

Autumn in Southern California



By Mina Anne Chudilowsky
Contributor

DOWNEY – I have always lived in Southern California and people say that we have no seasons.

I have looked for those New England postcard-type autumns. I went to Yosemite once in October and saw one lonely tree across the road from the chapel which was ablaze in reds and oranges. I drove home on Highway 395 and as I came down the Tioga Pass, I saw golden aspens quaking in the breeze on the east side of the Sierras. They were gorgeous. There were also yellow trees along the road to Bishop, Lone Pine, etc.

Once, I flew to New York City to help Barbara drive her rebuilt

car home after she crashed it. This was also in October. We had one day to spare and we had a choice of going north in quest of fall colors or going south to see Washington, D.C. I had never been to the east coast before and we were told that it was past the primetime for fall colors, so we went south to see our capital. As we sat on a bench by the Jefferson Memorial, large brown leaves rained on us. We did see some color off the turnpike in Pennsylvania.

A couple of years ago, I was told to drive up to Brian Head when I visited my friends in Utah. I did and all the aspens were completely bare, and it snowed on me. This was also in October.

On my trips to Canada I'd usually be a little too early for fall colors, but I was in time to pick

wild blueberries and blackberries, and I watched migrating birds in formation or filling the sky as a black cloud as they flew together as a flock.

While camping at Morro Bay, I'd see lots of migrating birds and monarch butterflies, and on the drive through See Canyon, fall was present in the form of freshly picked apples, freshly pressed apple cider, and pumpkins.

Well, back to home where we are reported to have no seasons. We also have migrating birds, especially the Canada Geese. We have migrating grey whales and the monarchs pass through.

Many people have planted liquid amber trees that turn bright red, orange or yellow and are beautiful. They are abundant around the Lakewood Mall and city hall. There are also many deciduous trees around. Candlewood Street is lined with huge sycamore trees and giant leaves fill the lawns and streets.

They are great to see, but you're thankful that you don't have to rake them. I have raked leaves with

the children at school and then watched them run and jump into the piles. It was great fun.

In autumn, the days grow shorter and the air is crystal clear and crisp. You can see the mountains that surround us, and the breezes that blow through refresh everything – including our brains.

The nights start to get colder and the flannel sheets, blankets, comforters and quilts come out and go back on the beds. The smell of wood smoke wafts through the air as people start using their fireplaces and wood-burning stoves. You smell dust when you finally turn the furnace on and its warmth soaks into your body and makes you feel all toasty.

The nights sparkle with stars and the Harvest Moon returns and is a wonderful sight. Indian summer may make an appearance and you return to summer activities for a short time and may even wear your shorts to the county fair to view local harvests.

You don't have to mow your lawns as frequently, and lots of

pine needles fall off the trees. Acorns and pinecones also fall and you may see squirrels collecting them for the coming winter. Dew appears on the grass and plants, and fog may creep in on you occasionally.

Sweaters, jackets, sweats and hats make their appearance but the people – being Californians – hesitate to put away their shorts.

Autumn is a time for smells and tastes. Spices come to mind: oatmeal cookies baking on a cool afternoon. Or gingerbread. Or pumpkin pie. Homemade soups, stews and chili are great meals on cool evenings. You trade in iced drinks for warm drinks. Cocoa, tea and spiced cider taste so good at this time of year. And cinnamon spiced pinecones appear in the stores to scent your house.

As the days grow shorter, you tend to burrow into your nest and remain there until the sun comes out again. The sun emits a special light that seems more brilliant. While driving west in the afternoons, it shines directly into your eyes.

It's fun to drive to Julian or Oak Glen to visit the orchards and get juicy, crisp apples. Pears, tangerines, pomegranates and tangelos appear in the stores as do Indian corn, pumpkins, candy corn and new crop nuts.

Cornucopias are displayed along with Halloween decorations and, unfortunately, the Christmas items start appearing in the stores. Football season is in full swing and Saturday and Sunday TV is full of college and professional games.

Spiders make their presence known by their large webs. They try to get plenty to eat before winter sets in. You need to wave a stick in front of you (or walk behind someone else) to prevent walking into the webs and the spiders.

People who have lived where it snows and the trees bud out in the spring and turn into magnificent colors in the fall say that we have no autumn in Southern California. We have that season too. It's just more subtle and you have to pay attention to see and enjoy it.

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Bicycle ride this Saturday

DOWNEY – The Downey Bicycle Coalition will host its monthly bike ride this Saturday with a Halloween theme.

Riders are encouraged to decorate their bicycles and wear Halloween costumes.

Participants will gather at Furman Park beginning at 8 a.m., and the ride departs at about 8:30.

Families are reminded that children under 18 years of age are required by state law to wear a helmet and must ride with their parents.

Kids needed for Christmas play

DOWNEY – Children ages 4-12 are invited to participate in Downey Memorial Christian Church's annual Christmas play on Dec. 22.

Practices begin Wednesday and will be held every Wednesday through Dec. 18 in the church's sanctuary.

To participate, call Pastor Annica Terrones at (562) 869-7291.

Halloween fun at Elks Lodge

DOWNEY – Downey Elks Lodge No. 2020 will have food, games and trick-or-treating for kids this Saturday from 11 a.m. to 3 p.m.

Admission is free.

Church hosts pancake breakfast, bazaar

DOWNEY – Downey Memorial Christian Church is hosting its annual pancake breakfast and bazaar this Saturday from 7 a.m. to noon.

Cost is \$5 for adults and \$4.50 for children ages 12 and younger.

Baked goods, crafts and nuts will be available for purchase. There will also be opportunities to support mission programs such as SERRV International, Equal Exchange and the Heifer Project.

The church is at 8441 E. Florence Ave.

Marching bands to perform

DOWNEY – Nearly a dozen award-winning marching bands are slated to compete in the third annual Warren Field Tournament taking place Tuesday from 5-9 p.m. at Warren High.

The event is hosted by Warren High's band booster club and features performances from marching bands and color guards.

'Trunk or treat' at Bob's Big Boy

DOWNEY – Bob's Big Boy is hosting a "trunk or treat" event for kids Wednesday from 5-9 p.m.

Parents can bring their kids for free trick-or-treating "from the coolest cars in town."

There is no charge.

Veterans invited to breakfast

DOWNEY – All U.S. military veterans and active duty soldiers are invited to enjoy a free breakfast at Calvary Chapel Christian School in Downey on Nov. 8.

Breakfast will be served at 7:45 a.m., followed by a program at 9 a.m. where veterans and soldiers will be honored.

For more information, call the elementary school office at (562) 803-6556.

U.S. flags collected for retirement

DOWNEY – Downey Zrelak and Miller-Mies mortuaries are collecting old, torn or tattered American flags to give them respectful retirements at a Veterans Day ceremony next month.

Flags can be turned in at any of the mortuaries' Downey locations.

D-Day survivor to talk about experiences

DOWNEY – Charles Despain, a World War II veteran and D-Day survivor, will be guest speaker at a special Veterans Day-themed meeting of the Downey Christian Women's Club on Nov. 13.

The meeting begins at 11:30 at Los Amigos Country Club. Both men and women can attend.

Admission is \$15 and includes a buffet lunch. Reservations are requested by calling Anita at (562) 861-3414.

F&M Bank opens Downey branch

DOWNEY – Farmers & Merchants Bank is opening a new location in Downey, a 3,900-square-foot branch next to the Starbucks at Lakewood and Firestone boulevards.

"We believe the close-knit Downey area is an ideal new location for Farmers & Merchants Bank," said Daniel K. Walker, the bank's chairman of the board and CEO. "We're confident this community will benefit from a strong community bank, and with F&M excelling in relationship banking for more than a century, we are happy to open our doors in Downey to provide this level of service for those who live here and whose businesses are in the city."

F&M officials said their arrival in Downey comes as a long-term investor, not a short-term tenant. In fact, they said they are "supportive of community events already, including the annual Arc Walk for Independence."

"This is the way F&M does things – viewing community real estate investments as our commitment to stay for the long haul," said bank president W. Henry Walker. "We believe it is our civic duty to invest in the communities that we serve."

John Casillas, formerly of OneWest Bank, is the branch manager.

"John has more than 20 years of experience in banking and has been active in the Kiwanis Club of Downey, as well as the Chamber of Commerce, so we are excited for the community to welcome him in this new role at F&M," said Walker.

A grand opening event is scheduled for January.



John McKinsey is handed the Sertoma presidential gavel by outgoing president Maurie Thomas.

McKinsey to lead Sertoma Club

DOWNEY – Longtime Downey resident John McKinsey was sworn-in as president of Downey Sertoma Club recently and will serve through 2015.

Sertoma (Service to Mankind) is a service club that specializes in serving the deaf and hard of hearing community.

The Downey club meets twice a month for dinner meetings at Cafe N Stuff.

The club recently completed its 16th annual week-long fantasy baseball camp for deaf campers, with kids bussed to Angel Stadium where they hit balls and run the bases. Participants also receive free Angels tickets and are recognized on the scoreboard.

This year, the club started a fantasy ice skating camp which will be brought back next year.

Downey Sertoma Club also helps sponsors the Downey YMCA, Arc, Downey Rose Float Association, Meals on Wheels, Downey PTA HELPS, Food for Help, Toys for Tots and other organizations. They also sponsor free hearing tests at the senior center.

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STROKE: Dr. Helena Chui to lead free stroke seminar

Continued from page 1

"I am very excited to speak to the Downey community about these important issues

that affect our brain," Dr. Chui said. "I will be explaining how we can maximize our vascular health to give us the best chance to avoid disabling neurological conditions such as strokes, Alzheimer's Disease and vascular dementia," Dr. Chui said.



In Memory of Mae Adele Haiden

May 11, 1923 to October 8, 2013

Mason City, Iowa – Mae A. Haiden, 90, of Mason City, died peacefully on Tuesday (October 8, 2013), at the Good Shepherd Health Center in Mason City. At her side were her daughters Ann & Mary and granddaughter Elizabeth Mae.

A mass of Christian Burial was held at 10:30am on a beautiful crisp sunny fall Saturday (October 12, 2013) at Epiphany Parish – St Joseph Catholic Church, 302 5th St S.E. Mason City, with the Rev. Rodney Allers as Celebrant. Burial was followed on Memorial Park Cemetery, Mason City.

Visitation was held at Hogan Bremer Moore Colonial Chapel, 126 3rd N.E. Mason City from 5pm until 7pm on Friday (October 11, 2013). The Catholic Daughters of the Americas lead the Rosary beginning at 6:30 and was followed by a Scriptural Wake and Sharing service.

Mae Adele Studer was born on May 11, 1923 to Alphonse and Isabel (Haverly) Studer on a farm west of Wesley, Iowa; she was one of six sisters and one brother. She attended St. Joseph Parochial school through the eighth grade and graduated from Wesley High School in 1942, while in high school she played on the girls basketball team.

In 1942 she and her sister, Julie, and lifelong friend, Florence Goepel, went to Wichita, Kansas to work for Beechcraft Aircraft, building two engine training planes for the Army. They did their part to support the war effort.

In 1946 she left for California to work for Sears mail order. She helped put a dent in the glass ceiling when she applied for and received the job of control buyer for ladies ready to wear sporting wear. At that time, jobs in that field were entirely male dominated. She retired in 1968 due to health reasons.

She married Richard (Dick) Haiden on May 19, 1962 at St. Pius X Catholic Church in Santa Fe Springs, California. They lived in Downey, California until Dick retired in 1988. Following Dick's retirement they moved to Mason City where they built a house on Briarstone Lake, living there until their health failed and they moved to Kentucky Ridge Assisted Living in September of 2005.

Mae loved her potted plants and doing pottery. She excelled in ceramics and oil painting, having always been very artistic, she was also an avid sewer and crocheter and loved canarys. Her greatest love however was her family.

Those grateful in sharing in Mae's life are her daughters, Mary (Cameron) Skill, Downey, Calif., and Ann Haiden, Los Gatos, Calif.; granddaughters, Michelle and Elizabeth Skill; sisters in law, Isabel Barker, Josephine (Dick) Sperl, Joan (Ross) Prout, and Kitty Studer; brother in law, Jerald Haiden; family friend, Herbert "Tud" Goepel, Santa Fe Springs, Calif.; and many nieces and nephews.

She is preceded in death by her parents; her husband, Richard; and her siblings, Gerald Studer, Phyllis Kelch, Elaine Downs, Julie Jarvis, Rita Young, and Rose Gerdes; as well as her lifelong friend, Florence Goepel.

The circle is once again complete, with Mae and her siblings reunited in heaven forever.

about these conditions, and everyone who attends will gain an understanding of what they can do to help improve their overall health," she said.

"We are so excited that Dr. Chui will be speaking at our November 6 seminar, because she makes these complex concepts so understandable," Deborah said.

"Our best offense against neurological diseases is a good defense, which is working with researchers to help find better treatments for people who have symptoms and also preventions to reduce the frequency of people who have symptoms, Dr. Chui said. She and her team at USC are world leaders in helping provide solutions to these challenging issues.

"If we could just delay the onset of symptoms by five years, we could cut the prevalence of Alzheimer's Disease by half," she said. "At USC we have a focus on trying to develop solutions that are designed to have the best preventive effects without increasing the risks of other diseases.

"The impacts of vascular disease can be more subtle, and symptoms of cognitive impairment often occur in smaller steps, may stabilize, then might progress a little further," she said. "We are interested in maintaining the health of the blood vessel system, and therefore the health of the brain as well."

One example of how to improve vascular health is regular physical exercise. "Email has become a real addiction for many people," Dr. Chui said. "Once you've opened it, you're just sitting there, sometimes for hours. That's why I always exercise before getting on email."

Dr. Chui will speak about

this and will provide some fun memory tips for attendees, as well as discussing other ways people can protect their vascular system.

"The vascular system is so vast that the total length of the capillaries in your brain is about 400 miles, which would stretch from here in Los Angeles to San Francisco," she said. "Protecting our vascular health is the most important thing we can do to reduce the risk of stroke and other neurological conditions."

Dr. Chui works with these issues every day. She is the principal investigator for the Alzheimer Disease Research Center as well as a multi-institutional program project on vascular dementia. She is also the author of more than 120 publications and has served on the editorial board for "Stroke, Alzheimer Disease and Associated Disorders" and "Archives of Neurology."

"I always enjoy listening to Dr. Chui talk, because she explains things in a way I can understand and put the information to use in my own life," said Downey community leader Sam Mathis.

"Having Dr. Chui speak is a great way to end our historic first year of Primary Stroke Prevention Seminars in Downey," Deborah said. "She is a tremendous speaker, a legendary researcher, a visionary leader, and an even greater person."

"I know that anyone who hears Dr. Chui speak on November 6 will learn things that can help them improve their health and the overall quality of their life," she added. "We recommend that our friends in their community make their reservations now so that they can attend this very special free seminar."



Barbara Lamberth

Barbara Lamberth retiring from credit union

DOWNEY – Downey native Barbara Lamberth is retiring Oct. 31 after nearly 40 years of service to Downey Federal Credit Union.

Lamberth began her DFCU career in 1974, working various positions before she ascended to president and CEO in 2005.

"The credit union gave me the opportunity to grow my career," Lamberth said. "In addition, working for DFCU allowed me to give back to the Downey community."

In a statement, DFCU credited Lamberth for helping the credit union "thrive and become a sound financial institution...Because of her leadership, the credit union will continue down a strong and steady path."

Ray Mesler, currently DFCU's executive vice president, will succeed Lamberth as president and CEO.

Dia de los Muertos at Stay Gallery

DOWNEY – Stay Gallery is hosting its second annual Dia de los Muertos exhibit Friday, Nov. 1.

Doors open at 5 p.m. and activities start at 7.

The family-friendly event features traditional art, food, music, face painting and more.

More details are online at stay-gallery.com.

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Date: Tuesday, Nov. 19
Time: 10:30 am
Location: Whittier Senior Center
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SYMPHONY CONCERT PROMISES TO BE SPECIAL

• "O Brave New World" features music of Dvorak, Mozart.

By Joyce Sherwin
Downey Symphony

DOWNEY – In 2007, when Sharon Lavery became our new Music Director, she offered three proposals to the Downey Symphony Board: grow and expand the excellence of the orchestra shaped by her predecessor, Dr. Tom Osborn; sponsor a Young

Artist Competition annually; and perform a new work every year.

The Board liked the proposals. Check, check, check.

So now, as the orchestra begins a new season on Saturday, Nov. 2, the elements are securely in place. The program is titled "O Brave New World," and includes Dvorak's evergreen symphony "From the New World," and Rossini's infectious overture, "The Thieving Magpie." In the words of one writer, "...it takes a crack ensemble to realize the brilliance" of this work. Come hear it happen.

The soloist for this concert

is our Young Artist winner from 2012, clarinetist Joseph Morris, playing Mozart's Concerto in A Major. Sharon Lavery herself specialized in clarinet in earlier years, so she knows quite a bit about that brave world, and says, "Joe's understanding of Mozart is very mature...He is a gifted musician who is destined for a great career." Come hear this work in progress too.

Concert time is 8 p.m. in the theater at 8435 Firestone Blvd. at the corner of Brookshire, with free parking. The box office opens for tickets at 6:30 p.m., and Sharon's pre-concert talk, to enhance our understanding and appreciation of the music, begins at 7:15. You'll want to allow time for wine or coffee in the lobby, and to chat with artist Carolina Estrada-Del Toro, whose nature photography is on display for this event.

Tickets are \$35, \$30 and \$10, and you may order by phoning (562) 861-8211. A visit to our website at downeysymphony.org will tell you about the next exciting concerts.

In addition to bringing fine



Sharon Lavery

music to Downey, the Symphony Board is committed to furthering its Music in the Schools programs, which reach every elementary school child in the entire Downey Unified School District. Every year.

In fact, our third-graders go on a magical field trip next week to this very same theater to hear this very same orchestra, live, on that big stage.

But the program will be different, prepared especially for these eager kids – they get Beethoven. The four sections of the orchestra will demonstrate their various instruments, and at the appropriate moment the lady conductor dons a pirate costume.

But it makes you wanna be a third-grader again.

Yard sale for Meals on Wheels

DOWNEY – A yard sale to benefit Downey Meals on Wheels will be held this Saturday from 7 a.m. to 1 p.m. at 9715 Meldar Ave.

For more details, call Robin Smith at (562) 862-4719.

Free books for kids Saturday

DOWNEY – The Assistance League of Downey will be giving away books to children this Saturday in front of its thrift shop on Downey Avenue.

All children who visit the Second Tyme Around Shop during the farmers market will receive a free book.

The giveaway is part of the Assistance League's celebration of "Make a Difference Day."

Halloween parade at library

DOWNEY – Children can trick or treat at the Downey City Library Tuesday and Wednesday from 10:30-11 a.m.

After reading Halloween stories, kids can participate in a costume parade around the library as they trick-or-treat for sweets. After the parade, children return to the Cormack Room for snacks and a craft.

No registration is required but children and parents are encouraged -- but not required -- to wear costumes.

Meanwhile, the library will close at 5 p.m. on Thursday due to Halloween.

For more information, call (562) 904-7360, ext. 127.

Sale on dog, cat adoptions

DOWNEY – Dog and cat adoptions will be 50 percent off at SEAACA on Saturday, Nov. 2, between 10 a.m. and 5 p.m.

The discount applies to dogs and cats ages 1 and older.

Adoption fee includes spay and neutering, microchip, first set of vaccines, flea treatment, a dog or cat toy, and a pet health guide.

Disney gives Rancho \$30K

DOWNEY – Rancho Los Amigos Foundation was one of 144 Southern California non-profits to receive a portion of \$820,000 in grants provided by employees of Disneyland.

The Rancho foundation supports programs at Rancho Los Amigos National Rehabilitation Center in Downey to help people with disabilities. More than 40 patient programs are offered to help increase self-esteem and confidence for patients with disabilities.

The grants were funded entirely by Disneyland employees through regular payroll deductions or one-time donations. Workers who contribute during the year can nominate an organization for a grant of up to \$5,000.

In honor of the program's 25th anniversary, Disney is donating an additional \$25,000, bringing the total donation to Rancho Los Amigos Foundation to \$30,000.

"I'm incredibly proud of our cast members for their contributions to the Disney VolunEARS Community Fund," said Michael Colglazier, president of Disneyland Resort. "In addition to the pride they feel from donating their time as volunteers, cast members can also feel empowered by helping to provide significant funds to their favorite organizations."

You are Invited!

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Free Admission

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Sunday, November 3, 2013
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Casting announced for 'The Lion King'

HOLLYWOOD - L. Steven Taylor will star as Mufasa and Patrick R. Brown as Scar in the Los Angeles return engagement of "Disney's The Lion King," opening at the Pantages Theatre in Hollywood on Nov. 20.

The landmark musical is returning to Los Angeles for the first time since its triumphant return engagement in November 2006, where the production played a sold-out run at the Pantages.

Casting was announced Tuesday, which also includes Brown Lindiwe Mkhize as Rafiki, Nick Cordileone as Timon, Andrew Gorell as Zazu, Ben Lipitz as Pumbaa, Jelani Remy as Simba, Nia Holloway as Nala, Keith Bennett as Banzai, Rashada Dawan as Shenzi and Robbie Swift as Ed.

The role of Young Simba is alternated between Jordan A. Hall and Nathaniel Logan McIntyre, and Young Nala rotates between Nya Cymone Carter and Zyasia Jada Page.

Individual tickets for "The Lion King" can be purchased online at hollywoodpantages.com, ticketmaster.com or by calling (800) 982-2787. Tickets can also be purchased in person at the Pantages box office and all Ticketmaster outlets.

Gala fundraiser honors Knabe

CERRITOS - The Cerritos Area Alumnae Chapter of Delta Sigma Theta Sorority is hosting its annual gala fundraiser honoring L.A. County Supervisor Don Knabe on Nov. 2.

The event begins at 7 p.m. at the Cerritos Performing Arts Center and is presented in conjunction with the Health, Education, Science and Math Foundation, a non-profit that provides scholarships and support to students.

Tickets are \$65 and the public is invited.

For tickets or information, call (562) 356-8256.

TWITTER IPO PROMPTS CHANGES FOR USERS

About two months ago, our lead social media strategist at EMSI Public Relations started noticing interesting changes involving the Twitter accounts we manage for clients.

Tools were suddenly disabled. Twitter's technical support, which hadn't been good, improved.

So, when news broke on Sept. 24 that Twitter had already formally taken steps toward going public back in mid-July, Jeni Hinojosa wasn't surprised.

"The changes appear designed to make Twitter more appealing to investors when the initial public offering is finally made," Jeni says.

"In some ways, they're also improving the experience for users. But in other ways, some users will be disappointed."

Overall, Jeni says, Twitter will likely remain one of the most effective social media platforms for connecting with both individuals and large corporations. That's because it's less personal than, say, Facebook, and - this is the biggie - it's quick and easy to have a conversation with posts of 140 characters or less.

What are some of the changes Jeni has seen on Twitter and how might they affect you? She shares four:

- No more "automatic follow-backs" means the size of your following will grow more slowly. Some applications, such as HootSuite and ManageFlitter, allowed Twitter users to set up their accounts to automatically become a follower of anyone who first followed them. That allowed audiences to quickly swell - but it also removed human oversight. The result: Some of your followers, and some accounts you followed, would be fake, inactive or otherwise non-genuine connections.

- "I believe Twitter's shutting down the ways huge audiences of fakes can grow so that they can be properly valued for the IPO," Jeni says.

While that's generally good

for users, people who want to build a large following quickly may be disappointed. One such group is authors trying to get literary agents or book deals, she says.

"Agents and publishers want authors who have a strong base of potential fans, and one way to demonstrate that is to get big followings on social media," Jeni says. "Authors may be unhappy that their following grows more slowly, but it's better in the long run - it's not hard to tell when someone has a mostly fake following."

- You can no longer remove fake or unwanted followers en masse. Twitter enforces limits on how many accounts you can proactively follow, so it's important to periodically clear out the fakes, inactive accounts and other unhelpful followers.

SocialOomph and ManageFlitter allowed users to detect and delete these followers in large bunches, which saved time, Jeni says.

"That function is no longer available," she says. "Now, you have to go through your followers one by one to delete them."

- Improved technical support - in some ways. Before the recent changes, if you ran into a problem with your Twitter account, you went to a "help" web page, filled out a form describing the problem, and submitted it. Then you had to watch your email for a confirmation and reply to the confirmation within 48 hours in order for your "case" to move forward.

"While that pesky process still exists, the 'help' page now offers troubleshooting, which makes it easier to fix some problems," Jeni says.

The downside? You're forced to click through multiple steps and take certain actions before Twitter agrees that you have a problem and allows you to send a request for support.

The help page is support.twitter.com.



Facebook did when it went public, Twitter is now offering users the option to pay for their posts to achieve more visibility. So now, you may find a post from an account that you don't follow appearing at the top of your news feed.

"Most recently, I've been getting posts about McDonald's new Mighty Wings," Jeni says. "It's mildly annoying if it's something you have no interest in, but it can also be confusing. You may see it and think, 'Did I follow McDonald's?' and check to see whether you did or not, especially if you're close to your limit on followers."

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★ GRAVITY 3D PG-13 (11:30, 1:45, 4:10)

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Lynwood students are winners at film festival

LYNWOOD - A group of Lynwood High School filmmakers were recently recognized with an Outstanding Achievement by Youth Filmmakers award after debuting their very first film at the East Los Angeles Film Festival 2013, produced by The East Los Angeles Society of Film & Arts (TELASOFA).

The short film titled "Our First Movie" was shot in Lynwood and developed as part of the Tribeca Teaches Film Program at Lynwood High School in partnership with Southern California Crossroads and St. Francis Medical Center.

"Our film was about breaking stereotypes," said LHS student Helen Iñiguez. "Two young aspiring filmmakers with different opinions on their hometown make an unlikely pair and realize they're not so different after all."

The following LHS students participated in filming: Saul García, Fernando Lopez, Christopher Contreras, Jorge Liscano, Hugo Franco, Jose J. Rodriguez, Anthony Montero, Adriana Vasquez, Alan Ventura and Iñiguez.

"It makes me proud to see our students taking part in such a great program that will no doubt open the door to more opportunities in the future," said LUSD Board of Education President Maria G. Lopez. "Congratulations to our young filmmakers for their achievements."

During the five-month Tribeca Teaches program, the Lynwood High students met twice a week at St. Francis Medical Center, where they were engaged through advanced film curriculum taught by a resident teacher and professional filmmaker. The students had the opportunity to work with medical staff to raise awareness about issues in the Lynwood community while also gaining invaluable experience in the world of film.

"Part of our Achieving Greatness Strategic plan includes providing quality programs that offer our students hands-on experience in a variety of career fields," said LUSD Superintendent Paul Gothold. "This meaningful partnership is allowing us to do just that."

To view the film, visit tribecafilminstitute.org/films/detail/our_first_movie.

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Contractors can bid for college work

NORWALK – Cerritos College has launched a Bond Construction Outreach Program to increase the number of local and minority businesses securing work on the college's Measure CC and Measure G construction projects.

“With the Bond Construction Outreach Program, we intend to create growth opportunities for local and minority businesses in the areas of construction, architecture, engineering and professional services,” said Cerritos College President Dr. Linda Lacy.

“Local” businesses are defined as businesses that have an office located within one of the 14 communities served by Cerritos College: Artesia, Bellflower, Bell Gardens, Cerritos, Downey Hawaiian Gardens, La Mirada, Lakewood, Long Beach, Norwalk, Paramount, Santa Fe Springs, South Gate and Signal Hill.

“Minority” businesses must be certified or eligible for certification through the Small Business Enterprise, Disadvantaged Business Enterprise, Minority Business Enterprise, Woman Business Enterprise or Disabled Veteran Business Enterprise.

Three seminars to show contractors how to turn in successful prequalification packages have been scheduled.

The meetings are Oct. 25, Oct. 31 and Nov. 15, all from 10-11:30 a.m. in the school's Teleconference Center (LC155).

For more details about the program, call Tilden-Coil Constructors, Inc. at (562) 860-2451, ext. 7201.

Marcos Castillo completes basic training

DOWNEY – Army Pvt. Marcos A. Castillo has graduated from basic infantry training at Fort Benning in Columbus, Ga.

During the nine weeks of training, Castillo received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history, core values and traditions.

He received additional training in combat skills and battlefield operations and tactics, and experienced use of various weapons and weapons defenses available to infantry crewmen.

Castillo is the son of Fernando and Guadalupe Castillo of Commerce. He graduated from Downey High School in 2008.

College preps with earthquake drill

NORWALK – Cerritos College took part in a mass earthquake evacuation drill – known as the Great California Shakeout – last Thursday.

At 10:17 a.m., students, faculty and staff practiced “drop, cover and hold on,” which experts say reduces potential injury and death during a real large earthquake.

When sirens sounded soon after, they evacuated to the designated area, while building marshals checked and cleared buildings.

Text messages updated students and staff on the drill status through the school's SMS-based emergency notification service for mobile phones.

Several specialized drills were concurrently conducted on campus. Student Health Services set up a triage station in Falcon Square while facilities crew members responded to a simulated gas leak report from the Physical Science and Technology building.

Electric Evac-chair practice was conducted, simulating an evacuation of a person in a wheelchair. Evac-chairs allow rescuers to evacuate wheelchair-bound persons down stairs without heavy lifting.

The entire drill lasted about 30 minutes. It was Cerritos College's third consecutive time participating in the drill, which was started in 2008.

Retired teachers to be feted

WHITTIER – Local retired teachers will be honored at a luncheon Nov. 12 at the Elks Lodge in Whittier.

The event is sponsored by Whittier Division 31 of the California Retired Teachers Association.

A short business meeting begins at 11 a.m. followed by lunch and entertainment.

Cost is \$16 and all educators are invited. For more information, contact MaryJo Haller at (562) 863-7698 or e-mail maryjo516@aol.com.

Disabled students get real life inspiration

NORWALK – Eleven disabled Cerritos College students attended the national Disability Mentoring Day hosted at City Hall in downtown L.A. last week.

The event provided students with an opportunity to network with employers and professionals with disabilities.

“Disability Mentoring Day gives our students a glimpse of various career opportunities and connects them with a mentor who helps and guides them in their future career goals,” said Aurora Segura, Disabled Students Programs and Services counselor at Cerritos College, who accompanied the students along with fellow counselor Steve La Vigne.

Participating students were matched with a mentor in their area of career interest and visited their mentor's place of employment including the Bureau of Engineering, Code Enforcement & Compliance, Department of Cultural Arts, Office of the City Clerk of Los Angeles, Los Angeles International Airport, Los Angeles Police Department and the Port of San Pedro.

Students spend the day receiving hands-on career exploration, job shadowing and mentoring.

At 4 p.m., they returned to City Hall and enjoyed a dinner catered by Olive Garden.

This year, one of the attending Cerritos College student's Martha La Madrid's art was displayed at City Hall as part of an art exhibit by artists with disabilities.

Students who participated include Franklin Tapia, Autum Mahabir, Elizabeth Pezone, Erick Farias, Martha La Madrid, Antonio La Madrid, Miguel Rivera, Asia Chu, Leo Avalos, Anthony Guerrero and Frankie Jimenez.

PIH Health names board of directors

WHITTIER – PIH Health has announced its fiscal year 2013-14 board of directors, which includes physicians and business and community leaders who meet each month to help guide the policies of PIH Health.

The corporate PIH Health Board of Directors has named Kenton Woods as chair of the board; Rich Atwood as vice chair; Efrain Aceves as secretary; and Jane Dicus as treasurer.

The PIH Health Physicians Board includes Drew Sones as chair; J.C. McFarland as vice chair; Robert Petrina as secretary; and Hubert Perry as treasurer.

Nathan Honda, MD, remains chair of PIH Health Foundation Board of Directors. Serving with him are Robin Renek (vice chair), Michal Dawson (secretary) and Hubert Perry (treasurer).

Adult school hosts seminar on new insurance options

PARAMOUNT – A seminar will be held at Paramount Adult School on Nov. 2 to offer more details about the Affordable Care Act, the implementation of Covered California, new health insurance options, and changes to Medicare and Medi-Cal.

The free community event also features a health fair, with no-cost blood pressure, asthma and glucose screenings.

The event is from 9 a.m. to 2 p.m. For questions, contact Jessica Equihua at (562) 529-3250 or e-mail jessica.equihua@asm.ca.gov.

City looks to redesign website

DOWNEY – The city of Downey is accepting proposals for website design and replacement services, including quotes for ongoing technical services.

Copies of the Request for Proposals are available for download at downeyca.org.



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Ed and Diana Shubin (top photo) just completed a trip to San Antonio with friends Mike and Karyn Ehrenfeldt, where they visited the Alamo and River Walk. All are longtime Downey residents.

Orchestra concert just for third-graders

DOWNEY – The Downey Symphony Orchestra is treating approximately 1,600 DUSD third-grade students and their teachers to free performances at the Downey Theatre on Oct. 31. The performances are part of the Downey Symphonic Society's "Music in the Schools" program which is funded by the Helen Hoag Foundation. During the concert, music director Sharon Lavery and various members of the orchestra will explain musical terms and concepts before playing the pieces of music. Each piece performed for students will include "an exciting story." "This will be a thrilling experience for all of Downey Unified's third grade students," DUSD officials said in a statement. "We know there may be future symphony musicians in the audience who will be very inspired by such an enriching opportunity."

Free career classes available

DOWNEY – The Southeast Los Angeles County Workforce Investment Board (SELACO WIB) recently received \$1.25 million in state funding to provide customized, no-cost training for employees of eligible companies in the manufacturing and logistics/goods movement fields. Available classes include frontline supervision, project management, lean concepts and lean implementation, vocational English, continuous improvement, computer skills, supply chain management, global logistics, communication skills, customer service, and manufacturing skills. For more information on classes, contact Gina De Haro at (562) 484-5022 or ginad@selaco.com.



Ryan Fitzl, president of Downey Los Amigos Kiwanis, presents a \$300 check to Maria Larkin in support of the Downey Christmas Parade, taking place Dec. 8 on Downey Avenue. Larkin is chairman of the Downey Chamber of Commerce's parade committee.

College faculty in concert

NORWALK – Cerritos College Music Department faculty members will showcase their talents in a Nov. 17 concert to raise scholarship funds for students in the applied music program. The concert will include performances by some of the most accomplished musicians in the greater Los Angeles area and will encompass a wide variety of musical genres. The concert starts at 2 p.m. in the Burnight Center Theatre on campus. Pre-sale tickets are \$12 general admission; \$10 for senior citizens and middle- and high school students; and \$8 for children ages 5-12. Tickets are slightly higher if purchased at the door. For more information on the concert, call (562) 860-2451, ext. 2629 or go online to cerritos.edu/music.

High school golf tourney Nov. 4

DOWNEY – Redondo Union High School will host its sixth annual golf tournament Nov. 4 at the Rio Hondo Golf Club in Downey. The best-ball tournament features a live auction, barbecue meals and fun competition. Registration begins at 9:30 a.m. and golfing begins at 11. Dinner and auction start at 5 p.m. Cost is \$150 per player or \$50 for dinner only (\$25 for children). Register online at birdeaspro.com/1130.

Chili cook-off Nov. 10

DOWNEY – Chili chefs are needed for the first annual Chili Cook-off taking place Nov. 10 at the Downey Elks Lodge. The event is from 1-6 p.m. and in addition to chili tastings includes barbecue lunch, live band, children's activities and more. Tickets are \$20 and benefit Rebuilding Warriors, Warrior Built and the Downey Chamber of Commerce. To purchase tickets, or to participate as a chili cook, call the chamber at (562) 923-2191 or e-mail chamber president Patty Kotze-Ramos at pkotze@drminc.us.

'Hoop Shoot' at Apollo Park

DOWNEY – Downey Elks Lodge No. 2020 will hold its annual "Youth Hoop Shoot" event on Dec. 14 at Apollo Park. Registration begins at 7 a.m. For more details, e-mail elks2020hoopshoot@gmail.com.

CRIME REPORT

Saturday, Sept. 28

At 1:05 a.m. officers responded to a call of a fight at the Embassy Suites Hotel. Officers located a combative subject who appeared intoxicated, challenging hotel staff to fight. Officers conducted an investigation and ultimately arrested suspect for public intoxication.

Saturday, Oct. 5

At 12:45 a.m., a Downey man was riding his motorcycle on De Palma near Gurley when he crashed into a parked car. The victim was injured as a result of the collision and is being treated at a local hospital. Detectives are investigating the cause of the collision.

At 3:45 p.m., officers arrested a male transient at Rio San Gabriel Park after several people called about the man acting suspiciously. When contacted by officers, the man refused to cooperate and displayed erratic behavior. He was ultimately arrested for disorderly conduct.

Sunday, Oct. 6

At 10:30 p.m., an officer observed a suspicious subject walk into a business located in the 9100 block of Firestone Blvd. The officer contacted the subject and discovered that he had been carrying a loaded handgun. The subject attempted to discard the gun in the dining area of the business when he saw the officer coming. Through investigative means officers discovered the firearm had been reported stolen. The male was arrested and was booked for being in possession of a loaded/stolen firearm.

Saturday, Oct. 13

Downey Police Explorers participated in the 2nd Annual Downey Hunger Crop Walk throughout the city from 12- 4 p.m.

Tuesday, Oct. 15

At 8:40 a.m., Officers responded to the 13100 block of Laureldale Street regarding a theft investigation. When officers arrived they discovered an unknown suspect had stolen copper from the location. No further information at this time and detectives are investigating.

At 12:00 p.m., officers stopped a vehicle for a traffic violation. Upon further investigation it was discovered the vehicle was a stolen vehicle and the driver was wanted by the Department of Corrections for a parole violation. The driver was arrested and the vehicle returned to its owner.

Friday, Oct. 18

At 1:37 a.m. officers responded to the 11800 block of Lakewood regarding a male adult causing a disturbance. While contacting the subject, officers discovered he was wanted by state parole. He was arrested and charged with being in violation of his parole.

Sunday, Oct. 20

At 1:30 a.m., a 29-year-old subject was arrested for vandalism at Independence Park when he was found carving into a city tree. The suspect was also in possession of 10 illegal fireworks.

At 5:30 p.m., a female victim was walking on Lakewood near Donovan when she was approached by a male suspect who grabbed a necklace from around her neck and ran away. The victim was not injured and detectives are investigating the theft.

Information provided by Downey Police Department.

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This custom home is over 6,000 sq. ft. This property sits on a large lot over 14,000 sq. ft. an attached 3 car garage a 600 sq. ft. work shop that can be converted into another 3 car garage and plenty of room for additional parking. This home is comprised of 6 spacious bedrooms, including one master suite (over 1,200 sq. ft.), one master bedroom (over 600 sq. ft.) both equipped with large Jacuzzis, saunas and fireplaces.

Spectacular!!
This custom built 2 story home is located on a corner lot on a tree-lined street in a very desirable neighborhood. This beautiful property features 4 bedrooms with 2 master suites, 6 bathrooms, 2 balconies and a gourmet kitchen. The backyard is perfect for large parties with a covered patio, pergola, built-in seating and a secluded dog run. Call today for more information!

Won't Last!
Very cute and cozy. Well kept complex. Short walk to pool area clean. Some appliances may stay. Dining area. Garage / Auto door. Washer/dryer hook ups upstairs. Fireplace in living room. **This is a must see.**

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7126 Rio Flora, Downey
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Priced at: \$789,000

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Golf Course View!
3 bedroom, 1 3/4 bathroom, living room w/ fireplace, family room w/ fireplace, 1,794 sq. ft. living space.
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- Inventory Up 50% in Downey over the last 120 days
- 42 of 117 current available SFR listings in Downey have had price reductions.
- Properties are staying on the market longer.

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PRICED AT: \$225,000

Light and Bright!
2 BD, 1 BA condo with deck, view of the pool, 2 carpet spaces, central air & heat, and inside laundry. This gated complex is near golf course, schools and freeways.

PRICED AT: \$385,000

Home Sweet Home!
3 BD, 2 BA home with master BD and BA, spacious kitchen, covered patio and 2 car detached garage.



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