



The Downey Patriot



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Thursday, Jan. 23, 2014

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

SHARED STORIES: THE TIES THAT BIND

Prisoner of War

Maria Zeeman was part of a large Dutch family living in Indonesia at the time of the Japanese invasion in 1942. The following story reflects her memories as a six-year-old child when her life was turned upside down and she was a prisoner in a concentration camp. Her family was separated, but happily reunited in 1945 after the war. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Maria Zeeman

I felt so big and was anxious about going into the first grade. We lived far from school and no one went to kindergarten at that time. My brother John, who is thirteen months older than me, already did go to school on the bus. He was so proud, telling BIG stories about it.

We were so happy then. My parents had eight children. I have three older sisters and two younger ones, and two brothers. My father was a Dutch harbor pilot and we lived in Indonesia, close to the ocean in a big white house.

Connected to our house were many small rooms in a row. There was a room for the kitchen, washing and ironing, bathroom, toilet room, a room for bikes and toys, and a room for the "cleaning-up" equipment. All of the floors were marble and cool. We had five servants who were with us for many years, and each had their own room.

I shared a room with Letty, my younger sister. We liked to be together. The temperature is very high in Indonesia, especially at midday. We often played at home on the cool marble floors, wearing light summer clothes and in bare feet. We played with cards or dice, Monopoly, jacks, or other games, and we were very competitive! We played with our siblings mostly, since there were no other children close by.

Letty, Trix, Jan and I were the four youngest in the family. My older siblings usually did other things, but they often played with us too. Sometimes we also went to the waterfront and played there, but always stayed together.

At night, dinner was always at 6 p.m. My parents sat at each end of the table, and we children sat four on each side of the table. The food was cooked and served by the baboe (servant). My mom told her what to cook. Our baboe was a wonderful part of our family.

While we were eating, we all got a turn to tell what was on our mind, talk about school or things that happened. When we were finished, the baboe set a small table for Ma and Pa and served them so they could talk together privately. Then we all did what we wanted until bedtime. That was a fun and happy time.

But even at six years old I felt that something had gone wrong. Everybody was so serious and talked softly. They didn't want to upset us four smaller kids. Sure enough, my father came home one day, nervous and upset, and told us all to get ready to go to the city to try to escape.

We drove a Ford and today I wonder how we all fit in that car, our family of 10, our baboe and the pregnant cat!

We never would guess that this was the end of our family's happy, peaceful, and free life together.

Road to Djakarta

We were packed in the car and scared. It was eerily quiet on the road. There were no other cars or any living soul around. My father drove and everybody was very still. Then our cat started to meow very loudly. My father had to stop on the side of the road.

Our poor cat was having her babies! We had to leave her on the road and we all cried, including my rough and strong dad. He said we had to go and to pray that somebody would find her and take care of her. I remember that we could hardly breathe. We sat on top of each other.

When we entered the city, Batavia, which is now known as Djakarta, the Japanese soldiers captured us. We were taken to a big house where we were held captive.

At first, our baboe could stay. We were very close to her, especially my two younger sisters and my brother Jan. One day, a Japanese officer came and yelled at my father and put him on a bus with several other men. We had no idea what they were doing or where they took him. It was very scary.

Nobody knew where our father was. The soldiers came in the house and sometimes ate with us at the table. That was very strange. They didn't eat with a fork and spoon, but they seemed to like our food. They burped and slurped, which was also very strange for us. This situation went on for a few months.

My mother and three older sisters were constantly together. Nobody did anything in particular. We just sat and roamed around the house. We four "little ones" did nothing; nobody seemed to care or know what to do or what to expect.

Then Jan, my seven-year-old brother, and I snuck out to the "campong." That is where the Indonesians lived in small villages, but were also under the authority of the Japanese. We spoke the native language and the villagers were very protective of us. We heard screaming and loud crying. A bunch of younger men were called together. We were hiding and very scared. Then we saw one of the soldiers grab a man, and with his big sword, cut off the man's hand. It was horrible.

The people who were hiding us kept us very quiet and took us home as soon as they could. That same night a few soldiers were running through our rooms. All eight of us were in my mother's bed shivering. That morning my mother insisted that they take us to the camp.

Our life changed again. We had to leave our baboe behind. We

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STROKE SEMINAR CREDITED WITH SAVING TWO LIVES

• Hundreds receive no-cost health screenings; more scheduled later this year.

By Greg Waskul
Contributor

DOWNEY – Two lives were saved and many other individuals with life-threatening high blood were identified at the first local Primary Stroke Prevention Seminar of the year, which drew an overflow crowd of 300 people to the Rio Hondo Event Center Wednesday.

The centerpiece of the seminar was a compelling, powerful and yet easy-to-understand 45-minute presentation by RTH Stroke Foundation President and noted stroke educator Deborah Massaglia that was meant to inspire the audience to strike out stroke in their lives. Following her presentation, attendees were provided with free carotid artery and blood pressure screenings.

"We gave 290 carotid artery screenings and more than 250 blood pressure screenings," said RTH Stroke Foundation Executive Director Guy Navarro. "Two individuals were detected with a significant narrowing of their carotid arteries, and dozens of individuals with detected with high blood pressure exceeding 140/90. We will follow up with all these people to help them get the treatment they need to help prevent a stroke."

In a doctor's office, the free screenings provided at Wednesday's seminar would cost nearly \$150,000. The event was sponsored by the RTH Stroke Foundation, Rio Hondo Event Center, *The Downey Patriot*, Keck Medical Center of USC and the Rancho Research Institute. In addition, PIH Health provided assistance with the blood pressure screenings at the event.

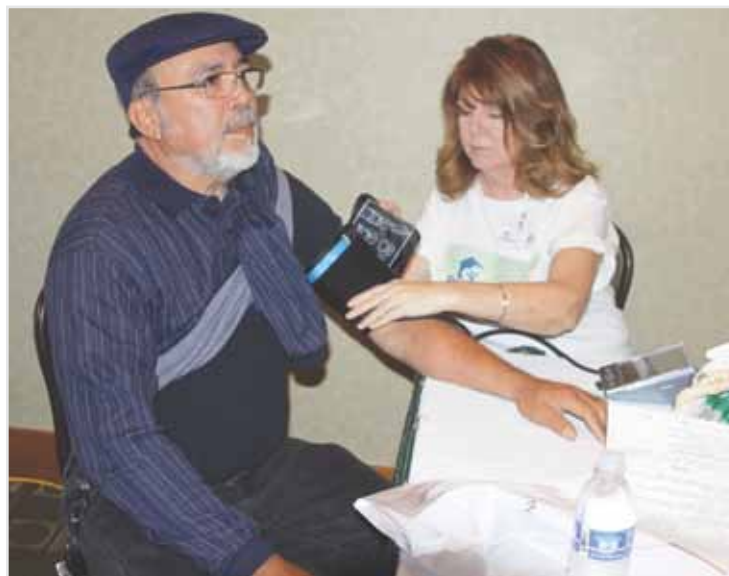


PHOTO BY GREG WASKUL

A man undergoes a free carotid artery screening, courtesy of the RTH Stroke Foundation and other partners.

This Downey seminar series, which leading stroke experts have called the most successful primary stroke prevention initiative ever undertaken in the United States, got off to a flying start for the new year with Deborah's presentation, which provided so much valuable information that it couldn't be contained in a single article.

As a service to our readers, and in recognition of the many lives that have already been saved and the hundreds of local residents who have learned they have life-threatening high blood pressure from these seminars, we will cover Deborah's information-packed presentation with stories this week and next week. We hope our readers take these messages to heart because people can prevent most strokes simply by changing their lifestyle.

Deborah presented her message Wednesday clad in a Keck Medical Center of USC doctor's lab coat, which in itself was a powerful sign of the importance of what was to come. The RTH Stroke Foundation funds the Roxanna

Todd Hodges stroke clinic at Keck, named for the foundation's caring and compassionate founder who herself was felled by a series of major strokes.

Deborah began her talk by acknowledging how people found out about the stroke seminar. "Most of you are here today because of *The Downey Patriot*," she said. "Whenever there's a story in the paper, our phones ring off the hook. We're grateful that these articles get you in here to learn about how you can prevent stroke."

She added that she was also grateful to Mark Shelton, who runs the Rio Hondo Event Center. "Mark gives us the room, the refreshments and the audio-visual for these seminars free of charge. He sets up and breaks down everything for us. And we couldn't do it without his generosity, his partnership and his extraordinary sense of public service that is a testimonial to the heart of this great city."

See STROKES, page 8

Dodi Soza died of heart condition

• Downey High football player Dodi Soza died of heart failure, coroner rules.

By Christian Brown
Staff Writer

DOWNEY – Nearly three months after the Downey community rallied around 16-year-old Dodi Soza, the Downey High School football player who died two days after collapsing on the football field last October, the Los Angeles County Coroner has determined his death was caused by natural cardiac failure.

In an autopsy report released by the coroner's office this month, medical examiners list Soza's primary causes of death as a sudden cardiac event and anoxic encephalopathy, a shortage of oxygen to the brain.

Contrary to numerous reports that Soza was injured during the Oct. 10 junior varsity game against Lynwood High School, the report concludes that his cause of death was natural.

Kelsey Soza, Dodi's older sister, says shortly before his death, her brother was diagnosed with hypertrophic cardiomyopathy, a cardiac disorder that impedes blood flow out of the heart and can sometimes cause sudden death in young athletes.

News of the disorder came as a shock to members of Dodi's family, Kelsey said Tuesday.

"If we would've known, he wouldn't have been able to play sports," Kelsey Soza said. "Dodi was born with an enlarged heart and walls that were thicker. When he worked out, there wasn't enough blood flowing through his body."

Soza said doctors told her family that hypertrophic cardiomyopathy often carries no symptoms and is hard to detect in patients, but the effects can turn fatal for active young men between the ages of 15-22.

"This could've happened while he was sleeping, eating, or watching TV. It's one of those rare diseases with no symptoms, no medications," she said.

"Maybe it was something that was destined to happen. But it makes us more aware of our health, to be more cautious and make sure my younger brothers get tested."

Soza, a running back, collapsed after scoring a touchdown against Lynwood High School last October. He was immediately transported to St. Francis Medical Center, but later transferred to Miller Children's Hospital in Long Beach where he died surrounded by family members.

Soza's passing garnered much media attention, galvanizing classmates and community members who gathered outside the Downey High School campus to celebrate Soza's life with chants, stories, white candles and balloons.

Kelsey Soza, 22, says all the attention came as a surprise to the family who didn't realize how beloved Dodi was at the school.

"We were shocked to see the support from friends, the school, and the community," she said. "The entire football season, both JV and varsity teams at Downey High School, were dedicated to Dodi -- it really helped my mom to see that."



Epic Lounge showing 3 short films

DOWNEY – Three short films directed and produced by a group of independent local filmmakers will be screened this Sunday at the Epic Lounge.

The free event will serve as the official premiere of "Loveland," the latest film by artist Polaris Castillo, who may be best known locally for his "Balloonhead" documentary that was screened in Downey in 2012.

Besides "Loveland," also being screened Sunday are "Windmill" and "Effusion." The films were created by a group of young, ambitious filmmakers who call themselves Sweet Nightmares.

Each of the films was filmed in Downey, Norwalk and surrounding areas, and are about 10-15 minutes in length.

"Windmill" tells the story of a mother who is afraid to go outside for unknown reasons. The film is Sweet Nightmares' first production and examines whether the woman's fear is legitimate.

Production on "Windmill" began last March and lasted until September.

"Effusion" is a psycho-sexual thriller. Writer and producer Matt Landsman describes the film as a "psychedelic exploration of the mind and body."

"Loveland" is a whimsical, surreal love story about a construction worker who also fixes broken hearts. Castillo said the story idea came to him while he was sitting in freeway traffic last year.

Sunday's event is free and begins with a reception at 6 p.m. The first screening is at 7.

"As filmmakers, you just want people to watch your films," said Castillo, who lives in South Gate. "We're hoping a lot of people come out and enjoy the films."

The Epic Lounge is at 8239 2nd St. in downtown Downey.

–Eric Pierce, editor

PRISONER OF WAR: life in an internment camp

Continued from page 1

never could have guessed how awful the camp was going to be.

Tjideng Camp

After we left that big house in Djakarta, we moved to Tjideng Camp. We were put in a small house, but we could still cook and we had a bathroom for the first eight months. Once a week we were allowed to go out of the camp and buy food or other things with money, or clothes or jewelry. Our problem was that we had no money.

My oldest sister Fransje was pretty smart and asked my mom what she missed the most during the first world war. My mother said, "Soap."

Fransje had already worked for a little while before the war and knew other people. One of them was Ma San Jaw, a Chinese man who was free outside. Fransje asked him to get her soap, and she started to sell the soap inside the camp. We all helped, and soon we could pay Ma San Jaw some money. He got us more soap to sell, and so we were able to get some food.

Then all of a sudden the soldiers closed the gates and put a double fence around the camp. A soldier would walk around it so nobody could get out. Fransje could never thank Ma San Jaw for helping us, so she threw a thank you note over the gates. Fransje and four other women were caught trying to communicate with outsiders.

Fransje and the other women later came back, and we saw what they had done to Fransje. She was blue all over. Apparently they knew how to hit so that it hurt a lot, but there was no blood. Her legs, arms, and back were black and blue and painful for a very long time. Fransje told us nothing about what happened except for this very tall blond lady who they put in a doghouse. Nobody knows whatever happened to her.

One morning we all had to come forward and give the soldiers all that we had in valuables. They were very rough in taking off the rings and other jewelry. Some of the women hid their valuables, but the soldiers seemed to know where to look. It was awful and very degrading.

Then they rounded up all of the dogs that anyone kept as pets. The animals were all thrown into a big truck, and we cried silently as we watched them slaughter our animals. They made us keep our eyes open.

We were now not allowed to cook or have running water. Every day we went to the big building and received a handful of food. In the morning we got a slice of bread which was like leather; but we could chew on it for a long time.

Early every morning, and again in the afternoon, we had to stand in rows of ten people deep to bow to the captain. There was about a foot between each row. Soldiers would walk down each row, and if someone wasn't standing straight, that person got beat.

We were made to listen to the captain who stood high on a pedestal. Then we would bow down, and stand straight up again. In the beginning it wasn't so bad, but when Captain Sone took over, it was often very bad. When he gave the order to bow, he would make us stay bent over for a long time. If anyone fell, they killed that person.

All eight of us children were with my mother until my brother Piet reached the age of twelve. Then they took him away. We never saw him again until after the war. Other families were put into our house with us. We had bed and two big wooden cases for our family to lay or sit on.

My mother, Fransje, Nel and Claar slept on the bed. Jan, Letty, Trix, and I slept on those cases. Fransje stayed home with my mother and the

four younger members of our family.

Nel was seventeen years old and her job was to work with the "show ploeg" carrying heavy things and cleaning the small ditches that ran in front of the houses. Everybody had to use these ditches as a latrine and a place to throw up. It always smelled so bad, and it was a hard job to keep clean. They used the young girls for that.

Claar was with the eleven-year-olds and had to clean the big black drums where they cooked the food. She would climb into the drums to scrub the bottom. As long as she had shoes, she would bring scraps of food to us in her shoes. Later, when there were no shoes, she put the food under her toes.

We four little ones did nothing. We had no school, no church, no medical help. Slowly we ran out of clothes and shoes, but we always had soap.

Sometimes I think that being part of a large family helped to keep us safe. My mother and I got real sick with tropical sores during the last months, but my sisters always made sure that we showed up to bow down to Captain Sone.

The End of the War

One day we heard the soldiers leave and we knew the war was over. I was nine years old by then and my mother and I were very sick. We had been living in a Japanese concentration camp in Indonesia for three and a half years. I had not seen my father and older brother Piet for all that time.

My family went back to our spot in the camp and waited. Somehow, Fransje got ahold of a banana and I will never forget how she fed it to our mom with a tiny spoon. We were all hungry, but Fransje gave the whole banana to our mother to save her life. And it did.

Later, we saw packages being thrown from the American planes. The parcels falling from the sky were filled with food, cans, candies, lipstick and cigarettes. These last two things I had never even seen before. We tried to eat the lipstick.

"We will eat again," said my mother, "and someday you will go to school." I was amazed and awestruck. I still didn't know what a school was, or what a doctor or hospital was either. Then we saw a doctor who gave my mother and me some medicine. Her sore was not as big as mine and it got better soon. Mine did not.

Ma Son Jaw finally found us and took my mother, Jan, Letty and Trix on a train to Bandoeng. He knew that my father and brother were there. Fransje, Nel and Claar had to stay with me until I got better. This took two more months. Then our Chinese friend took us to Bandoeng to join the rest of the family.

I had not seen my father or brother, Piet, in four years. I did not even recognize them. They were emaciated and broken-looking. My father had awful scars on every inch of his body, even the soles of his feet. He had a huge swollen nose and a long, scraggly grey beard. I did not know him.

After the war, the younger Indonesians were violent with us and we had to leave. We got on the first boat able to leave Indonesia for Holland in 1946. My father had to remain for a while in Indonesia to help with the ships.

Many years and two countries later, I finally immigrated to the United States of America, where I will stay for the rest of my life. As a newly-freed nine-year-old watching the American planes give food to my starving family after a terrible war, it was my wish to become an American. And now I am!

Community Development forum Wednesday

DOWNEY – The public is invited to attend a forum to discuss development processes and procedures within the Community Development Department on Wednesday, Jan. 29, from 6-8 p.m. at the Columbia Memorial Space Center.

The city is seeking feedback from residents, businesses and developers related to the Community Development Department, which includes planning, building and safety, code enforcement, and more.

There will be a short introduction by Community Development Director Brian Saeki followed by time for the public to speak and ask questions.

For more information, call Community Development Department at (562) 904-7154 or e-mail associate planner and business ombudsman Jessica Flores at jflores@downeyca.org.

Walk for Life registration opens

DOWNEY – Online registration is now being accepted for the fourth annual Walk for Life, a fundraiser benefiting suicide prevention on college campuses.

Originally held in Downey, the walk was moved to the campus of Cal State Long Beach this year. It takes place March 2 at 8 a.m.

Advance registration can be completed online at amazingdayfoundation.org. Sign-ups will also be taken on-site on the day of the event.

Benefit comedy show Feb. 15

DOWNEY – The Fremont High School Alumni Foundation is hosting its third annual comedy benefit fundraiser Feb. 15 at the Epic Lounge in Downey.

The comedy show has allowed the foundation to award 10 scholarships to distinguished John C. Fremont High School seniors over the last two years.

This year's show will benefit high school seniors entering college in fall 2014.

Doors open at 7 p.m. with the show starting at 8:30. There will be an after party following the show.

Suggested donation is \$25. Tickets can be purchased online at fhsalumnifoundation.org or at the door.

Bicycle ride this Saturday

DOWNEY – The Downey Bicycle Coalition will host its monthly Community Bicycle Ride this Saturday, Jan. 25.

The group meets at Furman Park at 8 a.m. and hits the road for a family-friendly 5-8-mile ride through town at 8:30.

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CRIME REPORT

Wednesday, Jan. 15

At 5:20 a.m., officers responded to the 9500 block of Parrot Avenue regarding a possible vehicle theft. When officers arrived they located two suspects under a car attempting to remove parts from the vehicle. Upon further investigation, it was discovered the suspects had been removing catalytic converters from vehicles parked in the area. The suspects were arrested and detectives are seeking additional victims.

Sunday, Jan. 12

At 1:40 a.m., Downey Fire Department personnel responded to check on the driver of a vehicle stopped in the intersection of Lakewood Blvd. and Imperial Hwy. As they knocked on the window of the vehicle the driver apparently awoke, releasing his foot from the brake, causing the vehicle to impact the Fire Department ambulance parked at the scene. Officers arrived and conducted an investigation for driving under the influence. It was determined by officers that the driver was driving under the influence and was arrested. No one was injured during the incident.

At 9:30 a.m., officers responded to the 12500 block of Brookshire Avenue regarding a residential burglary. When officers arrived, they spoke with a victim who reported a male suspect forced his way into the location and attempted to take two males (suspect's brothers) who were under the care of the resident. The suspect was unsuccessful and ran out of the location. Officers searched the area and located the suspect hiding nearby. The suspect was arrested and booked for Burglary.

At 11 a.m., it was discovered that someone had vandalized the recreation room of Rio San Gabriel Park by smashing the window of the structure with a concrete water valve cover. A report was filed and detectives are investigating.

At 7 p.m., a male and female adult began arguing inside of their vehicle at the intersection of Lakewood Blvd. and Florence Ave. During the course of the argument the female attempted to exit the vehicle while holding their infant child. As she did, the male drove forward, causing the female to drop the child onto the roadway. The infant was transported to a local hospital and treated for minor abrasions. The adult male suspect was located and arrested for Domestic Violence.

Friday, Jan. 10

At 3 p.m., officers responded to the 8700 block of Imperial Highway regarding a possible robbery investigation. When officers arrived they spoke with the victim who reported a male suspect had entered the location and brandished a knife. The suspect demanded money from the victim. The victim complied with the suspect's demands and gave the suspect an undisclosed amount of U.S. currency. The suspect ran away from the location with the money. Detectives are investigating.

At 8:30 p.m., officers responded to an anonymous call of subjects on the roof of the business at 9060 Firestone Blvd

(Falles Paredes). With the assistance of LAPD's air unit, officers located three adult male subjects on the roof. Though there were no signs of attempted theft or burglary, the business owner was desirous of prosecution for trespassing. The three were arrested without incident.

Wednesday, Jan. 8

At 3:40 p.m., officers responded to a call of subjects fighting in the 9000 block of Firestone Blvd. As officers arrived the subjects began to disperse. An officer saw a male subject who was armed with a small baseball bat, walking away from the crowd. The officer stopped the subject and arrested him for possession of a Dangerous Weapon. There were no injuries reported.

Monday, Jan. 6

At 12 p.m., officers responded to the 12000 block of Smallwood Avenue regarding a residential burglary. When officers arrived they spoke with the victim who reported an unknown person had stolen items from his residence. Forensics Unit responded and processed the scene. Detectives are investigating.

Saturday, Jan. 4

At 5:25 p.m., Downey Police Officers responded to the 12000 block of Pangborn Street regarding a stolen vehicle. Using GPS navigation, the vehicle was located and two suspects were seen removing items from the vehicle. Upon further investigation officers arrested the suspects for Grand Theft Auto.

Sunday, Dec. 15

At 3:20 a.m., officers responded to a solo vehicle collision at Lakewood Blvd. at the railroad tracks. It appears the vehicle lost control while traveling at a high rate of speed and struck a tree and streetlight in the center median. The driver and passenger both suffered serious injuries and were transported to local hospitals for treatment. An investigation is being conducted as to the cause of the collision.

Friday, Dec. 13

At 9:50 p.m., three adult male suspects entered the ARCO gas station at 9093 Imperial Hwy, and feigned as if they were going to purchase food items. When the clerk rang the items up and opened the cash register, one of the suspects produced a handgun and demanded the money from the register. The suspects fled the store and entered an awaiting vehicle nearby. Detectives are investigating.

The Crime Report is provided as a public service by the Downey Police Department.

Men charged in Pasadena house fire

PASADENA - Two men who allegedly torched a Pasadena home on New Year's Eve have been arrested and face felony charges.

Steven James Rymer, 28, and Hosea Daniel Dileoreto, 18, both face one felony count each of arson of an inhabited structure or property, use of destructive device and explosive to injure/destroy, and burglary.

Prosecutors claim that on Dec. 31, both men destroyed a home in the 800 block of North Oakland Avenue in Pasadena, only a mile away from the route of the Rose Parade which took place the following day.

Rymer and Dileoreto allegedly used a pipe bomb to burn the house. Prosecutors said the owner of the home had died eight months earlier but the property was being inhabited by squatters.

If convicted, each defendant faces up to eight years in prison.

Gang member arraigned on murder charges

LONG BEACH - A Hawaiian Garden gang member, accused of killing a woman during a walk-up shooting, was arraigned Tuesday.

Robert Rubio Jr., 53, pleaded not guilty to one count of murder, attempted murder and possession of a firearm by a felon.

Prosecutors said that on Dec. 17, Rubio reportedly walked up to a Long Beach residence and was greeted by Monica Barbosa and her male friend.

Rubio allegedly pulled out a gun and shot Barbosa and the man. The woman died, while the male victim was treated for his injuries.

Long Beach Police arrested Rubio a day after the attack.

According to the felony complaint, Rubio has been convicted of other felonies: robbery in 1984, battery in 1992, and manufacturing, selling or possessing dangerous weapons in 2010.

Rubio's bail was set at \$4 million. His next court date is Feb. 28 for a preliminary hearing.

A motive for the shooting was not known, but charges include special allegations that the crime was committed for the benefit of a criminal street gang.

Man convicted in girlfriend's death

SAN PEDRO - A jury has found a San Pedro man guilty of murdering his girlfriend in 2012.

The jury deliberated a little more than three hours before finding Donald Lee Bush Jr., 55, guilty of first degree murder.

Jurors also found true an allegation that Bush personally used a deadly and dangerous weapon, a hammer.

Prosecutors said at the time of the murder Bush and his girlfriend, 59-year-old Dana Milo, were living together at a San Pedro boarding house.

On May 23, 2012, at about 10 p.m., residents at the boarding house last saw Milo watching television in her room. Around 1:30 a.m., Bush exited the same room and a resident viewed the victim dead inside.

Bush was hospitalized for wounds to his body, but authorities determined they were self-inflicted.

Prosecutors said Bush had a history of abusing other women.

He returns to court Feb. 24 for sentencing and could receive 25 years to life in prison.



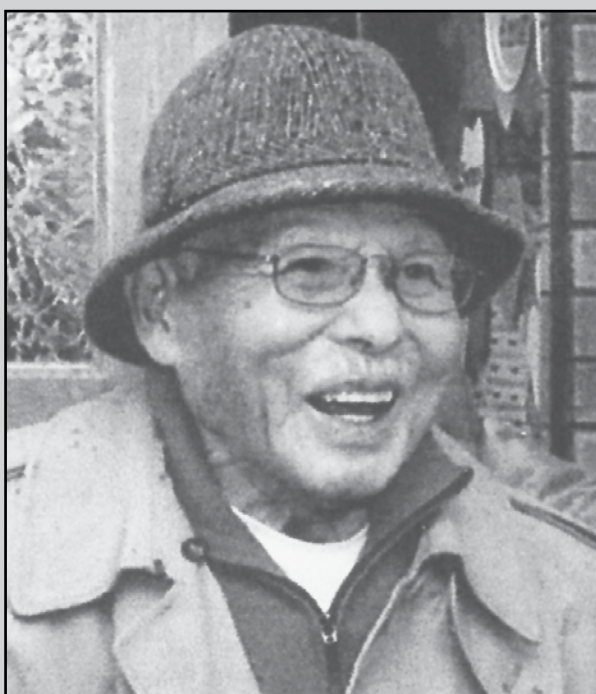
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Remembering a very special Doctor Kei H. Ozaki, M.D.



Dr. Ozaki served the Downey community as a family practitioner for over fifty years. He left behind numerous friends, associates and patients who will never forget his dedication, hard work and friendship. He had a broad smile, friendly words and encouragement for all who came into contact with him. His greatest disappointment in later life was that he was forced to stop practicing due to his failing health. His memory is a continuing source of love and guidance, and he is most assuredly in a place of honor in heaven. He touched so many lives and there is so much admiration that continues today just for him. How proud we are of the legacy he left us.

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AT 90, DR. DONALD BROOKS STILL PRACTICING

• Downey chiropractor earned his degree in 1947 and is still working.

By Henry Veneracion
Staff Writer

DOWNEY – Slim and mustachioed Dr. Donald Brooks has been a chiropractic in Downey for 55 years and turned 90 in August, but he hasn't stopped working.

Oh, he has slowed down a bit: he begins his day at 8:30 a.m. and now enjoys the luxury of leaving the clinic at noon.

What happens when he gets home? "Oh, nothing much," he says. He watches some TV, but this is for later in the evening ("Jeopardy, Wheel of Fortune, stuff like that. I like to watch the news, too").

"I enjoy college football, especially USC, as well as UCLA basketball," he says, "and follow track and field."

"I've never been much of a reader, either," he admits. "My brother, he was a big reader. He had lots of books lying around. Me? I always was a slow reader. I had to read every word."

But despite all this, and

looking tall, distinguished and smart as a whip even today, Dr. Brooks earned his chiropractic degree in 1947 from the L. A. Chiropractic College in Glendale. The decision to pursue the profession was easy: his father was already a practicing chiropractic; it was he who built the Brooks Chiropractic building on Downey Ave.

Dr. D. Brooks' son, Lance, who has taken over the full-time practice at the clinic, also got his degree from the same college in 1983.

A product of Budlong Grammar School, just down the street from where he was born (at Normandie and 63d St. in South Central L.A.), Dr. D. Brooks graduated from Manual Arts High School on Vermont and 42nd St. (near USC), in 1942.

Eighteen at the time, he joined the Army Air Force and, for two years as a B-17 tailgunner, flew on missions over Germany (Mannheim, Frankfurt, Leipzig, etc.) targeting oil refineries, aircraft factories, and ammunition dumps.

He was one of the first flyers to fly 35 missions without being injured or shot down, and for this feat he was awarded the Distinguished Flying Cross.

In a nutshell, Dr. Brooks says, the essence of chiropractic is relieving spinal nerve pressure and thus correcting the spine, and thus helping people who are in pain, especially in their back and neck areas. He adds that the most common cause is "too much heavy lifting."

An info pamphlet provided by the clinic elaborates on this. Chiropractors, it says, "locate and correct subluxations, the small internal distortions that create disconnections in your body that interfere with your nervous system communications. To be fully alive, you need to be fully connected."

Another pamphlet says chiropractors are specially trained to correct the "slight misalignment or distortion of your structural system, including your spine, that affects your discs, nerves, ligaments and ultimately your entire body. Once your chiropractor frees you of these subluxations, your body and mind function better."

In this connection, low back pain is very, very common, it states. Citing a documented research, it says about 85 percent of the population will experience disabling low back pain at least once during their lives."

It further offers reasons why chiropractors have helped millions of people with low back problems, often saving them from pain, disability, drugs and surgery: "Because painkillers, muscle relaxants, Valium, braces, physical therapy and surgery are not designed to correct subluxations. Chiropractic is."

A member of the College of Chiropractic, California Chiropractic Association, and the American Chiropractic Association, semi-retired Dr. Brooks says: "I like the work I do. Besides helping people with their pain, my work keeps me alert mentally and physically active."

He vaguely remembers being a member of Kiwanis "some forty years ago."

The secret to his longevity? "Diet, and keeping my life simple, no complications," he says. About four times a week, he and wife Dolly (who also works part-time at the clinic) go out to dinner. Their favorite destination is The Seafarer's Inn on Whittier Blvd. "They have fresh fish, especially salmon," he says.

His daughter, Melody, is also a part-time staffer at the clinic. So is Lance's wife, Cathy. "We have a full-time assistant, Phyllis," he says.

Dr. Brooks' ancestry is English, Welsh and French. He has four grandkids.



Councilman Alex Saab will be honored by OLPH School as a "Distinguished Graduate" this Saturday. The event begins with a 5 p.m. Mass in the OLPH Church followed by a social and open house on the school campus. Saab graduated from OLPH School in 1989.

Improv show for TLC Center

DOWNEY – A comedy improv show featuring local community leaders will take place Thursday, Feb. 6, at the Downey Theatre.

Tickets are \$10 and all proceeds will benefit the TLC Family Resource Center.

The show will feature performances by Mayor Fernando Vasquez, council members Roger Brossmer and Mario Guerra, DUSD officials Dr. Robert Jagielski and Blanca Rochin, and others.

Tickets are on sale at the Downey Theatre box office and online at downeytheatre.com.

Downey DeMolay installs officers

DOWNEY – Downey DeMolay held its installation of officers Jan. 18 at the Downey Masonic Lodge.

Jacob Hanson, squire commander of the St. Bernard Priory, installed the following officers: Master Councilor, Aaron Payne; Senior Councilor, Kenneth Gonzalez; and Junior Councilor, Curtis Phillips.

DeMolay is an international youth service organization, teaching young men ages 12-21 "to be better persons and better leaders."

The organization teaches leadership skills, public speaking, time management and financial management. More than 1 million young men have gone through the program since it was founded in 1919.

For more information, visit scjdemolay.org or demolay.org, or e-mail downeydemolay@yahoo.com.

This Is What a Standing Ovation Looks Like on Paper

"Selling my mother's home after she died was a difficult project considering I live in Virginia. I needed to find an experienced agent who knew the area well; who would aggressively market the property; who would even, outside of office hours, keep me updated and informed on the process, status and progress; and who would actively fight in my best interest. You came highly recommended to me as someone who could meet my requirements, and I was not disappointed".
Ellen Sherman

"You always acted in a professional manner. Your advice and counsel during the process was very helpful. I appreciate the fact that you were always available when I needed you and that you always acted with professional confidence, while at the same time being very personable in your approach to people".
Robert E. Emerick, Ph.D.

"We were so impressed with your knowledge and abilities. The way you explained things and worked with us and our buyer to make the sale happen was wonderful. You truly have experience and that experience definitely comes through".
Roy and Diana Tait

"I just wanted to let you know how much we appreciate your assistance in working with our family and most importantly, my 90 year old mother in the sale of her home. We were very pleased with your professionalism during the course of the process as well as the ultimate result. You understood my Mom's situation and worked to ensure that the required showing of the home was as easy as possible. You were able to find a willing buyer despite many limitations and really did not let these restrictions impact the successful marketing of the home".
Raymond A. Tabar

"Despite questionable behavior on the other broker's part, you pulled it all together, Thanks for your help."
Isabel Palomera

"We entrusted Dale with the finding and purchase of our home and were instantly impressed by his passion, dedication, and professionalism. With his personal approach, perseverance, and immaculate work ethic, Dale established a familial bond, at all times displaying a sincere desire to strive for and deliver exactly what we were looking for. He provides the utmost in quality service, is extremely proficient in the general real estate industry, and brings remarkable knowledge of the local market. Dale was extraordinary in his efforts negotiating between parties involved, all the while maintaining focus to safeguard our best interest."
Tim & Mary Behncke

"I put off listing my house for almost 2 years because I was concerned that it would be on the market for a long time, I was wrong! When you suggested pricing the home under what I wanted for it, I was concerned too-but you knew what you were doing, since it sold in only 6 days and for much more than it was listed at! I can only credit this to your ability as a Real Estate Agent, and to your knowledge of the market".
Jerry Search

"Thank you so much for all you did to make my Short Sale as painless as possible. I know that you and your associates went above and beyond to save me money, time, and sanity. I look forward to doing business with you again".
Marie McKenzie



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Letters to the Editor:

Street parking

Dear Editor:

I would like to address the parking situation on the north side of Florence, the first block east of Paramount Blvd.

Traveling west on Florence from the 605 to the 710 freeways there is no street parking except for the one block I just described. Approaching that block, the traffic goes from three lanes to two and then goes back to three after crossing Paramount.

Since there is ample parking behind the businesses at that location, it makes sense to eliminate all street parking there which would help the flow of traffic on Florence. Just a thought.

Doreen Lorand

Downey

Objective sources

Dear Editor:

I, for one, look forward to letters submitted by Elsa Van Leuven and Margaret Hittinger.

If we are able to accept these issues objectively, we will find ourselves informed. I appreciate the time and efforts to secure the information. And especially I admire their courage in sharing the information in a public forum.

Hopefully it encourages more people to become involved, people who will question the media from time to time. Too many rely on the "evening news" on TV, which is a media most interested in entertaining their viewers and collecting revenue; seldom in-depth. Likewise with the radio broadcasts.

Newspapers remain the very best source of valid information and hopefully will remain so for a long time to come.

Remaining objective is not always an easy thing to do, but it will encourage better exchanges of ideas and usable information.

Dona Hill

Downey

Water conservation

Dear Editor:

On early morning walks it's interesting to observe how we irrigate our property.

Sometimes sprinkler heads are broken and water gushes up like Old Faithful and then cascades into the gutter, or sprinkler heads are directing water onto sidewalks and streets. We, including this writer, waste our precious supply of fresh water big time. We think it's an infinite supply, that it never will be depleted, that it will always be there for us. Not true. We constantly strive for a beautiful lawn in our semiarid, desert-like environment.

Some scientists at Scripps Institution of Oceanography predict a 50 percent probability that Lake Mead will be completely dry by 2021 because of climate change, unsustainable overuse of the Colorado River and population increase. Lake Mead, a huge reservoir of Colorado River water supplying Arizona, Nevada, California and Northern Mexico is dropping to a level not seen since it was first being filled in the 1930s.

We have been in an 11-year ongoing drought. Many of our large water reservoirs are down 50 percent or more. Look at hills that haven't burned and notice how brown they are. That is how Southern California would look in its natural state without large amounts of imported water.

We continue sticking our heads in the sand by not immediately taking steps to radically save our diminishing water supply. This writer and his family have spent many happy days on Lake Powell, Mead, Mohave and Lake Havasu boating, swimming, fishing, skiing and camping. It's amazing to watch the mighty Colorado flow by and know how vital it is for those of us who live in the Western U.S.

It is amazing to see all the water behind these giant dams and now some experts believe that in the future, lack of water may make it necessary to close either Boulder Dam or Glen Canyon Dam.

Byron Dillon

Downey

GOP response to state budget

Despite the fact that Gov. Brown's FY 2014-15 budget proposal used many of the same recommendations Republicans have been making for the past decade, there are a number of concerns GOP leaders from across the state are voicing.

L.A. County Supervisor Mike Antonovich: "On top of \$354 billion in unfunded liabilities, including \$217.8 billion in retirement mandates, Governor Jerry Brown is increasing spending by 8% -- once again ignoring the fact that while the wheel is spinning, the hamster is dead."

"The 2014-15 budget's increased spending, while our state's fiscal health is on life support, is irresponsible and saddles current and future generations with debt."

"The Governor continues to believe that 'a penny saved is a government oversight.' He needs to take decisive action to reform civil service, consolidate overlapping programs, eliminate excessive regulations and downsize the bloated bureaucracy to put the state's fiscal house in order."

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Ricardo Lara: health insurance for all immigrants

Working in partnership with a broad and diverse statewide coalition, Senator Ricardo Lara (D-Huntington Park/Long Beach) who chairs the state's Latino Legislative Caucus today announced plans to introduce legislation that will expand access to health care coverage for all Californians, regardless of immigration status.

"We've made enormous strides to reduce California's uninsured population with the implementation of the Affordable Care Act, but we won't have a truly healthy state until everyone has access to quality, affordable coverage," said Lara. "Immigration status shouldn't bar individuals from health coverage, especially since their taxes contribute to the growth of our economy."

The Affordable Care Act (ACA) specifically excluded undocumented immigrants from insurance coverage provided through the health care exchange known as Covered California in the Golden State. An estimated three to four million people in the state will remain uninsured in spite of ACA, and almost a million of those will be undocumented residents ineligible for coverage. Access to preventive care keeps people healthier by providing regular check-ups and screenings, and early diagnosis of health problems ensures those problems can be treated before they become overly expensive.

By ensuring everyone has access to health care, we can improve the health of our entire community, limit the overcrowding of emergency rooms, and reduce the costs of healthcare in California.

"California is leading the way where our federal government is

failing to act," said Lara. "We made historic progress with the passage of AB 60 providing driver's licenses to undocumented residents, AB 1024 which allows Dreamers who pass the bar exam to pursue a legal profession, and the Trust Act. Now it's time to extend the most basic right of access to health care for everyone!"

A broad and diverse statewide coalition of organizations who agree that immigration status should not impede an individuals' shot at quality, affordable coverage joined Senator Lara in supporting this bill:

"The Latino Coalition for a Healthy California applauds Sen. Lara's leadership and the commitment of the Latino Caucus to provide access to affordable health care for all Californians. This vision is transformational. Many who today are not eligible for coverage contribute greatly to the success of California's world class economy through their labor across all of our industrial sectors. This is a huge step in the right direction," said Xavier Morales, Ph.D., executive director of the Latino Coalition for a Healthy California.

"We applaud Senator Ricardo Lara, Chair of the Latino Caucus, for his vision to ensure that immigrant families have access to healthcare. The Golden State is again leading the way," said Angelica Salas, executive director of the Coalition for Humane Immigrants of Los Angeles (CHIRLA)

—Contributed by the office of Sen. Ricardo Lara (D-Bell Gardens)

Hold the congratulations for Congress

By Lee H. Hamilton

Now that Congress has its immense, \$1.1 trillion bipartisan funding bill in hand, Capitol Hill is breathing easier. They ended the specter of a government shutdown for the moment, and funded the federal budget for most of the year. The media has been commending Congress for finally doing its job.

This praise works only in the context of recent history, however. The bill that congressional leaders produced is hardly a triumph. Instead, it's another example of Congress's stubborn determination to deal itself out of the budgeting process. Let me explain.

In recent years, Congress has funded the federal government in one of two ways. Either it's passed a "continuing resolution," which is a stopgap measure to keep the government functioning with the same funding it had previously, or it's passed huge omnibus bills like the one it just enacted. This most recent bill runs more than 1,500 pages.

Before this current budgeting era, however, Congress used procedures that put the ideals of representative democracy into practice. It divided its responsibilities into policy development, which was in the hands of its various "authorizing" committees; and establishing funding levels, which was done by the appropriations committees in the House and Senate. Once the President submitted his proposed budget, the appropriations committees and their subcommittees would meet, hammer out the issues, and fund the government according to the policies set by the authorizing committees. They would hold hearings, debate furiously, accept and reject scores — if not hundreds — of amendments, and ultimately produce a series of appropriations bills generally divided along federal department lines. These would go to the floor of each chamber, where they'd be debated again, and finally to a conference committee, where each side of Capitol Hill would have a final chance to weigh in.

The process didn't work perfectly. It produced hiccups and grandstanding, and required a lot of negotiation and compromise. But it also spread the work of Congress among expert members, employed the capabilities of dedicated and knowledgeable legislators who knew the various departments and agencies of the federal government intimately, and provided for deliberation, open debate, accountability, and a reasonably democratic outcome. Rank-and-file members understood, grappled with, and took responsibility for what they

produced and voted on.

No more. Continuing resolutions and omnibus bills lift responsibility from most members' hands. They produce decisions, but not in an open, democratic process. They're basically developed in secret by a handful of leaders and their allies and staff; allow very few, if any, amendments; sharply limit debate time; severely restrict members' ability to study thousands of provisions; and require an up or down vote.

Most troubling, they're larded with policy decisions that in the old days would have been debated by the authorizing committees. This most recent measure boosts funding for Head Start, prevents the President from transferring control of military drones from the CIA to the Defense Department, and bars postal officials from ending Saturday delivery — all policy decisions that should have had a robust debate, but won't.

Of course, plenty of people in Washington like this. Congressional leaders have more power than if they had to defer to the judgment of the authorizing and appropriations committees. The White House likes it because it involves fewer people, making life simpler. Even some rank and file members like it, because it allows them to avoid making hard choices about individual programs.

Which is a problem. With omnibus bills, the truly difficult but crucial work that Congress needs to be doing doesn't get done. It isn't scrutinizing the budget of each department in sufficient detail to look for programs and line-items that have outlived their usefulness or that need more investment. It can't examine and analyze difficult policy questions carefully. It won't question whether entire agencies and even departments still serve the purposes they were designed for. It isn't even bothering to look beyond discretionary spending to consider reforms to Social Security, Medicare and Medicaid, which is where most federal spending goes.

Congress no longer seems to know how to run a budget process. Most of its members have never experienced the traditional method. They just know how to hold their noses and vote up or down.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

North Korea's terrifying missile ambitions

By Rick "Ozzie" Nelson

The South Korean government just confirmed what the world hoped was a baseless rumor.

North Korea has indeed restarted its Yongbyon plutonium reactor and is now actively generating nuclear energy from the facility. Refined plutonium generated by such a reactor can be used in the development of long-range nuclear weapons -- a decades-long goal of the Kim regime.

This development serves as a stark reminder that America must continue to invest in missile defense. North Korea remains bent on creating and possibly even launching ordinance capable of hitting the United States and its allies. In light of the regime's longstanding propensity for erratic and highly irrational behavior, this goal clearly demands an American response.

But diplomacy has repeatedly failed to dissuade the regime. America is left to dictate the future of its own security. Fortunately, modern missile defense technologies are capable of defending our nation against this mounting threat.

America's missile defense program is the brainchild of Ronald Reagan. When he announced the initiative in 1983, critics dismissed it as pure science fiction, a "Star Wars" fantasy. But since then, missile defense technologies have proven themselves time and again. These systems work.

The first major missile defense breakthrough came in 1991, during Operation Desert Storm. American soldiers successfully deployed the Patriot System to intercept incoming Iraqi scud missiles and protect allied military encampments.

Our soldiers saw the power of missile defense for the very first time. Since then, the federal government has poured serious resources into developing new technologies.

Those dollars have paid off. The American military now has a number of proven systems capable of detecting, tracking, and shooting down a wide variety of missiles.

In September, two medium-range ballistic missiles were successfully intercepted in the first operational test of new systems called "THAAD" and "Aegis." This display was all the more impressive

because the sailors, soldiers, and airmen who conducted it were not given specific details about when or where the test would occur. It came out of nowhere. And the systems still performed flawlessly.

Then, in October, the latest version of the "BMD" missile defense system successfully intercepted a medium-range ballistic missile during a test. The BMD runs on naval ships. It can be positioned close enough to global hot spots to counteract rogue missile launches, but far enough away from the action to keep our military personnel out of harm's way.

THAAD, Aegis, BMD and other systems are ready for action. And there are several more technologies in earlier stages of development that could prove even more effective than these three.

We need these technologies now more than ever. The rogue missile threat has never been more acute -- and it's growing each day.

It's not just North Korea. Rogue nations and groups that seek to enhance their international power can do so most readily through asymmetrical means. They will co-opt militant groups to act as agents of conflict, utilize cyber warfare, and pursue weapons of mass destruction.

Indeed, Iran supports Hezbollah, regularly deploys its elite, disruptive "Qods Force," and actively pursues nuclear weapons. This strategy has propelled it to the forefront of international politics and enhanced Iran's regional power in a way that mere conventional arms could not.

The United States needs to properly prepare itself. As the missile threat evolves, so must our capabilities. That means continuing to invest in both the refinement of existing, proven systems and the development of new, more effective technologies better matched to future threats.

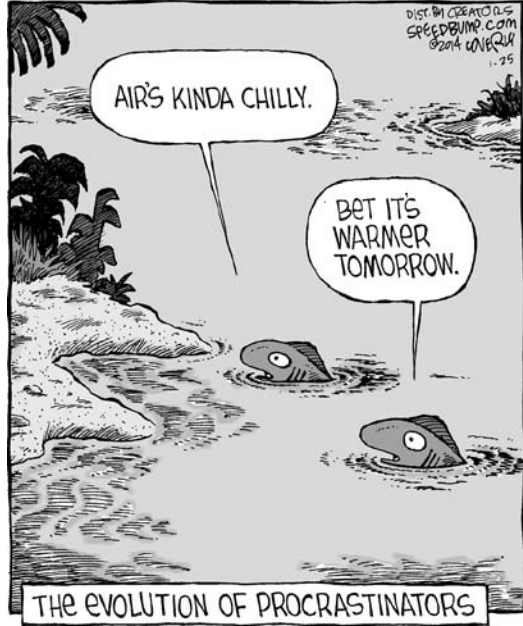
Missile defense was once dismissed as a fantasy. It's now proven itself to be very much a reality. We have technologies that work. We must continue to develop them to meet the mounting missile threat.

Rick "Ozzie" Nelson, a vice president at Cross Match Technologies, is a senior associate at the Center for Strategic and International Studies, where he directed the Homeland Security and Counterterrorism Program from 2009 through 2012.

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For January

- Sat. Jan. 25: **Water barrel giveaway**, Stonewood Center, 8 a.m.
- Sun. Jan. 26: **Short film screenings**, Epic Lounge, 7 p.m.
- Wed. Jan. 29: **Community Development forum**, Columbia Memorial Space Center, 6 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, 6:30 p.m.: **City Council**, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: **Library Advisory Board**, at Downey City Library.
- 4th Mon., 5 p.m.: **Green Task Force**, at City Hall.

Regularly Scheduled Meetings

Mondays

- 7 p.m.: **Boy Scout Troop 2**, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: **American Legion Auxiliary #270**, at United Methodist Church.
- 3rd Mon., 7 p.m.: **American Legion Post #270**, at Rio Hondo Event Center, for more info. call 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 Paul Sheets at 714-618-1142.
- 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 dianedavis4sc@gmail.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.
- 1st Tues., 7:30 a.m.: **Gangs Out of Downey**, at City Hall training room.
- 2nd Tues., 3:30 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.
- 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.
- 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.
- 12 p.m.: **Optimist Club of Downey**, at Rio Hondo Events Center.
- 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.
- 2nd & 4th Thurs., 6 p.m.: **Lions Club**, at Coco's, for information call Lenora (310) 283-9825.
- 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.

On This Day...

- Jan. 23, 1849:** English-born Elizabeth Blackwell became the first woman in America to receive a medical degree, from the Medical Institution of Geneva, N.Y.
- 1973:** President Richard Nixon announced an accord had been reached to end the Vietnam War.
- 2002:** Wall Street Journal reporter Daniel Pearl was abducted in Karachi, Pakistan.
- 2005:** Former "Tonight Show" host Johnny Carson died at age 79.
- Birthdays:** Former Los Angeles mayor Antonio Villaraigosa (61), R&B singer Anita Baker (56), actress Tiffani Thiessen (40) and MMA fighter Tito Ortiz (39).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

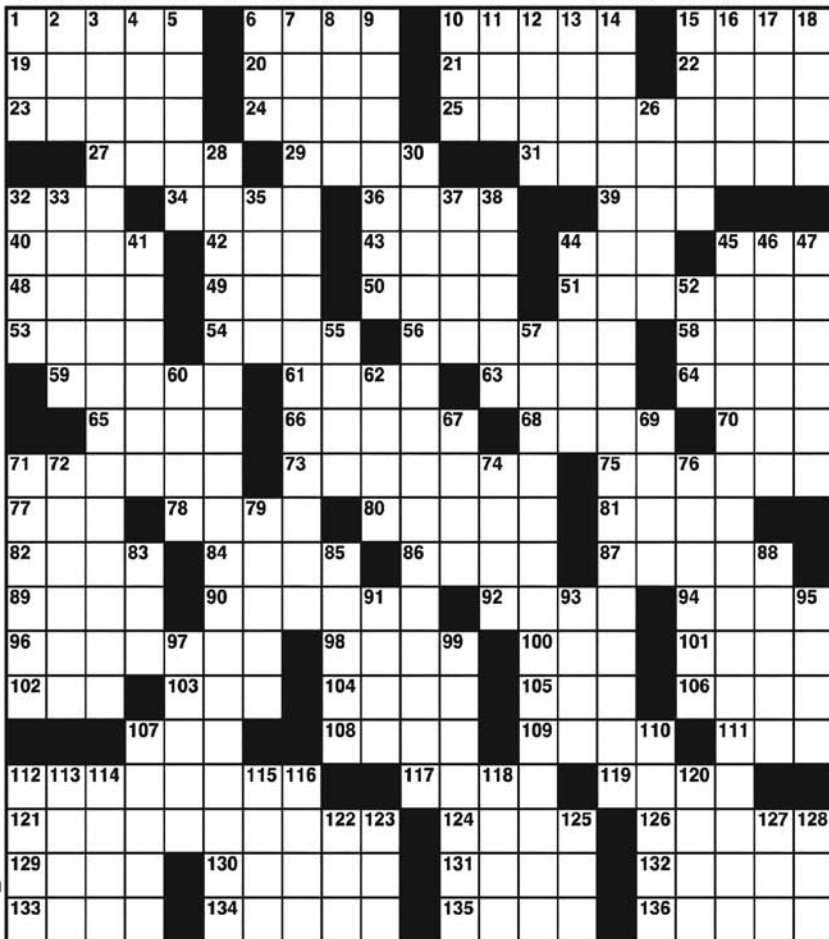
DOWN UNDER: But not at all Australian

by David W. Cromer

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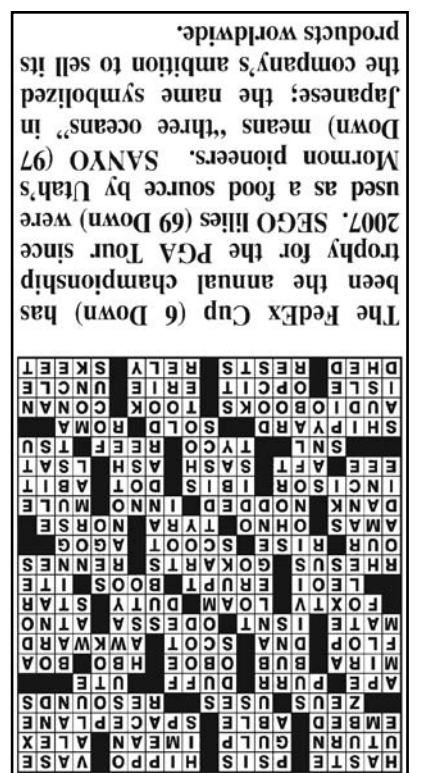
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Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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



Paging Dr. Frischer...

By Dr. Alan Frischer



Flu season typically peaks in January or February, and this year appears to be no exception. It seems that everybody's talking about it. What does it look like this year? How can we prevent it? How can we keep from spreading it if we do get sick?

Influenza is an ancient deadly disease, first described by Hippocrates more than 2,400 years ago. Since then, it has killed millions and made countless more ill. The most lethal pandemic was the 1918 flu, when 50 to 100 million people died from the Spanish flu. Note that this flu was truly worldwide, but in order to maintain morale, wartime censorship kept it out of the news in those countries involved in WWI. Spain, however, was neutral, so information spread freely about the impact of the flu there. The result was that it was dubbed the "Spanish Flu!"

The most common way to spread an influenza virus is from person to person. Infected people exhale, cough, or sneeze, and virus-containing droplets fly through the air into the noses and mouths of others nearby. A virus can also be transmitted when infected people touch counters, doorknobs, phones or any surface. If a healthy person touches that surface before the virus has a chance to die, and then introduces it into their mouth or nose, they are exposed.

To prevent the spread of disease, always cover your nose and mouth with a tissue when coughing or sneezing; wash your hands often with soap and water or an alcohol-based hand sanitizer; avoid touching your eyes, nose and mouth; and avoid close contact with others while you are sick by staying home for at least 24 hours after any fever is

gone. According to the CDC, we are able to infect others from the day before symptoms appear up until five days after we become ill. Because symptoms develop one to four days after the virus enters the body, we can pass on the flu virus to others well before we are aware that we are sick.

This year's virus is not unusual. It starts out with a sudden onset of chills, fever, aching muscles, and general malaise. Next comes cough, sore throat, runny or stuffy nose, body ache, headache, fatigue, and for children, possibly vomiting and diarrhea. It's a very serious concern for certain segments of the population. High risk groups include those over 65 or younger than two; pregnant women; those with chronic health problems such as asthma, heart disease, chronic lung disease, diabetes, kidney and liver disease; and American Indians.

Typically, the symptoms will be enough information to allow your doctor to determine whether you are suffering from the flu. In a hospital setting, blood tests will be done to determine for certain whether it is the flu.

A case of the flu is usually treated with simple comfort care to minimize the symptoms. Note that the flu virus is, indeed, a virus. Antibiotics will not help, and they are vastly overprescribed for illnesses like this, that have nothing to do with bacteria. Antiviral medication such as Tamiflu, available only by prescription, can shorten the flu's severity and duration, but must be given as early as possible (preferably within two days from the start of symptoms). These antiviral meds are generally given to those who are at highest risk for serious cases of the flu.

The good news is that we do have flu vaccines. It's not too late to get vaccinated, although it will take about two weeks for it to kick in. Every year, scientists project which particular strains of flu will be most active for the coming flu season. A unique vaccine is developed to include those specific strains. The injectable flu vaccine is made of dead virus, so it can't actually give us the flu. On the other hand, the nasal vaccine, intended for healthy people between the ages of two and 49, is made from a live weakened virus.

Both vaccines cause our bodies to develop antibodies against most of this year's flu strains. Current recommendations are that everybody over six months of age should get a vaccine. There is now even an egg-free vaccine available for those with allergies to egg products.

Be safe this flu season. Please take extra measures to avoid crowded public spaces where people might cough, sneeze, or breathe on you. Wash your hands frequently, especially when touching public doorknobs, railings, counters, etc. Your doctor doesn't need the extra business!

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.

PIH Health named 'distinguished hospital'

DOWNEY – PIH Health has received the Distinguished Hospital Award for Clinical Excellence for the fourth consecutive year according to Healthgrades, a leading online resource for comprehensive information about physicians and hospitals.

The distinction places PIH Health among the top 5 percent of the more than 4,500 hospitals nationwide for its clinical performance.

"Recipients of the Distinguished Hospital Award for Clinical Excellence have demonstrated better than expected quality care," said Evan Marks, an executive vice president with Healthgrades. "For patients undergoing treatment for select common conditions and procedures at these hospitals, this translates to a statistically lower likelihood of death or experiencing complications when compared to the rest of American hospitals."

Report: 5.6M children could die prematurely due to smoking

• Surgeon General report warns that children will die unless current smoking rate drops.

Approximately 5.6 million American children alive today – or one out of every 13 children under age 18 – will die prematurely from smoking-related diseases unless current smoking rates drop, according to a new Surgeon General's report.

Over the last 50 years, more than 20 million Americans have died from smoking. The new report concludes that cigarette smoking kills nearly half a million Americans a year, with an additional 16 million suffering from smoking-related conditions. It puts the price tag of smoking in this country at more than \$289 billion a year in direct medical care and other economic costs.

Last week's report, *The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General*, comes a half century after the historic 1964 Surgeon General's report, which concluded that cigarette smoking causes lung cancer. Since that time, smoking has been identified as a cause of serious diseases of nearly all the body's organs. Today, scientists add diabetes, colorectal and liver cancer, rheumatoid arthritis, erectile dysfunction, age-related macular degeneration, and other conditions to the list of diseases that cigarette smoking causes.

In addition, the report concludes that secondhand smoke exposure is now known to cause strokes in nonsmokers.

"Smokers today have a greater risk of developing lung cancer than they did when the first Surgeon General's report was released in 1964, even though they smoke fewer cigarettes," said Acting Surgeon General Boris Lushniak, M.D., M.P.H. "How cigarettes are made and the chemicals they contain have

changed over the years, and some of those changes may be a factor in higher lung cancer risks. Of all forms of tobacco, cigarettes are the most deadly – and cause medical and financial burdens for millions of Americans."

Twenty years ago male smokers were about twice as likely as female smokers to die early from smoking-related disease. The new report finds that women are now dying at rates as high as men from many of these diseases, including lung cancer, chronic obstructive pulmonary disease (COPD), and heart disease. In fact, death from COPD is now greater in women than in men.

"Today, we're asking Americans to join a sustained effort to make the next generation a tobacco-free generation," said Health and Human Services Secretary Kathleen Sebelius. "This is not something the federal government can do alone. We need to partner with the business community, local elected officials, schools and universities, the medical community, the faith community, and committed citizens in communities across the country to make the next generation tobacco free."

Although youth smoking rates declined by half between 1997 and 2011, each day another 3,200 children under age 18 smoke their first cigarette, and another 2,100 youth and young adults become daily smokers. Every adult who dies prematurely from smoking is replaced by two youth and young adult smokers.

The report concludes that the tobacco industry started and sustained this epidemic using aggressive marketing strategies to deliberately mislead the public about the harms of smoking. The evidence in the report emphasizes the need to accelerate and sustain successful tobacco control efforts that have been underway for decades.

"Over the last 50 years

tobacco control efforts have saved 8 million lives but the job is far from over," said HHS Assistant Secretary for Health Howard K. Koh, M.D., M.P.H. "This report provides the impetus to accelerate public health and clinical strategies to drop overall smoking rates to less than 10% in the next decade. Our nation is now at a crossroads, and we must choose to end the tobacco epidemic once and for all."

The Obama Administration's ongoing efforts to end the tobacco epidemic include enactment of the landmark Family Smoking Prevention and Tobacco Control Act, which gives FDA regulatory authority over tobacco products; significant expansion of tobacco cessation coverage through the Affordable Care Act to help encourage and support quitting; new Affordable Care Act investments in tobacco prevention campaigns like the "Tips from Former Smokers" campaign to raise awareness of the long-term health effects of smoking and encourage quitting; and increases in the cost of cigarettes resulting from the federal excise tax increase in the Children's Health Insurance Program Reauthorization Act.


To help communicate the report findings as widely as possible, the Surgeon General unveiled an easy-to-read consumer guide with practical information on tobacco use and a 30-second public service announcement video.

For the full report, executive summary, consumer guide and PSA, visit <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>.

For free help quitting smoking, smokers can call 1-800-QUIT-NOW or visit www.smokefree.gov or www.cdc.gov/tips.

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STROKES: Warning signs of stroke

Continued from page 1

"We try our hardest to help people prevent strokes in their lives, because it was the mission of our founder Roxanna Todd Hodges and it is our mission to eradicate stroke," Deborah said. "Today most of the people that are in nursing homes and convalescent homes today are there because of stroke. It continues to be the leading cause of adult disability in the United States."

"And yet, we also know that we can change the world of stroke. Working with Keck USC, we are making changes for the better, and we are seeing the effects of our efforts each and every day."

"For example, 2013 was a great year for us," she said. "We wanted to do 50 seminars and we did 53. We wanted to educate 3,000 people about stroke at our seminars and we educated over 3,300 people. We wanted to screen 2,000 people and we screened over 2,400. We really got the word out about stroke."

"There are 800,000 new cases of stroke each year in the United States, and that number continues to grow," Deborah said. "When I started doing this nearly 20 years ago, the number was 600,000 new cases a year, so the bottom line is that stroke has grown by a third in the past two decades."

She reported that stroke is now the fourth leading cause of death in the United States. "It used to be the third leading cause of death, but interventional medicine

has improved over the years," Deborah said. "We can now keep you alive longer after a stroke. With the therapy that's out there today, more people are leading more meaningful lives after stroke, although unfortunately, 90 percent of people who have strokes end up with a permanent disability."

She said that as the numbers of strokes increase, so does the cost of treating stroke. Today, \$57 billion is spent per year to treat stroke in the United States.

She said one of the most important things people need to understand is the warning signs of stroke. "The key to each of the warning signs of stroke is the word 'sudden,' because a stroke always comes on you suddenly," Deborah said. She then explained the five key warning signs of stroke, which include:

Sudden weakness in the face, arm, leg. "You need to know that just one side of your body will be affected," she said. "If you go to raise your arm and all of a sudden that arm is very heavy or you can't get it to move at all, this is a sign of stroke. It may feel like it's asleep, it may be tingly. The same thing is true with your leg."

"For example, if you are walking and you go to take a step and one leg works and the other does not, that is a definite sign of a stroke," she said. "This should not be confused with when you lay on your leg or your arm and it falls asleep. It's a sign of stroke when one side of your body experiences sudden weakness or numbness. Or if one side of the face droops, it's also a sign of a stroke."

Sudden confusion, trouble speaking or understanding: "If you are sitting and you are understanding everything I'm

saying to you right now, and all of a sudden what I say to you makes no sense at all, that is a sign of a stroke," Deborah said. "Also, you may be able to understand everything I say to you, but you may go to tell someone something and the words do not come out of your mouth correctly. One test is to see if someone can say or understand the phrase 'Is the sky blue?' If they can't understand it or say it, that is a sign of a stroke."

Sudden trouble seeing in one or both eyes: "This should not be confused with any chronic vision problems because this is a sudden change in your vision," she said. "It could be wavy lines, it could be spots before your eyes, or it could be that you can't see out of one or both of your eyes."

Sudden trouble walking, dizziness, sudden loss of balance or coordination: "If you are walking as if you are drunk and you know you haven't had anything to drink, or you see someone you're with that is walking like that, that is a sure sign of stroke," she said.

Sudden severe headache with no known cause: "This is the hemorrhagic stroke," Deborah said. "This is no ordinary headache—it is like someone has taken your head and hit it hard against a wall. You feel tremendous pain and you feel it suddenly, not gradually like a tension headache coming on. Bleeding inside your brain causes this to happen."

"These are the five warning signs," she said. "If you are having a stroke, you will have one of these symptoms. And if someone you are with has one of these warning signs, you must get help immediately by calling 9-1-1 and saying that you or someone you are observing appears to be having a stroke. With stroke, every minute counts, and swift action can often make the difference between life and death."

Next week: risk factors for stroke and how you can change your life to help prevent a stroke.

Tickets on sale to hear rare 'Red Violin'

DOWNEY – The red carpet comes to Downey on Saturday evening, Feb. 1, beckoning into the Civic Theatre an audience soon to be dazzled by the glittering art display in the lobby and a sumptuous performance by the Downey Symphony Orchestra.

Music Director Sharon Lavery has chosen a marvelous program that includes Edvard Grieg's delicious Holberg Suite and Samuel Barber's Adagio for Strings. If you think you don't know the Adagio for Strings, your soul does. Your soul has heard it. Within moments you'll remember, and feel yourself in the presence of a healing, affectionate companion.

In Antonio Vivaldi's "Four Seasons," the stellar soloists on this occasion -- indeed there are two -- are Elizabeth Pitcairn and the one, the only, the venerable, the magnificent Stradivarius violin she plays so gloriously and guards with her life. This is the famous Red Violin, subject of a classic motion picture made in 1998, starring Samuel L. Jackson.

What's that? You've never seen that movie? Well, come on over to the same Downey Civic Theatre in the afternoon, walk the red carpet and see it for free. No reservations, no tickets. The film begins at 2:30, is R rated (oooh), and you'll be out by 5, leaving time for supper and an easy return trip for the evening's concert at 8. Parking is free too.

If you arrive around 7:15 you can hear Sharon Lavery's discussion of the music to be performed, always enlightening. Wine in the patio, photo ops and autographs afterward.

The Theatre is at 8435 Firestone Blvd., and tickets, going fast, are available in the box office, Tuesday through Friday, 11 a.m. to 5 p.m. Call (562) 861-8211 or visit our website, downeysymphony.org.

—Joyce Sherwin, Downey Symphony

Church moves to Masonic Lodge

DOWNEY – Crave Life Church has moved out of its former home at the Columbia Memorial Space Center and is now meeting at the Masonic Lodge on 3rd Street in downtown Downey.

Its first service at the Masonic Lodge is this Sunday at 11 a.m.

Water barrel distribution Saturday

DOWNEY – Free plastic, food-grade barrels for emergency water storage will be distributed at Stonewood Center this Saturday.

The giveaway begins at 8 a.m. and will continue until all barrels are gone or 10 a.m., whichever comes first.

Residents should enter the mall parking lot from Cecilia Street and follow the signs. There is a one barrel per vehicle limit.

Barrel pumps (\$15) and multi-use barrel cap handles and wrenches (\$8) will be sold separately.

Downey student earns college scholarship

DOWNEY – Downey resident Luis Rojas has been awarded a \$7,000 annual scholarship to attend Ashland University, a mid-sized college near Cleveland.

Rojas, a senior at Downey High School, will begin courses at Ashland University this fall.

Ashland offered Rojas its Director's Scholarship, which is worth \$7,000 annually.

TLD law firm announces new associates

DOWNEY – Lauren Doyle and Brandon Fieldsted have been named associates at Downey-based Tredway, Lumdsdaine & Doyle law firm.

Doyle earned her Bachelor of Arts from New York University where she majored in journalism and psychology.

In 2013, she graduated summa cum laude from Watern State University College of Law.

Her practice areas include corporate and business law, trust administration, probate, general civil and trust litigation.

Fieldsted graduated magna cum laude from Brigham Young University where he studied psychology and philosophy. In 2013, he graduated from the University of Southern California Gould School of Law.

His practice areas include general civil and trust litigation, personal injury and family law.

Clark Trainer passes away at 93

DOWNEY – Col. Clark W. Trainer, a 39-year retired U.S. Army veteran who served during World War II, the Korean Conflict and Vietnam, died Nov. 17. He was 93.



Trainer was born in Indiana, Penn., and resided in Downey since 1972. He was manager of the Chamber of Commerce in Orange for 10 years.

He belonged to Rotary Club and the American Legion.

Funeral and burial services will take place Feb. 27 at Arlington National Cemetery.

He is survived by his wife of 69 years, Jean Trainer; son, Brad Trainer; daughter, Tracy Tullamello; grandson, Joshua Simpson; granddaughters, Nicole Cano and Sierra Morgan; three great-grandchildren; and numerous nieces and nephews.

Claralee Griffin funeral services next week

DOWNEY – Claralee S. Griffin, a longtime Downey resident born March 2, 1929 to Leo and Clara Guithues, passed away Jan. 15 at age 84.

Wake and funeral services will be held at St. Raymond Catholic Church on Jan. 30 at 7 p.m. and Jan. 31 at 10 a.m.

She will be laid to rest next to her husband, Cullen, who preceded her in death in 1984, at Rose Hills.

Claralee is succeeded by six children, 12 grandchildren and eight great-grandchildren.

Bus trip to see Palm Springs Follies

DOWNEY – Downey's Parks and Recreation Department is now taking sign-ups for a Feb. 15 trip to Palm Springs for a final performance of the Palm Springs Follies.

Scheduled to perform is Maureen McGovern, who recorded the hit song "The Morning After" from the film "Poseidon Adventure."

The bus will depart from the Barbara J. Riley center at 8:30 a.m. A brief stop will be made at Hadley's in Cabazon on the way home before arriving in Downey at approximately 7:30 p.m.

Cost is \$56 for Downey residents and \$60 for non-residents, and includes transportation and admission to the show. An excursion fee waiver form is required.

To register, or for questions, call (562) 904-7223.

The Palm Springs Follies has announced this is their farewell season.

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JACK RYAN: SHADOW RECRUIT PG-13 (11:30, 1:55, 4:30), 7:10, 9:45
THE NUT JOB PG (10:45, 12:55, 3:10, 5:20), 7:30, 9:35
RIDE ALONG PG-13 (11:50, 2:20, 4:50), 7:20, 9:40, 10:30
AUGUST: OSAGE COUNTY R (11:10, 2:00, 5:05), 7:50, 10:35
HER R (11:05, 1:50, 4:45), 7:35, 10:35
LONE SURVIVOR R (11:20, 2:05, 4:55), 7:50, 10:40
THE WOLF OF WALL STREET R (12:00, 4:00), 7:55
FROZEN PG (11:20, 1:55, 4:30), 7:05
Times for Friday-Thursday, January 24-30, 2014
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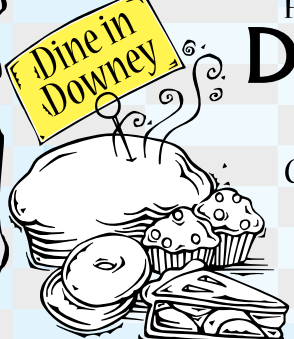
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The Downey Patriot



SPORTS BRIEFS: Water polo stays perfect in league

• After three consecutive wins, Lady Bears are ranked second in CIF poll.

By Mark Fetter
Contributor

DOWNEY - The Warren High School girls' water polo team currently has an overall record of 9-5 and are 3-0 in S.G.V.L. play.

Warren defeated Gahr 26-10 on 1/7, defeated cross-town rival Downey 20-6 on 1/14 and beat Cerritos 17-6 on Tuesday. Warren is currently ranked second in Division 5 behind top-ranked Riverside Poly.

The Lady Bears have played a challenging preseason schedule to prepare themselves for league play and the C.I.F. playoffs. Warren's five preseason losses have all been to ranked teams. Warren lost to Mater Dei 17-9 (Division 1 #3), San Marcos 8-2 (Division 1 #8), Cathedral Catholic 12-9 (San Diego Section), Santa Margarita 14-9 (Division 2 #1) and Riverside Poly 16-15 in overtime (Division 5 #1) last Saturday.

Warren recently placed 13th, going 2-3, at the 32-team Villa

Park tournament. Warren will be playing this weekend in San Diego at the 32-team America's Finest City tournament and will compete at the 32-team Southern California Championships 2/8-10 at Irvine High School.

The Lady Bears have been paced by seniors Jocelyn Castro, Kayla Casas and Destiny Hernandez. Goalkeeper Natalie Manzanares has also played well in net for Warren. Marilyn Bricono and Kim Shepherd have also stepped up their games to pace the Lady Bears.

Coach Cordero maintains that "all the hard work is starting to show and the pieces of the puzzle are starting to fit as we are nearing the middle of the season." Coach Cordero also said that "Riverside Poly, Warren and Crescenta Valley are all very close in talent and will contend for the Division 5 title."

•••
The Warren High School girls' basketball team defeated the Lady Vikings 33-26 at Warren last Friday night, improving their overall record of 9-8 and 2-0 in San Gabriel Valley League play.

The Lady Bears traveled to Dominguez on Wednesday to face

the Lady Dons (score unavailable at press time). Warren will host league favorite Lynwood (9-5, 2-0) tonight at the "Cave."

With the loss to Warren, Downey now has an overall record of 9-9 and are 0-2 in S.G.V.L. play. Downey traveled to Gahr (6-9, 0-1) on Wednesday night (score unavailable at press time) to play the Lady Gladiators and will host the Paramount Lady Pirates (5-11 overall) tonight.

The Warren Lady Bears got out to an early lead against the Downey Lady Vikings and led 20-16 at halftime. The game went back and forth and was kept close by Downey's zone defense. This same zone defense held league favorite Lynwood to only 34 points.

Downey kept things close in the third quarter by only allowing the Lady Bears to score seven points. The score at the end of the third quarter was 27-21, Warren. The Lady Bears outscored Downey 6-5 in the fourth quarter and held on for the hard-fought, defensive 33-26 win.

Downey and Warren will meet again in the much anticipated rematch at Downey on February 5th. Coach Palmer of Warren



PHOTO COURTESY JOSIE CORDERO

Warren High's girls water polo team is in contention for a Div. 5 title.

and Coach Harris of Downey will both have their teams primed and ready for round two. Things are just starting to heat up for girls' basketball in S.G.V.L. play.

•••
The Downey High School wrestling team wrestled against cross-town rival Warren at Warren last Thursday night in their annual S.G.V.L. dual meet clash. Downey defeated Warren 47-12 and won eleven of fourteen matches in the process.

With the win, Downey improved to 1-0 in San Gabriel Valley League competition and with the loss, Warren fell to 1-1.

Downey wrestled at Gahr last night (scores unavailable at press time). The Vikings will host Paramount next Thursday 1/30 and will conclude S.G.V.L. dual meet action at Dominguez on 2/4.

The Downey-Warren match started with the heavyweights at 285 pounds. Downey's Anthony Florida defeated Warren's Joaquin Durazo 6-1 and the Vikings took an early 3-0 lead. Downey's Mark Lopez (106) pinned Richard Medina in the second period and extended Downey's lead to 9-0. Warren's Adrian Duarte (113) earned a hard-fought 3-0 victory over Downey's Andrew Lopez and Warren earned three team points. After three matches, Downey led 9-3.

Downey won the next six

matches and stretched their lead to 32-3. Carlos Rivas (120) won by a second period pin, Armando Padilla (126) won a 6-4 decision, Johnny Robles (132) won a 6-3 decision, Antonio Santana (138) won a 4-1 decision, Brian Puente (145) won a 6-4 decision and Dylan Moreno (152) earned five team points with his 15-0 technical fall.

Warren won by forfeit at 160 pounds due to an illness to Downey's Jacob Beltran. The score then became 32-9. Downey captain Juan Soto (170) won by pin in the second period and Stephen Chavez (182) won a 3-1 decision in overtime. Downey clinched the victory after Juan Soto won his match. After Soto's match, Downey led 38-9.

Downey's Jorge Guerrero (195) lost a hard-fought 7-6 decision and the Vikings' Benjamin Cuellar (220) won the final match of the evening by recording a pin at the :58 mark of the first period.

•••
The Downey High School boys' basketball team currently has an overall record of 15-4 and are 2-0 in S.G.V.L. play. The Vikings defeated Lynwood 58-46 at Downey on 1/15, defeated Warren at Warren 62-49 last Friday night and traveled to Gahr (9-9, 1-1) on Wednesday to face the Gladiators (score unavailable at press time). Downey will host

Paramount (11-7, 2-0) tonight. With the loss to Downey, Warren fell to 5-12 overall and 0-2 in San Gabriel Valley League play. The Bears traveled to Dominguez (0-12, 0-2) on Wednesday to play the Dons (score unavailable at press time) and will host Lynwood (10-9, 1-1) tonight.

In the Downey-Warren game, the Vikings were paced by Jacob Garcia's 19 points, Sal Carlos' 15 points, Jose Gonzalez's 14 points, Jeraun Richards' 9 points and David Arellano's 5 points. The Bears were paced by Ronald Ellison's 14 points in the losing effort.

Downey scored the first four points of the game and forced Warren's Coach Hart to take an early time out. Downey led at the end of the first quarter 12-7. Warren tightened things up a bit in the second quarter and outscored the Vikings 17-14. The score at halftime was 26-24 Downey.

Downey went on a 9-0 run to start the second half and outscored the Bears 18-12 in the third quarter. Downey led at the end of the third quarter 44-36. The Vikings continued to use their size advantage on the inside and outscored the Bears 18-13 in the fourth quarter. Downey pulled away late and came away with the hard-fought 62-49 win.

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- 2000 Ford Econoline E-250

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LEGAL NOTICES

BULK SALES
NOTICE TO CREDITORS OF BULK SALE
 (Division 6 of the Commercial Code)
 Escrow No. 25432-KK
 (1) NOTICE IS HEREBY GIVEN to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described:
 (2) The name and business addresses of the seller are: JOSE FAUSTO PEREZ GARCIA AND MAGDALENA VARELA PEREZ, 11860 ROSECRANS AVE, NORWALK, CA 90650
 (3) The location in California of the Chief Executive Office of the seller is: 11860 ROSECRANS AVE, NORWALK, CA 90650
 (4) The name and business address of the buyer(s) are: OSCAR RAFAEL SAENZ DELEON, 811 E. 98TH ST, LOS ANGELES, CA 90002
 (5) The location and general description of the assets to be sold are: FIXTURES AND EQUIPMENT AND GOODWILL of that certain business located at: 11860 ROSECRANS AVE, NORWALK, CA 90650
 (6) The business name used by the seller(s) at the said location is: LA CATHEDRAL BAKERY
 (7) The anticipated date of the bulk sale is FEBRUARY 10, 2014, at the office of FORTUNE ESCROW, INC, 302 W. Foothill Blvd, Glendora, CA 91741, Escrow No. 25432-KK, Escrow Officer: KELLY KING
 (8) Claims may be filed the same as "7" above.
 (9) The last date for filing claims is: FEBRUARY 7, 2014
 (10) This Bulk Sale is subject to Section 6106.2 of the Uniform Commercial Code (UCC) as listed by the Seller, all other business name(s) and addresses used by the Seller within three years before such list was sent or delivered to the Buyer are: N/A
 Dated: JANUARY 13, 2014

OSCAR RAFAEL SAENZ DELEON, LA1376630 DOWNEY PATRIOT 1/23/14
 The Downey Patriot 1/23/14
FICT. BUSINESS NAME
FICTITIOUS BUSINESS NAME STATEMENT
 File Number 2014005437
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1)

TRINITY AMBULANCE AND MEDICAL TRANSPORTATION, 8205 SOMERSET BLVD, PARAMOUNT CA 90723, COUNTY OF LOS ANGELES
 Articles of Incorporation or Organization Number: (if applicable) AI #ON: 200636110028
 REGISTERED OWNERS(S): (1) GOOD SAVIOR LLC, 8205 SOMERSET BLVD, PARAMOUNT CA 90723
 State of Incorporation: N/A
 This business is conducted by a Limited Liability Company
 The registrant commenced to transact business under the fictitious business name or names listed above on N/A

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/ATEF AWADA, PRESIDENT, GOOD SAVIOR LLC
 This statement was filed with the County Clerk of Los Angeles on JANUARY 8, 2014
 NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement, generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant

Norwalk author has book-signing Sunday

• Jorge Ancheytta will be signing copies of "The Last Garden" at Norwalk coffee shop.

By Henry Veneracion
Staff Writer

NORWALK – Jorge Ancheytta was born in Guatemala, came to the U.S. when he was 10, armed with a 6th grade Spanish (Guatemalan) schooling but without the ability to read or write in English.

With the family settling down in South Central L.A., Jorge learned his new language, English, mainly through his interactions with his peers, even as he attended Edison Junior High and John C. Fremont High School but dropped out because he says he was bored and felt he wasn't being challenged enough.

"I wasn't being challenged because I have practically total recall," he explains. "I consider myself a quick learner. I pick up concepts and information fairly quickly."

"After a few years, under a government program," he goes on, "I went back and tested for my high school diploma, and I passed it, in 1995."

Later attending El Camino College for two semesters focusing on English, Jorge's life took a familiar pattern: he didn't bother to pursue his certificate there either. He was marching to the beat of his own drum. His mind was also filling with story ideas because of a "vivid imagination."

In the meantime, he had to heed economic necessity—he had to work. "My first job was selling ladies footwear part-time," he says. "I was pretty good at it. I was 16 at the time, and I was outselling the full-time employees. Then I worked for Wells Fargo for a while."

At age 24, I got married," he says, "and my wife (Gabby) and I moved to Downey. I just wanted to get out of L.A."

After Wells Fargo, he worked for seven years for a credit union, then went back to sales. He sold GPS tracking devices for an electronics firm for some three years. He quit last year.

They had by then, in 2005, moved to Norwalk.

Even while he was employed at his last job, he already started writing his trilogy, "The Last Garden." This came about because their first son, Coco (full name: Jorge Emmanuel), who's now 12 and goes to Los Alisos Middle School, started asking him to "read him a story" before he went to bed. (They have another son,

Allen Koby, age 4).

"Sometime ago," Jorge begins to describe, in his own words, how the book began, "I was reading a story to Coco. Then he said, 'Dad, instead of reading to me, can you tell me a story?' I said, 'Okay'. Knowing that he liked super heroes I asked him, 'If you were a super hero, what kind of super powers would you like to have?' He answered, 'I don't want super powers. They're a lot of responsibility. Instead, I would like to have something that gives me super powers when I want them, but it has to be something I can put away when I don't want them'"

"With that idea in mind," Jorge goes on, "I began creating a story for him and his two cousins, Heidi and Checo. The story I told my son that night was filled with fighting scenes and evil creatures. He was really excited about the story and so was I. Then he went to sleep."

That same night, I began to write the story to give it some type of continuation the following day. I got into it. I went to bed at 4:00 a.m. The story continued the following day and that same night I wrote some more. This ritual went for about two weeks and soon enough I had written more than 50,000 words. I began sharing the written story with friends and family and I kept hearing the same thing.

"You should turn your story into a book."

"The story took a life of its own. 'The Last Garden' became a trilogy. The first past was

published right before Christmas day of last year with two sequels being released in the near future."

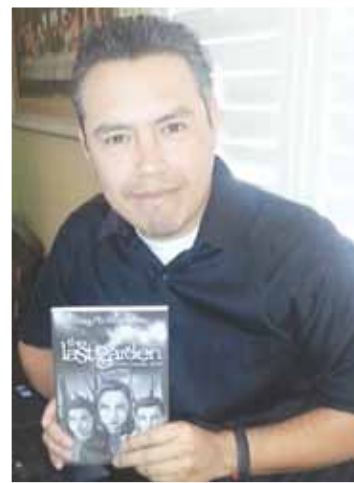
Jorge continues: "'The Last Garden' takes place in a remote mountain hideaway where Heidi, her brother Checo and their cousin Coco live with some of the last humans on earth. Their world was destroyed long ago by the 'shadow', and only a few survived. But when Heidi's and Checo's father crosses over to the dark side, the trio is called upon to find and rescue him."

They learn that their father possesses the key to the mystery of the world's destruction and possibly answers to their future. Armed with three instruments endowed with special powers, Heidi, Checo and Coco bravely descend to the dark side, not knowing what they'll see and who they'll meet. Joined by Koby, a dark side inhabitant who is on their side, the teens seek both the man and the truth.

What they discover on their adventurous journey is far from what they expect, and they soon find themselves faced with the task of saving both their own lives and the lives of those they love."

Actually, Jorge says, "I have also written two stories written in Spanish, as well as a cartoonish story and two more books of short stories in English which I hope to publish."

"Like I said," Jorge says, "I read, and write, a lot—in English and Spanish. Unlike most people, I have the capacity to remember my dreams. A lot of the things I write



arise from these dreams. And blessed with a retentive memory and a vivid imagination, I try to adapt these dreams into stories."

In the meantime, a Hollywood producer is looking into The Last Garden trilogy to see if he can turn it into a major motion picture."

A book signing for the first installment of "The Last Garden" is scheduled for this Sunday (Jan. 26) from 1 to 4 p.m. at Leche Café and Bookstore, 11723 Firestone Blvd. in Norwalk, a refreshing 10,000-sq. ft. oasis (amid the vast expanse of cyberspace) which opened just four months ago. It's run by the husband-and-wife team of Jesse and Patty Pelayo.

"I've also found out," confesses Jorge, "that writing a story is the easy part. The details that come after (the editing, the appropriate graphics, the legal permits, and a thousand other details) are the hard part."

For additional information about the book, go to thelastgarden.com/index.html.



Stacie Lynne Reed and Oscar Tony Trasoras were married on Jan. 4 at Lemoore Naval Air Station in Lemoore, Calif., with Minister Richard Hill officiating. The flower girls were Kayla and Kamryn Navarro, nieces of the bride.

The bride is the daughter of Roy Reed and Linda Reed of Santa Maria. She is a graduate of Cal Poly San Luis Obispo with a bachelor's degree in Liberal Studies and a multiple subject teaching credential. She is employed by Madera Unified School District.

The groom is the son of Edward and Elisa Trasoras of Downey. He enlisted in the U.S. Marine Corps and is currently assigned to recruiting duty.

After an initial honeymoon trip to an Avila Beach resort, the couple is residing in Fresno.



American Legion Auxiliary hosted its Christmas party at Coco's restaurant in Downey. From left: Birdie Burd, Linda Birdies (daughter), Joan Whittaker and RosaLee Babbage.

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FEATURED PROPERTY
One of A Kind Downey Estate
Drive thru Security Gate to secluded immaculate custom built home - Completed in approx 2002 with formal dining, gourmet kitchen, upstairs game room and study/library. 2 Fireplaces living room and master bedroom. Pool and Pool House - Tree House with electrical and cable ready - 6 car garage. Call today for more information.

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TOP SALES: Manuel Acuna

IN ESCROW
Beautiful Downey Home
Great Downey Location!!! This 2000 sq.ft. home features 4 bedrooms, 2 bathrooms and a large family room with a fire place. The front and back yard are landscaped beautifully. This is a must see at \$499,500!

IN ESCROW
North Downey Home
Great Downey Location!!! This 2560 sq.ft. home features 3 bedrooms, 2 bathrooms and a large family room with a custom fire place. This property also has a large dining room, den and a fountain at the entrance. This is a must see at \$659,000!

Perfect For Entertaining
North Downey pool home - In very nice condition. Open floor plan - Fireplace in family room. Newer appliances. Carpet everywhere but kitchen and pantry have linoleum. Tons of storage - Three linen closets plus utility room storage and walk-in pantry. Extras like built-in ladder to attic. Lath and plaster construction. Built by Zille Medallion home. Private backyard. Garage is semi-attached, with cabinets and carpeting, and set up like rec area.

SOLD
Downey Delight!!
Excellent Downey Home! This home has 3 bedrooms, 1 bathroom and central air. The property also features a hardwood floors and a spacious back yard. Priced to sell at \$353,500!

IN ESCROW
One of a Kind!
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!
Gorgeous upgraded home in desirable area. The property features 4 bedrooms, 3 bathrooms and 2026 sq. ft. of living space. This home also boasts granite counters, stainless appliances elegant fireplace and a nice pool. This property is amazing. Priced at \$525,000.

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The house went on the MLS on a Friday afternoon, and by Saturday there had been 18 inquires..Sunday afternoon Mario presented us with 4 actual offers with 2 of them being 10,000.00 over the asking price..We signed, and the deal was completed within 30 days.. Everyone concerned was wonderful.. The Escrow company, the termite company, and anyone in the Prudential office that we talked to..
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