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Thursday, June 13, 2013

Vol. 12 No. 9

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

Downey adds 4 paramedics

DOWNEY – The year is 1986.

Hoping to accommodate the city's growing population, the Downey Fire Department changed its emergency medical services model to incorporate four engine companies, two paramedic squads, and one fire truck in service every day.

Twenty-seven years later, with emergency responses climbing towards 10,000 every year, Downey Fire still utilizes the same number of fire engines, paramedic squads, and trucks – every day.

Realizing the current EMS model's insufficiencies, the city council last Wednesday unanimously approved a plan to reconfigure the fire department's emergency apparatus while doubling the amount of on-duty paramedics at each fire station.

According to city officials, the current emergency medical services delivery model is at capacity.

While medical responses in surrounding cities typically average 2,600 annually, Downey emergency calls continue to escalate.

From 4,600 emergency responses in 1986, the fire department now responds to nearly 9,400 incidents that almost always require emergency transportation.

Although 84 percent of the department's responses require transport to a local hospital, the city currently maintains only one basic life support (BLS) ambulance.

Demand is high for local transports, but the city's existing model doesn't provide nearly enough ambulances, causing the city to lose revenue from missed transports.

Under the proposed delivery model, Downey Fire will equip three BLS ambulances every day, allowing sufficient availability for transports to local hospitals, mainly Downey Regional Medical Center and Kaiser Permanente Medical Center.

In order to better respond to the need for more medical services, the department will also eliminate the usage of paramedic squads in favor of four paramedic engine companies throughout the city.

City officials also agreed to increase the amount of daily, on-duty paramedics from four to eight. The city will continue to have 21 firefighters on-duty every day.

The model changes come amidst fire union protests that switching to L.A. county fire service, which focuses on a regional approach to emergency service, would better serve the Downey community.

Last month, councilmembers unanimously agreed that the city's needs did not fit the county fire regional mold, which would staff less firefighters at Downey stations, relying on county stations in surrounding cities.

City officials vowed to keep the current local approach and tweak it to absorb the growing number of emergency calls.

Fire Chief Lonnie Croom projects the new changes will cost roughly \$778,000, but due to revenues from increased medical transports, the city will net \$300,000 next fiscal year.

Mayor Mario Guerra applauded Croom, City Manager Gilbert Livas, and city staff for finding an "innovative, sustainable way" to revamp the fire department's public safety model.

"This proposed service model will double our paramedic units and enhance revenue at the same time. There will now be two paramedics on every fire engine in the city of Downey," Guerra said. "We take great pride in having our own fire department and want to continue providing our residents with the highest level of service."
—Christian Brown, staff writer



From left: Jeff Giles (DAA president), Sarah Karout, John Harris (Warren High principal), Melissa Velasquez, Zechariah Cox, Kathleen Succa (Columbus High principal), Blanca Rochin (Downey Adult School assistant principal), Gabriel Gabsby, Phil Davis (DUSD director of support programs), Margaret Siryi, Kenneth Kato (DUSD director of classified personnel) and Dr. Robert Jagielski (DUSD director of student services).

DUSD administrators award scholarships

DOWNEY – The Downey Administrator's Association presented scholarships to five students and one employee to support their efforts in pursuing higher education.

This year, the DAA awarded its annual scholarships worth \$500 each to Gabriel Gabsby from Downey Adult School; Zechariah Cox of Columbus High School, Tiffany Virgen of Downey High School, Sarah Karout of Warren High School, and classified employee Margaret Siryi.

In addition, a sixth student, Melissa Velasquez, was awarded the first annual Dr. Wendy Doty scholarship in honor of the Downey Unified School District's recently retired superintendent.

The DAA also presented True Lasting Connections a check for \$500, "recognizing the critical role they play in supporting the students in the Downey Unified School District."

AUTHORS LEARN NOT TO ACCEPT REJECTION



HENRY VENERACION

DOWNEY – I have attended several annual Friends of the Downey Library luncheons over the years, where some author or authors share their experiences on their tortuous way to publication and, really, their one, unvarying message, assuming one takes the traditional route, has been this: expect a stack of rejection slips before your book gets published. The three determined, successful women authors who spoke at the June 1 event couldn't have reinforced the notion more.

Besppectacled Linda O. Johnston, who got her undergraduate degree in journalism from Pennsylvania State University in 1970 before obtaining her law degree from Duquesne University School of Law, said: "The first few rejections were particularly painful because of your high expectations of yourself and your work."

Linda, who resides near Universal Studios in Hollywood, in the hills overlooking the San Fernando Valley with her husband and their two Cavalier King Charles Spaniels, has since published several mystery and romance novels as well as a number of short stories.

She knew she got a good foothold on her writing career when her first published fiction appeared in Ellery Queen's *Mystery Magazine* and won the Robert L. Fish Memorial Award for Best First Mystery Short Story of the Year.

She is also an active member of

the Los Angeles chapters of *Mystery Writers of America* and *Sisters in Crime*, and is involved with *Romance Writers of America*, participating in the Los Angeles, Orange County, and Kiss of Death (romantic suspense) chapters as well.

She said, "It's a never-ending process."

The second author, Debra Holland, has an even more interesting background. She has a master's degree in marriage, family and child therapy as well as a Ph. D. in counseling psychology from USC and is a licensed marriage and family therapist. Her bio says that as a specialist in communication and relationship issues, she has counseled individuals, couples and groups for 23 years.

Debra, a three-time *Romance Writers of America Golden Heart* finalist and one-time winner, is the author of the recently released "The Essential Guide to Grief and Grievings" for Alpha Books, a subsidiary of Penguin Books.

Debra's *Golden Heart* winner, "Wild Montana Sky," was the first in the *Montana Sky Series*. The others are "Starry Montana Sky" and "Stormy Montana Sky"—all falling under the sweet historical western romance genre and all "available in e-book and print at amazon.com and other retailers."

Commenting on the success of Debra's approach (i.e., self-publishing), one e-mail suggested: "In the end, it all comes down to 'finding our readers,' and then giving them what they want and not what the marketing departments of traditional publishers think they want. Keep up the good work and write on!"

The third author to speak was Laura Drake, who has earned the title of author of women's fiction and romance, and hails from Boston. She said she has fallen into the habit of waking up at 3 a.m. to write. And although she acknowledged she is the greenhorn of the group, the way she had her first novel, "The Sweet Spot," published should serve as a good guide.

Laura says she gave up the corporate CFO gig to write full-time. She says her "biker-chick" novel, "Her Road Home," will be released by Harlequin's *Superromance* this August.

Here is one critic's appraisal of "The Sweet Spot" turned out by the wife, grandmother, and sometime motorcycle chick (she used to imagine fictional characters while clinging to her husband on the back of his motorcycle):

"From the cover and title you expect a sweet contemporary western, but this is a sensitive, honest look at a family destroyed by loss, a family that must try to rise from the ashes of their old life and see what they are now—different, certainly, but pieces or a unit? Drake's characters are so real, and so like us, that you will look at your own life and count your treasures."

In answer to a reader's inquiry about her previous disappointments at past setbacks on the road to publication, Laura said: "I believe it's all about focus. When I got discouraged (and in 15 years, there was plenty of opportunity for that!) I'd try to remember why I started writing to begin with. And it wasn't to sell a book. I began writing for the pure joy of it—for the moments I manage to pull out the perfect sentence to describe a deep, complex emotion, or to do the characters in my head justice, when I get them on paper... When I got frustrated, invariably it was because I'd lost focus; this was supposed to be fun!"

Finally, Laura said she was motivated to maintain a rigorous schedule because "I love to write. It's what I do whether I'd sold or not."

And her advice to an aspiring author? You have to [write] your way. You can only discover what that is, by doing!"

Debra H. summed the whole thing up best when she uttered the familiar exhortation: "Follow your dreams! Never give up! You never know what lies beyond the bend."

DOWNEY RESIDENTS WILL VOTE ON CHARTER AMENDMENT

• Should the city council be able to contract its police and fire services without voter approval? Residents will decide next year.

By Eric Pierce
Editor

DOWNEY – Downey voters will decide June 3, 2014 whether it wants to change the city charter and give the city council sole authority to disband Downey's police and fire departments and potentially contract with L.A. County.

Council members ordered the vote Tuesday after the Downey Firemen's Association collected more than 12,000 petition signatures earlier this year, forcing the election.

The election is expected to cost Downey about \$136,000, officials said.

According to city clerk Adria Jimenez, election code regulations stipulate that a charter amendment must be voted on "at an established statewide general, statewide primary or regularly scheduled municipal election date..."

The city has no regularly scheduled election this year.

Representatives of the Downey fire union initially urged the council to hold the election this November, when council members had considered holding a special election to raise the city's utility user tax. But that special election is not expected to happen, said city attorney Yvette Abich Garcia.

Meanwhile, fire union officials also asked the council to reconsider its decision not to commission a comprehensive study of contracting with the L.A. County Fire District.

"I work at Fire Station 3 at Paramount and Florence. There are Downey citizens in my fire district that live closer to L.A. County Fire Station 39 who will not get that engine or paramedic squad when their life depends on it," said Dan Rasmussen, a Downey fire captain. "Even more important, when there are multiple calls in my district, the next available first in Downey units are even further away."

"The regional approach gets the closest unit to your emergency, to you, in the fastest amount of time. Bottom line."

Mayor Mario Guerra, however, said contracting with L.A. County would mean fewer firefighters on active duty in Downey.

A city staff report also claimed that losing the Downey Fire Department could have negative effects on the local economy.

"While very difficult to quantify with statistical data, our existing business community, as well as perspective businesses and developers, place a significant value on our in-house public safety services," reads a report to the City Council prepared by Jimenez, community development director Brian Saeki and fire chief Lonnie Croom.

"Generally speaking, the busi-

ness community appreciates the fact that there is local control and accountability, it produces quicker response times and if a business needs to deal with a public safety issue, it can be accomplished at City Hall."

The report adds that Saeki contacted local real estate professionals "who have all said that Downey's public safety services has helped to maintain higher than average median home values."

Meanwhile, Downey officials responded to the Downey Firemen's Association, which last week announced it had "no confidence" in Croom after the city council chose not to proceed with a plan to contract its fire and emergency medical services with L.A. County.

The fire union alleged Croom "deliberately distorted and misrepresented the facts and figures" contained in a feasibility study prepared by the L.A. County Fire District and presented to the city council last month.

In a letter dated June 6 and signed by Guerra and city manager Gilbert Livas, the city disputes that claim.

"The Downey City Council's unanimous policy decision to maintain the City's own Fire Department was based purely upon the facts presented in the County Survey, which proposed a permanent reduction in the number of firefighters on duty in the City," says the letter addressed to Steve Davis, president of the Downey Firemen's Association.

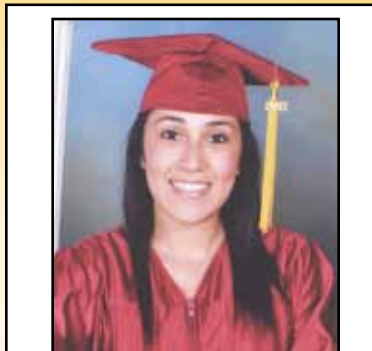
"The City Council cannot make long-term decisions based upon short-term crises. Moreover, safety is always paramount, which is why it is clear that the County's proposal was not on equal footing with the City's current service."

"After working with Fire Chief Croom to bring [Engine 61] back into service, hire 12 new firefighters, negotiate for a new fire station, spend over \$1 million on new fire equipment, champion the promotions of a significant number of Downey firefighters, and double the amount of paramedics, it is disappointing that the Fire Union would now not work together with Chief Croom to continue to improve service delivery to our residents."

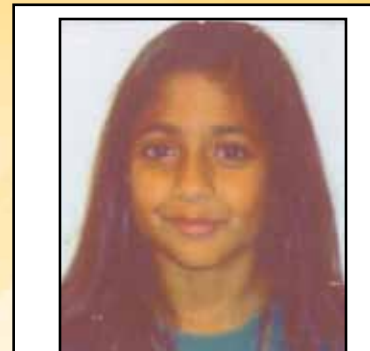
Downey fire officials have maintained the issue is not about contracting with L.A. County but rather "providing the best service for the people of Downey."

"L.A. County has 58 contract cities and it's proven to be effective operationally when speed counts," Capt. Jorge Villanueva said last month. "We're watching our call volumes go up and our resources shrink...where are we going to be 10 years from now?"





Celeste Yvonne Marquez
Downey High School
You have become such a smart, beautiful, independent young woman! We are so proud of you today and everyday! Love Mom & Dad



Natalie Avila
Congratz Princess!!!
You have accomplished Love you so much! MOM East Middle School 2013



Christiana Colacion
Warren High School
We are so very proud of you. You have truly been a blessing to us. You're beautiful inside and out. May God bless you always. Love Mom, Dad & Tabitha

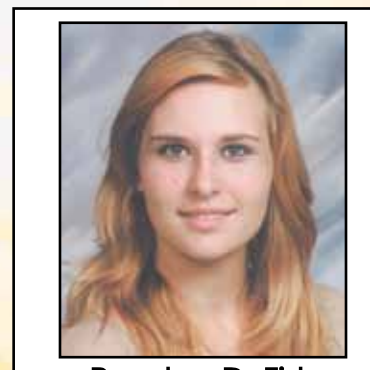
MAUDE PRICE ELEMENTARY SCHOOL
2000
2000

Congratulations to my first group of kindergartners to graduate! With fond memories,
Mrs. Heidi Gillespie

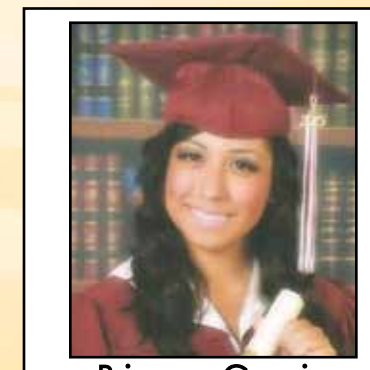


Marina Sourial
Downey High School
Words can not express how proud I am of you. You continue to amaze me of how strong, determined, and focused you are in achieving your goals, even in the face of adverse circumstances. May God continue to bless and protect you on your new journey into U.C. Irvine. Congratulations, Marina, love you so much! Mommy

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Downey High School
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Randee D. Fish
Congratulations! Today is your day. You can steer yourself in any directions you choose. You are the person who will decide where to go in life. So proud of you! Love Mother



Brianna Garcia
Downey High School
Congratulations Brianna! We are proud of you and love you very much. Love, Grandpa & Grandma Rangel & all of the family

Summer Activities

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HORSE DAY CAMP

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July 9 — July 12, 2013
July 23 — July 26, 2013
August 13 — August 16, 2013

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Downey Music Center has been serving the community since 1952. We offer a safe friendly environment for you or your child's musical education. We have instructors with degrees from the New England Conservatory of Music, UC Santa Barbara, UCLA, USC, Berkley Conservatory, Moscow Conservatory of music and many other fine schools. We teach piano, voice, guitar, bass guitar, drums, flute, clarinet, trumpet, saxophone, violin, trombone, ukulele and anything else that makes music. We also offer tutoring in any subject, math, English etc. We are a full service music store with many top brands for sale at great prices. If you are going to spend the summer learning an instrument you should spend it here. Downey Music Center is located at 8337 Firestone Boulevard in Downey and can be reached at (562) 869-4500.

TAKE ON SUMMER

YMCA SUMMER DAY CAMP
For Boys and Girls 5-14 yrs old
PRICE AND RIO SAN GABRIEL ELEMENTARY SCHOOL

Y Summer camp provides activities that encourage growth academically, socially and personally in a safe and nurturing environment. Our curriculum is designed to provide experiences that provide lifelong interest in making healthy choices, challenging themselves to try new experiences and character development.

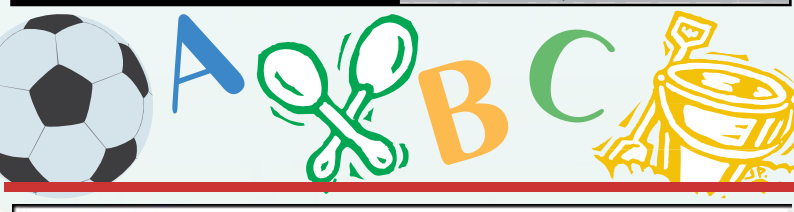
Where:
Discovery Camp at Price Elementary for ages 5-9
Explorer Camp at Rio San Gabriel Elementary for ages 10-14

When:
June 24th to August 30th
7:00 a.m. to 6:00 p.m. Monday to Friday

Weekly Cost:
Discovery Camp \$135
Explorer Camp \$150

CONTACT:
YMCA Front Desk at 562-862-4201

DOWNEY FAMILY YMCA
11531 Downey Ave, Downey, CA 90241
P 562 862 4201 F 562 861 1700 www.ymcala.org/dow



Kirkwood Christian Schools Summer Program

When I Grow Up...

Preschool - 5th grade

Our summer program offers children a place to learn and explore. The children enjoy our individualized academic program that keeps students sharp during the summer months, while also helping them get ahead.

The children also participate in swimming, crafts, music, cooking, and other fun activities that go along with each week's theme. Some of the themes include learning more about professions such as: Doctor, Artist, Scientist, and Engineer.

June 17th - August 30th

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ACSI Accredited Schools

Kirkwood Christian Schools

Kirkwood Christian Schools has been serving the Downey community since 1966. We have just finished launching our entirely individualized computer based program for children starting as young as two years of age through fifth grade. Each student works on an assigned computer, overseen by highly qualified teachers. We are excited to announce that we are also expanding our grade levels to include fourth for this up-coming school year and fifth for the following school year. Call or stop by anytime between the office hours of 8 - 4 for a tour today. The campuses are open 52 weeks of the year, Monday - Friday, from 6:30 - 6 to meet your educational and childcare needs.

Calderon vows to continue work

DOWNEY – Days after the FBI raided his Sacramento offices, state Sen. Ron Calderon spoke out on Monday, determined to continue his legislative work despite the ongoing investigation.

"My family and I have gone through a lot the last several days," Calderon said outside the Senate chambers. "It's been very stressful and hard on all of us. We're all anxious to put this behind us and carry on a normal life."

Calderon did not address the investigation directly or answer any questions, but vowed not to let last week's raid hinder his agenda.

"I have a lot of my own questions that aren't answered yet," Calderon said before referring the press to his attorney, Mark Geragos.

"My intention at this point is to do my job that I was elected to do, attend my hearings, get my bills passed out of committee to the floor, and do the work of the state," he said.

Not revealing the nature of the search, FBI agents issued search warrants last Tuesday before raiding Calderon's office to gather evidence for their investigation.

Last Friday, state Sen. Kevin De Leon (D-Los Angeles) announced he had been subpoenaed to testify to a federal grand jury as a witness, leading some officials to believe the investigation could revolve around the political and business dealings of the Calderon family.

Born and raised in the city of Montebello, Calderon is part of a growing political dynasty in state politics.

Elected to his first Senate term in November 2006, Calderon followed in the footsteps of his oldest brother Charles Calderon, who was elected to the State Senate in 1990 and was termed out in 1998.

His second brother Thomas Calderon served in the State Assembly from 1998 to 2002 and the senator's nephew, Ian Calderon (D-Whittier), was elected to the State Assembly last November.

Sen. Calderon, who represents more than 20 cities including Bell, La Mirada, Montebello, Norwalk, Downey, Santa Fe Springs, Whittier, and Cerritos, chairs the influential Senate Insurance Committee, the Select Committee on Film and Television Industries, International Business and Trade, and Economic Development Committee.

—Christian Brown, staff writer

Woman's Club hands out scholarships, donations

DOWNEY – The Woman's Club of Downey continued its tradition of giving by issuing awards and scholarships worth thousands of dollars at its general meeting June 5.

The club presented \$500 each to the Friends of the Downey City Library and the Downey Symphony for its Music in the Schools program.

Pat Smith, president of the Friends of the Downey City Library, accepted the donation on her group's behalf.

Shirlee MacDowell accepted the donation on the symphony's behalf. Both Smith and MacDowell are longtime members and office holders of the Woman's Club.

At the same meeting, the club awarded its annual scholarships to local students. This year's scholarship recipients include:

Christina Gibbs (Downey High School) – Gibbs is graduating from Downey High this year with a 4.59 GPA and will attend Stanford in the fall.

Kaylie Greilach (Warren High School) – Greilach will graduate from Downey High with a 4.65 GPA and is on her way to UCLA.

Christine Diep (Downey Adult School) – Diep finished the adult school's court reporting program

and said she will "definitely put these funds to good use in furthering my career."

Also present at the meeting was Dana Kendall, a 2009 Warren High graduate and Woman's Club scholarship recipient who graduated from Brigham Young University this year.

"I am so grateful for the Woman's Club for their hard work and generosity," she said. "From the first year to my last at BYU, I would sometimes feel a great panic over the financing of my education. But then I would remember the Woman's Club

scholarship that was not just for one year but every year for my four years at BYU. This made all the difference and I am so grateful."

According to Linda Dong, president of the Woman's Club of Downey Foundation, the foundation has given more than \$80,000 to local students.

"There is no other joy greater than giving to these students who have worked so hard to achieve phenomenal grade point averages through their hard work, determination and discipline," she said.

"Because the foundation is separate from the parent organization and dedicated to a charitable purpose with clearly defined goals, people know exactly how their money will be used," added Cheryl Olson, president of the Woman's Club. "Money donated to the Woman's Club of Downey Foundation is clearly earmarked for scholarships."

For details on joining the Woman's Club of Downey, call Jean Barrera at (562) 861-1114. To donate to the foundation, call Linda Dong at (626) 288-8558.



To My Amazing Father, Greg Waskul:

Thank you for always showing me what a father is. From picking me up every Friday without fail for weekend fun, always attending my school events, and teaching me so many things about life, love, and even sports! Thank you for listening to me, for letting me learn those tough life lessons, and most importantly, loving me unconditionally. On this Father's Day, I wanted the world to know how very much I love you!!

Love Your Special Girl Always,
Anne

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Basketball Camp

At Downey High School

June 24 – July 10 (no class July 4)
Monday thru Thursday
8:00 – 10:00 A.M.
in the Downey High Gym

Registration: Monday, June 24
Beginning at 7:30 A.M.

Featuring...

- Daily Basketball Instruction
- Games & Tournaments
- Fun
- A summer league for all incoming Freshman (Possibility of 13 Games versus other schools)

Instructors...
Larry Shelton and staff
Downey H.S. Varsity Coach (25 Years)
2-Time L.A. Times Coach of the Year
2011 and 2012 San Gabriel Valley League Coach of the Year
48-9 record and Back-to-Back League Champs in 2011-2012

Cost - \$145.00

All boys
Incoming grades 4-9

Includes:
Downey Basketball Jersey and Shorts

Any Questions?
Contact Larry Shelton
(562) 412-7528 (Cell) E-mail: lshelton@dusd.net

Basketball Camp At Downey High

Varsity basketball coach Larry Shelton will lead a basketball camp at Downey High School starting June 24.

The camp runs until July 10, with no class July 4. The camp meets daily Monday through Thursday from 8-10 a.m. in the school gym.

Student will receive daily basketball instruction while participating in games and tournaments. There will also be a summer league for all incoming freshman.

- The camp is open to boys entering grades 4-9.
- **Cost is \$145** and includes a Downey basketball jersey and shorts.
- **Registration** will be taken on the first day of camp, **June 24**, starting at **7:30 a.m.**

For more information, contact Larry Shelton at (562) 412-7528 or lshelton@dusd.net.

Creative Beginnings

Creative Beginnings is a non-denominational private school operating in the city of Downey. Serving the community for over 35 years, we pride ourselves on providing excellence in education at all levels.

Our **Infant Toddler Center**, 10910 Paramount Blvd. Ste. B, offers affordable childcare to families with children from six weeks to three years. Visit our nurturing center with toilet training, low teacher student ratio, and a caring and knowledgeable staff.

The **Preschool** environment allows three to four years olds to grow socially, emotionally, and academically. The phonemic based curriculum is innovative and challenging while preparing children for elementary school. Visit us at 10819 New Street.

Our **Elementary School**, located at 81033 3rd Street, features an affordable accelerated kindergarten through fifth grade program designed to ensure your child's success.

***Summer program featuring academics, swimming, and optional field trips.**

***All day instruction with before and after school daycare (6:30AM-6:00PM)**

***Small class sizes enhance the learning process and enable teachers to provide your children with individual attention**

***Educational field trips, school assemblies, and a music program enhance the curriculum**

***Snacks and hot lunch provided, cooked lovingly on site**

Visit our three locations where all children can have Creative Beginnings.

Calvary Chapel Downey Presents DISCOVER CAMP!

Calvary Chapel Downey Presents DISCOVER CAMP! This is a seven week SUMMER PROGRAM that Calvary Chapel of Downey has been offering for over 3 years. Our highly qualified staff is dedicated to providing a safe and nurturing experience for children 1st - 9th grade. Camp hours are 6:30am-5:30pm. Over the course of the seven weeks, the children will be attending chapels, worship services, attending Vacation Bible School, and have the opportunity to sign-up for various elective classes. This is a perfect opportunity to keep your children active and refreshed during their summer at the same time build memories with other campers and the Lord. During these difficult economic times we have lowered our cost to make it more affordable than ever to have your child/children enrolled into a safe and fun place to learn, play and grow. Bring in this ad when you fill out your registration form and receive a \$100.00 discount.

"Those who believe him, discover that god is true." John 3:33

June 24th – August 9th, 2013

Looking for something fun, safe, and advantageous for your child to do this summer at a **low affordable cost?**

7 weeks of Jammed Packed Fun all for \$550.00

Everyday your child will experience fun and exciting chapels, make cool crafts, and go on weekly fieldtrips. They will also work on their academic enrichment and have a chance to attend VBS at CCD. All campers will be able to choose two elective classes to attend which consist of rocket making, woodshop, skate boarding, Taekwondo, gardening, cooking, and more.

Best of all they will make new friends, all in a Christ centered environment.
Join us this summer as we discover that God is TRUE!!!

Discover camp is available to all children entering 1st – 9th grade
Registration packets are available in the church office at
12808 Woodruff Ave., Downey CA 90242

For More Info call (562) 803.5631 or email dgonzales@calvarydowney.org

calvarychapel downey
12808 Woodruff Ave Downey, CA 90242 (562) 803-5631 www.calvarydowney.org

Downey Christian School

SUMMER CAMP

Now Enrolling Ages 4-12!

Session Dates: June 4th through August 6th
Super Scientist • Spanish • Reading
Photography • Nutrition

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www.downeychristianschool.net



Peggy Gutierrez and Sherry Ross, a pair of doctors from Downey, took the Patriot on a recent trip to Mukul resort in Nicaragua, Central America.



Bob and Cheryl Belcher took the Patriot to the Senior Softball Rock 'n Reno Challenge Cup Tournament held May 24 through June 2. The "Git-R-Done" team of 60 years and older was one of 204 teams in the tournament. Bob's team finished second in its division, the third time they have finished second in a major senior softball tournament since his retirement in February.

Students sought for youth commission

DOWNEY – Local high school students interested in learning about local government and who would like to become active in the community are invited to apply for the Downey Youth Commission.

The commission is an advisory board to the City Council, discussing and offering input on youth-related activities, topics and community events.

To be eligible, applicants must live in Downey, enrolled in a high school and be available to meet monthly after school.

Applicants are online at downeyca.org and at the city clerk's office on the third floor of City Hall.

Deadline for applications is 4 p.m. on Aug. 9. Applications should be mailed to City Clerk's Office, 11111 Brookshire Ave., Downey CA 90241.

Pro wrestling Saturday at Downey High

DOWNEY – Professional wrestlers will perform at Downey High School this Saturday as part of a fundraiser for the school's wrestling team.

Mayhem Wrestling Entertainment is organizing the card, which will be headlined by MWE champion James Morgan defending his title against TNA's Joey Ryan.

Downey High wrestling alumnus James Prentice is also scheduled to compete.

Tickets are \$12 (kids ages 5 and under are free), with a portion of ticket sales going to Downey's wrestling program.

Doors open at 5:15 p.m. with a 6 p.m. start time.

Schools offer free meals this summer

DOWNEY – Several local schools will be offering free breakfast and lunch to students this summer as part of a federal food service program.

Beginning June 24 and through July 25, Alameda Elementary will serve breakfast from 9:15 to 10 a.m. and Sussman Middle School from 10 to 10:20 a.m.

Lunch will be offered at Downey and Warren high schools between 10 and 11 a.m., June 24 through Aug. 1.

West Middle School will serve lunch from 12 to 12:30 p.m., June 24 through July 18.

Meal service is offered Monday through Thursdays; no meals are served Fridays.

For more information, call the school district's Department of Nutrition Services at (562) 469-6672.



Giggy Saab was honored by Soroptimist International of Downey as Volunteer of the Year on May 9. Soroptimist also had the pleasure to meet one of their Ladies of Liberty recipients they have sent care packages to, Lauren Perri. Ladies of Liberty is a program Soroptimist adopted that focuses on the needs of deployed female service members. The club is accepting donations for care packages, including travel-size toiletries and snacks such as crackers, protein bars, Crystal Light, chips, candy, etc. Collection bins are at the Downey YMCA and Saywell Florist. Pictured above, from left: Blanca Rochin, Pat Heineke, Judy McDonald, Cris Ciatti, Carol Rowland, Dorothy Pemberton, Lauren Perri, Giggy Saab, Beth Crawford, Ellie Eck, Beverly Mathis, Jan Scott and Patricia Kotze-Ramos.



Soroptimist International of Downey presented more than \$7,000 in scholarship donations to local students from Downey, Warren and Columbus high schools and Downey Adult School. Dr. John Garcia, Downey Unified's new superintendent, was guest speaker. "Soroptimist of Downey thanks the community for their support in our projects and fundraisers in helping us give back and investing in our youth," said club president Giggy Saab.

Applecare earns 'elite' status

DOWNEY – Applecare Medical Group, which has been providing healthcare for Downey residents and patients at Downey Regional Medical Center for nearly two decades, has been awarded the Elite status in the 2013 California Association of Physician Groups Standards of Excellence Survey of coordinated care infrastructure.

Applecare is a leading multi-specialty group of private practice, independent physicians.

Applecare's Elite status was awarded based on its high standards of excellence in four distinct areas that characterize effective provider groups, including: care management processes, health information technology applications, accountability and transparency, and patient-centered care.

Applecare joins 36 medical groups this year sharing the honor from the California Association of Physician Groups, a professional association comprised of more than 150 of California's leading physician groups.

These groups employ and/or contract with 59,000 physicians who, in turn, provide healthcare services to approximately 15 million Californians.

Applecare serves more than 75,000 members.

Warren High hosts baseball camp

DOWNEY – Baseball players in grades K-9 are invited to take part in Warren High School's baseball camp this summer, where students will learn from Warren coaches and staff, including former college and professional baseball players.

Students will work on hitting, fielding, pitching and base-running.

It's also an opportunity for incoming freshmen to meet high school coaches and get a head start on tryouts in September.

The camp meets daily from 9:30 a.m. to noon, July 8-11 and July 15-18.

Cost is \$145 for grades K-7 and \$165 for incoming freshmen.

Students should bring baseball gear, sunscreen and plenty of water.

For more information, e-mail coach Scott Pearson at spearson@dusd.net or go online to sites.google.com/site/warrenhighbaseball.

Downey teen Pitcher of the Year

DOWNEY – Downey resident Xavier Palos was named Pitcher of the Year at St. Paul High School after an impressive season for the Swords-men.

Palos helped lead St. Paul to an 18-13 record, including two shutout wins against Warren High, 2-0, and powerful Bishop Amat, 1-0.

Palos, who has a 3.9 GPA, recently made St. Paul's junior varsity basketball team.

Puppet show at church

DOWNEY – First Presbyterian Church of Downey will host a "Hall of Fame Puppet Show" on June 21 at 7 p.m.

The show will feature balloon twisting, face painting and a puppet show.

The event is free and the public is invited.

For more information, call the church office at (562) 861-6752.

ABWA chapter meets next week

DOWNEY – The Eldorado chapter of the American Business Women's Association will meet Wednesday at the Rio Hondo Event Center for its monthly dinner and meeting, beginning at 5:30 p.m. for networking.

Guest speaker is Carolyn Cavecche, president and CEO of the Orange County Taxpayers Association.

In 2008, she was named one of "20 Women to Watch in Orange County" by OC Metro Business Magazine.

For more details about the ABWA, go online to abwa-eldorado.com.

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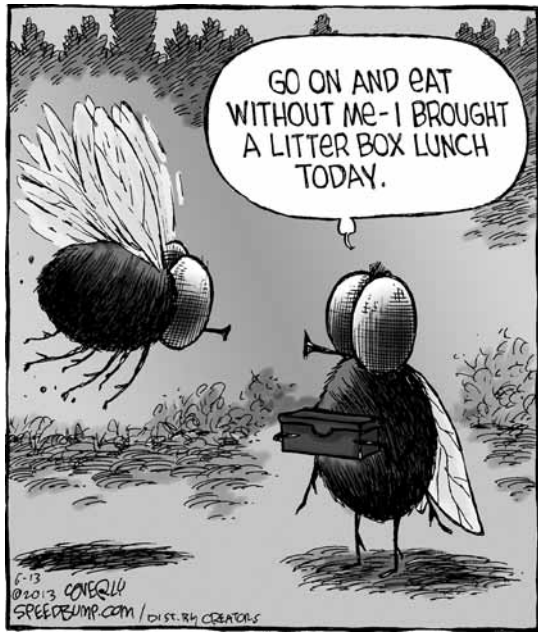
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For June

Thurs. June 20: **Will Glover concert**, Mambo Grill, 7 p.m.

City Meetings

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**, Council Chamber.
3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.

Regularly Scheduled Meetings

Mondays

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 806-2100.
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 Diane Davis at ddavis87@me.com.
6 p.m.: **Toastmasters Club 587**, at First Baptist Church, for info call Raul Castillo 400-2561.
6:15 p.m.: **Downey Knights of Columbus Bingo**, at 11231 Rives, for info call 923-1932.
7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
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 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 Cindy 803-4048.
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 Anita 861-3414.
2nd Weds., 7:30 p.m.: **Downey Model A Club**, at Gallatin School Cafeteria, for information call 928-4132.
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 (310) 322-2342.
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.
4th Weds., 7:30 p.m.: **US Coast Guard Aux. Flotilla 5-10**, at First Presbyterian Church of Downey, call Brian 419-5420.
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.
9:30 a.m.: **Take off Pounds Sensibly**, at Barbara Riley Senior Center, call (800) 932-8677.
12 p.m.: **Kiwanis Club of Downey**, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
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.
1st Thurs., 12:00 noon: **Downey Christian & Professional Luncheon**, at Sizzler's Restaurant, call James Vanlengan 310-1335.
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.
3rd Thurs., 6 p.m.: **Downey CIPAC**, at Sizzler's Restaurant, for information call Rich Tuttle 413-6045.
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**, Downey Avenue at 3rd Street, for information call 904-7246.
2nd Sat., 12:30 p.m.: **AAUW**, Los Amigos Country Club.

On This Day...

June 13, 1966: The Supreme Court ruled in *Miranda v. Arizona* that criminal suspects must be informed of their constitutional rights prior to questioning by police.
1983: The U.S. space probe Pioneer 10 became the first spacecraft to leave the solar system as it crossed the orbit of Neptune.
2004: Former President George H.W. Bush celebrated his 80th birthday with a 13,000-foot parachute jump over his presidential library in College Station, Texas.
Birthdays: Magician Siegfried (of Siegfried & Roy) (71), actor Malcolm McDowell (70), comedian Tim Allen (60), actress Ally Sheedy (51), TV host Hannah Storm (51), actor Ethan Embry (35), actor Chris Evans (32), actress Kat Dennings (27) and actresses Mary-Kate and Ashley Olsen (27).

THE NEWSDAY CROSSWORD

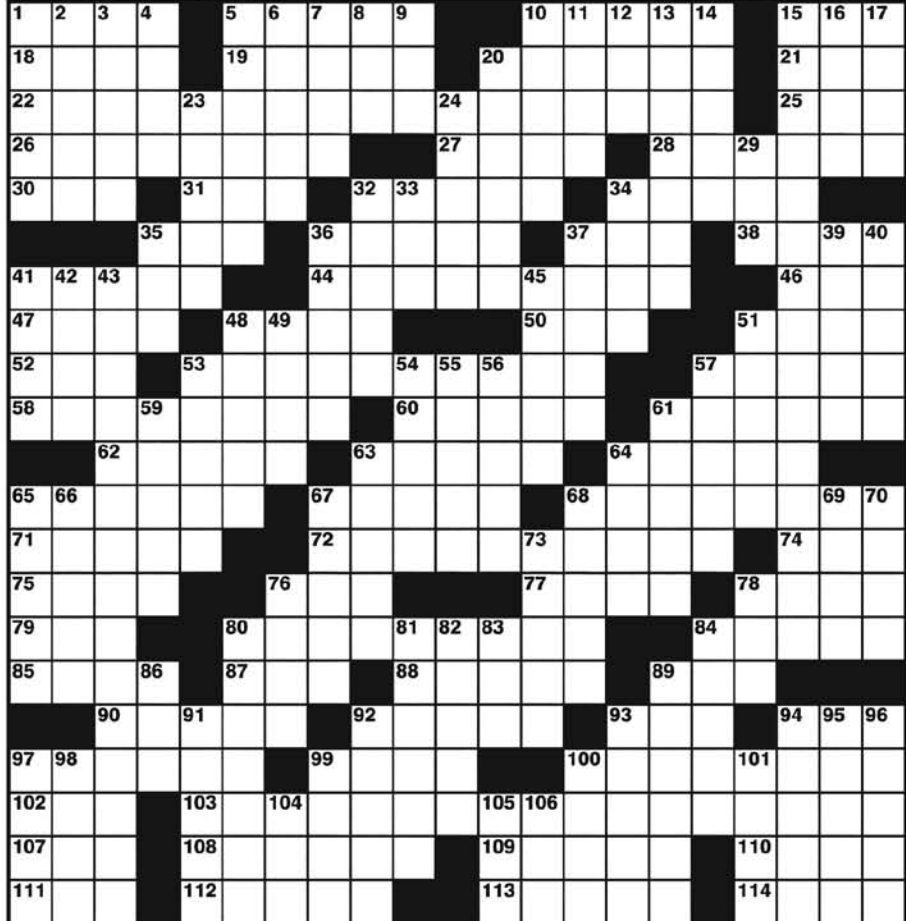
Edited by Stanley Newman (www.StanXwords.com)

NAME GAME: Explained further at 103 Across
by Fred Piscop

- ACROSS
- 1 Aerosol output
- 5 McCain running mate
- 10 Cobwebby place
- 15 Med overseer: Abbr.
- 18 Square footage
- 19 Scent
- 20 Stick like glue
- 21 Barbecue morsel
- 22 Place for a sports team's cigars?
- 25 Poorly
- 26 School communication device
- 27 Pupil's locale
- 28 Tease
- 30 Wild equine
- 31 VCR button
- 32 Element #5
- 34 Grand view
- 35 Vote seeker, for short
- 36 Wiser, perhaps
- 37 Connection
- 38 Printer's blue hue
- 41 Soda bottle size
- 44 Dangerous place to raft?
- 46 In the past
- 47 In the heart of
- 48 Subatomic particle
- 50 Early hrs.
- 51 Bake-sale orgs.
- 52 Lawn in rolls
- 53 Septum?
- 57 "I dunno"
- 58 Slalom gear
- 60 G. Gordon of Watergate
- 61 Fits together well
- 62 Downy duck
- 63 Absurd
- 64 *Inferno* author
- 65 Soup servers
- 67 Monstro, in *Pinocchio*
- 68 Big galoots
- 71 Worshipped ones
- 72 Leather on the hoof?
- 74 Buck's mate
- 75 Arguments against
- 76 "Cool" sum of money
- 77 Make a fool of
- 78 Stare at
- 79 Ill temper
- 80 Cooking oils, e.g.?
- 84 Religious belief
- 85 Examination
- 87 Reliable expert
- 88 "That's obvious!"
- 89 Urban transport
- 90 Cut of meat
- 92 Ancient storyteller
- 93 Lobbying org.
- 94 Bummed out
- 97 Supported
- 99 Nonsensical talk
- 100 Major '40s box-office draw
- 102 2016 Olympics site
- 103 Aliases, and a hint to the puzzle's theme
- 107 "That's incredible"
- 108 Bangor resident
- 109 Chop finely
- 110 Farm measure
- 111 Snaky shape
- 112 Confessed, with "up"
- 113 First pope
- 114 Allows

- 7 Appear indistinctly
- 8 Chat-room "I think"
- 9 '60s-'70s war zone
- 10 _ asst.
- 11 What we have here
- 12 Turner of CNN
- 13 Literary twists
- 14 First-discovered asteroid
- 15 Just before the weekend?
- 16 Pickler's need
- 17 Having what it takes
- 20 Polar phenomenon
- 23 Miscue
- 24 Personnel manager, at times
- 29 Catchall abbr.
- 32 Far from spicy
- 33 "That's strange"
- 34 YouTube contents, for short
- 35 _ XING
- 36 Orchestra section
- 37 Old- (nostalgic)
- 39 One's best effort, so to speak
- 40 Pries (into)
- 41 Young lady
- 42 "Don't worry about me"
- 43 Got a shine?
- 45 Rice source
- 48 Double agents
- 49 Tech support caller
- 51 Blog messages
- 53 Junction points
- 54 Homeric epic
- 55 Place-name ender
- 56 Twiddles one's thumbs
- 57 Williams' voice in *Aladdin*
- 59 Disc-shaped vitamins
- 61 Purple shade
- 63 Swindler's aide
- 64 Slow leak
- 65 On the up-and-up
- 66 Be gaga over
- 67 Chess side
- 68 Be visibly embarrassed
- 69 Assigned part
- 70 Nursery buy
- 73 Make sense
- 76 Make fun of
- 78 Planet, poetically
- 80 Wood-shop tool
- 81 Taken-back response
- 82 Put forward
- 83 Altar avowal
- 84 Spiny plants
- 86 Definite article
- 89 Dolly wheel
- 91 San Antonio attraction
- 92 Set one's sights
- 93 Puerto Rican port
- 94 Piece of the action
- 95 On one's toes
- 96 Prescribed amounts
- 97 Suggest strongly
- 98 Pizza orders
- 99 When spring ends
- 100 Euro fraction
- 101 List-ending abbr.
- 104 Go astray
- 105 Troublesome kid
- 106 Casino cube

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Paging Dr. Frischer...

By Dr. Alan Frischer



Chia seeds are the highest known plant source of Omega-3 fatty acids, containing eight times more, per ounce, than salmon. They are loaded with antioxidants; vitamins A, B12 and C; and minerals including calcium, potassium, phosphorus, folate, zinc, and iron.

Nutritionists and smart marketers have brought chia to more and more commercial products. Health claims abound, including weight loss through reducing food cravings, hydration for athletes, lowering blood pressure, anti-inflammation for arthritis and heart disease, and better control of blood sugars. While these claims are not far-fetched, the studies have not been done yet to conclusively support them.

How do we eat chia seeds? They can be sprinkled on salads, muesli, stir fries, smoothies, muffins, or into bread batter. They can be ground in a spice or coffee grinder to a fine, meal-like consistency. They can be eaten raw, soaked in fruit juice, added to puddings, oatmeal, cereal, or yogurt. Try cooking up an egg, onion, spinach, milk and chia seeds in a frying pan for a hearty chia breakfast.

Enjoy exploring this new, but very old food.

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.

After writing about quinoa, I'd like to follow up with another food considered by some to be a super-food: Chia.

Of course, most of us associate chia with the chia pets of the 1980s! We dabbled these wonderful fast growing seeds onto clay figures, watered them, and watched as the seeds sprouted into various animals (or even heads of hair). Chia pets continue to be sold, but back then, who would have considered nibbling on one? How did it shift from novelty to superfood?

Chia is a flowering plant in the mint family, native to central and southern Mexico and Guatemala. It was cultivated by the Aztec in pre-Columbian times, and was likely as important to them as corn.

The USDA tells us that a one-ounce (28 gram) serving of chia seeds contains 9 grams of "good" fat, 5 milligrams of sodium, 11 grams of dietary fiber, and 4 grams of protein. This is similar to other edible seeds like flax and sesame.

CDC warns against extreme heat

• More than 650 people die in the U.S. each year due to extreme temperatures, health officials warn.

The Centers for Disease Control and Prevention (CDC) is urging people to prepare for "extreme heat" this summer by staying cool, hydrated, and informed.

"No one should die from a heat wave, but every year on average, extreme heat causes 658 deaths in the United States—more than tornadoes, hurricanes, floods, and lightning combined," said Robin Ikeda, MD, MPH, acting director of the National Center for Environmental Health and Agency for Toxic Substances and Disease Registry. "Taking common sense steps in extreme temperatures can prevent heat-related illnesses and deaths."

Extreme heat can lead to very high body temperatures, brain and organ damage, and even death. People suffer heat-related illness when their bodies are unable to compensate and cool themselves properly. Extreme heat affects everyone, but the elderly, children, the poor or homeless, persons who work or exercise outdoors, and those with chronic medical conditions are most at risk.

A study released Thursday in CDC's Morbidity and Mortality Weekly Report found that 7,233 heat-related deaths occurred in the United States from 1999 to 2009. An analysis of 2012 data indicates that deaths are on the rise. In a 2-week period in 2012, excessive heat exposure resulted in 32 deaths in four states, four times the typical average for those states for the

same 2-week period from 1999-2009. More than two thirds of the deaths (69 percent) occurred at home, and 91 percent of those homes lacked air conditioning. Most of those who died were unmarried or living alone, and 72 percent were male.

According to CDC's Environmental Tracking Network from 1999 to 2009 three states, Arizona, California, and Texas accounted for approximately 40 percent of all heat-related deaths in the United States. Across the nation, heat-related deaths occur more frequently among males and among adults aged 65 and older.

CDC recommends that local governments engage in advanced planning and preparation to minimize deaths from extreme heat events and to heighten public awareness about the dangers of excessive heat exposure. Advance planning should include increasing access to air conditioning, cooling stations or other public locations that can be used by residents for temporary relief from heat, particularly when temperatures are elevated for several consecutive days.

"Heat-related illnesses and deaths are preventable. Taking steps to stay cool, hydrated and informed in extreme temperatures can prevent serious health effects like heat exhaustion and heat stroke," said Ethel Taylor, DVM, MPH, the study's lead author.

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Seniors, pregnant women most at-risk of listeria food poisoning

• CDC study finds that senior citizens and pregnant women - particularly Hispanics - are vulnerable to listeria infections.

Listeria can cause serious infection in certain vulnerable groups, resulting in higher rates of hospitalization and death than most other bacteria commonly spread by contaminated food. A new Vital Signs report by the Centers for Disease Control and Prevention outlines the key groups particularly hard hit by listeria food poisoning.

It also highlights the importance of safety measures to prevent contamination of cheese and raw produce, such as those included in the 2011 Food Safety Modernization Act.

Adults aged 65 years and older are among the groups most affected; they are four times more likely to get listeria infection than the general U.S. population. Pregnant women are 10 times more likely to get it and pregnant Hispanic women are 24 times more likely. These groups - along with newborns and people with other health conditions that weaken their immune systems - account for at least 90 percent of reported listeria infections. The Vital Signs report highlights the need to educate these groups about how to prevent listeria infections.

The Vital Signs report provides a national snapshot of 2009-2011 illness rates and foods associated with listeria outbreaks reported to CDC through three monitoring systems. Key findings include:

• More than 1,650 listeria illnesses were reported to CDC over a three-year period.

• About 20 percent of infections caused a death. Deaths primarily occurred among older people and as miscarriages or stillbirths. Pregnant women who have listeria infections often have only mild symptoms or fever, but their infections may result in miscarriage, premature labor and serious illness or death in newborn infants.

• Over three years, twelve outbreaks sickened 224 patients in 38 states. These include the large 2011 outbreak linked to whole cantaloupes from one farm.

• Of the 10 outbreaks with an identified food source, six were linked to soft cheese (mostly Mexican-style cheeses) and two to raw produce (whole cantaloupe and pre-cut celery).

"Listeria strikes hard at pregnant women, the elderly, and people with weakened immune systems, sending many to the hospital and causing miscarriage or death in as many as one in five," said Tom Frieden, M.D., M.P.H., Director, CDC. "We need to develop new cutting edge molecular technologies to help us link illnesses and outbreaks to foods faster to prevent illness and death, which is why the President's Budget proposes investing in new tools to advance this work."

Since the 1990s, genetic fingerprinting of listeria through CDC's



PulseNet has helped identify many listeria outbreaks, which led to food industry and regulatory changes to help make foods like hot dogs and deli meat safer. Rates of illness fell by about 25 percent by the early 2000s; however, rates have since leveled off. The President's FY 2014 Budget proposes an investment of \$40 million for CDC's Advanced Molecular Detection Initiative, which would strengthen the U.S. public health system's ability to protect communities from disease and foodborne illness. Additionally, CDC has plans to test an advanced DNA fingerprinting method on listeria, called whole genome sequencing, to find and control outbreaks faster.

"The lower rates of listeria infection attributed to meat and poultry over the past decade point to the success of prevention-based policies and industry best practices," said Elisabeth Hagen, M.D., Undersecretary for Food Safety, U.S. Department of Agriculture. "However, important work remains if we hope to continue this momentum. Additional research and continual monitoring of evolving risks will allow us to develop policies that further reduce these illness rates."

USDA and the U.S. Food and Drug Administration recently analyzed nearly 27,000 ready-to-eat food samples from retailers to help determine the level of listeria in them. USDA, CDC and FDA also continue to work with several states to examine which handling, storing and preparation practices may lead to cross-contamination of ready-to-eat foods.

Recent outbreaks have been linked to foods not usually linked to listeria infection, which highlights new opportunities for control measures and highlights the need to

identify more foods causing infection and keep listeria from entering the food supply.

"Through the 2011 Food Safety Modernization Act, FDA is developing rules aimed at preventing the introduction of Listeria and other dangerous bacteria into our food supply," said Michael R. Taylor, Deputy Commissioner for Foods and Veterinary Medicine, FDA. "We are also working with produce growers, food processors, and our state partners to further implement what we know works to minimize food safety risks."

CDC recommends that no one consume unpasteurized milk or soft cheese made from unpasteurized milk. Soft cheeses can be crumbly, like queso fresco, or soft and spreadable. People at higher risk for listeria infection should also be aware that some Mexican-style soft cheeses, like queso fresco, made from pasteurized milk have caused listeria illnesses, likely because of contamination during cheese making. They should always heat hot dogs and deli meat until steaming hot (165° F), and everyone should follow good food safety practices of clean, separate, cook and chill.

For more information on safely preparing and refrigerating foods prone to contamination with listeria and other foodborne germs, please visit www.cdc.gov/listeria.

West Nile virus found in Pico Rivera mosquitoes

PICO RIVERA - A mosquito sample collected in Pico Rivera last week tested positive for West Nile virus, officials announced.

West Nile virus is transmitted to people and animals through the bite of an infected mosquito. One in 150 people infected with the virus require hospitalization.

Officials did not say exactly where the mosquito was collected but it was in the 90660 zip code.

Positive West Nile samples were also collected in Wilmington, Harbor City and the Valley Glenn community near North Hollywood.

"While West Nile virus activity is not unusual at this time of year, the positive mosquito samples are a reminder that the virus is endemic to Los Angeles County," said Truc Dever, director of community affairs for the Greater Los Angeles County Vector Control District. "We urge residents every year to be proactive in managing potential mosquito breeding sources on their property and taking personal precautions to protect against mosquito bites."

Doctor accused of kissing, grabbing women

LOS ANGELES - A Los Angeles doctor was arrested last week on charges that he led four Spanish-speaking women to an examination room where he sexually assaulted them during separate incidents.

Dr. Steve Leong practices out of Claude Hudson Medical Center, 2829 S. Grand Avenue in Los Angeles. He was arrested May 31 at his Arcadia home.

Detectives claim Leong took the women into an exam room where he forcefully kissed and grabbed them. The alleged assaults took place between December 2010 and February 2013.

Leong faces six misdemeanor counts of false imprisonment, four misdemeanor counts of sexual battery and five misdemeanor counts of battery. Bail was set at \$150,000.

Investigators with the Los Angeles County Sheriff's Department said there may be more victims.

Anyone with additional information is asked to call detectives at (877) 710-5273.

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SPORTS BRIEFS: Downey, Warren about to start summer practices

• Practices for fall sports just around the corner; Downey High represents at 605 All Star Game.

By Mark Fetter
Contributor

DOWNEY - The Warren High School girls' water polo summer program will be starting on Monday, June 24, and will run through Thursday, July 26.

The program will be Monday through Thursday and will include weekend and weekday games. The objective of the girls' summer program is to develop water polo skills and knowledge through training and tournament experience.

The cost of the camp is \$220 and a USAWP membership is required. The membership is good until Dec. 31, 2013. Please visit usawaterpolo.org to sign up.

The information you will need is: Club- Grizzly Polo (Girls), Club ID- 15794, City: Downey and Administrator: Josie Cordero.

Student athletes are required to fill out three forms. The first is a Release of Claims, the second is an Off campus trips in private vehicles form and the third is the Authorization to treat a minor (emergency card) form. All items are due to Coach Cordero on the first day of camp.

Camp will include instruction, entries to tournaments and a t-shirt. Student-athletes will be required to bring a water polo style bathing suit, two latex caps-one white and one blue/black. The bathing suit should be very snug as the material stretches over time and prevents "grabbing."

Suits can be purchased online at: truwest.com, srssport.com, La Mirada Splash center in La Mirada, Competitive Aquatic Supply (CASHuntington Beach), or at a vendors stand at a swim meet or water polo tournament.

Contact head girls' water polo coach Josie Cordero at josiocordero@hotmail.com with any questions with the subject: AQUATICS. Coach Cordero and her coaching staff look forward to seeing you in the pool this summer.

The Warren High School wrestling summer program will begin on Monday, June 24, and run through Thursday, Aug. 1.

Week one (June 24-28) will be Monday through Friday from 8-11 a.m. Week two (July 1-3) will be Monday through Wednesday from 8-11 a.m. and week three (July 8-11) will be Monday through Thursday from 8-11 a.m.

Wrestling will continue with week four (July 15-18), which will be Monday through Thursday, from 8-11 a.m. Week five (July 22-25) will also be Monday through Thursday from 8-11 a.m. and the last week, (July 29-August 1), will also be Monday through Thursday and last from 8-11 a.m.

Practices will include running, wrestling and weightlifting. Student-athletes must bring wrestling shoes, running shoes, a t-shirt, shorts and head gear (optional). Student-athletes must have an athletic physical on file (one year current) to participate.

Warren High School was the 2012 San Gabriel Valley League and C.I.F. wrestling champion. Contact head wrestling coach Tim Brogden at 562

869-7306 Ext. 5767 or at tbrogden@dusd.net for more information. Coach Brogden and his staff hope to see you on the mat this summer.

Downey High School will begin their summer athletic programs once the academic school year comes to a close and several programs will be practicing at various times.

Four teams that will be starting on Monday, June 24, are the boys' and girls' basketball and boys' and girls' soccer teams.

Boys basketball will start June 24, and end on Thursday, July 10. Practices will be from 8-10 a.m. Mondays through Thursdays ONLY. A summer camp for 4th-9th graders will also be offered.

Those interested in Downey High School boys basketball should contact head coach Larry Shelton at lashelton@dusd.net for more information.

Girls basketball will also start Monday, June 24, and end on Sunday, July 28. Practices will be held at 2 p.m. Tryouts for incoming freshmen will be Friday, June 21, from 6-8 p.m. and Saturday, June 22, from 8-10 a.m.

Contact head coach Nate Harris at nharris@dusd.net for more information.

Boys soccer will start their summer camp June 24. The first week of camp will run through June 28 and will be held from 8-10 a.m. The second week of the camp will be held Monday, July 8, through Friday, July 12, from 8-10 a.m.

Team members will practice July 15-19 from 8-9 a.m., July 22-26 from 8-10 a.m. and July 29 through Aug. 2 from 8-10 a.m.

Contact head coach Marvin Mires at mmires@dusd.net for more information.

Girls soccer will start June 24 and run through June 28 before resuming on Monday, July 8, and run through July 12 from 7-9 a.m.

Practices then pick up Aug. 6-8 and Aug. 13-15. The early August practices will only be three days, Tuesdays through Thursdays.

As the start of the school year approaches, practices will then go from Aug. 19-22. The last week of summer practices will be Aug. 26-29.

All practices will be held from 7-9 a.m. Contact head soccer coach Rachel Godfrey at rgodfrey@dusd.net for more information.

The Downey High School football team was well represented at the annual 605 All-Star Football Classic last Friday night at Cerritos College.

Standout linebackers Robert Salazar and Hector Walker, receiver Jeremy Villa, left tackle Mark Kozhaya (Whittier College) and lineman Marlon Duenas all played in their respective last games for the C.I.F. Southeast Division champion Vikings. Paramount head coach Matt Howard was the West All-Stars coach.

The West All-Stars lost to the East All-Stars, 28-21, in double overtime.

The West took an early 14-0 lead on two touchdowns from Long Beach Wilson's Tony Lindsey but could not maintain that lead. All three West quarterbacks were knocked out of the game and with no passing game, the East shut down the West's run game.

Chris Bell of Lakewood, Matt Saenz of Montebello and Dillard Okray of Compton Centennial were all injured. Offensive linemen Marcelino Martinez of Bellflower and Alfonso Cid of Garfield were also injured and could not finish the game.

The West did not complete a single pass on seven attempts in the second half. Two second half interceptions also cost the West a chance to move the ball effectively and score.

The San Gabriel Valley League had several players representing their respective schools. Dominguez was represented by Malik Smith and Marlon Dobbins. Lynwood was represented by Thaddeus Stevens, Mister Merriwether and Brandon Avalos. Paramount was represented by Devonte and Deonte Dixon, Brian Fineanganofa and Brian Velez.

The 605 All-Star Football game is always a highly competitive game and gives many high school seniors one last chance to put their helmets and shoulder pads on.



The Giants are West Downey Little League's champions in the Major Division. Back row, from left: Manager Michael Hallinan, coach Sam Torres, Matthew Clark, coach Dave Clark, Wesley Fishman and Steven Jauregui. Middle: Brandon Sanisci, Alex Perez, Matthew Iniguez, Jacob Lopez, Steven Hallinan, Mason Rhodes and Adrian Ramirez. Front: Seth Edge.



The Downey 8u Gold All Star team won San Marcos Tournament championship held June 1-2. The team went undefeated, beating San Marcos in the title game. The team includes Mia, Maya, Jasmine, Isabella, Dyoni, Shayna, Eddyanna, Samantha, Alyssa, Angelique, Janel and Nadia. Not pictured is Emma. The team is led by Coach Noe, Team Mom Ana, Manager Patty and Assistant Coach Abel.



The Downey Black Mambas took first place in the Pico Rivera Tournament two weeks ago. The girls scored 12 goals while only giving up two goals in three games. Top row, from left: assistant coach Carlos and head coach Carlos. Middle row: Iliana, Priscilla, Gisselle and Mia. Bottom: Mariana, Emily, Hailey, Brooke and Fioma. Not pictured: Kiara.

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Bell Gardens opens third affordable housing complex

BELL GARDENS – Terra Bella, a new affordable housing complex in Bell Gardens for senior citizens, officially opened May 29.

“Terra Bella is a tremendous asset to our community,” said Bell Gardens mayor Pedro Aceituno. “I am proud to know that we can provide safe, affordable housing to our senior residents.”

Located at 5720 Clara St., the 65-unit Terra Bella is Bell Gardens’ third affordable housing development, boosting the city’s affordable rental supply by 31 percent.

The developments were built by Adobe Communities, which also offers its senior residents services such as case management, advocacy counseling and recreational activities.

“Terra Bella is a prime example of what can be accomplished through a wide-range of public-private partnerships,” said Robin Hughes, president and CEO of Adobe Communities. “The support from our partners, combined with project-based Section 8 rental subsidies, ensures deep and permanent affordability to seniors who live on fixed incomes. This is especially important as economies of scale continue to shift.”

The development features sustainability features such as a photovoltaic system, solar hot water system, Energy Star appliances and light fixtures, and formaldehyde-free cabinetry.

There is also an on-site resident resource center with three computer stations, common kitchen and social gathering area; central courtyard with physical activity stations, edible community garden and social gathering spaces; laundry; and on-site property management and resident services provided by Adobe Communities.



Downey man killed in motorcycle crash

DOWNEY – A 23-year-old Downey man was killed Saturday after his motorcycle struck two vehicles near Paramount Boulevard and Phlox Street, authorities said.

Officials did not publicly identify the victim but friends said he was Darwin Callejas, a 2009 graduate of Downey High School.

According to police, Callejas was riding a Honda CBR 900RR motorcycle west on Phlox at about 5:23 p.m. when it “began to overtake” a Volkswagen Coupe 2.0 being driven by a 56-year-old Downey man.

The motorcycle sideswiped the Volkswagen and continued into the intersection, where it struck a Toyota Camry heading north on Paramount Boulevard.

Callejas was declared dead at the scene.

The driver of the Camry, a 23-year-old female resident of Whittier, was not injured.

Callejas worked at S&H Automotive, a car repair and customization shop on Downey Avenue, not far from where he died. He was the father of a young boy.

Friends of Callejas are raising money to cover funeral expenses. Donations can be made online at Gofundme.com/37p388.

Authorities are still investigating the collision. Anyone with additional information is asked to call Detective Edwards at (562) 904-2339 or Sgt. Miller at (562) 904-2342.



Warren Boyes mourned

DOWNEY – Warren Eugene Boyes, born Dec. 5, 1942 in Loma Linda to Eugene and Virginia Boyes, passed away June 1 in San Diego.

He grew up in Downey, graduating from Warren High School in 1960.

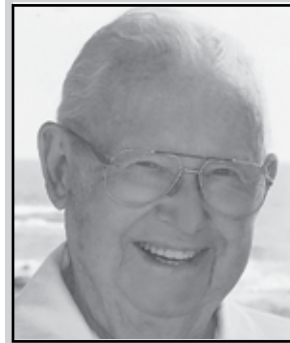
During those years, he was active in the First Presbyterian Church where he was a youth deacon and sang in the boys choir. He also became a Ragger (summer camp counselor) for the YMCA and the DeMolay.

He graduated from Woodbury University with a bachelor of arts in business administration in 1963. He spent his career in sales, working in Burbank and Carlsbad.

He is survived by his mother, Virginia Boyes Pelletier of Carlsbad; sister, Lois Booth and her husband, Thomas Booth, of Los Angeles; nephew, Thomas Booth and his wife, Amy Booth; great niece, Kathryn Booth of Lakeside; and nephew, Jeffrey Booth of Lake Tahoe.

In Memory of Dr. Robert J. Schroeder

November 19, 1921 to June 4, 2013



We have lost the presence of Dr. Robert J. Schroeder, an exceptional man, loving husband, supportive father and grandfather, and accomplished veterinarian. He was the son of John and Mildred Schroeder; and is survived by his loving wife Jan Schroeder; daughter Jeri Barry and son-in-law Bill, of Palm Springs; son Craig Schroeder and daughter-in-law Debbie, who sail the seas in their boat; and, son Curt Schroeder and daughter-in-law Lorna of Phuket, Thailand. Born into a farming family in Fort Collins, Colorado, he rose to the pinnacle of the veterinary profession. He was engaged in regulatory veterinary medicine and public health since graduating from Colorado State University in 1947. After graduation he joined the United States Department of Agriculture and went to Mexico as a veterinarian in the Mexican-American campaign against foot and mouth disease. A year later he joined the Los Angeles County Livestock Department where he was named Los Angeles County Veterinarian and later appointed Deputy Director of the Los Angeles Department of Health Services. He was very active in local, state and national veterinary medicine. He served as President of the Southern California Veterinary Medical Association in 1960 and in numerous other professional positions before being elected as President of the American Veterinary Medical Association in 1967. Colorado State University bestowed their Honor Alumnus Achievement Award and their College of Veterinary Medicine Honor Alumnus to him in 1969. At the University of Southern California, he was appointed Clinical Professor of Pathology and Clinical Professor of Community Medicine and Public Health. In 1979, he was named Emeritus Professor of Pathology at the University of Southern California’s School of Medicine. He also received the Extraordinary Service Award from California Regional Medical Programs and a Distinguished Service citation from the Los Angeles County Board of Supervisors. He served his country as a 1st lieutenant in the Paratrooper Field Artillery in WWII and as a 1st lieutenant in the Army Veterinary Corp during the Korean Conflict. In 1947, Jan Dringman joined him in Mexico where they were married. They returned to the States for the birth of their first child and settled in Southern California. They lived in Downey, California for over 60 years where they raised their three children. Eventually the family expanded to include grandchildren Tyson Schroeder and his wife Susan; Chelsea Greilach and her husband Steven; Megan Daily, Crystal Schroeder, Kerrie Schroeder, and three great-grandchildren — Andy, Abby and Alex. Last year, he and Jan celebrated their 65th wedding anniversary. He transferred his love of fishing from the streams of Colorado to the depths of the Pacific Ocean. Jan shared his passion for fishing, clamming, crabbing and camping, which lead to a series of boating and RVing adventures that spanned more than 25 years after his retirement in 1979. Their crowning achievement was fishing all the way from the tip of Baja California to the coastal shores of Alaska. He passed away peacefully in Palm Desert, California where he and Jan recently moved. He was fond of saying that he had a wonderful life, he’d done everything he wanted to do, enjoyed everything he did, and had no regrets. He set a great example of generosity, support, love and care for generations to come. Private Services were held at Rose Hills Memorial Park in Whittier.

ONLY 43, TONY DIEP TAKES OVER AS BANK VP

• Vice president and regional manager of Pacific Western Bank’s Downey branch impressed with the city’s ‘close-knit’ community.

By Henry Veneracion
Staff Writer

DOWNEY – One more proof that looks can be deceiving is the case of Tony Diep, ever-smiling and unobtrusive at the Rotary meetings (he became a member only last year, sponsored by Rich Strayer), but obviously someone to reckon with, as he (also last year) took over as vice-president and regional manager of the Downey branch of Pacific Western Bank.

With \$5.4 billion in assets and 67 full-service branch locations throughout California, Pacific Western is the 14th largest commercial bank headquartered in the state out of some 239 financial institutions, according to its brochure, serving small to large businesses for over 30 years now. Company headquarters are located on Constellation Boulevard in Los Angeles.

By many measures, it is commonplace knowledge that Wells Fargo, Bank of America, and Chase are normally considered the current leaders in the banking industry.

“We are strong in business banking,” Tony said. “To put it another way, Pacific Western is strong in

commercial lending, or asset-based financing, such as accounts receivable, inventory, equipment or technology financing.”

Indeed, one of the basic financial aspects Pacific Western emphasizes is the importance of cash flow, to take advantage of trade discount opportunities.

“But whatever the business at hand is, we try to give personalized service to our clients or business partners,” Tony said.

Tony’s family left Hanoi, Vietnam right after the conclusion of the Vietnam War. He was 7-8 years old at the time. The family, consisting of two older brothers, one older sister, and a younger sister, and his parents, of course, settled in El Sereno, in East L.A. Tony, born in 1970, graduated from Woodrow Wilson High School, near Cal State L.A.

Tony’s grandparents had owned a leather factory before the Communist regime in Hanoi confiscated it along with all the other private businesses in North Vietnam. His grandfather came to the U.S. with them.

After obtaining a BA in economics and psychology from UC Irvine in 1994, he started working for Wells Fargo as a part-timer. The job became a full-time one, with him going to various assignments for 10 years in the Orange County area, and progressing from teller to banker to assistant manager to manager. Then he was the U.S. Bank manager at the Westminster Mall for a year and a half, then was serving as manager



of the Affinity Bank in Irvine when it was absorbed by Pacific Western Bank in 2009. He was assigned to Downey on May 12, 2012.

First introduced to the Rotary in July 2012, he was installed as a Rotarian that September.

His other memberships are with the Downey and Santa Fe Springs Chambers of Commerce.

“One reason I joined the Rotary is because of its motto, ‘Service Above Self,’” Tony said. “I share the same philosophy.”

“Also,” he continued, “compared to other cities, I find Downey is a very close-knit community. People seem to know one another.”

He met his future wife, Jennifer, at UC Irvine, Tony said. Majoring in economics as well, she is a buyer for an electronic equipment and components manufacturer in Anaheim. The couple resides in Diamond Bar with their 7-year old son and 5-year old daughter.

Tony has been doing his share of duties at the Rotary. In addition to the usual assignments of being a greeter and leading the flag salute, he currently serves on the 10K Night Committee which its planners say just may come up with “something different and special” this year.

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Musician Will Glover to perform free show

DOWNEY – Accomplished guitarist, vocalist and performer Will Glover will deliver a free show at Mambo Grill this Thursday, June 20, at 7 p.m.

Former lead singer of surf band The Pyramids, Glover has performed with the likes of Ike and Tina Turner, Sonny and Cher, the Righteous Brothers, the Beach Boys, James Brown, the Rolling Stones and several other well-known artists, most from the oldies rock and roll era.

As a solo artist, Glover produces an engaging combination of rock and roll, R&B, surf, country and ballad -- basically any genre “other than rap,” he laughs.

Glover describes his music as “light rock and roll with a country twang.”

“I like to put on interactive shows that bring crowds to life,” Glover says while sipping on a soft drink inside Mambo Grill.

By age 7, Glover knew he wanted to perform. He was inspired by the rock sounds of Johnny Mathis and hoped to develop vocals “better than Elvis.”

“When we started the Pyramids, my mom bought me my first burnt orange, gold-plated guitar,” Glover remembers. “It cost \$500 in 1961. She was my biggest supporter.”

It’s by happenstance that Glover is performing at the Mambo Grill. He was at the downtown restaurant a few weeks ago taking in a performance by folk group Gramps With Amps. He was lured to take the microphone and belted out a couple of songs, much to the delight of the audience.

“At this stage of my career, I don’t want to play small clubs anymore,” Glover says. “But I’m playing here because they liked me.”

It won’t be Glover’s first Downey concert. Many years ago he played at the long-gone White Horse Inn and Cowboy Country.

Today, Glover is putting the finishing touches on his latest album, “The Will Glover Experience.”

At a time when radio airwaves regurgitate the same auto-tuned, expletive-filled compositions over and over, Glover’s rhythmic voice and down-home lyrics make for a satisfying music experience.

“I’m always amazed that the Lord has blessed me to take people to another world,” Glover says.

–Eric Pierce, editor

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Aidan Gauthier, a third grader at Trinity Christian School in Norwalk, donated a "Tiger" painting to her school, where it will hang for all students to enjoy.

The artwork was created by award-winning artist William Zin at the Downey Chalk Art Festival last April, an anti-child abuse fundraiser created by Shirley Johnson.

Aidan spotted the painting and wanted it for her school (the tiger is the school mascot). An anonymous woman purchased the painting for Aidan, who donated it to the school.

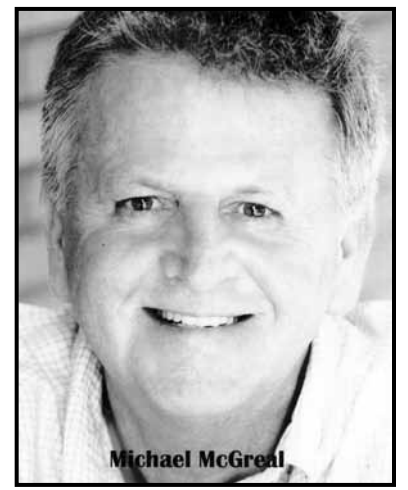
Principal Jeff Jepsen is pictured at right receiving the painting from Aidan.



Michael McGreal makes his 31st appearance with the Downey Civic Light Opera in "Paint Your Wagon," in its final weekend of performances at the Downey Theatre.

McGreal has appeared in more DCLO productions than any other performer in the 58 years of the DCLO. He portrays Joe in the current show.

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Hundreds of Downey-area residents did the Rancho-Motion with more than 40 Rancho Los Amigos National Rehabilitation Center patients who participated in a Summer Festival at the world-renowned hospital last Friday.

The six hour special event, funded by the Rancho Los Amigos Foundation, included an Arts & Crafts of Rancho show and a Performing Arts of Rancho concert.

One patient, known as "Magic Mike," did several fabulous magic tricks and then addressed the crowd: "I want you all to know that I wouldn't be here tonight without the people who helped me here at Rancho Los Amigos," he said, his voice cracking with emotion. "I came here after having two strokes that left me unconscious. Before I came to Rancho, my family was told I would never be able to walk or talk again," he said as a tear rolled down his cheek. "And look at me now! I can walk, I can talk, I can even do magic. It is a miracle!" And then he could speak no more.

The crowd applauded loudly as this humble man bowed and walked to the back of the stage, cheered every step of the way. On this day, Mike was truly magic.

His story was just one of the remarkable moments from the craft fair and Performing Arts show, which is told by the emotion in these photos of those who worked so hard to bring the Spirit of Rancho to the community.

All photos by Diane and Greg Waskul.



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Downey resident Scott Faulkner received the James B. Evans Scholarship after graduating from the Riverside County Sheriff's Department. The scholarship is awarded annually "to an academy graduate with goals of pursuing a higher education" and includes a monetary award. Faulkner, 27, plans to pursue a bachelor's degree in criminal justice. He is a military veteran, having served in Afghanistan as a sergeant in the Air Force.



Military veterans visit pre-K students

DOWNEY – Four military veterans were guests at a Military Day event hosted last week by Downey Adult School's Mommy/Daddy & Me pre-K class.

In attendance were Roberto Medina (Army), Ryan Montgomery (Navy), Raul Sosa (Marines) and Manuel Garcia (Air Force).

Each of the service members spoke on their personal experiences of service before they led a mini boot camp and flag-folding demonstration.

Instructor Diane Chisum and her son, Ryan Montgomery, were students in the adult school's Mommy/Daddy & Me class in the early 1990s. Montgomery graduated from the U.S. Naval Academy in Maryland this year.

Medina, Sosa and Garcia currently have kids in the class.

Patriot wins journalism award

DOWNEY – Downey Patriot editor Eric Pierce was awarded second place for Best Writing in a statewide journalism contest sponsored by the California Newspaper Publishers Association.

Pierce won for his September 2012 story titled "Bob Feliciano Brings Suicide Out of its Shadows," which chronicled the work of Downey resident Bob Feliciano who began advocating for suicide awareness among college students after the death of his son.

The story won in its category for California newspapers with weekly circulation of 11,001 to 25,000.

First place went to a story in the North Coast Journal (Humboldt County).

More than 200 guests enjoyed a Havana Night theme filled with casino games, live music and dancing entertainment when Soroptimist International of Downey held its annual casino night at the Rio Hondo Event Center on April 19.

Funds raised at the event went to support Soroptimist's scholarship and service projects both locally and internationally.



Homebuyers willing to compromise, survey finds

DOWNEY – Thirty-three percent of people currently searching for a home have been on the hunt for more than a year, and the vast majority are willing to negotiate with sellers and make compromises to find their next home, according to the results of a survey released this week by Century 21 My Real Estate.

Prospective homebuyers are particularly willing to compromise on popular amenities and their home's location, the survey revealed.

"As we see more and more buyers returning to our market, the opportunity for would-be sellers to put their homes on the market is incredible," said Steve Roberson, broker and owner of My Real Estate.

Key survey findings:

33 percent of those searching for a home say they have been at it for over a year, while 67 percent have been searching for up to a year.

Offers are being made, but not many are accepted: 42 percent of those searching for homes have made an offer in the past six months yet only 11 percent have had their offers accepted.

85 percent of home searchers are willing to go above and beyond in order to force the deal through. Of those willing to go "above and beyond," the top four compromises they'd be willing to make are:

51 percent would be flexible with the closing time.

31 percent would compromise by purchasing the house as-is.

29 percent would compromise by putting more cash down than they had planned on.

85 percent of home searchers are willing to compromise on amenities and futures:

58 percent would compromise on a built-in pool

49 percent would compromise on a finished basement.

37 percent would compromise on an updated kitchen (e.g. stainless steel appliances).

37 percent would compromise on walk-in closets.

88 percent of buyers are willing to compromise on location-related attributes:

42 percent would compromise on the length of their work commute.

36 percent would compromise on access to restaurants, shopping and general conveniences.

35 percent would compromise on proximity to friends and family.

Norwalk plans fireworks show

NORWALK – Norwalk will celebrate Independence Day with its annual fireworks display July 3 on the civic center lawn.

The event begins at 6 p.m. with live classic rock music by Steel Rod.

There will also be games and food booths before the fireworks begin at 9 p.m.

Meanwhile, a hair drive is scheduled from 1-8 p.m., with volunteers clipping hair for Locks of Love.

Admission to the event is free. For more details, call (562) 929-5702.

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To Darren Dunaway, family is most important

Dunaway is associate director at Bell Gardens-based Human Resources Association.

By Henry Veneracion
Staff Writer

DOWNEY – "I've been very lucky with my career."

The words were those of Rotarian Darren Dunaway, who was born and raised in Arcadia, is the older of two brothers and has had no need of a long bio sheet. A graduate of Arcadia High School, he then obtained a bachelor's in nutrition from Cal Poly San Luis Obispo in 1994, went to work as nutrition director that same year for Bell Gardens-based Human Resources Association (which started originally as the Westminster Center, then later was known as the Bell Gardens Community Center), and didn't let the year run out until he married his childhood sweetheart, Cindy, and has never looked back.

HSA was founded in Bell Gardens in 1940 as an outreach effort of the Presbyterian Church, when floods in the area "highlighted the pre-existing and growing problems of poverty" in Bell Gardens and surrounding southeast L.A. County communities. While HSA remains affiliated with the Presbyterian Church, all services have been administered on a non-sectarian basis since 1975.

Darren, who turns 44 next month, today holds the No. 2 position at the 73-year-old social services institution, the only firm (a nonprofit) he has ever worked for. He is its associate director, while also as director closely administering one of its three departments, HSA's Senior Services Department.

HSA is acknowledged as one of the largest social services agencies in the southeast L.A. area, holding contracts with L.A. County, the state of California, outside agencies, and private foundations. It serves over 20,000 clients annually "with a range of services that addresses the unique and shared needs of clients of all ages."

Darren's Senior Services Department, among its other functions, provides free care management to help seniors 60 and over who have some physical and/or cognitive impairments access needed medical and social resources; provides a free comprehensive Medi-Cal care management program under its Multipurpose Senior Services Program (MSSP) for elderly clients 65 and over who are encouraged to remain in their community (at home) for as long as possible instead of being placed in a nursing facility; provides an appropriate day care program for dementia-afflicted and/or socially afflicted elderly persons under its Alzheimer's Day Care Resource Center (ADCRC); provides home-delivered meals (yes, this includes Meals on Wheels): a hot lunch is delivered to the senior's home Monday-Friday (seniors must reside in Downey, Bell

Gardens, Cerritos, Commerce, Hawaiian Gardens, Lakewood, Long Beach, Lynwood, or Paramount); as well as provides hot lunches five days a week to all the sites (1500 meals/day @ 17 sites in ten cities) it serves under its congregate meals program even as it provides social activities. Other surrounding cities served under HSA's other programs include Bell, Huntington Park, Maywood, Norwalk, South Gate, and Walnut Park.

All these programs are driven by the Older Americans Act of 1965 whose goal was to keep seniors healthy and active and keep them as far away as possible from having to seek institutionalized care which experts maintain in the end cost the government more.

These programs for seniors have been humming along nicely, according to Darren, until budget cuts undermined the programs. "Where before I could provide 190,000 meals a year, I'm now losing 18,000 meals with which to feed our seniors," Darren said. "I've already lost three (congregate meals) sites, one in Lakewood, and two in Long Beach. With sequestration, where budgets will be slashed 8 percent across the board, I may have to lose another one next year. To stop the bleeding, I am meeting with the cities as to how they can help us with the funding, as well as seek grant money. These are at best stop-gap measures, though. We've also had to be more efficient."

To put matters into perspective, Darren says Downey on the average has been getting 50 meals a day.

"Today," he says, "we need to sit down for some serious assessment of the situation, and we need to focus on what must be done."

He also experienced a little bit of luck one month before he assumed the presidency of the Downey Rotary in 2006, when he attended the Rotary International Convention in Copenhagen. With him was wife Cindy, a kindergarten teacher at the Glendora Unified School District.

"It was amazing," Darren said. "We proceeded to Amsterdam, London, Paris. It was the trip of a lifetime. We'd like to go back if we can."

He says, "Rotary's motto, 'Service Above Self,' is similar to HSA's 'Where Caring Becomes Doing.' It's a nice tie-in. They have like-minded ideals."

"When I was president," Darren said, "I emphasized cohesiveness and getting to know one another better."

Darren, 5'11", coaches baseball: he and Cindy has two sons—Jack, 13, and Drew, 12—and a daughter, Ella, 8. He says his Irish-German dad, now retired and living in Banning, was a P.E. teacher and used to coach football. His German mom, who died two years ago, was a bookkeeper. Glendora seems to be a favorite place to live: his brother also resides in the area, as well as Cindy's brother. This provides for a lot of family gatherings. "We've always done stuff together," Darren says.

New and improved Log Ride now open

• Iconic ride at Knott's Berry Farm reopens with updated animatronics and multi-million dollar upgrades.

By Christian Brown
Staff Writer

BUENA PARK – After nearly five months of renovation, the popular Timber Mountain Log Ride, one of the first log flume rides in the country, opened to much fanfare earlier this month, sporting updated lighting, sound effects, and some 60 animatronic characters.

Scheduled to open May 30, a one-day delay seemingly failed to quench the excitement of park goers who offered cheers and hollers during a grand reopening ceremony last week.

Standing adjacent to the entrance of the Log Ride, Raffi Kaprelyan, general manager of Knott's Berry Farm, praised the late Wendell "Bud" Hurlbut, who used his own money to both design and build the attraction in 1969.

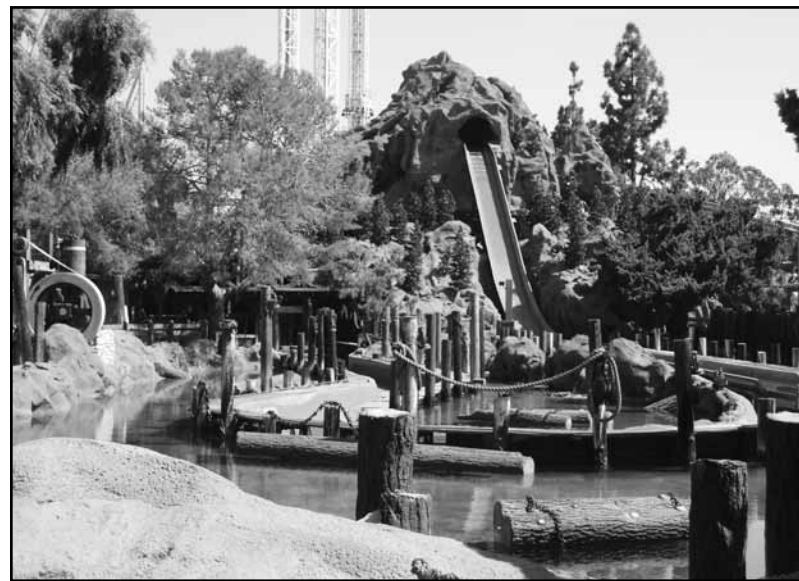
"One of my earliest jobs was working for Bud Hurlbut. He was an industry pioneer that knew how to create an environment that could tell a story no one else had," Kaprelyan said. "He had to pitch the idea more than once, but the Log Ride is a special attraction not just in Southern California, but in the entire theme park industry."

Knott's has not revealed the actual cost of the multi-million overhaul, but with the help of animatronics designer and developer Garner Holt Productions, the theme park has significantly upgraded the 2,100-foot-long ride while staying true to the original story-line of a lumber camp in 19th century California.

While the original ride contained just 15 animatronic figures, the refurbished attraction features 54 fully-animated characters, all new background drops, updated foliage, and a livelier soundscape.

Housed inside of an eight-story building, the Timber Mountain Log Ride takes riders through an 85-foot-high by 330-foot-long mountain range of pine forests, waterfalls, and bridges.

Atop 42,000 gallons of water, float-



ing logs used to pass a collection of mechanical figures and taxidermied animals before reaching the inevitable forty-two-foot freefall, but now visitors are greeted with more detail, humor, and visually stimulating sequences.

In addition to animatronic bears, squirrels, and raccoons, the animated scenes also include characters dangling from rope ladders, smoking pipes, sawing through trees, and resting on hammocks.

Buena Park Mayor Elizabeth Swift, an employee at Knott's herself when the Log Ride first opened, recalled the first grand opening.

"In 1969, I was working here in Indian Village as a college student. On the day of the Log Ride opening, the park was packed," she said. "Knott's Berry Farm has played such an important part of my life and the life of this city."

Swift presented Knott's Berry Farm a city proclamation declaring May 30 Bud Hurlbut Day to commemorate the visionary's legacy.

"Bud Hurlbut was an amusement park genius and we'd like to honor him today," Swift said. "He devised mechanisms to make his rides educational and fun."

Free food for Downey seniors

DOWNEY – Residents ages 60 and older are invited to pick up a free food kit outside the Barbara J. Riley Community and Senior Center this Tuesday between 1-3 p.m.

The food kit contains protein, canned fruits and vegetables, breakfast and lunch whole grain items, and five pounds of fresh produce.

The food is free. Family members can pick up the food on behalf of a senior citizen in their family if they have the person's ID.

Downey students graduate next week

DOWNEY – Downey and Warren high schools will both host graduation ceremonies June 20 in the Cerritos College football stadium, with Warren High starting at 5 p.m. and Downey High at 8 p.m.

Columbus High School graduates will receive their diplomas at a ceremony in the campus quad June 19 at 6:30 p.m.

Doty, Stauffer to be honored

DOWNEY – Philanthropist Dr. Mary Stauffer and retired superintendent Dr. Wendy Doty will be honored with the Downey Chamber of Commerce's Humanitarian of the Year Award at a dinner program June 27 at the Rio Hondo Event Center.

Supervisor Don Knabe will serve as master of ceremonies.

The event begins at 6 p.m. Tickets are \$50 and reservations are due by June 21.

To reserve a ticket, or sign up as a sponsor, call (562) 923-2191.

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Real estate seminar at Cal State Long Beach

LONG BEACH – Cal State Long Beach will present a free real estate seminar on June 24 at 6 p.m.

The event will take place in the CSULB Barrett Athletic Administration Center located next to the Walter Pyramid.

"If you have a vacation home, commercial/investment property or personal residence and are interested in selling, but afraid of the taxes or loss if income on investment property, the seminar can benefit not only you, but your community as well," said Susan Berkman, CSULB's assistant vice president of gift planning.

In addition, the seminar will provide information for people interested in donating property, saving taxes or being provided with income for life and fulfill their charitable intent.

The seminar is being hosted by Cal State Long Beach's Office of Gift Planning.

Register by phone at (562) 985-5489 or by e-mail to giftplanning@csulb.edu.

MC Pancho making local appearance

ARTESIA – Rapper and actor MC Pancho, who has appeared in the hit drama series "Sons of Anarchy," will be special guest at a car show July 12 at the Alberto's Mexican restaurant in Artesia.

The car show is hosted by Impressions L.A. Car Club but all car clubs and solo riders are welcome.

The family-friendly event is free to spectators. Admission is \$5 for cars, motorcycles and bicycles.

Alberto's is at 11732 Artesia Blvd.

BICYCLIST STEREOTYPES

By Lars Clutterham

There are several varieties of bicycling stereotypes out there. As a driver, you've seen them: disobeying the law, flouting the rules of the road, and generally getting in the way of Jane or John Q Public just trying to get to the grocery store or work in her/his car. After all, these streets were built for cars, right?

The first and possibly the most annoying stereotype we'll call the "Arrogant Cyclist." He's the hardcore rider all decked out in helmet, cycling jersey, speedos, and special shoes. He'll peddle through that light changing to red at full speed, maybe with a couple of similarly dressed sidekicks, or possibly at the head of an entire peloton. And you know from the look in his eyes that he's on a mission, that he thinks he owns the road, and--worst of all--that he believes he's cooler than you are.

The second major bicycle stereotype divides itself into two or three subcategories, each of which appears to be a combination of ignorance and fear. But again, the most notable aspect of this stereotype includes violation of the rules of the road. Let's call this stereotype the "Transgressor from Ignorance." Its most obvious characteristic involves some combination of riding on the left-hand side of the street, moseying back and forth onto the sidewalk, occasionally riding through the crosswalk, along with other kinds of erratic and dangerous behavior, demonstrating that these riders are generally oblivious to all other traffic, whether it be vehicular or pedestrian.

I've seen old men ride like this, men who look like they don't have enough money to own a car, and have probably

never had a reason to read the California Driver Handbook. That may sound cruel, but after all, we're talking about stereotypes here. I've been confronted by riders like this on my work commutes from Culver City. They're riding along, casually steering their beach cruisers in the bike lane on the left-hand side of the road. I'm in the same bike lane, traveling in the direction of traffic as I should be, and minding my own business, when I find another rider headed straight at me, having just passed over a painted arrow telling him explicitly that he should be going the opposite direction. And I have to maneuver into traffic on my own bike in order to get past him.

Last week I experienced another example of the Transgressor from Ignorance. It's 5:30 in the morning and I'm riding in the dark, white headlights on, on Randolph St. (an industrial street in Bell Gardens) heading towards Vernon on my Culver City commute. Off in the distance I see a small RED light, which turns out to be another bicyclist riding on the LEFT side of the road directly towards me. He, of course, is dressed in all dark colors, with no reflective gear whatsoever. So this guy is violating state vehicle code regarding not only riding the same direction as vehicular traffic, but also requiring a WHITE headlamp (visible from 300 feet, by the way). What are these guys thinking!?!? Are they suicidal?

You'll see another version of this stereotype in school-age children and youth: riding on the left, no helmets, no apparent regard for any other traffic on the street. Maybe their parents taught them to walk on the left side of the street as pedestrians, in order to see the oncoming traffic. Or maybe

their parents taught them nothing at all about bicycling, or just aren't paying attention to their kids' behavior. Because their non-helmeted kids are again violating state law in two ways, by riding on the left and by not wearing helmets.

They're not alone in that. Because I've had adult riders tell me they know they're breaking the law, but they ride on the left to protect their own safety. So we'll label that version of the stereotype the "Transgressor from Fear." And as the driver of the vehicle, you know that if anything bad happens between you and a bicycle, you will be held accountable, regardless of how many bicycling rules were being violated, no matter how mindless and erratic the bicycling behavior.

To sum up, let me state that, while my experiences described above were real enough, I have been painting a picture of STEREOTYPES. That picture has intentionally been tongue-in-cheek, satirical, and more or less free of any kind of empirical data. And, as with all stereotypes, these riders do not represent the whole bicycle community, which is more truly represented by sincere individuals who want to obey the law, save fossil fuel (and with it possibly a little gas money), help keep the air a little cleaner, stay fit and healthy, and maybe just enjoy the great outdoors.

Even given this harsh stereotypical picture, bicyclists are still the underdogs. And we'll have more to say about that next time.

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