Correction

DOWNEY – An article in last week's newspaper about Warren High School's girls basketball team incorrectly stated that the Bears defeated Millikan High School of Long Beach.

The article should have stated that Warren defeated Mayfair High School, not Millikan.

We apologize for the error.

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Education at DUSD equally applies to students with disabilities

■ Ruth Valadez ensures standard level of services to all students.

BY HENRY VENERACION, STAFF WRITER

DOWNEY – What concerned parent hasn't hoped and prayed that their offspring is born normal and healthy?

And what sadness and despair must they feel when it's determined that their child indeed has some sort of disability.

The disability may be in the form of a hearing/visual impairment (including deafness or blindness), or mental retardation, or speech and language impairment, or a specific learning disability, or autism, or any other health impairment.

Before 1975, if either of these afflictions befell a child, all anyone could do was seek the best possible treatment wherever it could be found. One account states that many children were denied access to public school, "especially those who were blind, deaf, severely disabled or suffered from mental retardation." The well-off of course had readier means to cope with the problem, such as providing the appropriate care and, more important, the desired education and training and so on that will at least equip the child to face life as independently and successfully as anyone can hope for.

The situation was to change in 1975. That year the federal government passed the Education for all Handicapped Children Act, which "protected the rights of children with disabilities and forced schools to meet their individual needs, and mandated schools to provide a free appropriate public education (FAPE) and to provide schooling in the least restrictive environment."

The Act, says DUSD director of special education Ruth Valadez, set a standard level of services/care where there was none before.

The law was expanded in 1983 to include parent training and, by 1986, "early intervention programs for pre-school children"

were added. The law has since been re-named, in 1990, the Individuals with Disabilities Education Act (IDEA), and, in 2004, re-authorized and expanded.

When a child with a physical disability is thus admitted to any DUSD school, and if their eligibility to receive special education services is established, their IEP, or Individualized Educational Program, becomes their all-important passport to education and care, free of charge, as mandated by law. After a review of their original IEP (as contained in either their application or transfer paper), which is good for thirty days, the district assumes the responsibility of executing their IEP till they leave school or till they reach age 22.

The district-provided IEP, which is a legal document, outlines their present levels of [school] performance, the student's eligibility for special education services, yearly goals, necessary accommodations and modifications, the parents' input/concerns, the notes (minutes) of the (initial) IEP meeting, and the district's offer of FAPE.

The initial meeting involves the participation of the parent or guardian, the general education teacher, the special education teacher, the administrator or administrative designee, the individual(s) qualified to interpret assessment results/discuss progress, and the student (whenever appropriate). In any case, the school psychologist is always present.

Held at least once a year, the IEP meeting may be convened whenever the parent or district wants to further develop, review or revise the program.

The percentage of students with IEP's in the district is roughly 10-11 percent of the total student population, paralleling the average percentage in the nation. The most prevalent cases found at DUSD are in the specific learning disability, speech and language impairment, and autism categories, the cases involving the latter increasing at a high rate.

These require the services of all sorts of specialists: psychologists (for sure), speech and lan-

guage pathologists, occupational therapists, special education teachers, adapted P.E. specialists, etc.

What about funding? According to asst. superintendent/business services Kevin Condon, all three levels of government—federal, state and local—have been historically remiss in the delivery of promised funds especially as they relate to special education. Notwithstanding the temporary, albeit welcome, relief provided by stimulus money covering two years and which have since ended, the budgeted cost for special education this year amounts to some \$30 million, of which only about \$20 million, in absolute terms, is forthcoming to the district. The deficit of \$10 million will be borne by the general fund. (Thus the district's strategy of austerity, of looking for better efficiencies and cost savings, etc., wherever they may be realized).

At any rate, the person behind the special education team is Valadez, who joined DUSD in July 2010. She is assisted by three program administrators: one for pre-school, another for elementary, and the third for the high schools. There is one program (behavior) specialist who focuses on administering autism workshops. Teachers, staff, administrators, even parents, receive training in practically all behavioral areas; continuing professional development is emphasized. Valadez excitedly points out that the district now has a so-called 'Added Autism Authorization' program, a brand new program featuring improved approaches in dealing with autism.

"Special education is my passion," said Valadez, who has three bachelor's degrees (majors in elementary education, special education, and psychology) and two master's degrees (one in special education, the other in education administration). "I love what I do." She said, "I remember from first grade, there was this third grade student in school who was made to wear a sandwich board that read "I am stupid" in front and "I cannot learn" in the back. I knew then the area where I wanted to go. Looking back now, I realize he

clearly had special needs."

She feels that, with all the difficult demands special education entails ("because we're obligated to service these students' special needs"), I feel we're doing a great job here in the district because of a dedicated, knowledgeable, and hard-working staff performing and delivering services and programs to some 2,600 students with a variety of disabilities."

"The most important thing for me is to look at each child as an individual and that we support them with services and programs that will contribute to their development, so that they become as successful and independent as possible," Valadez said.

Great strides have been made to better the lives of impaired students. They even have a safety net available for life, after their 22nd year, if they wish to avail of the guarantees under the Lanterman Developmental Disabilities Services Act.

In simple terms, this is the California law that says people with developmental disabilities and their families have a right to get the services and supports they need to live like people who don't have disabilities. (Thus Arc, etc.). All they have to do is get in touch with the appropriate Regional Center that can address their needs.

Nearly 200 pets find new homes

DOWNEY – Animal control officials say 190 animals were adopted county-wide last Saturday when pet adoptions were discounted in an effort to place animals in permanent homes before Christmas.

Downey had the largest number of adopted animals with 79, followed by Baldwin Park (45), Lancaster (23), Agoura (15), Castaic (14), Carson (9), and Pet Stop (5).

Auto scholarships go to local students

NORWALK – The Cerritos College Foundation awarded three automotive scholarships to six promising students at its board meeting on Nov. 17.

The Jeannie M.T. Yang Scholarship, a \$500 award was presented to Emerson Hemedes of Whittier and Joseph Park of Victorville. The Jeannie M.T. Yang Automotive Scholarship awards a total of \$2,000 each year to four promising students in the automotive department at Cerritos College.

Established in memory of Dr. Jeannie M.T. Yang, a community college professor originally from mainland China, who had a great passion for education.

Hemedes has always had a passion for cars and currently works at the Sears Auto Center in Brea. He plans on working as an automotive technician while pursuing his bachelor's degree in journalism. His ultimate goal is to become an automotive journalist.

Park has already earned his bachelor's degree in public administration and is a transportation officer in the Army Reserves. He is pursuing another degree in automotive repair to increase his skill set, advance in the military, and pursue a career with the Bureau of Automotive Repairs.

The SMCDA Automotive Technology Scholarship, a \$500 tool voucher toward the purchase of MATCO tools was received by Yosias Alfaro of Bellflower, Zane Mortensen of Fullerton, and Eddie Ornelas of South Gate. This scholarship was designed to assist the college's automotive apprentice program students in purchasing tools to use in their classes. The tool voucher, combined with the 50% tool discount program which MATCO also provides for Cerritos College automotive students, is actually worth \$1,000.

Yosias Alfaro has always loved a challenge. He is a father of two young boys, works full-time and attends classes at night. He will be earning a certificate in engine performance and diagnostics at the end of this semester and completing his associate degree in automotive technology next semester. Yosias is currently working at Page One Automotive as an inspector and driver.

Mortensen is currently enrolled in his first semester of Chrysler's College Automotive Program and is working toward his associate degree in automotive technology. He currently works at Don-a-Vee Chrysler Jeep and was quickly promoted from porter to technician due to his outstanding attitude and performance on the job.

Ornelas began taking automotive classes last spring. He is currently employed as an auto technician at Wal-Mart and looks forward to transferring to Northwood University to pursue his bachelor's degree.

SMCDA also presented the \$750 SMCDA Northwood 3rd Year Scholarship to Richard Salazar of Santa Fe Springs. This award assists Cerritos College students who have completed their first two years in automotive technology training and are pursuing their bachelor's degree through Northwood University.

Salazar will soon be completing his second semester as an automotive technology major. Once he completes his associate degree, he will be transferring to Northwood University to pursue a bachelor's degree in automotive marketing & entrepreneurship.

"These outstanding students will be great assets to the auto industry," said Todd Leutheuser, executive director of the Southland Motor Car Dealers Association (SMCDA), as he presented each student with the scholarship. "It is exciting and truly inspiring to see these dedicated students work hard towards their career goals."

The Southland Motor Car Dealers Association represents franchised new car dealers throughout Southern Los Angeles County.

Cerritos College's Auto Technology Program provides students with hands-on, nationally authorized training for GM, Ford, Chrysler and import vehicles. The College also hosts an Advanced Transportation Technology Center, one of nine Centers in the state of California, to encourage use and development of clean, renewable energies, and alternative fuel sources. Students can also earn a bachelor's degree in automotive management at Cerritos College through an agreement the college has with Northwood University.

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Victor and Mary Miyamoto took the transatlantic crossing cruise with Queen Victoria to celebrate their anniversary. Victor Miyamoto is pictured above in Madeira island off the coast of Portugal.



While celebrating their 15th wedding anniversary earlier this month, long-time Downey residents and Warren High School sweethearts, (class of 1991), Nolveris and Claudia Frometa took The Downey Patriot with them while on-board the Royal Caribbean cruiseship for a trip to the Bahamas out of Miami. Nolveris and Claudia are pictured posing outside the Port of Miami aboard Royal Caribbean's Majesty of the Seas on Dec. 5.



Sydney Skersick and Daniella Jones took their copy of *The Downey Patriot* with them on a trip to Big Bear over Thanksgiving weekend.



The Downey AYSO 14u Manchester United won the 2011 Commissioner's Cup on Dec. 10 after winning an intense game that ended in a shoot out, 4-3. They will now represent Downey in area playoffs. The team consists of Ivan Guitron, Daniel Rodriguez, Andrew Godinez, Alexander Lucero, Ethan Torres, Brian Delgado, Alex Alvarez, Michael Hernandez, Fernando Rivera, Aron Valenzuela, Jonathan Pasaye, Sebastian Serrano, Israel Oballe, Arnold Caudillo, Andres Esparza and Alex Rebelles. The team is coached by Alex Hernandez and Ruben Gonzalez.

'Tis the Season

Rosalie Sciortino

DOWNEY – The Christmas catalogues have been spilling out of my mailbox for over a month. They come from Boston, New Jersey, North Carolina, Chicago and New York.

I foolishly sent away for a wristwatch last year and it triggered an avalanche. My name must be on every direct mailing sucker-list of the continental United States.

The catalogues are filled with luxuries for me and my home, beautifully photographed and guaranteed to turn my humble abode into one of those featured in the glossy home magazines.

The heavy sweaters and long overcoats worn by the size-seven models, smiling in the snow, are perfectly suited to New England's harsh winters. They would seem ridiculously out of place this afternoon in my backyard where the thermometer reads 75 degrees.

Festive beaded, sequined gowns, jewels, accessories such as Judith Leiber minaudières; all things Mrs. Average Homemaker simply cannot live without, spill out of gold and silver boxes on the pages of the Neiman Marcus and Saks catalogues.

And what is this on page thirty-three? The Talking Scale with Memory. Now, one would really have to be a sadist to want one of those. "It automatically announces your weight in a clear, synthesized voice." Oh, that's really good. Get one of those and it's goodbye to sneaking into the bathroom secretly to see how much you've gained. The whole household will now know how much you have gained because it tells you have gained since your last weighing – in a loud, clear voice. [Wonder if it says "Good girl" if, by some miracle, you have lost weight?]

No, I think I'll forgo the scale for this year, even if this one does shut itself off after saying "Have a nice day." It's discouraging enough to have gained weight, but then to have a blasted machine remember and gloat about it – that would be the last straw.

The catalogues are all neatly stacked at the curb in front of the house. We have a phantom newspaper/magazine thief. He's welcome to the whole, slick pile of them. I'm going indoors to get some more ice cream.

Rosalie Sciortino is a Downey resident and member of Writers' Workshop West, which meets at Downey High School.

World's 3rd smallest baby born at county hospital

LOS ANGELES – Born 16 weeks early and weighing barely half a pound at birth, one of the smallest surviving babies ever born anywhere in the world is growing and thriving at L.A. County-USC Medical Center.

According to the Global Birth Registry, Melinda Star Guido is the third smallest baby ever born in the world when measured by both gestational age and weight.

Melinda was just 24 weeks old and weighed only 270 grams when she was born Aug. 30, county health officials said last week.

"She was always fighting, all the nurses were saying that she was really feisty, she was always fighting for her life," said the baby's parents, Haydee Ibarra and Yovani Guido, in a statement released by the county.

Doctors initially weren't sure Melinda would survive such a premature birth.

"The first three or four days I was worried if this baby was going to make it," said Dr. Rangasamy Ramanathan, chief of the neonatology section at L.A. County-USC Medical Center. "So every day, more than once we spoke to the family and said take it minute by minute."

The hospital's neonatal intensive care unit and their partner organizations will monitor Melinda over the next six years to check her health and ensure a continued quality of life.

Dance school holding auditions

LOS ANGELES – The Interlochen Center for the Arts in Los Angeles will hold dance auditions Jan. 12 for students wanting to participate in the school's summer arts program or fine arts boarding high school.

Auditions are open to students in grades 6-12. Students will be judged in ballet, pointe and modern technique.

Girls should wear black leotards and pink tights, and boys should wear white T-shirts and black tights.

Auditions take place from 2-3:30 p.m. at the Colburn School, 244 S. San Pedro St. in Los Angeles.

The Interlochen Center for the Arts dance program is designed for serious students who wish to study both ballet and modern dance.



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Chef shares the sensuality of food

Thanks to the proliferation of outrageously popular TV food shows, Americans have grown to appreciate the aesthetics of a meal almost as much as its flavor. We've discovered our chefs are artists as well as cooks and bakers, and their colorful salads and abstract chocolate sculptures are works of art as well as good things to eat.

But there is yet another dimension to food to be explored, says Italian-born Chef Tiberio Simone, a James

Beard Award winner and author of a provocative new coffee table book, "La Figa: Visions of Food and Form" (LaFigaProject.com). Shot by Matt Freedman, it features full-color, artistically rendered portraits of the naked human body decorated with fresh ingredients.

Incorporate food in your love life, he says, and you'll discover the sublime.

• Choose fresh, natural, organic foods. Sexy food still has the taste nature gave it, and there's no better choice than organic food because it's grown with love. A farmer's market is

a great place to shop because you can touch and smell the produce.

• Watch out for food allergies – even if you don't plan to eat the food. If you're planning a sensual meal for your lover as a surprise, be aware of any food allergies or sensitivities he or she may have. Also, foods can cause irritation, burning or rashes when placed on the skin, if a person has a sensitivity. This can be especially true for certain delicate body parts.

• Bring your lover on your food-shopping excursion. View it as a bit of sensual foreplay. You can have a lot of fun caressing and gently squeezing the foods, and inhaling their aromas. The conversation should be entertaining, too.

• Taste the sensuality of the food while you and your partner eat. This sounds obvious, but it's not. Seduce your senses by breathing in the aroma of the dish. Close your eyes and inhale slowly so you can analyze and take in the ingredients. Take a small bite, roll the food around your tongue and in your mouth and make small sounds of pleasure. You might feel ridiculous, but it's fun, especially on a romantic date.

"Food and touch are truly the basic ingredients of life. If done properly, they will not only provide pleasure, but also engage and delight the senses," says Simone.

Adds photographer Freedman: "Any food can be beautiful and sensual if it has qualities that appeal to what you and your lover find sexy and enticing."

Take a peach, for example. "Start by looking at its shape and colors," Simone says. "Press it just hard enough to feel the firmness and the touch of velvety skin, just like when you touch the skin of another person. I believe that fruits and vegetables respond to touch by releasing beautiful aromas for us to breathe in."

Simone says his Italian heritage and his culinary fluency heightened his awareness of the sensual similarities between fresh, organic foods and the human body. Like the human body, every food in its natural state has beauty in its lines, shape, color and texture. And like the human body, food gives us exquisite pleasure on a primal level.

"Spend a little time looking for the sensual aspects of food, and I guarantee you will become a pro at enjoying the sensual side of life," he says.

Born in southern Italy, Tiberio Simone is an award-winning chef who started his career at an Italian restaurant in Seattle. His is now pastry chef at Seattle's Four Seasons Olympic Hotel and runs his own company, La Figa Catering.

Counterfeit Christmas lights seized at Long Beach seaport

LOS ANGELES — U.S. Customs and Border Protection (CBP) officers assigned to the Los Angeles/Long Beach seaport complex seized 151 life-size decorative lights of Santa Claus, a snowman and a polar bear with electrical adaptors containing counterfeit Underwriters Laboratories, Inc. (UL) markings.

UL is an independent product safety certification organization that rigorously tests and evaluates products for potential risk of fire, shock, and personal injury. Products are not certified until they meet established standards.

Products bearing counterfeit UL certification marks have not undergone this rigorous testing and certification process, and can present potential safety hazards to the end-user.

The holiday figurines were seized on Nov. 23 and 25. CBP officers discovered the infringing merchandise in two shipments arriving from China. The estimated manufacturer's suggested retail price for the 151 units is \$173,000 with an estimated domestic value of \$110,000.

These potentially dangerous holiday lights were identified by the Import Safety Commercial Targeting and Analysis Center in Washington, D.C., as part of a joint national operation with the U.S. Consumer Product Safety Commission.

"Enforcing product safety laws is a top priority for U.S. Customs and Border Protection. By seizing untested and potentially hazardous products at our nation's largest seaport, CBP officers not only protect the American consumer but contribute to a safe holiday season," said Todd C. Owen CBP director of field operations in Los Angeles.

In fiscal year 2010, electrical articles presenting potential safety or security risks, with an estimated domestic value of \$7.9 million, represented 19% of all commodities seized by CBP.

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PG-13
12:25, 2:05, 4:35, 6:35, 7:25, 9:25, 10:25, Sat: 12:25, 2:25, 4:35, 6:35, 7:35

NEW YEAR'S EVE PG-13
PG-13
10:50, 1:40

THE SITTER R. R
11:40, 12:40, 2:50, 5:00, 7:10, 9:20, Sat: 11:40, 1:50, 5:00, 7:10

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Restaurant Spotlight:

NORMS Restaurant

NORMS Restaurant has been a proud member of the Downey community since 1993.

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Don't forget our "King of Steaks", the half pound Filet Mignon, hand-cut in the kitchen to ensure juiciness and cooked to order. Served Daily the Filet Mignon Dinner comes with Baked Potato, Vegetable, the Chef's hearty Soup, and a Mixed Green Salad. There are 5 exciting Filet Mignon Dinners to choice from. Try the Filet Mignon and Breaded Shrimp, or the Garlic Mushroom Filet Mignon, all the Filet Mignon Dinner entrees are served with Potato, Vegetable, Soup, and Salad. Come and Enjoy our Christmas



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Hours of Operation:
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Type of Food:
American Cuisine
Website:
www.norms-restaurants.com
Dress Code:
Casual

Choir seeks new members

MONROVIA – The San Gabriel Valley Choral Company is seeking singers to participate in its 2012 spring concert season, which begins March 10.

The choir sings a broad repertoire, including classical, spirituals, pop, jazz, opera and theater.

Rehearsals for potential new members are held Tuesday nights starting Jan. 10 in Monrovia. For membership requirements and more information, call Chris Maddox at (626) 579-2433 or e-mail choralcompany@gmail.com.

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Rancho earns award for innovative stroke care

■ Rancho's Acute Stroke Unit, created just four years ago, honored at state health conference.

BY GREG WASKUL, RANCHO LOS AMIGOS FOUNDATION

DOWNEY – Rancho Los Amigos National Rehabilitation Center has won a major statewide award for its groundbreaking work in improving the quality of stroke care in the Los Angeles County safety net system.

Rancho's Acute Stroke Unit, headed by Amytis Towfighi, MD, was honored with the Kaiser Permanente Clinical Systems Development Award at the 2011 Annual Conference of the California Association of Public Hospitals and Health Systems, held earlier this month in San Jose.

Rancho's Acute Stroke Unit was created just four years ago. Today it has become the primary site for patients with stroke and transient ischemic attack (TIA) in the Los Angeles County health-care system.

"This is one of many innovative Rancho programs that provide very high-quality services for our patients," said Rancho Chief Executive Officer Jorge Orozco. "Today our stroke patients are getting cutting-edge care and returning home faster than those at other hospitals."

"Stroke is the most common diagnosis requiring rehabilitation at Rancho, and so it is especially important that we provide these patients the quickest, most efficient access to testing, medication and therapy," Jorge said. "We are very proud of the program Dr. Towfighi has created at Rancho, and we salute her and her team for what they are accomplishing for our patients each and every day."

Dr. Towfighi created a comprehensive array of protocols for the stroke unit based on the best practices in stroke care and research findings. "We provide all the diagnostic studies necessary to determine why our patients had their stroke, and at the same time they are getting the care they need to prevent the stroke from expanding and to prevent recurrent strokes," Dr. Towfighi said. "Many of our patients had not previously had any access to health-care, and so they didn't know they had a diagnosis of high blood pressure or diabetes or abnormal cholesterol before coming to Rancho. So we educate our patients and start them on medications to reduce their risk of a future stroke."

Rancho's Chief Medical Officer, Mindy Aisen, MD put the program into perspective: "This model is the first of its kind in our country, and it is very exciting. By moving people through the acute care process more quickly, they get to rehab more quickly.

And the quicker you get up on your feet and begin practicing movement, the more quickly your brain is going to reorganize and you regain motor function.

"We move people through acute care, get them active as quickly as possible, and get them the tools they need to go home and continue to improve throughout the life span without having the complications of stroke or an additional stroke," she said.

In partnership with other Los Angeles County Department of Health Services public hospitals, patients coming to emergency departments with TIA or stroke are immediately transferred to Rancho to receive care by a multi-disciplinary team. The team includes a board-certified vascular neurologist, specialized nurses, therapists, case managers, and social workers.

At Rancho, patients receive a thorough and efficient diagnostic evaluation, therapies, secondary stroke prevention, early intensive rehabilitation, education on stroke risk factor control and prevention, information regarding local stroke survivor support groups, home blood pressure monitoring devices to assist in self-management, and outpatient follow-up at 30 days. Patients are then smoothly transitioned to either inpatient or outpatient rehabilitation.

"Having an acute stroke unit at Rancho makes much better use of county resources and provides much better care for the patients," said Helena Chui, MD, Chair of USC's Department of Neurology.

"It is amazing to see that in just four years from its inception, Rancho's acute stroke unit now treats more stroke patients than any hospital in the county."

"We provide all of our patients with medications as outpatients, and we follow-up with them in our stroke clinic at 7 days and 30 days," Dr. Towfighi said. "We were also able to secure funding from the Kaiser Permanente

Community Benefit Program to track all of our outcomes in a database that tracks patients admitted to the stroke unit to assure they receive the quality care they deserve."

Rancho provides each stroke patient with a binder in English or Spanish with educational materials about stroke. "It's great when I see them come back to our clinic and they have their binder and they've read it," said Rancho neurologist Susan Shaw, MD. "Maybe they have questions or they're keeping a log of their blood pressure in the binder. It's a great way for them to better organize their care and become better advocates for themselves."

"We've had excellent results with our program," said Dr. Towfighi. "Prior to the development of our unit, the average length of stay at other County hospitals for strokes was 8 to 9 days. The length of stay in our unit is only two to three days, so patients are returning home sooner and in better health. Given the fantastic results of our unit, we will soon be publishing our results."

The project is now expanding to create a Patient-Centered Medical Home for stroke to ensure that patients with TIA or stroke adhere to secondary stroke prevention medications and a healthy lifestyle.

"At Rancho, we are transforming the delivery of care for our stroke patients," Jorge said. "This major award is just the latest indication of how Rancho makes a huge difference for our patients. As we enter our 125th year of service, Rancho continues to lead the way in the art and science of rehabilitation medicine."

For further information, call the Rancho Los Amigos Foundation at (562) 401-7053 or visit rancho.org, facebook.com/rancholosamigosrehab or twitter.com/ranchorehab.

Student leaders train at Big Bear

DOWNEY – Downey High School's KIWIN'S Club recently held its annual officer training and leadership retreat in Big Bear where students were trained in personal growth and leadership development.

The KIWIN'S Club is a youth program sponsored by the local Kiwanis service clubs.

"The retreat is the most important weekend of the Downey KIWIN'S Club's year," said advisor Alex Gaytan. "The students need and enjoy the opportunity to be together in a relaxed atmosphere where they can learn about KIWIN'S Club and themselves. It is exciting to see them discuss issues, make plans and set goals."

Students settled into their cabins Friday night before beginning their meetings Saturday morning. Topics included Club Basics, Duties of Officers, Goal Setting and Career Planning. Students also participated in group activities that required them to work together and problem solve.



The kids headed to Snow Summit on Saturday night for snowboarding and tubing, Gaytan said. After dinner, students were divided into groups for personality and leadership tests, which helped identify students' strengths and weaknesses.

The weekend, which also included lectures by Jack Guerrero of Stanford University and Blanca Galicia of Long Beach City College, concluded Sunday with an

early morning hike followed by breakfast.

"I feel that the retreat helped us to become closer as a club and it helped to prepare us for the year ahead," said student Pink Tantiwuttipong. "I know personally that I feel more prepared for the year 2012."

Transportation to Big Bear was provided by the office of County Supervisor Don Knabe.

Rehab department has Christmas party

DOWNEY – For the 22nd consecutive year, the rehabilitation department at Downey Regional Medical Center celebrated the holiday season with their annual Christmas party held for current and prior patients, along with their families and friends.

Before the party began, patients had eagerly lined up in the main hall. Ambulatory patients stood in a line, which would ultimately wrap itself around the building.

Patients with physical limitations received special attention from all involved. They were given assistance from organizers, receiving food and beverage while enjoying the events of the day.

The Christmas party was fully



supported by voluntary donations by the department's staff.

For entertainment, Warren High School's choir sang a number

of holiday carols to approximately 200 people as they ate their meals.

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Must have tools for diabetics

Of the 26 million Americans with diabetes, more than half are currently not meeting medical targets established by the American Diabetes Association. Another 79 million Americans are at risk for developing diabetes. Odds are, diabetes impacts your life or someone close to you. The good news: with the right knowledge and support, people with diabetes can feel good and live strong, healthy lives.

David Edelman, president and co-founder of DiabetesDaily.com – an online community for people with diabetes – receives queries daily from people with diabetes and their family members searching for the best resources to help them make decisions.

"We receive the same short, frustrated email nearly every day: I was just diagnosed with diabetes. What should I do?," said Edelman. "Every time we respond, I think to myself this question is so big it deserves a better answer."

As American Diabetes Month draws to a close, Edelman has identified the top seven most useful resources to arm people with diabetes – and those that support them – with the knowledge they need all year.

1. Personal Support Network: It is critical to build a strong network of family, friends, and other people living with diabetes. Do not forget to include your doctor. These people all bring a different element of support, and their unique perspectives may help you understand different ways diabetes affects you. Whether you communicate through email or meet in person, stay connected with your network, share your struggles and triumphs.

Know someone with diabetes? Be that critical support tool for your friend or loved one.

2. The Diabetes Online Community: People with diabetes have built a national support network through blogs, online support communities like DiabetesDaily.com, diabetes social networking sites like TuDiabetes and through traditional social media channels like Facebook and Twitter. These online resources offer you the chance to connect emotionally and seek advice and information from others living with diabetes- from the newly diagnosed to those who have been managing the disease for years.

There are multiple ways to connect, from skimming message boards to leaving comments for or emailing bloggers to joining a community, or even starting your own blog. And the information and relationships in this community are valuable whether you or someone you know has diabetes.

3. Formal Diabetes Education: A diabetes educator can help you understand why blood sugars behave the way they do is a resource. Your doctor or local diabetes association can help connect you with a good educator. However, the unfortunate reality is there is just one diabetes educator for every 2,630 people with diabetes. To maintain and enhance education between visits with your educator, consider attending local support groups or workshops (often hosted by hospitals or health networks).

For diabetes patients and family and friends trying to better understand its impact, books can help you better understand diabetes, like "50 Diabetes Myths That Can Ruin Your Life and the 50 Diabetes Truths That Can Save It" by Riva Greenberg. Finally, consider an online education course like "Workshop for Better Blood Sugars" from Diabetes Daily University (university.diabetesdaily.com), which allows you to learn at your own pace and connect with others in a virtual classroom. Ensure online courses are taught by a credentialed and nationally recognized physician or educator.

4. Meal Planning/Recipe Guides: There are endless resources for finding diabetes friendly recipes, meal planning guides and calorie and carbohydrate guides. Joslin Diabetes Center works closely with CalorieKing, which provides software with a detailed food database as well as the popular Calorie Fat & Carbohydrate Counter book to accurately track carbs and calories. The American Diabetes Association has excellent recipes on its website, and DiabetesDaily.com has an entire section of original recipes from culinary guru Elizabeth Edelman.

Modern diabetes-friendly recipes are delicious and flavorful, so friends and family can enjoy a meal together without feeling as though anyone is missing out.

5. The Meter: It seems simple, but this simple tool provides a wealth of information about personal diabetes management. Test often, record results to help you identify patterns; use the knowledge you gain to modify and tweak your diet and activity to find the things that work best for you. Having a better understanding of how certain foods or activities impact your blood sugar makes it simpler to adjust when you choose to vary your routine.

For friends and family members, learn how to interpret blood sugar readings and the impact certain foods have on your friend or family member so you can better support individual choices – like having ice cream for dessert. Often, concern can come across as judgment when well-wishers are uninformed.

6. Exercise Specialists/Instructors: A good fitness instructor can provide information and exercises not only to help control weight, but also that specifically benefits diabetes management. For example, Diabetes Daily co-founder and certified yoga instructor Elizabeth Edelman recommends certain yoga poses to stimulate the pancreas, liver and kidneys. Try taking a class or enlisting a buddy for group support.

7. Yourself: Edelman believes the key to successful diabetes management is taking ownership of diabetes. Take the time to examine choices, actions and emotions objectively, without assigning guilt or blame. Evaluate yourself realistically – from what works to what does not.

For those providing support, empower friends and family with diabetes to take ownership of their own actions, and avoid being the diabetes police.



The Downey Association of Realtors donated \$1,000 to the 10-20 Club, which works with local at-risk youths. Pictured above: Vicki Spearman, Darryl Jackson, Jan Molinaro, Mario Acevedo and Russell Skersick.



The Downey Association of Realtors donated \$1,000 to the TLC Center, which provides food, counseling and other services to local needy children and their families. Pictured above: Jason Cierpiszewski, Lucy Perez, Russell Skersick, Maribel Chavez and Mario Acevedo.

Cerritos College journalism instructor receives prestigious award

NORWALK - Cerritos College journalism instructor Richard Cameron was honored December 2 for his contributions to California journalism and journalism education by the California Press Association.

CalPress, one of the oldest press associations in the country, presented Cameron with its annual Jack Bates Award at its 134th annual winter meeting in San Francisco.

Named after the former longtime director of the California Newspaper Publishers Association, the Jack Bates Award was established in 2007 to "effective leadership in addressing newspaper challenges and assisting journalism education-demonstrating that the best leadership for the newspapers of the future comes from those who understand and appreciate how to take the best of the past and invest it into the future."

Cameron, who chairs Mass Communication Department and advises the student newspaper Talon Marks at Cerritos College, was nominated by fellow community college journalism instructors from around the state.

In addition to serving his own students he, in the words of one of his colleagues, has influenced thousands of community college journalism students around the state with many workshops and services directed at not only his own students, but students and teachers around the state. He has been a guiding force in the introduction of new technologies to journalism education.

At Cerritos College Cameron also serves as the college's Curriculum Committee chair and is currently chairing a statewide effort to create a streamlined associate of arts degree in journalism for community college students.

Further, he chairs the California Journalism Education Coalition, an umbrella group that brings together representatives of high school, community college, university and industry organizations interested in journalism education to discuss common issues and solutions and to honor outstanding journalism educators.

Cameron is one of the longest serving journalism educators in the California community college system and has been teaching at Cerritos College since 1997.

Marie Yetkosky passes away at 96

DOWNEY – Marie L. Gunnell Yetkosky passed away on Dec. 3 at age 96. She was born in West Liberty, Iowa, on March 8, 1915.

Her parents, Harold J. Smith and Hazel Hindie Smith, preceded Marie in death as did her husbands, Frank Gunnell and Charles Yetkosky; her sister, Emila; and brother, Smitty.

Marie moved to Downey in the 1950s. She taught in the Los Angeles Unified School District and later at the Rita Blair School.

She volunteered with the Spencer Williams Elementary PTA, Meals on Wheels and with the city of Downey.

She is survived by her brother, John Smith, of San Antonio, and many nieces and nephews.

Services will be private.

William Hall was WWII veteran

DOWNEY – World War II veteran William Robert Hall passed away Dec. 12 in Norwalk at age 92.

Born Aug. 22, 1919 in Marie, W. Va., he had been a resident of Downey for the last 60 years.

He was a WWII Army Air Corp and Army infantry veteran and had served as a Los Angeles police officer for 42 years.

He is survived by his three sons, William Robert, Keith Craig and David Roy Hall; brother Ira David Hall; and eight grandchildren.

He was preceded in death in June of this year by his wife of 68 years, Dorothy.

Services will be held Dec. 23 at Riverside National Cemetery at 11 a.m. with interment to follow.

Accountant gets prison for embezzlement

LOS ANGELES – A former community college accounting assistant charged last month with half a dozen counts – including grant theft by embezzlement and identity theft – pleaded guilty last week.

Mandy Deborah Borquez, 33, pleaded guilty to two counts of grand theft and admitted an allegation that the related felonies involved the taking of more than \$150,000, according to the district attorney's office. The allegation requires that Borquez serve her custody time in state prison rather than county jail.

Borquez was immediately sentenced to three years, four months in prison. She was also ordered to pay restitution totaling more than \$423,000.

Borquez, who worked as an accounting assistant at Antelope Valley College, embezzled almost \$510,000 between 2004-10, prosecutors said. The theft was discovered after an audit by Borquez's supervisor.

Gang member gets 57 years for fatal shooting

LOS ANGELES – A female member of the Avalon Garden Crips was sentenced last week to 57 years to life for the 2009 shooting death of a woman whose son had a fallout with the defendant.

Michelle Cato, 29, of Los Angeles was convicted by a jury on Oct. 21 of the second-degree murder of Sheila Zaldana, 46, and the attempted murder of Zaldana's son.

Jurors, who deliberated about a day, also found true two special allegations of discharge of a gun causing death and personal use of a handgun.

Judge Craig Richman imposed Cato's sentence on Dec. 14 and ordered her to pay \$7,500 in restitution to the state's victim compensation board for burial expenses.

Two days before the shooting, Cato and the victim's son were hanging out at a park near Fifth and San Julian streets in Los Angeles when they got into an argument over a phone conversation – between the victim's son and another person in Cato's presence – that Cato deemed "disrespectful."

Following the verbal dispute, Cato took a swing at the male victim but missed and left the park. Earlier in the day, the two had stationed their vehicles in the same parking lot. When the male victim returned to his vehicle, he found the hood scratched with the words "A's Up", an Avalon Garden Crips slogan, and the side panels also scratched.

Cato acknowledged the vandalism and said that the male victim had disrespected her. As another argument ensued, Cato drew a knife and then a handgun. The male victim called 911 and Cato began to flee.

The male victim, still on the phone with 911, his mother and the other woman followed several feet behind Cato for about half a block. Mid block, Cato turned around and attempted to shoot the male victim but her gun jammed, prosecutors said.

Cato attempted to fire the weapon again. This time, the gun discharged and Zaldana was fatally shot in the right temple.

An LAPD officer arrested Cato two blocks away as she fled. The victims were not gang members, according to prosecutors.

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Hotel chain settles discrimination suit

SAN DIEGO – Tarsadia Hotels, doing business as Comfort Suites, a hotel developer and operator in California, will pay \$132,500 to settle a disability discrimination lawsuit that the U.S. Equal Employment Opportunity Commission (EEOC) filed on behalf of a hotel clerk with autism.

The EEOC charged that a front desk clerk at the Comfort Suites Mission Valley Hotel in San Diego was denied a reasonable accommodation, disciplined and ultimately fired in 2008 due to his disability.

The clerk, who has autism, had prior hotel experience in a similar position, where he work earned him a positive recommendation, state officials said.

Shortly after starting at Comfort Suites, he sought free job coach services from the state. A job coach would have helped the clerk learn to master his job by using autism-specific training techniques. However, Tarsadia allegedly refused to allow the assistance of a job coach and then fired him.

The EEOC filed a lawsuit in September 2010, charging that Tarsadia violated the Americans with Disabilities Act.

As part of the settlement, Tarsadia agreed to pay the clerk \$125,000 and donate \$7,500 to Partnerships With Industries, a San Diego-based non-profit that provides employment support to people with disabilities.

The hotel operator also agreed to "sweeping changes," including revising its policies and procedures with respect to ADA compliance; hiring a consultant to train employees on ADA rights and responsibilities and ensure the proper handling of reasonable accommodation requests; and agree to hold managers and supervisors accountable in their evaluations for compliance with policies against disability discrimination and retaliation.

Tarsadia will submit annual reports to the EEOC on its compliance with the settlement agreement.

"We commend Tarsadia for implementing widespread change, assuring that people with disabilities have a fair shot at gaining and retaining employment," said Ann Y. Park, regional attorney for the EEOC's Los Angeles district office. "Other employers should also learn to comply with the ADA rather than be driven by stereotypes about disabilities like autism."

Marla Stern, local director of the EEOC's San Diego office, said "reasonable accommodations" can be minimal in cost and usually involves open communication between the employer and employee.

"The results can make all the difference for people with disabilities, allowing them to succeed in the workplace," she said.

Cemetery to honor MLK

LOS ANGELES – Forest Lawn cemetery in Hollywood Hills will host its 10th annual Dr. Martin Luther King Jr. Celebration on Jan. 8 at 5 p.m.

KNBC news anchor Stephanie Elam will emcee the event, which will feature performances by the Inner City Youth Orchestra of Los Angeles and invocation and benediction by Rev. Dr. Cedric Bridgeforth of United Methodist Church.

The event is free to attend. For more information, call (800) 204-3131.

Today's boomers downsize homes, but upsize the amenities

Say goodbye to the McMansion. According to a leading real estate website, Trulia.com, 2011 was officially the year that homes over 3,200 square feet ended their dominance and appeal.

But don't think that downsizing means downgrading. In fact, homeowners are looking to upsize their amenities to help them enjoy every inch of their homes.

And, while many different generations are following this trend, Boomers are a unique group, looking to enjoy their smaller nest now that the kids have flown the coop - yet ensure that their homes are filled with the many amenities they'll require for their golden years.

Anything but basic baths: While they may purchase a smaller floor plan, mature adults are looking for ways to turn ordinary rooms into extraordinarily indulgent experiences. In the bath, that means the ultimate spa experience - from elaborate showers to heated floors and towel warmers. But when it comes to the bathroom, it's just as important to keep it safe. Luckily, safe can also equate to stylish. Try installing comfortable seating for the shower with a beautiful fold-down shower seat made of teak and aluminum; or updating common bath accessories such as a paper holder, towel bar or shelf with a new integrated version that combines each accessory with a grab bar for added safety.

"Our goal is to make every bath a safe bath. And, for savvy homeowners looking to incorporate safety at any age, it's essential we provide products to meet their safety and style requirements," says Laurie Birko, Moen Home Care brand manager. "Our newest products, such as our Fold-Down Shower Seat and Grab Bars with Accessories

look like decorative pieces rather than safety devices, so homeowners no longer have to choose between safety or style ... they can have both."

Kitchens that cook ... and more: Different generations have very specific desires in terms of creating a kitchen to meet their needs, and according to findings from the Research Institute for Cooking and Kitchen Intelligence, boomers are looking for kitchens with amenities that will assist with entertaining. These upgrades may include cooktops with special-purpose features, such as a built-in grill or wok; commercial or professional-grade appliances; a built-in coffee pot connected directly to plumbing or an oven that dramatically reduces cooking times without microwaves.

Bedrooms that sizzle: Mature adults still know how to spice up their bedroom with hot amenities, including fireplaces, heated mattress pads and large-capacity warming cabinets for blankets, robes, towels and clothing. Convenience-based bedroom trends include a laundry room off of the master suite, remote-controlled window treatments and voice controlled lighting and electronics, making your mature boudoir much more magical than your childhood bedroom.

The greater outdoors: No-mow lawns have sprouted up as a time-, water-, fuel- and money-saving alternative to the traditional lawn. These lawns have been around for over a decade in parks and other public spaces. Now they're catching on with homeowners - particularly with the growing population of second-homeowners who don't want to spend their precious getaway weekends mowing the lawn. They're also becoming popular with mature

adults who are simply tired of the rigors and high cost of constant lawn upkeep.

For homeowners in colder climates who are tired of the hassles and hazards of snow removal, driveway heating systems are an ideal amenity. Radiant driveway heating systems provide heat similar to indoor in-floor heating systems. Heat is delivered with either electric cable (electric systems) or by hot water pumped through plastic tubing (hydronic systems) compacted in the surface. Most driveway heating systems have automatic smart sensors that turn the systems on when it begins to snow, providing great consistency and reliability for snow removal, whether you're home or not.

And, with safety always a concern - both indoors and out - driveway heating systems are not only convenient; these systems are potentially lifesavers, helping prevent heart attacks, frostbite and back pain

commonly associated with snow removal. Driveway heating also helps reduce injuries due to slips and falls, and possibly liability due to such accidents.

Regardless of the size of your home, whether you build new or buy used, filling your empty nest with hot amenities will help to make your golden years as good as gold.

For more information about Moen Home Care bath safety products, visit moen.com.



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-Carrie Uva

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Happy Holidays...see you next week!